

## News



Welcome to the August edition of our newsletter. It is a quieter month as many of our groups are taking a break for the summer holidays.

We are delighted to welcome a new volunteer to the team. **Doris Wylie** is now helping out in the office for a few hours every week, and she will also be offering reflexology treatments at events. Please do say hello when you see her.

Our new **Walking Group** proved very popular in July, and there will be another walk on Friday 14th August. Please see details below. The **Weekend Coffee Morning** is also going very well, and a third meeting has been provisionally arranged for Saturday 29th August. Please let Dylan know as soon as possible if you will be able to make this so that we can gauge whether enough people are available this month, [dylan.hamilton@pasda.org.uk](mailto:dylan.hamilton@pasda.org.uk) / 0131 475 2416.

We are offering a workshop for the **partners** of people on the autism spectrum this month. Also, please put a note in your diaries for September, when we will welcome **Jim Taylor** who will deliver a workshop for our carers. Details of both of these workshops can be found on page 3.

We are now accepting **membership renewals and applications** for the 2015-16 membership year. If you have not already received a letter and would like to join or renew, please ask at the office or download the forms from our website under 'About Us'.

Danni will be writing the next Pasda Blog for the website. You can read the Blogs at [www.pasda.org.uk/blog](http://www.pasda.org.uk/blog).

## The Pasda Team

## Vacancy for Committee Secretary

We are still looking for someone to take on the voluntary role of Committee Secretary. Could this be you or someone you know? The person does not need to be a carer or a Pasda member, just enthusiastic and willing to help us make a difference.

The Pasda committee meets on the third Tuesday of every month from 2-5pm at Norton Park. The role involves taking minutes, circulating relevant reports e.g. finance, team etc. and preparing the agenda with the Convenor. There are occasional other administrative duties but this would depend on the skills and knowledge of the volunteer.

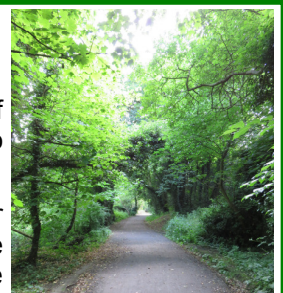
If you are interested, or know someone who might be, please contact the office or see our website for further details.

## Walking Group

*Friday 14th August, meeting at 10am at the Water of Leith Walkway by Balerno High School*

In August the Pasda Walking Group will be walking from Balerno to Slateford, a five and a half mile walk along the Water of Leith. The group will meet at the start of the walkway next to Balerno High School at 10am.

This first part of the Water of Leith walkway follows the line of the old railway beside the river from the village of Balerno, passing the fringes of Currie, Juniper Green and Colinton before taking to waterside paths through the sylvan Colinton Dell. The walk will then finish in The Blue Goose Country Pub on Lanark Road for a tea or a coffee.



Please note, the walk will start and finish in different locations but the 44 bus service runs between the two for anybody wishing to bring their car. Please let **Graeme** know if you will be attending this group, [graeme.syme@pasda.org.uk](mailto:graeme.syme@pasda.org.uk) / 0131 475 2416.

### Pasda Staff Team

Executive Manager: [donna.nelson@pasda.org.uk](mailto:donna.nelson@pasda.org.uk)

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Administrator: [rachel.pickett@pasda.org.uk](mailto:rachel.pickett@pasda.org.uk)

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[www.pasda.org.uk](http://www.pasda.org.uk) 0131 475 2416 [info@pasda.org.uk](mailto:info@pasda.org.uk)



## REGULAR PASDA MEETINGS

Below you will find information about all of our monthly support groups for family and friends of adults with autism\* living in Edinburgh and the Lothians

(\*please note that the term 'autism' includes all conditions occurring across the autism spectrum including Asperger syndrome)

Unless otherwise stated, please **let Rachel know** if you will be attending any of these groups,  
rachel.pickett@pasda.org.uk / 0131 475 2416

### Partner & Spouses Group

Thurs 6th August, 6-8.30pm

*Simpson Room, Norton Park*

This group is for partners and spouses of adults with autism spectrum conditions living in Edinburgh and the Lothians.

### East Lothian Carers Group

Wednesday 12th August, 6-8pm

*St. Andrew Blackadder Church, St. Andrew Street,  
North Berwick EH39 4NU*

This month the group will have a trip to the Fringe by the Sea. If you would like a ticket, please contact Danni or Graeme.

### Coffee Morning

\*\*\*Not on this month\*\*\*

*Number 6, 24 Hill Street*

Our monthly Friday coffee morning is open to all family and friends of over-16s with autism across Lothian. It provides the opportunity to raise issues which are current for you, and to share ideas and encouragement with others.

### Pasda Singing Group

Wednesday 19th August, 6-8pm

*Morningside United Church, Holy Corner*

All parents, carers and partners are warmly invited to come and sing for fun. Meetings resume on 19th August and are normally twice a month.



### Carer Information Meeting

Weds 9th September, 7-9pm

*Number 6, 24 Hill Street*

The next quarterly Carer Information Meeting will take place on 9th September. The speaker will be Jane Neil-Maclachlan. Further details will follow later.

### Autism & Complex Needs Group

\*\*\*Not on this month—resuming in September\*\*\*

*Reception Room, Norton Park*

This group is for parents and carers of adults who have autism **and** moderate, severe or profound **learning disabilities**.

### Midlothian Carers Group

\*\*\*Not on this month—resuming in September\*\*\*

*Penicuik Town Hall, High Street, Penicuik EH26 8HS*

This group is open to all family carers of adults with autism living in Midlothian.

Please join us to meet other carers in your area and discuss topics of mutual interest.

### West Lothian Carers Group

\*\*\*Not on this month—resuming in September\*\*\*

*Autism Initiatives' Resource Base, Almond House,  
Quarrywood Court, Livingston EH54 6AX*

This group is open to all family carers of adults with autism living in West Lothian.

### Weekend Coffee Morning

\*\*\*Sat 29th August, 10.30am-12noon

\*\*\*To be confirmed\*\*\*

*Lloyds No1 Playfair, Omni Centre*

Our new **weekend** coffee morning is open to all Pasda carers. A member of the Pasda committee will be in attendance and all carers are welcome to join them at any time between 10.30 and noon.

Teas and coffees will be provided courtesy of Pasda.

# CARER INFORMATION & OPPORTUNITIES

## **Self-care and Connecting in an Asperger Relationship—Workshop**

*Wednesday 26th August, 10am-4pm at Norton Park*

Maureen Day, Pasda's Volunteer Counsellor, will be running an interactive training day aimed at partners of people on the autism spectrum. This workshop will help you develop a plan of action which will help you to understand Asperger's and connect with your partner.

Topics covered include:

- Assessing your expectations of your relationship
- Learning how to manage these expectations
- Developing an understanding of the healing process
- Improving self-esteem
- Evolving personal growth and
- Regaining your identity

Lunch and refreshments will be provided. To reserve a place on this workshop, or for more information, please contact Danni, [danuta.szerszynska@pasda.org.uk](mailto:danuta.szerszynska@pasda.org.uk) / 0131 475 2416.

## **Autism Consultation—Have your say**

Sarah Boyack, MSP, Vice Chair of Labour's Scottish Policy Forum, is currently running an autism consultation in Edinburgh and the Lothians. Although it is primarily aimed at parents of children with autism, it would be useful for her to hear the views of people with older family members too.

You can find more information on Sarah's website, [www.sarahboyack.com/?p=3503](http://www.sarahboyack.com/?p=3503). Here you will also find a link to the questionnaire for parents and carers. If you need a paper copy please contact us at the office and we will be pleased to send you one.

## **Jim Taylor Workshop—Save the Date**

*Thursday 17th September, 10am-2pm at Norton Park*

We are delighted to be able to offer our carers a workshop with Jim Taylor.

Jim has worked in education and autism for the past 37 years. He has a wealth of experience in teaching children with autism of all ages, from pre-school through to transition and adulthood. He also has a wide range of experience working with services which provide support to adults.

Jim has a strong focus on autism. He believes in placing an emphasis on developing each person's potential in order to positively impact their lives. You can read more about him on his website at [jimtaylorknowsautism.com](http://jimtaylorknowsautism.com).

Further details about the workshop will follow in the next newsletter, but please put the date in your diary now.

## **Resources Available**

The *Dynamic Earth Golden Ticket* is being well used during the school holidays. It allows groups of **up to twelve people** to visit the venue. Please note that visits using this ticket must be pre-booked. If you would like to make use of the ticket, please contact us at the office.

Our ever growing *library catalogue* is available on our website at [www.pasda.org.uk](http://www.pasda.org.uk). You can also pop in to the office to have a look at the books, or we can send you the catalogue of titles we have.

## August 2015—Quick Guide to What's On at Pasda

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
31					1 2
3	4	5	6 Partners Group 6-8.30pm	7	8 Foodies Festival 9
10	11	12 East Lothian Group—Fringe by the Sea 6pm	13	14 Walking Group 10am onwards	15 16
17	18	19 Singing Group 2-3pm	20	21	22 23
24	25	26 Relationships Workshop 10am-4pm	27	28	29 Coffee Morning tbc 10.30 -12 30

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