



Newsletter/December 2014/Issue #52



News

Christmas is nearly upon us again, and soon the days will be drawing back out. Over the Christmas period the **office will be closed** from 24th December to 2nd January. For the rest of the time there will be fewer staff than normal here, so if you need to contact us please leave a message or send an e-mail and we will get back to you as soon as we can.

Most of our regular groups will have a festive feel this month, but three are taking a break; the Craft Group, East Lothian Carers and Complex Needs Groups will next meet in January. Also, instead of the Carer Information Meeting this month there will be a **Christmas social evening**. Details of this and all of our regular groups are on page 2.

Danni and Graeme will be running an **Independent Living Skills Workshop** this month, please see below for more information. The **Social Group** will be going to visit Camera Obscura on Saturday 17th January and to the Six Nations Rugby on Sunday 15th February. Limited spaces are available for both, please see page 3 for details.

The **Dynamic Earth entry pass** is still available for all of our families to use and covers entry for up to **three** adults and **three** children. Please let us know if you would like to borrow it.

Our **library catalogue** is available on our website at 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.

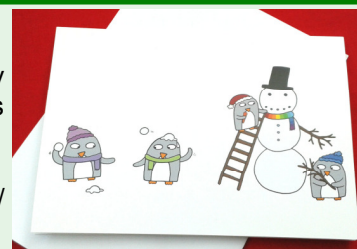
We wish you all a peaceful and happy Christmas.

The Pasda Team

Christmas Cards for Sale

This year, we are delighted to be able to offer you Christmas cards designed by the very talented Ruth Mutch. They are on sale in packs of 10 for £4 a pack, say "Seasons Greetings" inside and feature the Pasda logo on the back.

If you would like to purchase any please contact the office, rachel.pickett@pasda.org.uk / 0131 475 2416.



Independent Living Skills Workshop

Monday 8th December, 6.30-9pm in the Simpson Room, Norton Park

Danni and Graeme will be facilitating a workshop on Independent Living Skills for family carers of over-16s with autism spectrum conditions.

In this workshop we will explore what independent living means for you and your family member and we will look at some of the common difficulties adults with autism face with regard to independent living skills. We will also look at the barriers faced by your family member and begin to look at creating an action plan on how to support them to address some of these barriers.

If you would like to attend this workshop, please contact Rachel (rachel.pickett@pasda.org.uk), 0131 475 2416.

Pasda Staff Team

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Like 'Pasda' on Facebook: www.facebook.com/pages/Pasda
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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

Christmas Social Evening

Weds 10th December, 5.30-7.30pm

Number 6, 24 Hill Street, Edinburgh

All carers are warmly invited to our festive social evening taking place instead of the Carer Information Meeting this month. There will be an evening of fun, bingo and Christmassy drinks and nibbles!

Please note the time, which is different to the normal monthly meeting.

The following groups will take a break this month and will meet again in January

Craft Group

East Lothian Carers Group

Autism and Complex Needs Group

Coffee Morning

Fri 12th December, 10am-12noon

Number 6, 24 Hill Street

Our monthly 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.

Book Group

Tues 9th December, 11am-12.30pm

Reception Room, Norton Park

This group is open to all carers who wish to discuss autism-related books you have been reading.

You will also have the opportunity to borrow books from our library.

Pasda Singing Group

Weds 3rd and 17th December, 2-3pm

Morningside United Church, Holy Corner

All parents, carers and partners are warmly invited to come and sing for fun. Meetings are twice a month.



Midlothian Carers Group

Tues 9th December, ***7-8.30pm***

Penicuik Town Hall, High Street, Penicuik EH26 8HS

Please note the change of time

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

This month there will be mince pies and mulled wine.



West Lothian Carers Group

Weds 17th December, 6.30-8pm

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.

Join us this month for some mince pies and Christmas cheer.



Partners & Spouses Group

Thurs 4th December, 6-8pm

The Corner Café, 120 Lanark Road West, Currie EH12 5HQ

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

This month we will meet at the Corner Café for a Christmas social event and some delicious treats.



CARER INFORMATION & OPPORTUNITIES

Social Group

Saturday 17th January, 2pm at Camera Obscura

Sunday 15th February, 3pm at Murrayfield

The social group will be visiting Camera Obscura and World of Illusions in Edinburgh in January. The Camera Obscura is a unique way to see the city from inside the rooftop chamber, with a live image projected onto a viewing table through a giant periscope. Outside, there are spectacular views of the city from the rooftop tower.



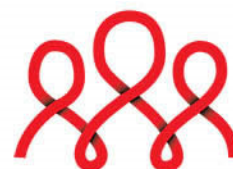
Inside the building are four floors of fascinating optical illusions, mysteries and curiosities to explore. Please note that, due to the age and protected status of the building, there is no lift and there are a lot of stairs to the top!

We have also arranged a trip to the Six Nations Rugby to see Scotland play Wales at Murrayfield on Sunday 15th February. Tickets for this popular match are limited, so please let us know as soon as possible if you would like to take up the fantastic opportunity of a free ticket.

All of our carers are welcome to attend these outings, but please note that they are for **carers only**. If you would like a ticket please contact Rachel, 0131 475 2416 / rachel.pickett@pasda.org.uk.

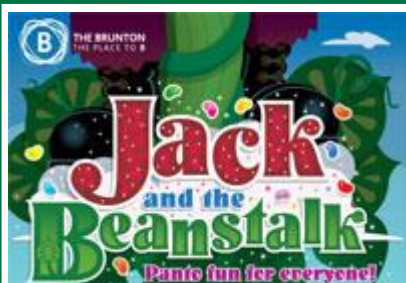
Being Heard: a self-advocacy toolkit for carers

The Carers Self-Advocacy Toolkit is a group of integrated resources produced by Carers Scotland to help carers get their voices heard. It contains lots of useful information for carers plus satellite sections on specific issues that may be of interest.



At its centre is the *Being Heard* guide, which provides information and suggests techniques to help carers advocate for themselves. It also offers signposts and links to other elements of the Toolkit for carers to access for more information.

To download the guide, visit the website at www.carersuk.org/scotland, or you can order a hard copy (costs £4) through the Carers UK shop by calling 01933 221 781.



Autism-friendly Pantomime Performance

Saturday 3rd January, 2pm, The Brunton, Ladywell Way, Musselburgh EH21 6AA

Jack and The Beanstalk

All tickets £10 for this performance

Our panto this year is full of fun and laughter with oodles of gags, local references, chart hits, outrageous costumes and lots of singing, dancing and shouting out. Our fabulous cast of professional actors are supported by a chorus of talented, local, young performers from across East Lothian. The Brunton specialises in producing fun and interactive traditional pantomimes that are suitable for all the family from 4 – 104!

There will be amendments to the show to make it more accessible for people with autism. These changes are:

- The auditorium lighting will never fully go out.
- There won't be any strobe lighting.
- We will reduce the highest level of sound for the show, especially for loud sound effects.
- Some special effects (e.g. fireworks) will be cut.

In addition:

- The theatre's foyer will have designated quiet and activity areas, should anyone want to leave their seats during the performance.
- The cast of *Jack and the Beanstalk*, along with The Brunton box office and front of house staff will be given training to understand the needs of an audience of children and adults with autism, and their families and friends.

Jack and The Beanstalk runs from 25 November – 3 January. For more information visit www.thebrunton.co.uk or call our box office on 0131 665 2240.





December 2014—Quick Guide to What's On at Pasda

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
1	2	3 Singing Group 2-3pm	4 Partners Group 6-8pm	5	6 7
8 Independent Living Skills Workshop 6.30-9pm	9 Book Group 11am-12.30pm Midlothian Group 7-8.30pm	10 Christmas Social Evening 5.30-7.30pm	11	12 Coffee Morning 10am-12noon	13 14
15	16	17 Singing Group 2-3pm West Lothian Group 6.30-8pm	18	19	20 21
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29	30	31			