

Pasda

Supporting families of adults with autism

Newsletter/February 2015/Issue #54



News

The team at Pasda continues to grow, this time with the addition of two volunteers. Firstly, we have a **Volunteer Counsellor** working out of Norton Park. Maureen Day will offer one to one counselling sessions on Mondays for a minimum of four weeks. This will be free of charge to any Pasda carers—please contact Rachel or Danni if you think you might be interested in taking up this service.

We are also delighted to introduce our **Events Volunteer**, Hannah Murray. You will have opportunities to meet her at various events, so please say hello when you get the chance.

This month's **Social Group** trip is to Scotland's opening Six Nations Rugby match on Sunday 15th February. Details are below, and there is very limited space still available. Please let us know as soon as possible if you would like a ticket. We are currently putting together a programme of activities for Pasda's Social Group from March onwards and would welcome your feedback and ideas. If you have any **suggestions for trips** then please let us know.

Danni and Graeme will be running a **Mental Health Workshop** on Monday 9th February. Details are below.

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.

The Pasda Team

Mental Health Workshop

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

This workshop is designed for **unpaid carers and family members** of adults with autism. It will provide an overview of mental health issues commonly experienced by individuals on the autistic spectrum. There will be a particular focus on anxiety and depression. The session will provide the opportunity to talk about your own experiences and share ideas and knowledge about possible strategies and services.

If you would like to attend this workshop, please contact Graeme (graeme.syme@pasda.org.uk) or Danni (danuta.szczyszynska@pasda.org.uk), 0131 475 2416.

Social Group

Sunday 15th February, 3pm at Murrayfield

This month, we have 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 Social Group 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.

Pasda Staff Team

Senior Manager: donna.nelson@pasda.org.uk

Project Manager: dylan.hamilton@pasda.org.uk

Project Worker: graeme.syme@pasda.org.uk

Project Worker: danuta.szczyszynska@pasda.org.uk

Administrator: rachel.pickett@pasda.org.uk

Fundraising Officer: judith.younger@pasda.org.uk

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www.pasda.org.uk 0131 475 2416 info@pasda.org.uk

Short
breaks fund



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 5th February, 6-8pm

Simpson Room, Norton Park

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

This month, a guest from Women's Aid will join us to speak about different kinds of domestic abuse and the services offered by Women's Aid.

Carer Information Meeting

Weds 11th February, 7-9pm

*****Number 6, 24 Hill Street*****

This meeting is open to all family and friends supporting over-16s with an autism spectrum condition, living in Edinburgh or the Lothians.

Please note that this month's meeting will take place at Number 6, 24 Hill Street.

West Lothian Carers Group

Weds 18th February, 6.30-8pm

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

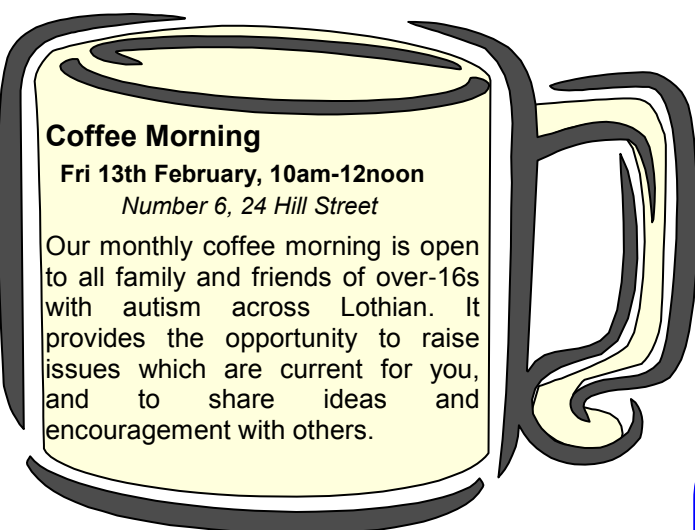
This group is open to all family carers of adults with autism living in West Lothian.

Pasda Singing Group

Weds 4th and 18th February, 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.



Coffee Morning

Fri 13th February, 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 10th February, 11am-12.30pm

Reception Room, Norton Park

The group will be reading "The Curious Incident of the Dog in the Night-Time" and talking about it at the meetings on 10th February and 10th March (please see page 3 for more information).

If you would like to borrow a copy of the book please let us know.

Midlothian Carers Group

Tues 10th February, 7.00-8.30pm

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.

Craft Group

Tues 24th February, 7-9pm

St Serf's Church Hall, 1a Clark Road, Edinburgh EH3 5BD

This group meets monthly at St Serf's Church Hall, just round the corner from Ferry Road.

Each month we work on a different craft project, learning some new skills or brushing up on existing ones.

There is on-street parking in nearby streets. To get there by bus, a 23 will take you right to the church hall; 14 and 21 take you nearby to Ferry Road; 8 and 27 go to Goldenacre, where you need to get off at St James Church. **On arrival, please ring the bell to gain access.**



East Lothian Carers Group

Thurs 26th February, 6.30-8.30pm

Carers of East Lothian, 94 Musselburgh High Street, Musselburgh EH21 7EA

This group is open to all family carers in East Lothian. It will be facilitated by Graeme or Danni from Pasda and Margaret from Carers of East Lothian.

Autism & Complex Needs Group

Mon 23rd February, 10.30am-12noon

Reception Room, Norton Park

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

CARER INFORMATION & OPPORTUNITIES

Special Event for World Autism Awareness Day

Thursday 2nd April, 6.30-8pm at Edinburgh Central Library

World Autism Awareness Day will be taking place on Thursday 2nd of April and there will be events taking place across the country. To tie in with the arrival of the stage production of *The Curious Incident of the Dog in the Night-Time* at the Festival Theatre in Edinburgh, Wendy Pearson of Edinburgh City Libraries is organising a 'Giant Book Group' event at Edinburgh Central Library on George IV Bridge from 6.30—8pm.

The event will be open to around 80 people made up of various book groups including the Pasda Book Group and the Number 6 Book Group as well as interested members of the public. Attendees will discuss the book in small groups before posing questions to a panel of speakers. The panel will include Mathew Day from Autism Initiatives and Cerin Richardson from The Festival Theatre who will be discussing the process of adapting the book for the stage. Wendy is also looking for the parent of a teenager with autism to sit on the panel and give their perspective as well as somebody who themselves has a diagnosis of autism.

If you are a carer of a teenager with autism and would be interested in being involved or you have a family member (of any age) with autism who would be interested in being part of the panel please get in touch with Graeme (graeme.syme@pasda.org.uk), 0131 475 2416.

Soft drinks and nibbles will be provided and two pairs of tickets for the stage show will be up for grabs on the night.

The Pasda Book Group will be reading *The Curious Incident of The Dog in The Night-Time* for the February and March groups so if you would like to come along and borrow a copy of the book please let us know.

February 2015—Quick Guide to What's On at Pasda

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
					1
2	3	4 Singing Group 2-3pm	5 Partners Group 6-8pm	6	7 8
9 Mental Health Workshop 6.30-9pm	10 Book Group 11am-12.30pm Midlothian Group 7.00-8.30pm	11 Carer Information Meeting 7-9pm	12	13 Coffee Morning 10am-12noon	14 15 Social Group to Rugby 3pm
16	17	18 Singing Group 2-3pm West Lothian Group 6.30-8pm	19	20	21 22
23 Complex Needs Group 10.30am-12noon	24 Craft Group 7-9pm	25	26 East Lothian Group 6.30-8.30pm	27	28

Pasda

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