

Supporting families of adults with autism

Newsletter/January 2015/Issue #53



News

Happy New Year to you all, and welcome to what promises to be another busy year here at Pasda.

All of our groups are back on as usual this month, with the exception of the **Partners' and Spouses' Group** which will be a week later than normal.

The **Social Group** will be going to Camera Obscura on Saturday 17th January and to the Six Nations Rugby on Sunday 15th February. Details are on page 3, and spaces are still available for both trips. Please let us know as soon as possible if you would like a space as places are limited.

We have a number of workshops planned for the next few months, starting with a **Mental Health Workshop** on Monday 9th February. In March there will be a Communication Workshop, April is Employment and in May there will be an Understanding Autism Workshop. Details for these workshops will be in our newsletters for each month, as well as on the website.

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

Edinburgh Autism Plan Meeting

Monday 12th January, 4.30-6pm, Norton Park

Jayne Kemp of City of Edinburgh Council has kindly offered to give us an update of where we are with the Edinburgh Autism Plan. This will give us the opportunity to hear about the current achievement and implementation of the plan. In addition, it will allow us to discuss where we still feel there is a lack of progress and areas still to be addressed.

Please note that, while this meeting is open to all of our carers, it will **ONLY** cover the Edinburgh Autism Plan.

Please let us know if you plan to attend this meeting by e-mailing or calling Rachel (rachel.pickett@pasda.org.uk), 0131 475 2416.

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.szerszynska@pasda.org.uk), 0131 475 2416.

Pasda Staff Team

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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

Partner & Spouses Group

****Thurs 8th January, 6-8pm****

Reception Room, Norton Park

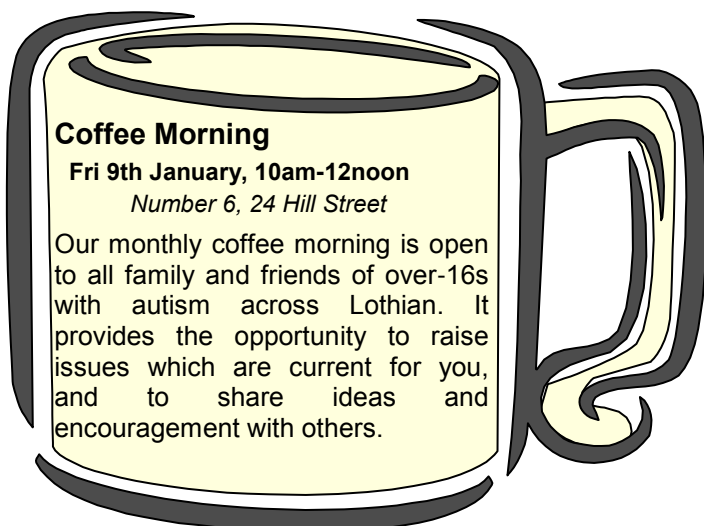
This group is for partners and spouses of adults with autism spectrum conditions living in Edinburgh and the Lothians.

West Lothian Carers Group

Weds 21st January, 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.



Coffee Morning

Fri 9th January, 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.

Carer Information Meeting

Weds 14th January, 7-9pm

*****Edinburgh Carers Council, The Canon Mill, 1-3 Canon Street, Edinburgh EH3 5HE*****

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 Edinburgh Carers Centre, where Ruth Rooney will give an overview of the work of the centre. She will also talk about their individual and collective advocacy services.

Pasda Singing Group

Weds 7th and 21st January, 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.

Book Group

Tues 13th January, 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 growing library.

Midlothian Carers Group

Tues 13th January, 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 and meet other carers in your area and discuss topics of mutual interest. This month we will be joined by Duncan McIntyre from Midlothian Council Health and Social Care Department. He will speak to us about the Midlothian Autism Plan which he has been involved in.

Craft Group

Tues 27th January, 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 29th January, 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 26th January, 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

Social Group

Saturday 17th January, 2pm at Camera Obscura

Sunday 15th February, 3pm at Murrayfield

This month, the social group will be visiting Camera Obscura and World of Illusions in Edinburgh. 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.



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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
			1	2	3 4
5	6	7 Singing Group 2-3pm	8 Partners Group 6-8pm	9 Coffee Morning 10am-12noon	10 11
12	13 Book Group 11am-12.30pm Midlothian Group 7.00-8.30pm	14 Carer Information Meeting 7-9pm	15	16	17 Camera Obscura trip 2pm 18
19	20	21 Singing Group 2-3pm West Lothian Group 6.30-8pm	22	23	24 25
26 Complex Needs Group 10.30am-12noon	27 Craft Group 7-9pm	28	29 East Lothian Group 6.30-8.30pm	30	31

Pasda

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