

News

Happy new year to all of our carers, friends and colleagues. We are back in the office from 5th January and we have plenty going on as ever.

We are now looking for carers to get involved with our **Community Garden**. Louise Middleton will be attending the Coffee Morning on 8th January to chat to carers and listen to your suggestions. She is also pleased for you to contact her by e-mail or on her mobile, 07544 011041. Louise's normal working day is a Thursday. We are also having a **launch event** at Craigie's Farm on 21st January—further details are on page 4, please let us know if you are interested in attending.

Our new training course for carers, **Stepping Stones**, starts on 2nd February. Details can be found on page 3. Please let Danni or Graeme know as soon as possible if you would like a place.

We have meetings arranged with the **Lothian Adult Autism Team** at the monthly West, East and Midlothian groups this month, details are on the regular meetings listing on page 2. There is also a meeting with the LAAT team at Norton Park for those carers in Edinburgh. In addition, we have invited Edinburgh **MPs and MSPs** to discuss policies relevant to carers of adults with autism. Details of these meetings are below.

We are pleased to tell you that we have been successful in securing another Golden Ticket for visiting Our Dynamic Earth. If you would like to borrow it, please contact the office with as much notice as possible of the date you wish to use it.

The Pasda Team

Meeting with Edinburgh MPs and MSPs

Wednesday 20th January, 7-9pm at Number 6, 24 Hill Street, Edinburgh

We have invited Edinburgh and Lothian politicians to discuss policies in relation to autism in view of the fact that the funding for the Scottish Strategy for Autism ends in 2016. We can also raise the issues that affect your family every day e.g. housing, education, health and support. This meeting will be most relevant for carers in Edinburgh, but all are welcome to attend.

If you have a question or a comment please let us know as we would like to make the occasion a worthwhile experience for all concerned. This will be a good opportunity to express your views before the Scottish Parliament elections in May.

Please let Rachel know if you plan to attend this meeting or if you have any questions to put forward, rachel.pickett@pasda.org.uk, 0131 475 2416.

Meetings with Lothian Adult Autism Team

Tuesday 26th January, 2-3.30pm at Norton Park and at monthly West, East and Midlothian Group meetings

The new Lothian Adult Autism Team will attend a meeting at Norton Park and also the monthly Lothian group meetings this month. They will speak to carers about the service they provide and hold a discussion and question and answer session. These discussions will focus on:

- Carers' experiences of services with regard to identifying early concerns relating to autism, the process of autism diagnosis and assessment, and post diagnostic services
- Carers' views on possible areas of NHS service development for people with autism and their families.

If you would like to attend the meeting at Norton Park or one of the Lothians groups, please let Graeme know, graeme.syme@pasda.org.uk, 0131 475 2416.



Pasda Staff Team

Executive Manager: donna.nelson@pasda.org.uk
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 Like 'Pasda' on Facebook: www.facebook.com/pages/Pasda
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LOTTERY FUNDED

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

Midlothian Carers Group

Tues 12th January, 7-8.30pm

Penicuik Town Hall, High Street, Penicuik EH26 8HS

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

This month the new Lothian Adult Autism Team will join us, more details can be found on page 1.

Please let us know if you plan to attend this group.

Pasda Singing Group

Weds 6th & 20th January, 2-3pm

Morningside United Church, Holy Corner



All parents, carers and partners are warmly invited to come and sing for fun. The group is friendly and informal, and new singers are welcome at any time. All you need is a love of singing!

Partner & Spouses Group

*****Thurs 14th January, 6-8.30pm*****

Simpson Room, Norton Park

*****Please note the change of date this month*****

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

Autism & Complex Needs Group

Mon 25th January, 10.30am-12pm

Reception Room, Norton Park

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

East Lothian Carers Group

Thurs 28th 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 from Pasda and Margaret from *Carers of East Lothian*.

This month the new Lothian Adult Autism Team will join us, more details can be found on page 1.

Please let us know if you plan to attend this group.

West Lothian Carers Group

Weds 20th 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.

This month the new Lothian Adult Autism Team will join us, more details can be found on page 1.

Please let us know if you plan to attend this group.

Community Garden Group

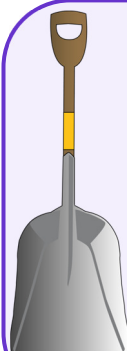
Thurs 7th, 14th & 28th January, 11am-2pm

Craigie's Community Garden, South Queensferry, EH30 9AR

You are warmly invited to join us at the Community Garden. People with gardening skill or none equally welcome.

Please **let Louise know** by 9am on the above dates if you plan to attend that day.

Please see page 4 for travel information.



Weekend Coffee Morning

Sat 30th January, 10.30am-12pm

Lloyds No1 Playfair, Omni Centre

Our **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.



Stepping Stones

Every Tuesday from 2nd February to 22nd March 2016, 10am-1pm at Norton Park

We are delighted to announce the launch of our new training course, Stepping Stones. Stepping Stones will provide training to give carers practical skills to use at home to support the autistic adult they care for, and will give carers:

- An improved understanding of processing and sensory issues
- A greater awareness of the underlying reasons why their family member with autism behaves the way they do
- An increased number of strategies to use to support their family member with autism
- Improved confidence in their ability to cope with challenging situations
- A better relationship with their family member with autism
- Improved capacity to deal with their own anxieties resulting from their caring role
- Actively manage mental health issues (e.g. stress, anxiety, depression) which they experience as a direct result of caring

If you are interested in attending or would like more information, please contact Danni or Graeme on 0131 475 2416; danuta.szczyszynska@pasda.org.uk / graeme.syme@pasda.org.uk.



Autism Short Breaks Fund

A fund has just become available for carers of autistic adults to have a break from their caring role. It is likely to be very popular so anyone wanting to apply is advised to do it as soon as possible!

You can apply online via the following website: <http://autismshortbreaks.org.uk/>. If you do not have internet access and need assistance with applying, please contact the Pasda office, we will be pleased to help.

Walking Group

Friday 22nd January, meeting at 10am outside Scottish Parliament

This month the group will be taking a walk up Arthur's Seat.

We will meet outside the main doors to the Scottish Parliament at 10am. From here we will take a walk up Queens Drive in the direction of the Commonwealth Pool before heading off on the main path up the steps to the top of Arthur's Seat. Once we have taken in the view we will then head back down in the opposite direction towards Dunsapie Loch and down Queens Drive heading to St Margaret's Loch. The walk will finish at Hemma on Holyrood Road where we will have lunch. We expect to be finished by around 2pm.

Please let **Graeme** know if you will be attending this group, graeme.syme@pasda.org.uk / 0131 475 2416. In the event of bad weather, Graeme will contact participants by text message if the walk is to be postponed—please ensure he has your number. If you need to contact Graeme on the day, his mobile number is 07563 757947.



Forth Rail Bridge Abseil 2016

Sunday 26th June 2016

Following on from the huge success of last year's fundraising abseil off the Forth Rail Bridge, when our amazing volunteers raised over £3000 for Pasda, we are once again looking for intrepid individuals to join us in this exciting event.

The next abseil will be on Sunday 26th June 2016 and we would welcome anyone - carers, friends, family or any other thrill seekers - to join us. Participants must be over 16 and willing to raise a minimum sponsorship amount of £160. If you are interested or have any questions please let Judith know on 0131 475 2416 or judith.younger@pasda.org.uk. It really is a great day out!

Resources Available

The **Dynamic Earth Golden Ticket** is still available for our carers. 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. 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.

Community Garden Launch and Travel Information

Thurs 21st January, 11am-1pm at Education Hut, Community Garden, Craigie's Farm, South Queensferry EH30 9AR

We are pleased to invite you to the launch of our Community Garden at Craigie's Farm, South Queensferry. Please wear suitable footwear for muddy conditions, and wrap up warm!

You can contact Louise to be collected from one of the pick-up points (no later than 10.30am), or car sharing will be arranged where possible. Here are the details for travelling to Craigie's:

Pick-up points: Dalmeny Rail Station coffee shop (bus and rail) & Kirkliston, Scotmid (bus)

South Queensferry buses – 40A

Kirkliston buses – 7, 22A, 38/38A, X51, 63

Trains – Haymarket / Waverley / Northbound Fife line

NB – for buses: 7 – Horsburgh bus
22A, 38/38A Firstbus
40A & X51 Stagecoach
63 Lothian bus



Carshare –contact Louise for information, louise.middleton@pasda.org.uk / 07544 011041.

Please let us know if you will be attending. If you need collecting from a pickup point or car sharing/lifts, please let Louise know by **midday on Thursday 14th January**.

January 2016—Quick Guide to What's On at Pasda

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
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4	5	6 Singing Group 2-3pm	7 Community Garden Group 11am-2pm	8 Coffee Morning 10am-12pm	9 10
11	12 Midlothian Group 7-8.30pm	13	14 Community Garden Group 11am-2pm Partners Group 6-8.30pm	15	16 17
18	19	20 Singing Group 2-3pm West Lothian Group 6.30-8pm MPs & MSPs meeting 7-9pm	21 Community Garden launch event 11am-1pm	22 Walking Group 10am	23 24
25 Complex Needs Group 10.30am-12pm	26 Lothian Adult Autistic Team meeting 2-3.30pm	27	28 Community Garden Group 11am-2pm East Lothian Group 6.30-8.30pm	29	30 Coffee Morning 10.30-12 31

Pasda

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