



News

We have a lot of **thank yous** to say this month! First of all, thanks to the wonderful team who gave up their Sunday to join Judith in braving the wind and leaping off the Forth Rail Bridge to help raise money to support Pasda carers. Judith says they had a fantastic day and she is really grateful to Saher, Kerri, Sean and Cath for plucking up the courage to abseil for us. A huge thank you too to everyone who came along to support them and to those who sponsored them. Money is still coming in, but it looks like the team have raised over £2,500—amazing work from everyone!

The second thank you goes to those who joined Donna on the sponsored walk in Holyrood Park. They also had a lovely, if less adrenaline-fuelled day and have raised around £300.

We also thank the volunteers who gave their time to help us on the stall at the St. James Centre. It was a very successful day during which we reached potential new carers, raised awareness of Pasda, and as an added bonus raised £64 from the bucket collection.



We would also like to extend a very big thank you to the **Crerar Hotels Trust** for their wonderful donation of £3,000 to allow us to develop our work supporting carers with anxiety.

Please note that there has been a change to the date of the **Independent Living** workshop in July, this will now take place on 20th July (details are on page 3). Also this month we have the second part of our **Social Media** training, details of this are also on page 3. Please note that you **do not need** to have attended part 1 to attend this training.

We have two new groups to tell you about. Firstly, there is now a **Weekend Coffee Morning**. This is an informal chance to meet up with other carers and have a chat. Details are on page 2. Also, we will be starting a **Walking Group** at the end of July. Details are still to be finalised, but please contact Graeme if you are interested in this group.

The Social Group will be visiting **Gilmerton Cove** in July, and we have tickets for the **Foodies Festival** at Inverleith Park in August. Further details can be found on page 3.

Judith has written the latest Pasda Blog for the website. To read about what she has been up to, please have a look at www.pasda.org.uk/blog.

The Pasda Team

Thank you Gordon and Maureen

At our AGM in June, we were sorry to say goodbye to Gordon Wood who stood down as Pasda's Vice-Convenor.

Gordon, wonderfully supported by his wife Maureen, has worked tirelessly and passionately for Pasda. They will be missed by the committee and staff alike.

Thankfully we are not losing them altogether, as they will still be involved in our groups and we hope to see them often.



Resources Available

With the school holidays now upon us, we would like to remind you that we have a **Dynamic Earth Golden Ticket** which 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 **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.

CRERAR
— HOTELS TRUST —

Short
breaks fund

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

Partner & Spouses Group

Thurs 2nd July, 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.

Midlothian Carers Group

Tues 14th July, 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.

Coffee Morning

Fri 10th July, 10am-12noon

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.

West Lothian Carers Group

Weds 15th July, 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.

Autism & Complex Needs Group

Mon 27th July, 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**.

Weekend Coffee Morning

Sat 25th July, 10.30am-12noon

Lloyds No1 Playfair, Omni Centre

Our new **weekend** coffee morning is open to all Pasda carers. Marion Rodgers from the Pasda committee will be in attendance and all carers are welcome to join her at any time between 10.30 and noon.

Teas and coffees will be provided courtesy of Pasda.

East Lothian Carers Group

Thurs 30th July, 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*.

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.

Pasda Singing Group

This group is taking a break until Wednesday 19th August.



CARER INFORMATION & OPPORTUNITIES

Social Media Training

Monday 6th July, 2-4pm at Norton Park

Stuart Caulfield, New Media Education Project Officer from Midlothian Council, will be running the second of two training sessions for Pasda carers on the safe use of social media.

In this second session, Stuart will talk about shopping safely online, the risks of being scammed online, password protection and protecting your private information, keeping your computer safe from harm, storing and sharing your personal information with others, and smartphone safety.

All carers are welcome to attend this training, and you do not need to have attended the first part to benefit from the session. To book a place, please contact Rachel, rachel.pickett@pasda.org.uk, 0131 475 2416.

Independent Living Skills Workshop

Monday 20th July, 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.

Social Group visit to Gilmerton Cove

Saturday 11th July, 3pm at Gilmerton Cove, 16 Drum Street, Edinburgh, EH17 8QH (opposite Royal Bingo)

This month the Social Group will be investigating the Mystery of Gilmerton Cove...Gilmerton Cove is a series of hand carved passageways and chambers that lie below ground to the south of Gilmerton crossroads. After five years of work by Gilmerton Heritage Trust and The City of Edinburgh Council to restore and preserve it for future generations, it opened in August 2003, providing visitors of all ages with an educational and fun experience.

The entrance to Gilmerton Cove is through a visitor centre adapted from a traditional mining cottage. This cottage now houses imaginative audio and visual displays that depict the various theories behind the origins of Gilmerton Cove which, after extensive archaeological and historical research, still remain a mystery.

Please note that, due to the nature of the site, the Cove is unsuitable for wheelchair users. Flooring is uneven and may be wet - suitable footwear should be worn. It may be useful to bring your own torch as some areas are dimly lit.

Places are strictly limited due to the maximum tour group size. If you would like a place on this trip, please contact Rachel (rachel.pickett@pasda.org.uk), 0131 475 2416.



Foodies Festival Edinburgh

Saturday 8th August, 10am—8pm at Inverleith Park, Edinburgh

We are pleased to offer our Carers tickets to attend the Foodies Festival in Edinburgh. This visit will not be accompanied by Pasda staff, and you are free to visit at any time during the day. There are a number of events and talks on during the day which require pre-booking, and you are advised to do this as soon as possible to ensure your place.

Tickets will be sent out to you from the office. Please contact Rachel by Tuesday 21st July if you would like a ticket (rachel.pickett@pasda.org.uk), 0131 475 2416.

Disability Snowsport UK

Disability Snowsport UK have recently started delivering ski lessons at Midlothian Snowsports Centre. Their instructors are trained and qualified to teach ski lessons to people with all sorts of physical, learning and sensory disabilities. They have specialist adaptive equipment which helps anybody, regardless of ability, to access snowsports. Learning to ski is a physical challenge, and skiers report both physical and emotional benefits. Please see their website at www.disabilitysnowsport.org.uk for more information about what they do.

DSUK are able to deliver both group and individual lessons at the dry ski slope at Hillend, from complete beginner through to more advanced skiers. Lessons can be booked via the central DSUK office, by calling 0845 521 9338 or emailing lessons@disabilitysnowsport.org.uk.

Vacancy for Committee Secretary

Would anybody be interested in taking on the role of Committee Secretary, which is a voluntary position?

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, please contact the office for further details.

Supporting Positive Paths Information Session

Wednesday 29th July, 6.30-8pm in the Simpson Room, Norton Park

There will be an information session to introduce a service, Supporting Positive Paths. They support people with additional support needs in group sessions to help them build social and general skills. More information about their work is available on their website, <http://supportingpositivepaths.com>.

Please let us know if you will be attending this session.

Carers of East Lothian—Have we Got it Right for Carers?

CoEL is developing their own strategic plan for the next few years and they are inviting carers to lunch on 7th July so you can tell them what you think. The lunch will be from midday to 1.30pm at CoEL's offices in Musselburgh. Please let Sharon or Lynne in their office know if you will attend so they know how many people to expect.

You can find a copy of the draft plan here [CoEL Business Plan 2015-20 – DRAFT](#) or they are happy to send you a copy. If you have any comments on the plan but cannot make it to the lunch please contact Andrew on 0131 665 0135 or by e-mail to andrew@coel.org.uk.

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
		1	2 Partners Group 6-8.30pm	3	4 5
6 Social Media Training 2-4pm	7	8	9	10 Coffee Morning 10am-12noon	11 12
13	14 Midlothian Group 7.00-8.30pm	15 West Lothian Group 6.30-8pm	16	17	18 19
20 Independent Living Workshop 6.30-9pm	21	22	23	24	25 Coffee Morning 10.30-12 26
27 Complex Needs Group 10.30am-12noon	28	29 Supporting Positive Paths Info Session 6.30-8pm	30 East Lothian Group 6.30-8.30pm	31	

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