



News

We are in sight of spring this month, with Mothers' Day, Easter and the clocks going forwards to give us lighter evenings. We hope this will inspire you to don your wellies and head up to our **community garden** at Craigie's Farm. There is a lot of work going on there now, including furniture building, planting and getting ready for the bees to wake up soon. Please see page 3 for more information, and have a look at the new **garden pages on our website**.

We would like to say a huge **thank you** to all our volunteers who gave up their Saturday to help with our charity collection at Tesco on 6th February. We managed to raise an amazing **£387.88** which will go towards funding more social activities for carers.

Our **Complementary Therapies Service** has proved very popular, and we now have a waiting list for appointments on Tuesdays. We have added a block of appointments on Thursdays and are looking at other options for extending the service. If you are interested, please contact Rachel letting her know when you are available, rachel.pickett@pasda.org.uk, 0131 475 2416. More information is available on our website at www.pasda.org.uk/complementary-therapies-service.

We would like to remind you that spaces for the **Forth Bridge abseil** are almost full. If you would like to take part in this fantastic fundraising event and help raise funds for Pasda, please let Judith know as soon as possible. Further details are on page 4.

The Pasda Team

Walking Group

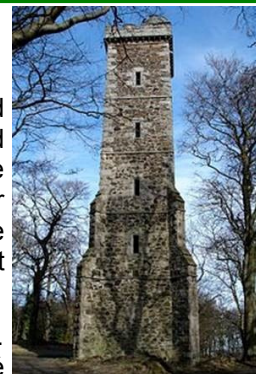
Friday 18th March, 10am outside the Murrayfield Hotel

The group will be meeting outside the Murrayfield Hotel on the corner of Murrayfield Road and Corstorphine Road at 10am. From here we will make our way up Murrayfield Road and onward through Murrayfield Golf Course and along the back of Edinburgh Zoo to the top of Corstorphine Hill. Once at the top we can enjoy the views across the city and explore Corstorphine Hill Tower before making our way back down the other side of the hill towards Queensferry Road. From here we will make our way along Craigcrook road before finishing our walk with some refreshments at Café Citron on the corner of Keith Row and Marischal Place in Blackhall.

Both the start and end points are well served by transport links to the city centre and elsewhere. The Murrayfield Hotel sits on the route of the 12, 20, 21, 22, 26, 31 and 38 buses. From Café Citron you can get the number 13, 40, 41 and 42 buses.

This walk is around 3.5 miles so we should be finished no later than around 1.30 to 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.



CREAR
— HOTELS TRUST —

Short
breaks fund

Pasda Staff Team

Executive 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
 Community Garden Support Worker: louise.middleton@pasda.org.uk
 Like 'Pasda' on Facebook: www.facebook.com/pages/Pasda
www.pasda.org.uk 0131 475 2416 info@pasda.org.uk



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 3rd March, 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.

The new Lothian Adult Autism Team will attend the group this month. They will speak to carers about the service they provide and hold a discussion and question and answer session.

Pasda Singing Group

Weds 2nd & 16th March, 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!

West Lothian Carers Group

Weds 16th March, 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, Caroline Pacitti from Carers of West Lothian will be coming along to speak to the group about the support services that are available to carers through their organisation and across West Lothian.

Coffee Morning

Fri 11th March, 10am-12pm

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.

East Lothian Carers Group

Thurs 31st March, 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, Margaret Eliot will speak to the group about the support services that are available to carers through their organisation and across East Lothian.

Midlothian Carers Group

*****Tues 15th March, 7-8.30pm*****

Penicuik Town Hall, High Street, Penicuik EH26 8HS

Please note the change of date this month

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

Autism & Complex Needs Group

Mon 28th March, 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.

Community Garden Group

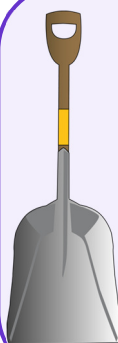
Every Thursday, 11am-2pm

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 days if you plan to attend.

Please see page 3 for travel information.



Weekend Coffee Morning

Sat 26th March, 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.





Community Garden News

Every Thursday, 11am-2pm at the Community Garden, Craigie's Farm, South Queensferry EH30 9AR

As spring arrives, the Community Garden has been getting busy. Help is needed to **build garden furniture** (please contact Louise for dates). Volunteers are also needed for **bee keeping** on Sundays and Mondays from 1.30pm. We now have some bee keeper suits, and will be going into the hives soon.

If you have any old **pots, planters or garden tools** that you are not using, these could be put to good use at the Community Garden. They are also looking for **bee-friendly plants** that you may have an excess of in your own garden.



We are pleased to be welcoming Calum from the **People's Postcode Lottery** (one of our main funders for the project) to the garden on **Thursday 24th March**. It would be lovely if some of you were able to help get the garden ready for this, and also to meet him on the day. Please let Louise know if you are available.

Please remember that Louise can help to arrange **car-shares**, and she is able to **pick people up** from public transport links on Thursdays. Also, if the cost of transport is an issue we are able to help with this.

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. Louise's normal working day is a Thursday.

Further information about our plot at Craigie's, transport options and a map are available on our website, www.pasda.org.uk/community-garden.

Report on Pasda Carers Meeting with Sarah Boyack MSP, 20th January 2016

More than 25 Pasda carers recently attended a meeting with Sarah Boyack MSP at Number 6 in Edinburgh. The meeting was arranged to discuss policies in relation to autism in view of the fact that the funding for the Scottish Strategy for Autism ends in 2016.

The issues raised included the lack of sufficient supported accommodation in Edinburgh, the inconsistency in outreach support, the lack of employment opportunities for autistic adults, and the enormous strain caring puts on marriages and family life. There was also discussion about how best to take forward carers' concerns ahead of the Scottish Parliament elections in May and the local elections in 2017.



The Carer Advocacy Service from Vocal Midlothian Carers Centre

The Carer Advocacy Service (PIP & ESA)

If you or someone you care for are applying for Personal Independence Payment (PIP) or Employment Support Allowance (ESA), then Midlothian Carers Centre can help.

They can also assist anyone who currently receives Disability Living Allowance, as over the next year everyone over 16 years who receives DLA will be invited to apply for PIP instead of DLA. This will happen even if the current DLA award has an "indefinite" end date. If the PIP claim form is not completed and returned promptly DLA payments will stop automatically.

The Carer Advocacy Service (PIP & ESA) works in partnership with carers and the person applying for these benefits to facilitate as accurate a view as possible of their conditions and the impact on their daily life. This service is open to carers from across Edinburgh and the Lothians. The Carer Advocacy Service (PIP & ESA) provides:

- One to one meetings before the face to face assessment to explain the process and what to expect
- Advocacy and support at the assessment to represent your views
- Vocal can also provide support to complete PIP and ESA application forms.

For more information, contact Pamela at the Carer Advocacy Service (PIP & ESA), Vocal Midlothian Carers Centre on 0131 663 6869 or email midlothian@vocal.org.uk.



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. Spaces are filling fast, so if you are interested please **let Judith know as soon as possible** 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.

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
	1	2 Singing Group 2-3pm	3 Community Garden 11am-2pm Partners Group 6-8.30pm	4	5 6
7	8	9	10 Community Garden 11am-2pm	11 Coffee Morning 10am-12pm	12 13
14	15 Midlothian Group 7-8.30pm	16 Singing Group 2-3pm West Lothian Group 6.30-8pm	17 Community Garden 11am-2pm	18 Walking Group 10am	19 20
21	22	23	24 Community Garden, People's Postcode Lottery visit 11am-2pm	25	26 Coffee Morning 10.30-12 27
28 Complex Needs Group 10.30am-12pm	29	30	31 Community Garden 11am-2pm East Lothian Group 6.30-8.30pm		

Pasda

Norton Park, 57 Albion Road, Edinburgh EH7 5QY

info@pasda.org.uk www.pasda.org.uk

Scottish Charity No.: SC042678