

News

Thank you to everyone who supported us on World Autism Awareness Day, either by helping on the stall or coming along to see us there. The event went very well, with many interesting conversations taking place and lots of information taken away.

We are pleased to announce the launch of our new '**Pasda Blog**' on the website. Each month a member of the team will give you a little insight into what our days are like here. Donna is first to go, and you will find the blog at www.pasda.org.uk/blog.

We are still looking for participants for our annual **sponsored walk** on Sunday 7th June. If you are interested, or you would like to sponsor the walkers, please see the details on page 3.

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.

The Pasda Team

Social Group

Saturday 23rd May, 12.30pm at Hemma, 73 Holyrood Road, Edinburgh EH8 8AU

This month we have a tour of the **Scottish Parliament**, preceded by lunch at a nearby restaurant, Hemma, at 12.30pm.



The tour starts at 3pm and will last approximately one hour. Tours usually include a visit to the Debating Chamber, Garden Lobby and a Committee Room, and you will be told about the history, work and procedures of the Scottish Parliament, as well as the architecture of the building. There is also an exhibition charting the story of the Scottish Parliament which you are welcome to visit.

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 place please contact Rachel, 0131 475 2416 / rachel.pickett@pasda.org.uk.

A Date for Your Diary—Pasda AGM

Wednesday 10th June, 7pm at Number 6, 24 Hill Street

This is a little advanced notice of the AGM which is coming up in June. Please put it in your diaries now, further details will follow next month.



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

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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 7th May, 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.

West Lothian Carers Group

Weds 20th May, 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.

Carer Information Meeting

Weds 13th May, 7-9pm

Number 6, 24 Hill Street

The first quarterly Carer Information Meeting will take place on Wednesday 13th May 2015. Geoff Evans, Head of Autism Practice at the Options Group, will speak to the group about techniques for managing anxiety with adults with autism.

If you will be attending this meeting, please let us know.

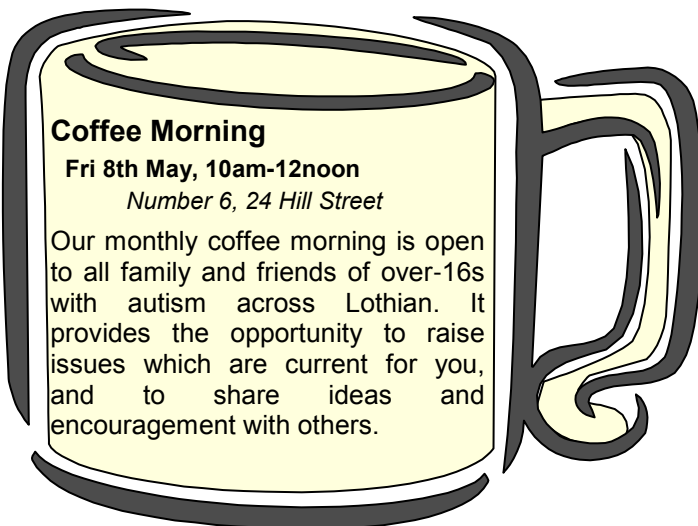
Pasda Singing Group

Weds 6th and 20th May, 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 8th May, 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.

Autism & Complex Needs Group

Mon 25th May, 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**.

Midlothian Carers Group

Tues 12th May, 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.

Book Group

There will be no Book Group this month. Please check next month's newsletter or the website for details of future meetings.

East Lothian Carers Group

Thurs 28th May, 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*.

Craft Group

The Craft Group is taking a break for the summer. Please get in touch if you are interested in joining the group when it restarts, or if you have any ideas for future projects you would like to see at the group.



CARER INFORMATION & OPPORTUNITIES

Sponsored Walk for All the Family

We would like to invite you, your family and friends to participate in a sponsored walk, organised by Sandy Sutherland, to raise funds for Pasda. Everyone is welcome to join in, the more the merrier! The walk will take place on Sunday 7th June, meeting at the car park adjacent to St. Margaret's Loch for a 2pm start.

The planned route is to walk the 5km (3½ miles) road around Arthur's Seat in the Queen's Park in Edinburgh. This is a lovely area and will allow some wonderful views of the scenery and wildlife.

If you are interested in taking part, please contact Graeme for further details, graeme.syme@pasda.org.uk / 0131 475 2416. If you would like to make a donation to support the walkers, we have a team page on MyDonate. Please visit <https://mydonate.bt.com/events/pasdawalk2015>.

Forth Bridge Abseil



We now have a full team of brave volunteers to abseil off the Forth Bridge on **Sunday 7th June**.

If you would like to sponsor the team, please visit the Pasda team's Just Giving page at www.justgiving.com/teams/pasdateam. Alternatively, please contact Judith who will be delighted to let you know how else you can contribute, judith.younger@pasda.org.uk / 0131 475 2416.



Create! Art for Autism

Create! Art for Autism is an art competition for young people aged 11-25 years who are formally diagnosed with an Autistic Spectrum Condition. The competition aims to dispel the myth that people with autism cannot be creative and to show that art can significantly improve their quality of life.

There are five main categories: 2D Art; 3D Art; Digital Photography; Digital Animation; and Poetry. The competition closes on **Friday 12th June**.

For more information and an entry form, please see the website at www.createartforautism.com.

New Transitions Project

A year-long project got underway in April to give young people with Asperger's Syndrome, ADHD and Tourette's Syndrome—and their families—a new platform to share their experiences around leaving school.

Life on the Edge of the Cliff will explore the information, advice and support available to young people with these conditions as they move from children's services to adulthood. The project has the backing of the Winston Churchill Memorial Trust, which has awarded co-ordinator Tracey Francis a Travelling Fellowship to compare experiences in the UK with those in Italy, Norway and the Czech Republic.

Tracey, whose 17-year-old daughter has Asperger's Syndrome, hopes the project will help young people's voices be heard in the debate over what support works best for them.

To find out more, or to share your own transitions story, contact Tracey at traceyfrancis1997@outlook.com or visit lifeontheedgeoftheclass@wordpress.com.

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

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

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