



News

We are delighted to introduce our new logo! We have a fresh new logo (above) which will gradually be appearing on all of our documents and publications. We hope you like it as much as we do.

We will be unveiling our **new website** this week. The address will not change (www.pasda.org.uk) but the content will be more current, including a live calendar of upcoming events. Please do have a look at it once it goes live and let us know what you think.

We have an **Employment Workshop** running this month, details are below. There will also be two workshops on **Self Directed Support** run by LCiL, details are on page 3.

All of our usual groups will be on this month, and we are pleased to introduce our new **Book Group**. The first **Social Group** outings of the new block have also been arranged, please see page 4 for details. If you have any suggestions for other Social Group activities you would like us to arrange, please let us know.

Please contact us at the office if you would like to use the **Dynamic Earth entry pass**. It is available for all of our families to use and covers entry for up to **three** adults and **three** children. We also have a selection of books available to borrow from **our library**—either pop in to the office to have a look, or we can send you a list of the titles we have.

The Pasda Team

Autism and Employment Workshop

Monday 13th October, 6.30-9pm in the Simpson Room, Norton Park

Danni and Graeme will be facilitating a workshop for **family carers** of over-16s with autism spectrum conditions. This workshop will consider the main issues facing adults with autism spectrum conditions when seeking, entering and maintaining employment and training. It will give carers the opportunity to share ideas and experiences in relation to autism and employment and highlight existing employment support services in the Lothians.

For more information or to book a place on this workshop, please contact Rachel, 0131 475 2416 / rachel.pickett@pasda.org.uk.

Carers' Consultation Event on Complex Needs

Wednesday 22nd October, 6.00-8.00pm in the Simpson Room, Norton Park

Danni will facilitate an additional Carers' Consultation Event focussing on Complex Needs. This is a follow-up to the consultation events which took place in August. It is open to anyone with an interest in Autism and Complex Needs, whether or not you attended the last consultation.

If you would like to attend this event, please contact Rachel, 0131 475 2416 / rachel.pickett@pasda.org.uk.



Pasda Staff Team

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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*
(*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

Autism & Complex Needs Group

Monday 27th October, 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** living in Edinburgh and the Lothians.

Partner & Spouses Group

*****Thursday 9th October, 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. *****Please note the change of date for this month.*****

This month we will discuss issues around difficulties dealing with finances and medical appointments.

Coffee Morning

Friday 10th October, 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.

Craft Group

Tuesday 28th October, 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.

Please feel free to bring along any current projects you are working on, or indeed something you are stuck with and would like some help with.

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.**

Carer Information Meeting

Wednesday 8th October, 7-9pm

*****St Serf's Church Hall, 1a Clark Road, Edinburgh EH3 5BD*****

This meeting is open to all family and friends supporting over-16s with an autism spectrum condition, living in Edinburgh or the Lothians.

This month, Jane Greenacre of Vocal will give a taster session on the forthcoming Finding Your Voice Training. For details of the complete course please see page 3.

Please note that this month's meeting will take place at St. Serf's Church Hall, please see access details noted for the Craft Group. Tea, coffee and biscuits will be served.

Book Group

Tuesday 14th October, 11am-12noon

Reception Room, Norton Park

Everyone is invited to the first meeting of our book group to discuss autism-related books you have been reading.

You will also have the opportunity to borrow books from our growing library. Tea, coffee and biscuits will be served.



Pasda Singing Group

Wednesday 1st and 15th October, 2-3pm

Morningside United Church, Holy Corner

All parents, carers and partners are warmly encouraged to come and sing for fun. Meetings are twice a month.

East Lothian Carers Group

Thursday 30th October, 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*.

This month there will be taster sessions of aromatherapy hand massage, neck and shoulder massage and Indian head massage. Each therapy session will last for 15-20 minutes.

West Lothian Carers Group

Wednesday 15th October, 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 & OPPORTUNITIES

Finding Your Voice

Saturday 18th October, 10am-3pm, VOCAL Carer Centre, 8-13 Johnston Terrace, Edinburgh

VOCAL will be running a number of workshops on how to make your point effectively. The workshops will provide strategies and tips on how to speak up confidently when talking to others about your needs and wishes and those of the people you support.



The first one takes place in October, and there will be further opportunities to attend this training in November.

To book a place, please register online at www.carerstraining.co.uk or call VOCAL on 0131 622 6666.



LCiL Self Directed Support Workshops

Monday 20th October, 6.30-8.30pm

Wednesday 22nd October, 2.30-4.30pm in the Simpson Room, Norton Park

LCiL will be running two workshops to give an overview of Self Directed Support and what has been learned so far about how the local authority is implementing SDS. The workshops will also focus on direct payments and what is involved in employing Personal Assistants. You will learn about the responsibilities involved, the flexibility and control this option gives you and the different levels of support that are available to you from your local support organisation.

If you would like a space on this workshop, please contact Rachel, 0131 475 2416 / rachel.pickett@pasda.org.uk.

National Autistic Society E-Befriending

NAS now have an E-befriending scheme. This is a way of providing online social contact and companionship for people with autism and their family. E-mails are exchanged at least once a week communicating about things of interest or concern and offering a friendly, supportive link with the wider community.



E-befrienders are volunteers who are recruited, trained and checked by NAS. Anyone over the age of 12 with autism or Asperger syndrome, or their parent or sibling, can apply for an E-befriender. The service uses secure software and both parties' personal details are protected.

For further information please contact the E-befriending Officer at E-befriending@nas.org.uk / 02920 629314.

Speak up Speak out Campaign

The misery suffered by children affected by alcohol or drugs is being spotlighted in the latest Speak up Speak out campaign.

It's the fifth in a series of campaigns by the City of Edinburgh Council, Police Scotland and NHS Lothian highlighting public protection issues. The campaign will tackle the issues and offer help, support and advice to youngsters whose lives are affected by drink and drugs:

- by targeting pregnant women, advising them to avoid drinking alcohol or taking drugs and educating on the risks of Fetal Alcohol Spectrum Disorder (FASD)
- by encouraging parents to act as role models and think about the effect of drinking in front of their children
- offering support to children whose parents have problems with drugs or alcohol
- supporting parents and carers to get advice on how to talk to their children about drinking and drugs
- signposting support services to children who are being pressured to take substances or are worried about friends
- asking neighbours worried about a local family to speak out on a child's behalf
- by publishing a toolkit for professionals involved in the support of children affected by drugs and alcohol.

To coincide with [FASD Awareness Day](#), a range of posters will be seen in venues across Edinburgh to spotlight the main issues and directing people to a variety of sources for help:

edinburgh.gov.uk/speakupspeakout

Social Care Direct, The City of Edinburgh Council's social work service (0131 200 2324).

Edinburgh & Lothian Council on Alcohol (0131 337 8188)

Crew 2000 (0131 220 3404)

ChildLine (0800 1111)

If you'd like to hear more about the campaign or would like some campaign materials, please contact ann.duff@edinburgh.gov.uk

Social Group

Saturday 25th October, 2pm at Rosslyn Chapel

Thursday 20th November, 7.30pm at Edinburgh Playhouse

This month there will be a trip to Rosslyn Chapel, and in November we have tickets to see the West End hit musical show Wicked when it comes to Edinburgh. All of our carers are welcome to attend these outings, but please note that they are for **carers only**.

Spaces on these outings are limited and will be offered on a first-come-first-served basis. If you would like a ticket please contact Rachel, 0131 475 2416 / rachel.pickett@pasda.org.uk.

West Lothian Local Autism Strategy

West Lothian CHCP has produced a draft Local Autism Strategy for consultation. Please note that the consultation period has been extended until **Friday 17th October 2014**.

Consultation responses are welcomed from organisations, groups and individuals who have an interest/remit in Autism and Aspergers Syndrome. The relevant information and documents are available via the following link:

www.westlothianchcp.org.uk/local-autism-strategy. If you do not have internet access, please request a paper copy from us here at Pasda on 0131 475 2416.

October 2014—Quick Guide to What's On at Pasda

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
		1 Singing Group 2-3pm	2	3	4 5
6	7	8 Carer Information Meeting 7-9pm	9 Partners Group 6-8pm	10 Coffee Morning 10am-12noon	11 12
13 Employment Workshop 6.30-9pm	14 Book Group 11am-12noon	15 Singing Group 2-3pm West Lothian Group 6.30-8pm	16	17	18 19
20 Self Directed Support Workshop 6.30-8.30pm	21	22 Self Directed Support Workshop 2.30-4.30pm Carers' Consultation 6-8pm	23	24	25 26 Social Group to Rosslyn Chapel 2pm
27 Complex Needs Group 10.30am-12noon	28 Craft Group 7-9pm	29	30 East Lothian Group 6.30-8.30pm	31	

Pasda

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Scottish Charity No.: SC042678