



## News

We are excited to let you know that we have received funding from Shared Care Scotland to run a **community garden** for carers. Thanks to our friends at South Queensferry Rotary Club, we will have a plot of land at Craigie's Farm near South Queensferry. We will be able to grow our own fruit and vegetables, relax in the garden and orchard and even have a go at keeping Pasda bees and making our own honey! The project will launch over the coming months and more details will follow.

September sees our workshop with **Jim Taylor**, see below. Also, we are delighted to tell you that **Geoff Evans** will be running a workshop for Pasda carers in November. Both of these are proving very popular, so be quick if you want to be sure of a place. Also in September, we will be running a **Communication Workshop**, details are on page 3.

The **Social Group** will be all at sea on 12th September, please see page 3 for details! In addition, following the very successful **Men's Curry Night**, Dylan is organising a second one on Tuesday 6th October. He welcomes suggestions for the venue, and if you are interested in attending please contact him.

We will have **Pasda information stalls** at two forthcoming events organised by Vocal. *Caring in the City* aims to bring together a variety of local organisations which may be of interest to carers and the people they care for. They are on Monday 12th October at Boroughmuir Rugby and Community Sports Club; and Friday 13th November at Pilrig Church. If you would like to join us on the stall on either of these dates, please let us know.

## The Pasda Team

### Jim Taylor Workshop—Supportive Approaches in Further Education and Employment

Thursday 17th September, 10am-2pm at Norton Park

We are delighted to be able to offer our carers a workshop with Jim Taylor, funded by the Crerar Hotels Trust.

Jim has worked in education and autism for the past 37 years. He has a wealth of experience in teaching children with autism of all ages, from pre-school through to transition and adulthood. He also has a wide range of experience working with services which provide support to adults.

This workshop will look at practical tools and strategies to support your family member with autism in education and the workplace. There will be time for a question and answer session at the end, and lunch will be provided.

Places are limited, so don't delay in booking. To reserve your place on this workshop, please contact Dylan, [dylan.hamilton@pasda.org.uk](mailto:dylan.hamilton@pasda.org.uk), 0131 475 2416.

### Positive Pathways

From 5th October at Number 6, 24 Hill Street



We are pleased to once again offer the Positive Pathways course in association with the Richmond Fellowship. This training is funded by the City of Edinburgh Council, Pasda, The Crerar Hotels Trust and East Lothian Council.

This is an opportunity for **family carers living in Edinburgh or East Lothian** to receive practical training to help and support their family member with autism (aged 16 or over). The course is suitable for carers of adults with autism (with or without a learning disability). It consists of four half-day training sessions over eight weeks, held at Number 6. There will also be four 1:1 intensive support sessions held either in your home or locally to you.

Further information is available on our website. If you wish to apply for a place on the course, you can find the application form on our website at [www.pasda.org.uk](http://www.pasda.org.uk), or please contact the office for a paper copy. All completed applications **must** be received by **Sunday 6th September 2015**.

CRERAR  
— HOTELS TRUST —

#### Pasda Staff Team

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[www.pasda.org.uk](http://www.pasda.org.uk) 0131 475 2416 [info@pasda.org.uk](mailto:info@pasda.org.uk)

Short  
breaks fund



## 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 September, 6pm**

\*\*\*The Rosehip, 43 Rose Street, Edinburgh EH2 2NH\*\*\*

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

This month the group will be having a social event. They are going for a meal at The Rosehip Restaurant in Edinburgh. Please let Danni know if you will be attending this month.

### East Lothian Carers Group

**Thurs 24th September, 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*.

### Coffee Morning

**Fri 11th September, 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.

### Pasda Singing Group

**Weds 2nd and 16th September, 2-3pm**

Morningside United Church, Holy Corner



All parents, carers and partners are warmly invited to come and sing for fun. Meetings resume on 2nd September and are twice a month.

### Carer Information Meeting

**Weds 9th September, 7-9pm**

Number 6, 24 Hill Street

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

The speaker this month will be Jane Neil-Maclachlan.

### Autism & Complex Needs Group

**Mon 28th September, 10.30am-12pm**

\*\*\*Simpson Room\*\*\*, Norton Park

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

\*\*\*Please note the change of room this month.

### Midlothian Carers Group

**Tues 8th September, 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.

Please join us to meet other carers in your area and discuss topics of mutual interest.

### West Lothian Carers Group

**Weds 16th September, 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.

### Weekend Coffee Morning

**Sat 26th Sept, 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.

# CARER INFORMATION & OPPORTUNITIES

## Communication Information Session

Wednesday 23rd September, 10.30am-12pm at Norton Park

This session will be led by Keycomm who will be providing information about their service (serving Edinburgh and the Lothians). They will bring examples of communication tools and technology for people to try out and find out more about. For more information on Keycomm, please see their website at [keycomm.weebly.com](http://keycomm.weebly.com).

For more information or to book a place, please contact Rachel, [rachel.pickett@pasda.org.uk](mailto:rachel.pickett@pasda.org.uk), 0131 475 2416.



## Social Group—Islands Boat Trip

Saturday 12th September, 12.00 leaving from North Berwick Harbour

This month we have arranged a private boat trip around the Lamb, Craigleith and Bass Rock. The boat will depart from North Berwick Harbour at 12.00, and the trip will last approximately 75 minutes. After this, there will be refreshments at the café in the Seabird Centre, courtesy of

Pasda. **Please note** that this trip is not suitable for anyone with back problems or who is pregnant.

Spaces for this trip are strictly limited by the size of the boat. If you would like to go please contact Dylan, [dylan.hamilton@pasda.org.uk](mailto:dylan.hamilton@pasda.org.uk), 0131 475 2416.

## Walking Group

Friday 18th September, meeting at 11am at the Blue Goose Country Pub, Lanark Road

As the weather was unkind to us in August, the Pasda Walking Group will make a second attempt at the five and half mile walk along the Water of Leith between Balerno and Slateford. However, the direction will be reversed so the group will meet outside the Blue Goose Country Pub at 11am.

The route will take you through the beautiful Colinton Dell, past Colinton and the fringes of Juniper Green and Currie, ending at the village of Balerno. There will be a break for tea and coffee in either Juniper Green or Currie.

Please note, the walk will start and finish in different locations but the 44 bus service runs between the two for anybody wishing to bring their car. Please let **Graeme** know if you will be attending this group, [graeme.syme@pasda.org.uk](mailto: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



## Geoff Evans Workshop—Repetitive Behaviours

Monday 23rd November, 10am-4pm at Norton Park

Geoff Evans, Head of Autism Practice at the Options Group, will be leading a workshop for Pasda carers in November. This will focus on repetitive behaviours, challenging the concept that repetitive behaviours are all negative, and bringing a positive outlook to them. The presentation will be followed by an interactive question and answer session looking at real-life scenarios. Lunch will be provided. This training is funded by the Crerar Hotels Trust.

Places are already filling up fast, so if you would like one please let us know as soon as possible by contacting Dylan, [dylan.hamilton@pasda.org.uk](mailto:dylan.hamilton@pasda.org.uk), 0131 475 2416.

## New 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 Jane at the Carer Advocacy Service (PIP & ESA), Vocal Midlothian Carers Centre on 0131 663 6869 or email [midlothian@vocal.org.uk](mailto:midlothian@vocal.org.uk).

## Edinburgh Health and Social Care Partnership Draft Strategic Plan

City of Edinburgh Council are currently consulting on the draft plan for merging health and social care services. It has been pointed out that this plan does not include any reference to autism, and we are keen for our carers to have the opportunity to let the Council know your views.

The consultation is open until **31st October**. If you would like a printed copy of the questionnaire and/or the papers, you can contact the council by e-mail at [healthsocialcareintegration@edinburgh.gov.uk](mailto:healthsocialcareintegration@edinburgh.gov.uk) or call 0131 529 6552. Alternatively, you can find the draft plan and online survey at [consultationhub.edinburgh.gov.uk](http://consultationhub.edinburgh.gov.uk).

### Book Launch and Signing

Thursday 17th September, 6pm at Waterstones West End, 128 Princes Street, Edinburgh

Edinburgh-based author Catherine Simpson will be launching her debut novel *Truestory*. This is a novel about a mother raising a son with Asperger's, and is a darkly comic story. More information about Catherine and her novel is available at [www.catherine-simpson.co.uk](http://www.catherine-simpson.co.uk).

Tickets are free and you can get them from Waterstones by popping in or giving them a call on 0131 226 2666.

### 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](http://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.

### September 2015—Quick Guide to What's On at Pasda

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

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