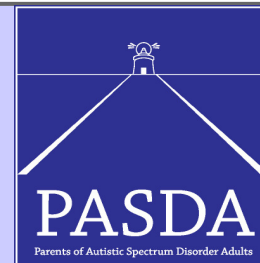


PASDA NEWS

November 2013 ISSUE #39

Supporting families of adults with autism in Edinburgh & Lothians

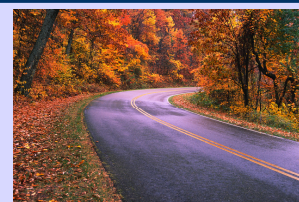
Unit 26, Norton Park, 57 Albion Road, Edinburgh EH7 5QY
Registered Charity SC042678



News

We have a number of workshops for family carers taking place this month, including those focusing on the mental health of individuals with autism and the impact that this has on their family, as well as self-advocacy courses for carers which are part of the ongoing PASDA-VOCAL partnership.

For more information on these workshops, or any of our other activities, including our usual range of monthly support groups (see Page 2), please do not hesitate to contact the PASDA team.



In other news, we are sorry to say that Karina, who has been with PASDA since 2010 (and was our first ever member of staff), will no longer be able to return to PASDA in 6 months' time. She is heading off to volunteer in Nepal and then will be backpacking in South East Asia and then hopefully travelling and working in Australia. Karina has thoroughly enjoyed working with PASDA over the last few years and will be very sad to say goodbye. Many carers have already asked if it will be possible to stay in touch, so Karina is currently considering some sort of travel blog!

Best wishes,

The PASDA Team



PASDA Christmas Fair

As is now traditional, we will be holding a fundraising Christmas Fair this December at Norton Park. We are going to hold this instead of our Carer Information Meeting on Wednesday 11th December, 7-9pm.

We will be having a raffle, tombola, bake sale and arts and crafts table. Danni will be responsible for coordinating this event, but she will need some help from volunteers, so if you are available to help out on the day, please let her know. We also need donations of prizes and edible goodies—please bring any donations into the PASDA office.

If you can help, or would like any more information, please contact **Danni**, danuta.szczyszynska@pasda.org.uk / 0131 475 2416.

Job Vacancy—PASDA Project Manager

We aim to build a resourceful network of family carers over the next three years through our *PASDA Interactive* project which is funded by the Big Lottery Fund. We are looking for a Project Manager who can provide leadership and stability in order to enable us to achieve our objectives. Big Lottery Funding has allowed us to employ a staff team of five for a three year period.

The Project Manager will work with the PASDA Senior Manager and management committee to ensure the vision and mission of PASDA is implemented in a sustainable way to meet the needs of ASC adult carers in the Lothians.

We are looking for someone who has worked in a similar role to operate and develop at a Project Management level, build relationships with other agencies and lead the operational development of the team. The role requires an individual with excellent organisational, communication and managerial skills.

For full application details, please view the full job advertisement on Goodmoves at <http://www.goodmoves.org.uk/jobs/15902?keyword=pasda>

Access to Norton Park (Main Building and Conference Centre)

We would like to apologise for any inconvenience that has been caused in accessing the Norton Park buildings for PASDA events. Access to the main building depends on the time of day. For meetings/events starting Monday-Friday, 9am -5.30pm, you can enter either through the main entrance (via Albion Road) or the rear entrance (via the car park) and go straight to Reception who will direct you to the appropriate room.

Outwith these hours, you will need to access the building via the rear entrance (through the car park) and call the designated member of staff. We will advise you which member of staff to contact in advance but will also put a laminated sign on the doors at the rear entrance indicating who is the designated member of staff as well as their mobile number. Please call the number and they will meet you at the back door. Alternatively, if the meeting/event you are attending is in the Norton Park Conference Centre (the Church next door to the main Norton Park building), please go straight to this entrance and ring the appropriate buzzer.

We request that you let us know if you intend to come along to any of our meetings/events in advance as this will help us coordinate letting people in and out of the buildings. Many thanks.

PASDA Staff Team

Senior Manager: donna.nelson@pasda.org.uk
Project Manager: karina.williams@pasda.org.uk
Project Worker: graeme.syme@pasda.org.uk
Project Worker: danuta.szczyszynska@pasda.org.uk
Administrator: rachel.pickett@pasda.org.uk

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LOTTERY FUNDED

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)

Carer Information Meeting: Wednesday 13th November, 7-9pm at Norton Park, Albion Road.

This month, Neil Hendry, Benefits & Housing Coordinator at No.6 (Autism Initiatives), will be coming along to give basic information on the topic of Welfare Reform in relation to adults with Asperger syndrome and Jane Greenacre from VOCAL will also be coming along to tell us about the free Information Surgeries that are currently available to PASDA carers at VOCAL on Power of Attorney, Guardianship and related issues.

All interested parents and carers are welcome to attend this meeting, please let **Rachel** know if you plan to attend.

Coffee Morning: Friday 8th November, 10am-12noon in the Reception Room at Norton Park, 57 Albion Road, Edinburgh, EH7 5QY (Please note the change of venue)

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. This group will be facilitated by Danni. Please let **Rachel** know if you plan to come along.



East Lothian Carers Group: Thursday 28th November, 6.30-8.30pm at Carers of East Lothian, 94 Musselburgh High Street, Musselburgh EH21 7EA.

This monthly group is open to all family carers in East Lothian, it will be facilitated by Graeme and Danni from PASDA and Margaret from *Carers of East Lothian*. This month Neil Hendry, Benefits & Housing Coordinator at No.6, will be coming along to give basic information on the topic of Welfare Reform in relation to adults with Asperger syndrome. Please let **Rachel** know if you plan to attend.

Partner & Spouses Group: Thursday 7th November, 6-8pm in the Reception Room, Norton Park, 57 Albion Road, Edinburgh, EH7 5QY.

This group is for partners and spouses of over-16s with autism spectrum conditions living in Edinburgh and the Lothians. This month the group will be facilitated by Danni. We will have the opportunity to discuss how the last month has been for everyone and to plan the next few sessions. Please let **Rachel** know if you plan to attend.

West Lothian Carers Group: Monday 18th November, 6.30-8pm, at Autism Initiatives' Resource Base, Almond House, Quarryrood Court, Livingston, EH54 6AX.

This group is open to all family carers of adults with autism living in West Lothian. This month the group will be facilitated by Graeme and Danni from PASDA, and Neil Hendry, Benefits & Housing Coordinator at No.6, will be coming along to give basic information on the topic of Welfare Reform in relation to adults with Asperger syndrome. Please let **Rachel** know if you plan to attend.

Autism & Complex Needs Group: Wednesday 20th November, 10.30am-12pm in the Reception Room at 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. Please let **Rachel** know if you plan to attend.

PASDA Social Group

Shared Care Scotland have agreed that we can use our Creative Breaks underspend over the next 6 months to fund some more social activities for carers. Please contact **Danni** if you would like to be involved in the planning of these activities. We will not be holding a social group in November but we hope to in December and we would be happy to hear about any ideas that you may have.

**CREATIVE
breaks**

CARER INFORMATION & OPPORTUNITIES

PASDA Carer Workshops

PASDA's two project workers, Danni and Graeme, will be facilitating two workshops for family carers of over-16s with autism spectrum conditions on the themes of **Autism & Mental Health** and **Communication**.

Communication Workshop

Tuesday 5th November, 6.00-8.30pm in the Baird Room, Norton Park Conference Centre

This workshop will give carers the opportunity to consider the main communication issues facing adults with Asperger Syndrome/High Functioning Autism. They will also be able to share some of the difficulties they have experienced as well as any tips, tools or approaches they have personally found to be effective.

Autism & Mental Health Workshop

Tuesday 12th November, 6.00-8.30pm in the Simpson Room, Norton Park main office building

This workshop will provide an overview of mental health issues commonly experienced by individuals on the autistic spectrum. There will be a particular focus on anxiety and depression. The session will provide the opportunity to talk about your own experiences and share ideas and knowledge about possible strategies and services.

Living with Mental Illness (two sessions)

Thursday 14th and 21st November, 6.30-8.30pm in the Simpson Room, Norton Park

The workshops will be led by Lorraine Keith from Support in Mind. They will look at what mental health is, and how supporting someone with a mental health condition can impact the carer's health and wellbeing. They will also consider how carers can find a balance between caring for others and looking after themselves.

For more information or to book a place on any of these workshops, please contact **Rachel**, 0131 475 2416/ rachel.pickett@pasda.org.uk.

Self Advocacy Workshops for Carers

6th & 13th November, 1.00-3.30pm at 8-13 Johnston Terrace

Self Advocacy workshops are about enabling carers to have confidence and skills to enable them to speak up more effectively, be listened to and have their needs met in a variety of situations, enabling them to access the support and services both they and the person they care for require.



Dealing with Difficult People

4th & 11th November, 1.00-3.30pm at 8-13 Johnston Terrace

We have all come across people in positions of authority, or who use more aggressive approaches to getting what they want. This course is about how to deal with people who seem have much more authority or power than you and how you can effectively deal with their approach so that you can be listened to and your concerns taken seriously.

You can book a place on either of the above courses by calling VOCAL on 0131 622 7625, via their website www.vocal.org.uk, or by contacting Rachel at PASDA, 0131 475 2416/rachel.pickett@pasda.org.uk. Please book at least **one week before** the course.

Speaking for the Person you Care For

Tuesday 19th & 26th November, 6.30-8.30pm, in the Simpson Room, Norton Park, Albion Road

Carers often have to speak up for the person that they care for, as that person's health or condition prevents them from clearly understanding many issues, or being heard clearly by other people. This course will look at the dilemmas and challenges faced by carers when speaking up for the adult you care for, and how these can be addressed to enable the carer to be listened to and taken seriously by others. Please let **Rachel** know by **11th November** if you would like to attend.

For all of the above VOCAL workshops you must be able to attend both sessions.

Undateable? Not me!

Friday 22nd November, Hilton Hotel, Edinburgh Airport

A day of people's stories and practical advice about friendships and relationships; about meeting, dating, spending time together or breaking up; about sex and your right to choose; and about keeping healthy and staying safe, too.

Speakers are: **Undateable? Not me!** Kate Brackley, BILD, who appeared on Channel 4's 'The Undateables'; **My choice - Me and my partner** George Burrows, LGBT Health and Wellbeing; **Being married - our story** Paul and Pam McCann.

For further information, including how to book a place, please see the BILD website <http://www.bild.org.uk>, or call them on 0121 415 6970.

Access to Work Workshops

As part of their Access to Work project, Lothian Centre for Inclusive Living (LCiL) are holding workshops in December for parents/carers of Disabled People who want to find out more about the Access to Work scheme and what it actually means for disabled people in real terms.

Workshop for parents/carers of people aged 14-25

4th December, 10am-12.30pm, then again at 6.00-8.30pm.

Workshop for parents/carers of people aged 26 and over

10th December, 6.00-8.30pm

Workshop for young people aged 16-25 with additional support needs

14th January 2014, 6.00-8.30pm

All of these will be held in the Training Suite at Norton Park.

At these workshops you can find out what Access to Work is, and get up to date with all the changes that are happening within the service. It will be useful for those who may be thinking of going into new employment or are already in employment and require additional support to remain in their work.

Travel costs can be met on request to LCiL.

For more information or to book a place please contact **Amanda Beech**, Amanda.beech@lothiancil.org.uk / 0131 475 2350.

November 2013—Quick Guide to What's On at PASDA

Monday	Tuesday	Wednesday	Thursday	Friday
				1
4 Dealing with Difficult People, Part 1 1-3.30pm	5 Communication Workshop, 6-8.30pm	6 Self Advocacy Workshop, Part 1 1-3.30pm	7 Partners Group 6-8pm	8 Coffee Morning 10am-12noon
11 Dealing with Difficult People, Part 2 1-3.30pm	12 Mental Health Workshop, 6-8.30pm	13 Self Advocacy Workshop, Part 2 1-3.30pm Carer Information Session, 7-9pm	14 Living with Mental Illness Workshop, Part 1 6.30-8.30pm	15
18 West Lothian Group 6.30-8pm	19 Speaking for the Person you Care For, Part 1 6.30-8.30pm	20 Complex Needs Group 10:30—12	21 Living with Mental Illness Workshop, Part 2 6.30-8.30pm	22
25	26 Speaking for the Person you Care For, Part 2 6.30-8.30pm	27	28 East Lothian Group 6.30-8.30pm	29

Parents of Autistic Spectrum Disorder Adults (PASDA)

Contact Details: PASDA, Unit 26, Norton Park, 57 Albion Road, Edinburgh 0131 475 2416

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

Scottish Charity No.: SC042678