

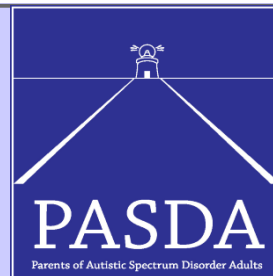
PASDA NEWS

October 2013 ISSUE #38

Supporting families of adults with autism in Edinburgh & Lothians

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

Registered Charity SC042678



News

Thank you to everyone who came along to our *Welcome Reception* on 12th September. We had over 45 attendees, which was a great turn-out. It was lovely to see so many familiar faces and to have the opportunity for a proper catch-up and the chance to show everyone around our new premises.

Many of you will have heard by now that PASDA's Project Manager, Karina Williams, will actually be taking a wee break from PASDA to go travelling for 6 months. Karina will be finishing up at the end of October and our plan is that a member of the staff team will take on the Management role for 6 months, until Karina returns. We are certain that this will not disrupt the running of PASDA services, although please do let us know if you have any concerns about any changes at PASDA.

Please do not hesitate to contact any member of the PASDA team for more information on any of the groups and activities that we are running for family carers of over-16s with autism. We keep our Facebook Page up-to-date with all of our activities, so please make sure that you are following us on there.

Best wishes,

The PASDA Team

PASDA (Parents of Autistic Spectrum Disorder Adults)

Notice calling Annual General Meeting

The Annual General Meeting of PASDA will be held at 7pm on Wednesday evening 16th October 2013 at Norton Park, 57 Albion Road, Edinburgh.

The meeting will comprise:

1. Apologies
2. Approval of the Minutes of the Annual General Meeting held on 9th May 2012
3. Convener's Report on the work of the Association since the last AGM
4. Treasurer's Report and submission of Accounts for the period ending 31st March 2013
5. Election of Convener, Vice Convener, Treasurer and Secretary
6. Election of members to vacant positions on the Management Committee*
7. Election of Auditor/ Examiner
8. Agreement to annual rates of membership subscription for the current financial year
9. AOCB

Lucy Johnston (Secretary)
23rd September 2013

*Nominations to serve on the Management Committee should be received by the Secretary in writing at least 7 days before the AGM. Members may nominate themselves or in the case of the nomination of another member include an indication of the willingness of the member nominated to stand for election.

Eagerly Seeking a New PASDA Treasurer

We are looking for an accountant to act as PASDA treasurer, as our current treasurer will shortly be stepping down. Full details can be found at:

<http://www.cajobs.org.uk/job/treasurer-and-trustee-48878.htm>

If you are interested or know someone who may be suitable, please let us know on 0131 475 2416/info@pasda.org.uk

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.szczesynska@pasda.org.uk
Administrator: rachel.pickett@pasda.org.uk



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<https://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)

AGM (7pm) and Carer Information Meeting (7.15-9pm): Wednesday 16th October, at Training Suite, Norton Park Conference Centre, Albion Road. The Carer Information Meeting will immediately follow the AGM (see page 1 for details). After the AGM, staff from IntoWork will give a short presentation about the **employment support** services they provide to adults with Asperger's/high-functioning autism. Please let **Rachel** know if you plan to attend the AGM or main meeting.

Coffee Morning: Friday 11th October, 10am-12noon at Café on the Corner (Autism Initiatives' Social Enterprise), 24 Hill Street, Edinburgh, EH2 3JZ

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 is facilitated by our volunteer, Hester. Please let **Rachel** know if you plan to come along.



East Lothian Carers Group: Thursday 31st Oct, 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. This group will be facilitated by Graeme and Danni from PASDA and Margaret from *Carers of East Lothian*. Please let **Rachel** know if you plan to attend.

Partner & Spouses Group: Thursday 3rd October, 6-8pm at 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 Karina and Danni from PASDA. We will have the opportunity to discuss how the last month has been for everyone and plan the next few sessions. Please let **Rachel** know if you plan to attend.

West Lothian Carers Group: Monday 21st October, 6.30-8pm, at Autism Initiatives' Resource Base, Almond House, Quarryrod Court, Livingston, EH54 6AX. **PLEASE NOTE THE CHANGE OF TIME** 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. Please let Rachel know if you plan to attend.

Autism & Complex Needs Group: Wednesday 16th October, 10.30am-12pm 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.

Social Group

Our Creative Breaks funding has now come to an end which means that at the moment we are no longer able to fund monthly social activities. However, as the social group has proven so popular in the last 12 months, we are keen to continue running a monthly social outing, where carers would cover their own expenses (unless we are able to access further Creative Breaks funding). If this is something you would be interested in, please let Rachel know on 0131 475 2416/ rachel.pickett@pasda.org.uk. We would like to set up a meeting in November to discuss the future of the social group and we would love to have as many carers involved as possible.

**CREATIVE
breaks**

CARER INFORMATION & OPPORTUNITIES

Have Your Say - The Edinburgh Carers Strategy

The City of Edinburgh Council and NHS Lothian, in conjunction with local carers organisations are consulting on a new Carers Strategy for Edinburgh. You can read the Strategy and respond to the Consultation on the Council's website:

http://www.edinburgh.gov.uk/info/1352/carers/2053/joint_carers_strategy_consultation

The Consultation is open until 31st October and is relevant to any unpaid carers living in the City of Edinburgh. To support this process, VOCAL have organised a series of focus groups during September and October for carers to attend and have their views heard.

The focus groups began on **6th September** and VOCAL are urging carers from all backgrounds to attend one of the sessions to give a wide range of views and experiences. There are a variety of groups both during the day and evenings. Further details and online booking are available at www.carerevents.co.uk or call VOCAL on **0131 622 6666**.

To request a questionnaire to complete, please email jointcarersstrategy@edinburgh.gov.uk.

Self-Advocacy Workshops for Carers of Adults with Autism

30th September & 7th October, 1.00-3.30pm at 8-13 Johnston Terrace (You must be able to attend both sessions)



The 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

16th & 23rd October, 1.00-3.30pm at 8-13 Johnston Terrace (You must be able to attend both sessions)

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 course 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.

VOCAL are holding an **Information Session for potential new volunteer advocates** on:

Friday 11th October from 2.20pm – 5pm

This will be held at VOCAL at Johnston Terrace. If anyone is interested they should call Mark Han-Johnston directly on (0131) 622 7625 for a chat or to register a place.

Houses of Parliament Outreach Workshop

Wednesday 30th October, 2-4pm at Norton Park

Houses of Parliament Outreach aims to increase levels of public engagement with Parliament, as part of a strategy endorsed by both the House of Commons and the House of Lords. It promotes public engagement with Parliament in two main ways: **raising awareness and understanding of the work, processes and relevance of Parliament, and encouraging active involvement with Parliament's core activities and functions.**

Gary Hart, Parliamentary Outreach Officer, will be delivering an interactive workshop and presentation for PASDA carers and any other interested parties, on the role and relevance of Parliament, covering a number of topics including: contacting MPs and Lords; how Bills progress through Parliament; Parliamentary Questions; using the Parliamentary website to track particular subjects; empowering groups and individuals so they can voice their views effectively.

If you have an interest in Parliament, and would like more information about how to get involved with Parliament, please come along to this free workshop. **Please let Rachel know if you would like to attend.**



Self-Harm Workshop

Saturday 26th October, 9.30am-3pm at Norton Park

Merrick Pope, a Clinical Nurse who specialises in Self-Harm at the Royal Edinburgh Hospital, will be running a workshop for PASDA carers on the theme of Self-Harm on Saturday 26th October.

This workshop is suitable for any carers of over-16s with autism spectrum conditions who are concerned about their family member's self-harming behaviour. There will be the opportunity to consider what constitutes 'self-harm' and to look at the reasons behind it and strategies for supporting someone who exhibits such behaviour.

For more information on whether this workshop is appropriate to your situation, please contact a member of the PASDA staff team. If you would like to book a place on the workshop, please contact Rachel on 0131 475 2416/rachel.pickett@pasda.org.uk

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

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|---|---------|---|---|--|---|
| | | 1 | 2 | 3 Partners Group Norton Park, Albion Rd 6-8pm | 4 | 5 |
| 6 | 7 | 8 | 9 | 10 | 11 Coffee Morning at Café on the Corner 10am-12noon | 12 |
| | | | | | | |
| 13 | 14 | 15 | 16 Complex Needs Group 10:30—12 | 17 | 18 | 19 |
| | | | AGM and Carer Info Session, 7-9pm Both at Norton Park, Albion Road | | | |
| 20 | 21 West Lothian Group Almond House, Livingston 6.30-8pm | 22 | 23 | 24 | 25 | 26 Self-Harm workshop, 9.30am-3pm at Norton Park |
| | | | | | | |
| 27 | 28 | 29 | 30 Houses of Parliament Outreach Workshop, Norton Park, Albion Rd 2-4pm | 31 East Lothian Group, COEL, Musselburgh 6.30-8.30pm | | |

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