

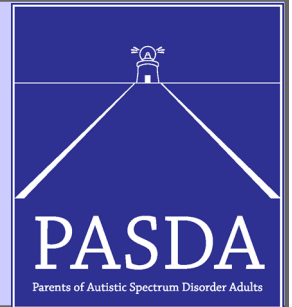
# PASDA NEWS

September 2013 ISSUE #37

Supporting families of adults with autism in Edinburgh & Lothians

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

Registered Charity SC042678



## News

We hope you have all had a good Summer, hopefully with the opportunity for some sun and relaxation. We have been extra busy here at PASDA with our big move.

Thanks to Tom, Chris and Gordon from the PASDA Committee we had a smooth transition into our new office at Norton Park on 12th August. Our new Project Worker, Danni, and Administrator, Rachel, have now joined the team as well. In the next couple of months we will be continuing to promote various PASDA projects funded by the Big Lottery Fund, including our peer support network, **PASDA Connect** and we will be developing further workshops on topics which are of interest to families of adults with autism. As we now have an increased staff team, we are now more able to carry out ongoing support work with individual families, so please contact us if you are dealing with any issues that of concern to you. We hope you will be able to join us at our **Welcome Reception** on 12th September. Further details are below.

**The PASDA Team**



## PASDA Welcome Reception

Thursday 12th September, 2013 4-7pm

Training Suite (in the Norton Park Conference Centre).

We would like to invite all of our family carers and other stakeholders to our Welcome Reception on 12th September to give you the opportunity to see our new premises and meet our new staff team. There will also be the chance to meet professionals from other organisations that may be of interest to you. A buffet and refreshments will be provided from 4.30pm and if you are a professional, you are welcome to bring along leaflets to put on the information table. Please let us know if you plan to attend by **Monday 2nd September** so that we have an idea of numbers for catering. Please contact our Administrator, Rachel Pickett, on [rachel.pickett@pasda.org.uk](mailto:rachel.pickett@pasda.org.uk) or 0131 475 2416 to confirm your attendance with your name, organisation (if applicable) and any dietary or access requirements. We hope to see you then.



Norton park - our offices

PASDA Staff Team

Senior Manager: [donna.nelson@pasda.org.uk](mailto:donna.nelson@pasda.org.uk)

Project Manager: [karina.williams@pasda.org.uk](mailto:karina.williams@pasda.org.uk)

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Project Worker: [danuta.szczyszynska@pasda.org.uk](mailto:danuta.szczyszynska@pasda.org.uk)

Administrator: [rachel.pickett@pasda.org.uk](mailto:rachel.pickett@pasda.org.uk)

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Find 'Pasda' on Facebook  
<https://www.facebook.com/pages/Pasda>  
0131 475 2416 [info@pasda.org.uk](mailto: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)

**Carer Information Meeting:** Instead of holding our usual Carer Information Meeting this month, we will be holding our Welcome Reception event (please see details on front page).

**Coffee Morning: Friday 13th September, 10am-12noon at Café on the Corner, 24 Hill Street, Edinburgh**

**Due to our change in premises, we have decided to try holding our monthly coffee morning at Autism Initiatives' social enterprise, Café on the Corner.**

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 26th Sept, 6.30-8.30pm at Carers of East Lothian, Musselburgh**

This monthly group is open to all family carers in East Lothian. This month we will be welcoming Mark Johnston from VOCAL who will be telling us about the Advocacy Service that is available to carers. 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 5th September, 6-8pm at Reception Room, Norton Park, 57 Albion Road, Edinburgh**

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 to 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 16th September, 6-7.30pm, 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. Please let Rachel know if you plan to attend.

**Autism & Complex Needs Group: Wednesday 18th September, 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 — Afternoon Tea at the Balmoral Hotel  
Saturday 14th September, 2pm onwards**

This month we will be using our Creative Breaks funding to pay for ten carers to have



Afternoon Tea at the Balmoral Hotel on Princes Street. This will include a selection of sandwiches, pastries, tea and coffee as well as musical entertainment at a value of £25 per person. If you would like to book a place at this event, please contact Rachel by **Monday 2nd September**. Places will be allocated to the first ten carers who contact us.

*Our Creative Breaks funding allows us to offer short breaks to carers who would normally not be able to afford to treat themselves.*

**CREATIVE  
breaks**

# CARER INFORMATION & OPPORTUNITIES

## Carers Forum

**Wednesday 18th September, 2-5pm, St. John's Church, Princes Street, EH2 4BJ**

The main aim of this forum is to highlight the effects of the Welfare Reform Act. It will provide the opportunity for carers, service users, medical, legal, educational and social care professionals as well as charities to pose their questions to a panel of MPs, MSPs, the Minister for Health, and Councillors from the City of Edinburgh Council. You are encouraged to ask about issues that are specific to the needs of carers of adults with autism. It is recommended that you submit questions before the event to ensure that they can be addressed. Please let Rachel know by **Thursday 12th September** if you plan to attend, or if you wish to submit a question. [rachel.pickett@pasda.org.uk](mailto:rachel.pickett@pasda.org.uk)/0131 475 2416  
[www.facebook.com/CarersScotlandForum](http://www.facebook.com/CarersScotlandForum)



## Access to Work Workshops

As part of their Access to Work project, Lothian Centre for Inclusive Living are holding four workshops for disabled people.

### At these workshops:

Disabled people 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.

**Dates:** 8th October Time: 1-3pm or 14th November Time: 5-7pm

**Venue:** Training Suite at Norton Park Conference Centre.

For more information, please contact Amanda Beech on [Amanda.beech@lothiancil.org.uk](mailto:Amanda.beech@lothiancil.org.uk) or 0131 475 2350

**Please note that LCiL are considering holding similar workshops for parents of disabled people—if this is of interest, please contact a member of the PASDA staff team to express your interest.**

## ACCESS Club Night

Sunday 1st September, 7pm-midnight, Electric Circus, 36 Market Street EH1 1DF

ACCESS is a mainstream club night that is accessible for people with additional support needs. Developed by Places for People Scotland Care and Support which runs Horizons, ACCESS is a genuine club experience with safeguards built in to create a more comfortable environment for those with additional support needs.

There will be no strobe lighting and there will be support staff on hand who will be discretely badged so they can be easily located by club goers seeking assistance where required. By introducing a few simple measures the organisers of ACCESS create a comfortable environment for everyone to enjoy.

Electric Circus is one of Edinburgh's most popular nightspots. Tickets for ACCESS are available in advance from Places for People Scotland Care and Support and Electric Circus at £5, or £6 on the door.



## September 2013—Quick Guide to What's On at PASDA

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 ACCESS Club Night, Electric Circus, 36 Market Street 7pm-midnight	2	3	4	5 Partners Group 6-8pm Norton Park, Albion Rd	6	7
8	9	10	11	12 Welcome Reception Norton Park, Albion Rd 4-7pm	13 Coffee Morning at Café on the Corner 10am-12noon	14
15	16 West Lothian Group Almond House, Livingston 6-7.30pm	17	18 Complex Needs Group Norton Park, Albion Rd 10:30—12	19	20	21
22	23	24	25	26 East Lothian Group, COEL, Musselburgh 6.30-8.30pm	27	28
29	30					

Parents of Autistic Spectrum Disorder Adults (PASDA)  
 Contact Details: PASDA, Unit 26, Norton Park, Albion Road, Edinburgh 0131 475 2416  
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 Scottish Charity No.: SC042678