

PASDA NEWS

September 2014 ISSUE #49

Supporting families of adults with autism in Edinburgh & Lothians

Norton Park, 57 Albion Road, Edinburgh EH7 5QY



News

Now that the schools are back and the festivals are drawing to a close, all of our **groups** are back on in September—please see page 2 for a full list. This month there will be a **hand massage workshop** at the Complex Needs Group, where carers can learn how to give a relaxing and soothing hand massage to their family member. New group members are very welcome to join in, please just let us know if you will be coming along.

The **West Lothian Group** is moving to a new day for the foreseeable future. The group will now meet on the third Wednesday of the month, at the same place and time.

Our **Dynamic Earth entry pass** is still available for carers to use, a number of families have already enjoyed a visit using this. It covers entry for up to **three** adults and **three** children. Please contact the office if you would like to borrow the pass. 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.

This is a final reminder for those of you who have not yet **renewed your membership**, or for anyone who would like to join. If you need a membership form please let Rachel know. Paid membership is a great way to support Pasda and to enable us to add new groups and reach more carers. It also entitles you to a vote at the AGM. Thank you very much to all those who have already paid, your support really means a lot to us.

The Pasda Team

Communication Workshop

Monday 15th September, 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. The 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 tips, tools or approaches they have personally found to be effective.

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

Social Group

We are delighted to tell you that we have secured funding from Creative Breaks for the Social Group. This will run from October until September next year. If you have any suggestions for activities you would like us to arrange, please let us know. All of our carers are welcome to attend these outings, please look out for details of what will be happening.

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.

Pasda Staff Team

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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

Partner & Spouses Group

Thursday 4th September, 6-8pm

Simpson Room, Norton Park

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

Autism & Complex Needs Group

Monday 22nd September, 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.

This month Rosie Murchie will lead a hand massage workshop, teaching techniques that carers could use with their family member.

Coffee Morning

Friday 12th September, 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.

Carer Information Meeting

Wednesday 10th September, 7-9pm

*****Duncan Place Resource Centre, 4 Duncan Place, Edinburgh EH6 8HW*****

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, Maureen Martin, Chief Executive of the Edinburgh Development Group, will be speaking about co-operatives.

Please note that this month's meeting will take place in Room 1 on the ground floor at the above address near Leith Links. Tea, coffee and biscuits will be served.

There is limited disabled parking at the venue, and a small amount of on-street parking space. The venue is served by Lothian buses 2, 21, 25, 34, 35, 42, 49 and X37.



Craft Group

Tuesday 30th September, 7-9pm

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



This group will meet on Tuesday 29th July 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.**



Pasda Singing Group

3rd and 17th September, 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.

West Lothian Carers Group

****Wednesday 17th September, 6.30-8pm****

Autism Initiatives' Resource Base, Almond House, Quarrywood Court, Livingston EH54 6AX

****Please note the change of day****

This group is open to all family carers of adults with autism living in West Lothian.

East Lothian Carers Group

Thursday 25th 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.

CARER INFORMATION & OPPORTUNITIES

National Care Standards Consultation

The National Care Standards were created to help people understand what to expect from services, and services understand the standards they should deliver. There are currently 23 sets of standards covering a wide range of care services.

There have been many changes since the standards were created in 2002 and this document seeks your views on how the standards should be updated and improved. The document sets out a range of human rights-based proposals for developing new standards that improve the quality of care and protect vulnerable people.

To have your say, please see the Scottish Government website at: www.scotland.gov.uk/Publications/2014/06/7325
The consultation runs until **17th September**.

Learning Disability Alliance Scotland - Scotland Against The Care Tax Petition

The Learning Disability Alliance Scotland are one of the initial signatories of the Scotland Against the Care Tax petition on ending care charging in Scotland. The petition has now been submitted and is commencing the parliamentary process.

LDAS hope that the petition can make a big difference in getting the matter addressed. However, in order to gain extra support, LDAS have put an online version of the petition on the change.org website which people can sign.

You can sign the petition by using this link <http://chn.ge/1mGOi6c>. You can sign manually or use your Facebook account. After you sign the petition you are able to share it with your e-mail, Facebook or Twitter contacts.

If you weren't able to support the original petition – and even if you were – and want to lend your support to this, please use the link above to access the changes.org website.

Speak up Speak out Campaign

Edinburgh residents are being asked to speak up about harm in a three-year multi-agency publicity campaign by the City of Edinburgh Council, Police Scotland and NHS Lothian. The Speak up Speak out campaign is reaching out to anyone being harmed to come forward for help or for others to report concerns about someone they know.

Harm or abuse can mean many different things and includes physical and emotional harm or even neglect. It can mean domestic abuse or families suffering through someone's drug or alcohol problems. Abuse can happen to anyone regardless of age, gender or the colour of their skin. It can take place anywhere and be caused by friends, relatives, colleagues or strangers.

By encouraging people to be open about their concerns and talk to care professionals, more adults and children can be protected from harm.

One of the campaign's main aims is to ease fears that involving the authorities will make things worse. The worst of these fears are of splitting up families or prosecution and that's very rarely the case. The priority of the Council, and the many organisations it works with, is to ease the situation by providing practical support.

Leaflets and posters are available across the city. You can pick a leaflet up from community venues, voluntary organisations, doctor and dentist surgeries and in hospitals. You can also find out more at www.edinburgh.gov.uk/speakupspkout

If you are being harmed or if you think you know someone who is, speak up:

The City of Edinburgh Council's Social Care Direct service: 0131 200 2324
socialcaredirect@edinburgh.gov.uk

Police Scotland: 101 or in an emergency call 999

NHS Inform: 0800 22 44 88 for health advice or speak to a health worker.

BEMAS – The Action Group

The Action Group's Black and Ethnic Minority Advice Service (BEMAS) has been supporting carers of disabled children from ethnic minority communities for over 6 years. They provide advice and information to carers on a wide range of topics; including social work services, health, education, leisure and social opportunities, grants and funding and much more. They also run regular group meetings for carers to meet others in similar situations and receive information on areas of interest, which helps to build confidence and reduce social isolation.

BEMAS have recently recruited two additional workers to the team and are keen to reach out to families who would benefit from the service. Referrals can be made by families themselves or through a professional. The service is free, impartial and confidential. They are able to arrange home visits and interpreters on request.

For more information on the service or to make a referral please contact the BEMAS team on 0131 475 2315 or e-mail infoandadvice@actiongroup.org.uk.

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
1	2	3 Singing Group 2-3pm	4 Partners Group 6-8pm	5	6 7
8	9	10 Carer Information Meeting 7-9pm	11	12 Coffee Morning 10am-12noon	13 14
15 Communication Workshop 6.30-8pm	16	17 Singing Group 2-3pm West Lothian Group 6.30-8pm	18	19	20 21
22 Complex Needs Group 10.30am-12noon	23	24	25 East Lothian Group 6.30-8.30pm	26	27 28
29	30 Craft Group 7-9pm				

Pasda

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

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Scottish Charity No.: SC042678