



News

We are delighted to introduce our newest team member this month. **Judith Younger** is our Fundraising Officer and is based at Norton Park on Thursdays. If you are passing, please feel free to pop in and say hello.

We are also pleased to announce the start of a **new group**. The **Midlothian Carers Group** will meet on the second Tuesday of every month at Penicuik Town Hall. All carers living in Midlothian are warmly invited to attend, you can find the details on page 2.

The new **Book Group** will meet again this month, and we are also looking for more singers to join the **Singing Group**. This month we will be enjoying some Christmas songs, so please come along and lend your voice! New members are always welcome to any of our groups, please just let us know you are planning to attend.

We are once again running the popular **Understanding Autism Workshop** this month, please see below for more information. The **Social Group** will be going to see Wicked at the Edinburgh Playhouse on 20th November and to the Six Nations Rugby on Sunday 15th February. Details are on page 3.

The **Dynamic Earth entry pass** is still available for all of our families to use and covers entry for up to **three** adults and **three** children. Please let us know if you would like to borrow it.

Our **library catalogue** is now available on our website at 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. Recent additions to the library include Very Late Diagnosis of Asperger Syndrome; Asperger Syndrome and Long-Term Relationships; Realizing the College Dream with Autism or Asperger Syndrome; and How People with Autism Grieve.

The Pasda Team

Understanding Autism Workshop

Monday 10th November, 6.30-9pm in the MacIntosh Room, Norton Park

This session is geared towards those whose family member has had a recent diagnosis of autism, or any other **unpaid carer** of an adult with autism who feels it may be beneficial.

The workshop was developed in partnership with **Tailor Ed Foundation** and includes a brief history of autism, terminology, and how autism affects those on the spectrum in areas such as motivation, communication, information and sensory processing. The workshop will be also be a chance to share knowledge and experiences with other carers.

If you would like to attend this workshop, please contact Graeme (graeme.syme@pasda.org.uk) or Danni (danuta.szczyszynska@pasda.org.uk), 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* 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 6th November, 6-8pm
Reception Room, Norton Park

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

Pasda Singing Group

Weds 5th and 19th November, 2-3pm
Morningside United Church, Holy Corner

All parents, carers and partners are warmly invited to come and sing for fun. Meetings are twice a month.



West Lothian Carers Group

Weds 19th November, 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.

This month we will continue to discuss the carers' hints and tips document.

Carer Information Meeting

Weds 12th November, 7-9pm

*****VOCAL Carer Centre, 8-13 Johnston Terrace,
Edinburgh EH1 2PW*****

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 we will be joined by Dr Ashley Robertson, a Postdoctoral Research Assistant at Glasgow University. She will talk about her current research work on how anxiety affects adults with autism, and also about other possible future research projects.

Please note that this month's meeting will take place at VOCAL Carer Centre.

Book Group

Tues 11th November, 11am-12noon
Reception Room, Norton Park

This group is open to all carers who wish to discuss autism-related books you have been reading.

You will also have the opportunity to borrow books from our growing library.

Coffee Morning

Fri 14th November, 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.

Midlothian Carers Group *****NEW*****

Tues 11th November, 6.30-8pm
Penicuik Town Hall, High Street, Penicuik EH26 8HS

This new group is open to all family carers of adults with autism living in Midlothian.

Please join us and meet other carers in your area, discuss topics of mutual interest and take the opportunity to suggest ideas for future meetings.

Autism & Complex Needs Group

Mon 24th November, 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**.

East Lothian Carers Group

Thurs 27th November, 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*.

Craft Group

Tues 25th November, 7-9pm
*St Serf's Church Hall, 1a Clark Road,
Edinburgh EH3 5BD*



This group meets monthly at St Serf's Church Hall, just round the corner from Ferry Road.

This month we will be making a Christmas gift, materials will be provided. You are also welcome to bring along any of your own projects you may want 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.**

CARER INFORMATION & OPPORTUNITIES

Social Group

Thursday 20th November, 7.30pm at Edinburgh Playhouse

Sunday 15th February, 3pm at Murrayfield

This month we have tickets to see the West End hit musical show Wicked when it comes to Edinburgh. There is one ticket left, so if you would like to go please let us know as soon as possible.



We have also arranged a trip to the Six Nations Rugby to see Scotland play Wales at Murrayfield on Sunday 15th February. Keep checking the newsletter and the website for other outings to be arranged soon.

All of our carers are welcome to attend these outings, but please note that they are for **carers only**.

Spaces on these outings are limited and will be offered on a first-come-first-served basis. If you would like a ticket please contact Rachel, 0131 475 2416 / rachel.pickett@pasda.org.uk.



East Lothian Futures Fair

Thursday 6th November, 2-5pm, Brunton Hall, Musselburgh

Pasda will have a stall at the Futures Fair in East Lothian. The Futures Fair is an information event for young people with additional support needs and their families about opportunities for life beyond school. It helps young people and their families to plan for their future themselves.

You will be able to find out more about things such as:

- Work and training
- Day opportunities
- Health and social care
- Social life, leisure and breaks
- Further education

The fair is **free** and you can drop in any time between 2pm and 5pm. For more information, please see East Lothian Council's website at www.eastlothian.gov.uk and search for 'Futures Fair'.

Finding Your Voice

Wednesday 26th November and 3rd December, 6-8pm, VOCAL Carer Centre, 8-13 Johnston Terrace, Edinburgh

VOCAL are running workshops on how to make your point effectively. The workshops will provide strategies and tips on how to speak up confidently when talking to others about your needs and wishes and those of the people you support.



This course takes place over two sessions, and you would be required to attend both. For more information or to book a place, please see VOCAL's website at www.carerstraining.co.uk or call them on 0131 622 6666.

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
					1 2
3	4	5 Singing Group 2-3pm	6 Partners Group 6-8pm	7	8 9
10 Understanding Autism Workshop 6.30-9pm	11 Book Group 11am-12noon Midlothian Group 6.30-8pm	12 Carer Information Meeting 7-9pm	13	14 Coffee Morning 10am-12noon	15 16
17	18	19 Singing Group 2-3pm West Lothian Group 6.30-8pm	20 Social Group to Wicked, Edinburgh Playhouse 7.30pm	21	22 23
24 Complex Needs Group 10.30am-12noon	25 Craft Group 7-9pm	26	27 East Lothian Group 6.30-8.30pm	28	29 30

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