

News

World Autism Awareness Day takes place this month, along with Easter in the same week. Pasda will have an awareness-raising stall at Ocean Terminal on Thursday 2nd and Friday 3rd April, and we are still looking for a few volunteers to take a turn on the stall. Please see below for details.

We recently held a very successful day retreat for Pasda carers at Amethyst Living in Heriot. Carers experienced guided meditation and complementary therapies to help reduce anxiety and moreover to help them understand how important it is for them to look after themselves.

Also in March, our Executive Manager, Donna Nelson, and one of our carers, Cath Purdie, were interviewed by Michael McEwan of IRISS.fm. You can hear the interview at <http://irissfm.iriss.org.uk/episode/119>. There will also be articles about Pasda in two magazines that Michael writes for; a national publication "Learning Disabilities Today" and Glasgow magazine "Possibilities".

We now have a **Dynamic Earth Golden Ticket** which allows groups of up to twelve people to visit the venue. Please note that visits using this ticket must be pre-booked. If you would like to make use of the ticket, please contact us at the office.

We have two fundraising events coming up which we need your support with. They will both take place on Sunday 7th June—so you will have to choose which to do! We are again taking part in the Forth Bridge Abseil, or for those of you who prefer to keep your feet on the ground, the annual sponsored walk will also take place that day. More information about both of these can be found on page 4.

Our **library catalogue** is 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.

The Pasda Team

Autism and Employment Workshop

Wednesday 8th April, 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. This workshop will consider the main issues facing adults with autism spectrum conditions when seeking, entering and maintaining employment and training. It will give carers the opportunity to share ideas and experiences in relation to autism and employment and highlight existing employment support services in the Lothians.

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

World Autism Awareness Day

Thursday 2nd and Friday 3rd April, 10am-5pm at Ocean Terminal

To mark World Autism Awareness Day, Pasda will be holding an awareness-raising stall at Ocean Terminal shopping centre.

We still have spaces for volunteers to man the stall and chat to members of the public, along with a member of Pasda staff. We particularly need help from 12-1pm on Thursday and 2-5pm on Friday. If you can help us for an hour or two, please contact the office as soon as possible. We would also be very pleased to see you if you want to pop along and say hello on the day.

Pasda Staff Team

Executive Manager: donna.nelson@pasda.org.uk
Project Manager: dylan.hamilton@pasda.org.uk
Project Worker: graeme.syme@pasda.org.uk
Project Worker: danuta.szerszynska@pasda.org.uk
Administrator: rachel.pickett@pasda.org.uk
Fundraising Officer: judith.younger@pasda.org.uk

Like 'Pasda' on Facebook: 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* 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 2nd April, 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.

Carer Information Meeting

The Carer Information Meeting will now take place quarterly. The next meeting will be on Wednesday 13th May 2015 when the speaker will be Geoff Evans, Head of Autism Practice at the Options Group.

If you are interested in attending this meeting, please let us know.

West Lothian Carers Group

Weds 15th April, 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.

Pasda Singing Group

Weds 1st and 15th April, 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.



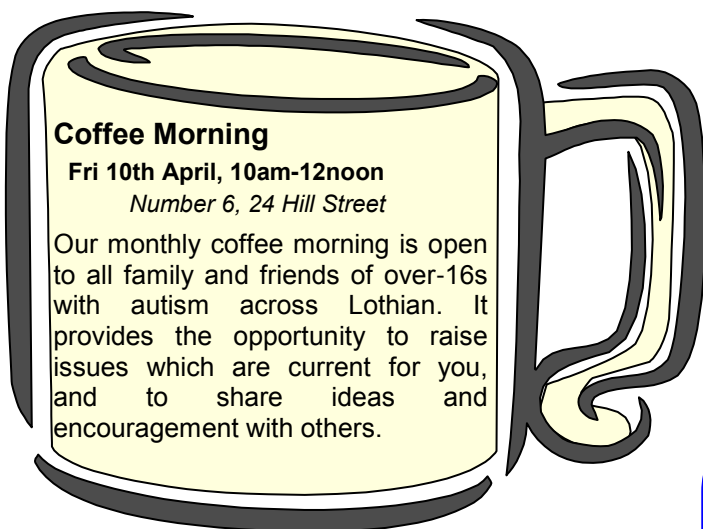
Book Group

Tues 14th April, 11am-12.30pm

Simpson Room, Norton Park

This month the group will be discussing The Rosie Project by Graeme Simsion.

We have several copies of the book available, if you would like to borrow one please let us know.



Coffee Morning

Fri 10th April, 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.

Craft Group

Tues 28th April, 7-9pm

St Serf's Church Hall, 1a Clark Road, Edinburgh EH5 3BD

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

Each month we work on a different craft project, learning some new skills or brushing up on existing ones.

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.**



Midlothian Carers Group

Tues 14th April, 7.00-8.30pm

Penicuik Town Hall, High Street, Penicuik EH26 8HS

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

Please join us to meet other carers in your area and discuss topics of mutual interest.

East Lothian Carers Group

Thurs 30th April, 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.

Autism & Complex Needs Group

Mon 27th April, 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**.

CARER INFORMATION & OPPORTUNITIES

Social Group

Wednesday 29th April, 7.30pm at the Festival Theatre, Edinburgh

This month we have tickets to see the play of *The Curious Incident of the Dog in the Night-Time* at the Festival Theatre. Based on the award-winning novel by Mark Haddon, this adaptation is by Simon Stephens. The National Theatre production won seven Olivier Awards in 2013, and this is its first nationwide tour.



We have very few tickets remaining, they will be given to the first people to request them.

All of our carers are welcome to attend Social Group outings, but please note that they are for **carers only**. If you would like a ticket please contact Rachel, 0131 475 2416 / rachel.pickett@pasda.org.uk.

Special Event for World Autism Awareness Day

Thursday 2nd April, 6.30-8pm at Edinburgh Central Library

World Autism Awareness Day will be taking place on Thursday 2nd April and there will be events taking place across the country. To tie in with the arrival of the stage production of *The Curious Incident of the Dog in the Night-Time* at the Festival Theatre in Edinburgh, Wendy Pearson of Edinburgh City Libraries is organising a 'Giant Book Group' event at Edinburgh Central Library on George IV Bridge from 6.30—8pm.

The event will be open to around 80 people made up of various book groups including the Pasda Book Group and the Number 6 Book Group as well as interested members of the public. Attendees will discuss the book in small groups before posing questions to a panel of speakers. The panel will include Mathew Day from Autism Initiatives and Cerin Richardson from The Festival Theatre who will be discussing the process of adapting the book for the stage. Wendy is also looking for the parent of a teenager with autism to sit on the panel and give their perspective as well as somebody who themselves has a diagnosis of autism.

If you are a carer of a teenager with autism and would be interested in being involved or you have a family member (of any age) with autism who would be interested in being part of the panel please get in touch with Graeme (graeme.syme@pasda.org.uk), 0131 475 2416.

Soft drinks and nibbles will be provided and two pairs of tickets for the stage show will be up for grabs on the night.



Flying with Autism Course

Friday 17th April, 7.30pm and Sunday 26th April, 3.15pm

Ryanair and Scottish Autism are giving families the opportunity to take a 30 minute flight in a controlled environment to help their family member with autism to cope with this unusual experience, and to see how they react if you are considering booking a holiday abroad.

The programme is in two parts. On Friday 17th April there will be a ground course at the Hilton Hotel at Edinburgh Airport, lasting around 2 hours. This is exclusively for parents and carers and will take them through preparing their autistic family member for a flight. Then on Sunday 26th April there is a 30 minute flight on a Ryanair plane flying out of and back to Edinburgh Airport. This is for the parent or carer who has attended the first part, along with their family member.

Prices are from £189. Booking and more details are available at www.flyingwithautism.com. You can also contact Scottish Autism for advice about the suitability of the course for your family member. They are on 01259 222 022, e-mail advice@scottishautism.org.

Forth Bridge Abseil—Volunteers Required



Following the great success of our sponsored abseil last year, we are again looking for volunteers to leap off the Forth Bridge to raise funds for Pasda! As most of the staff took part last year (and we're all still here to tell the tale), we are looking for other intrepid people to take up the challenge on **Sunday 7th June**.

The event is organised by the Rotary Club of South Queensferry together with experts in abseiling. No training or prior experience is required. It really is a fun and brilliantly well organised event, and you will be well looked after on the day. As well as raising money to enable us to do more work to help families, the views from the bridge are stunning and you really will get a wonderful sense of achievement at completing the descent.

There are a few spaces left in our team, but it is filling up fast. If you are interested in taking part please let Judith know, judith.younger@pasda.org.uk / 0131 475 2416.

Sponsored Walk for All the Family

We would like to invite you, your family and friends to participate in a sponsored walk, organised by Sandy Sutherland, to raise funds for Pasda. Everyone is welcome to join in, the more the merrier! The walk will take place on Sunday 7th June, meeting at the car park adjacent to St. Margaret's Loch for a 2pm start.

The planned route is to walk the 5km (3½ miles) road around Arthur's Seat in the Queen's Park in Edinburgh. This is a lovely area and will allow some wonderful views of the scenery and wildlife.

If you are interested in taking part, please contact Graeme for further details, graeme.syme@pasda.org.uk / 0131 475 2416.

April 2015—Quick Guide to What's On at Pasda

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
		1 Singing Group 2-3pm	2 World Autism Awareness Day Partners Group 6-8pm	3	4 5
6	7	8 Autism and Employment Workshop 6.30-9pm	9	10 Coffee Morning 10am-12noon	11 12
13	14 Book Group 11am-12.30pm Midlothian Group 7.00-8.30pm	15 Singing Group 2-3pm West Lothian Group 6.30-8pm	16	17	18 19
20	21	22	23	24	25 26
27 Complex Needs Group 10.30am-12noon	28 Craft Group 7-9pm	29 Social Group to Curious Incident at Festival Theatre 7.30pm	30 East Lothian Group 6.30-8.30pm		

Pasda
Norton Park, 57 Albion Road, Edinburgh EH7 5QY
info@pasda.org.uk www.pasda.org.uk
Scottish Charity No.: SC042678