



News

With any luck, summer is almost here and we will be enjoying some lovely weather this month. To make the most of it, there is still time to join us for the **sponsored walk** on Sunday 7th June. You can also still **sponsor** the walkers and the intrepid abseilers. Details can be found on page 3.

We had a wonderfully attended and successful Carer Information Meeting in May with the world renowned autism specialist speaker **Geoff Evans**. Geoff spoke brilliantly about managing anxiety and coping with stress. He is such a leading and inspirational speaker that we have already asked him back and he has said yes!

We will be holding an **information stall** at the St. James Centre on Thursday 18th June from 10am to 5pm. We would love to have some carers to help with speaking to people at the stall. If you are able to help for an hour or two, please let Dylan know.

We have two training opportunities in June, an **Understanding Autism** workshop and, new to Pasda, **Social Media** training. Please see below and page 3 for more details.

To help our male carers get to know each other better, we will be holding a **Men's Curry Night** on Tuesday 30th June, all male carers welcome. This will be at Khushi at 10, Antigua Street at 7.30pm, and the meal will be courtesy of Pasda. The restaurant is BYOB, so please bring along your beer or wine. Please let us know if you would like to attend.

This month, Dylan has written the Pasda Blog for the website. If you would like to see what he has been up to, please have a look at www.pasda.org.uk/blog.

The Pasda Team



Carers Week Event

Thursday 11th June, 4-7pm in the Conference Centre, Norton Park

To celebrate Carers Week, Pasda will be hosting an event for carers to enjoy including complementary therapies, a craft workshop and home baking. Everyone is very welcome to pop in at any time during the event.

Social Media Training (part 1 of 2)

Monday 22nd June, 2-4pm at Norton Park (part 2 will take place on Monday 6th July)

Stuart Caulfield, New Media Education Project Officer from Midlothian Council, will be running two training sessions for Pasda carers on the safe use of social media.

In the first session, Stuart will talk about online friendships, chatting to people online and meeting up in real life, texting, sharing videos and photos on social media and the risks of posting photos online.

All carers are welcome to attend this training. To book a place, please contact Rachel, rachel.pickett@pasda.org.uk, 0131 475 2416.



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

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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 4th June, 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.

West Lothian Carers Group

Weds 17th June, 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.

AGM followed by Carers Focus Group

Weds 10th June, 7-9pm

Number 6, 24 Hill Street

All members and carers are invited to attend the Annual General Meeting of Pasda. The agenda and details are on page 4 of this newsletter.

Following the AGM, Pasda will be hosting a Carers Focus Group with Tia Martin, Autism Behaviour Support Advisor from The Richmond Fellowship Scotland. Further details of this exciting opportunity can be found on page 3.

If you will be attending this meeting, please let us know.

Pasda Singing Group

Weds 3rd and 17th June, 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.

Autism & Complex Needs Group

Mon 22nd June, 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**.



Coffee Morning

Fri 12th June, 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

Tues 9th June, 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.

Book Group

There will be no Book Group this month. Please check next month's newsletter or the website for details of future meetings.

East Lothian Carers Group

Thurs 25th June, 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

The Craft Group is taking a break for the summer. Please get in touch if you are interested in joining the group when it restarts, or if you have any ideas for future projects you would like to see at the group.



CARER INFORMATION & OPPORTUNITIES

Carers Focus Group

Wednesday 10th June, following the AGM at Number 6, 24 Hill Street

After the Annual General Meeting, Pasda will be hosting a Carers Focus Group with Tia Martin, Autism Behaviour Support Advisor from The Richmond Fellowship Scotland.

Pasda has secured funding from Alliance Scotland to develop its own Positive Behaviour Support Training course for carers. Since Pasda and The Richmond Fellowship Scotland will be working together on the design of this programme, the Focus Group will be used to discover what aspects of their caring roles carers would like to see addressed in the content of the course.

If you will be attending this meeting, please let Rachel know, rachel.pickett@pasda.org.uk.

Understanding Autism Workshop

Monday 8th June, 6.30-9pm in the Simpson 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 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.szerszynska@pasda.org.uk), 0131 475 2416.

Learning Disability Festival

Friday 19th June, 12-3pm in the Meadows, beside the Pavilion Café off Melville Drive

As part of Learning Disability Week, Edinburgh Council's Local Area Co-ordination Team are holding a Learning Disability Festival. The festival will include arts and crafts, stalls, football, music, Zumba and rugby.

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. Donna Nelson will be leading the walk for the Pasda team.

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 Rachel for further details, rachel.pickett@pasda.org.uk / 0131 475 2416. If you would like to make a donation to support the walkers, we have a team page on MyDonate. Please visit <https://mydonate.bt.com/events/pasdawalk2015>.

Forth Bridge Abseil



We now have a full team of brave volunteers to abseil off the Forth Bridge on **Sunday 7th June**.

If you would like to sponsor the team, please visit the Pasda team's Just Giving page at www.justgiving.com/teams/pasdateam. Alternatively, please contact Judith who will be delighted to let you know how else you can contribute, judith.younger@pasda.org.uk / 0131 475 2416.

Resources Available

We would like to remind you that we 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.

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.

Pasda Notice calling Annual General Meeting

The Annual General Meeting of Pasda will be held at 7pm on Wednesday 10th June 2015 at 24 Hill Street, Edinburgh, EH2 3JZ.

The meeting will comprise:

1. Apologies
2. Approval of the Minutes of the Annual General Meeting held on 11th June 2014
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 2015
5. Election of members to vacant positions on the Management Committee*
6. Election of Convener, Vice Convener, Treasurer and Secretary
7. Election of Auditor/ Examiner
8. Agreement to annual rates of membership subscription for the current financial year
9. Appointment of Honorary Members
10. AOCB

Shona Hardie (Secretary)

19th May 2015

*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. Nomination forms may be obtained from the Pasda office and should be returned to the Secretary at Pasda, Norton Park, 57 Albion Road, Edinburgh, EH7 5QY.

June 2015—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 Forth Bridge Abseil and Sponsored Walk
8 Understanding Autism workshop 6.30-9pm	9 Midlothian Group 7.00-8.30pm	10 Pasda AGM and Focus Group 7-9pm	11 Carers Week Event 4-7pm	12 Coffee Morning 10am-12noon	13 14
15	16	17 Singing Group 2-3pm West Lothian Group 6.30-8pm	18 Stall at St. James Centre 10am-5pm	19	20 21
22 Complex Needs Group 10.30am-12noon Social Media Training (part 1) 2-4pm	23	24	25 East Lothian Group 6.30-8.30pm	26	27 28
29	30 Men's Curry Night 7.30pm				

Pasda
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