



News

As the nights draw in and the clocks go back (on 25th October!), we will be as busy as ever here at Pasda.

Firstly, we are delighted to tell you that thanks to funding from the Edinburgh Lothian Health Foundation, the Volant Trust and the Nancie Massey Charitable Trust, we will be launching a regular **complementary therapy service** for carers. We look forward to letting you have more details soon.

Some advance notice for our East Lothian carers. In November, **George Kerevan, MP for East Lothian**, will attend the East Lothian Carers' Group for a Q&A session. As he is not able to make it along on the usual meeting day of the last Thursday in the month, the November group will be changed to **12th November**. Please submit any questions to Graeme in advance of this meeting.

In October, we have an **Employment workshop** led by Danni and Graeme. We also still have some spaces for the **Geoff Evans** workshop for Pasda carers in November, please let us know as soon as possible if you want to be sure of a place. The re-scheduled Keycomm and Supporting Positive Paths information sessions will now take place on the same day, 27th October—details are on page 3.

The second **Men's Curry Night** will take place on Tuesday 6th October. There will also be a **Social Group** trip to the Kelpies on Saturday 24th October. Details of both of these are on page 3.

Our **Craft Group** will be re-starting in October, and will now run twice a month—one afternoon and one evening. Further details can be found on page 2.

We will have the first of our **Pasda information stalls** at the *Caring in the City* events organised by Vocal. They are on Monday 12th October at Boroughmuir Rugby and Community Sports Club; and Friday 13th November at Pilrig Church. If you would like to join us on the stall on either of these dates, please let us know.

The Pasda Team

Employment Workshop

Tuesday 20th October, 6.30-9pm at Norton Park

Danni and Graeme will be facilitating a workshop for **family carers** of over-16s with autism spectrum conditions. A member of staff from an employment support service will speak about the services available. They will also speak about the issues that can face a person with autism when seeking work or in work and how these can be supported, both within the workplace and by the support service.

The workshop will also provide an opportunity for carers to share experiences and advice, as well as hearing about other support services and work placements that may be of interest to their family members.

For more information or to book a place on this workshop, please contact Danni or Graeme, 0131 475 2416.

Geoff Evans Workshop—Repetitive Behaviours

Monday 23rd November, 10am-4pm at Norton Park

Geoff Evans, Head of Autism Practice at the Options Group, will be leading a workshop for Pasda carers in November. This will focus on repetitive behaviours, challenging the concept that repetitive behaviours are all negative, and bringing a positive outlook to them. The presentation will be followed by an interactive question and answer session looking at real-life scenarios. Lunch will be provided. This training is funded by the Crerar Hotels Trust.

There are just a few places left, so if you would like one please let us know as soon as possible by contacting Dylan, dylan.hamilton@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 1st October, 6pm

Simpson 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 7th October, 2-3pm

Morningside United Church, Holy Corner



All parents, carers and partners are warmly invited to come and sing for fun. Meetings resume on 7th October, but please check with us about further meetings before Christmas..

East Lothian Carers Group

Thurs 29th October, 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 26th October, 10.30am-12pm

Reception Room, Norton Park

This group is for parents and carers of adults who have autism **and** moderate, severe or profound **learning disabilities**.

West Lothian Carers Group

Weds 21st October, 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.

Craft Group

Weds 7th Oct, 7-9pm and

Mon 19th Oct, 2-4pm

Simpson Room, Norton Park



The Craft Group is starting up again for the autumn. It will be an opportunity for people to learn new skills, enjoy a relaxing activity and chat to other carers.

We have decided to run the group fortnightly with both an afternoon and an evening session to make it accessible to people with different availability.

We are hoping to do some quilting as a long term project. However, it's your group, so if you have your own ideas please come along to the first session on Wednesday 7th where as well as quilting, we can discuss ideas for future craft sessions.

Midlothian Carers Group

Tues 13th October, 7-8.30pm

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.

Weekend Coffee Morning

Sat 31st October, 10.30am-12pm

Lloyds No1 Playfair, Omni Centre

Our **weekend** coffee morning is open to all Pasda carers. A member of the Pasda committee will be in attendance and all carers are welcome to join them at any time between 10.30 and noon.

Teas and coffees will be provided courtesy of Pasda.



CARER INFORMATION & OPPORTUNITIES

Men's Curry Night

Tuesday 6th October, 7pm at Zest Indian Restaurant, 15 North St. Andrew Street, EH2 1HJ

This will be the second social event for our male carers. Dylan will be meeting carers at Zest Indian Restaurant for a meal and a fun, relaxing evening courtesy of Pasda.

If you would like to attend, please contact Dylan, 0131 475 2416 / dylan.hamilton@pasda.org.uk.

Walking Group

Saturday 10th October, meeting at 10am at the Blue Goose Country Pub, Lanark Road

This month we will be walking another section of the water of Leith. We will meet at the Blue Goose pub in Slateford again, but this time we will walk in the other direction, towards Stockbridge via Saughton Park, Roseburn Park and The Dean Village. The walk will finish in Stockbridge where we will stop for tea, coffee and refreshments.

This walk is approximately 4 miles long and should take no more than around 2 hours.

This walk will start and finish in different locations. It is probably not advisable to bring your car to the starting point in Slateford but for anybody wishing to do so you can get a 44 from Princes Street which will return you to Slateford.

Please let **Graeme** know if you will be attending this group, graeme.syme@pasda.org.uk / 0131 475 2416. In the event of bad weather, Graeme will contact participants by text message if the walk is to be postponed—please ensure he has your number. If you need to contact Graeme on the day, his mobile number is 07563 757947.



Social Group—The Kelpies Experience Tour

Saturday 24th October, meeting at 12.15pm at Waverley Station (outside WHSmith)

This month we have arranged a trip to visit The Kelpies in Falkirk, a chance to see the world's largest equine sculptures up close - and also go inside to marvel at the complexity and the engineering which created these fantastic pieces of art.

The 45-minute guided walking tour will cover the story of the real life working horses of the area, the local history and the history of the canals. After this there will be food and refreshments courtesy of Pasda.

Spaces for this trip are strictly limited. If you would like to go please let Dylan know, dylan.hamilton@pasda.org.uk / 0131 475 2416.

Keycomm Communication and Supporting Positive Paths Information Sessions

Tuesday 27th October in the Simpson Room, Norton Park

These two information sessions will take place on the same day. You are welcome to attend **either one or both** of them. Light refreshments will be provided between the sessions.

Keycomm, 10.00-11.30am

This session will be led by Keycomm who will be providing information about their service (serving Edinburgh and the Lothians). They will bring examples of communication tools and technology for people to try out and find out more about. For more information on Keycomm, please see their website at keycomm.weebly.com.

Supporting Positive Paths, 12.00-1.30pm

This session will introduce the Supporting Positive Paths service. They support people with additional support needs in group sessions to help them build social and general skills. More information about their work is available on their website, <http://supportingpositivepaths.com>.

Please let Danni know if you would like to attend, danuta.szerszynska@pasda.org.uk / 0131 475 2416.

Resources Available

The **Dynamic Earth Golden Ticket** is still available for our carers. It 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 ever growing **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.



Edinburgh Health and Social Care Partnership Draft Strategic Plan

City of Edinburgh Council are currently consulting on the draft plan for merging health and social care services. It has been pointed out that this plan does not include any reference to autism, and we are keen for our carers to have the opportunity to let the Council know your views.

The consultation is open until **31st October**. If you would like a printed copy of the questionnaire and/or the papers, you can contact the council by e-mail at healthsocialcareintegration@edinburgh.gov.uk or call 0131 529 6552. Alternatively, you can find the draft plan and online survey at consultationhub.edinburgh.gov.uk.

Carers Trust Scotland—Going Higher in Scotland

Carers Trust Scotland recently launched their new Going Higher in Scotland campaign, which is calling on universities in Scotland to provide more support to unpaid student carers.

At every university, there will be students who are caring, unpaid, for a family member or friend with a disability, mental illness and/or addiction problem. The results of a survey released by Carers Trust shows that they are struggling to fulfil their potential.

There are no national records on how many student carers are in higher education – they are a hidden group. With Going Higher in Scotland, Carers Trust Scotland is asking universities to:

- **Identify** the number of student carers attending their university
- **Support** all student carers throughout their education to ensure they maintain good mental health, complete their course and achieve the best grades possible
- **Report** on the progress students are making in their university so that they can deliver appropriate support and showcase student carers' achievements.

Forthcoming **carers' legislation** in Scotland should provide more formal rights and support options for carers of all ages. Additionally, as the Scottish Government's Commission on Widening Access in Higher Education is developing plans to help more students from disadvantaged backgrounds, Carers Trust Scotland believes that this is an excellent time to raise awareness of student carers and to campaign for them to be better identified and supported at university.

You can find further information in the supporters' pack at www.carers.org/sites/default/files/supporters_guide_going_higher_scotland.pdf

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

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday/Sunday |
|---|---|---|---|--------------------------------------|---|
|  | | | 1 Partners Group 6-8.30pm | 2 | 3 4 |
| 5 | 6 Men's Curry Night 7pm | 7 Singing Group 2-3pm Craft Group 7-9pm | 8 | 9 Coffee Morning 10am-12pm | 10 Walking Group 10am 11 |
| 12 Caring in the City, Boroughmuir 10am-4pm | 13 Midlothian Group 7-8.30pm | 14 | 15 | 16 | 17 18 |
| 19 Craft Group 2-4pm | 20 Employment Workshop 6.30-9pm | 21 Singing Group, TBC 2-3pm West Lothian Group 6.30-8pm | 22 | 23 | 24 Social Group to Kelpies 12.15 25 |
| 26 Complex Needs Group 10.30am-12pm | 27 Keycomm Info Session 10-11.30am Supporting Positive Paths Info Session 12-1.30pm | 28 | 29 East Lothian Group 6.30-8.30pm | 30 | 31 Coffee Morning 10.30-12 |

Pasda

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Scottish Charity No.: SC042678