

Supporting families of adults with autism

Newsletter/November 2015/Issue #63



News

It's November already, and for those of you who like to get organised early we now have **Christmas cards** available to buy. Details are below.

This month, **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 take place on Thursday **12th November**. Please submit any questions to Graeme in advance of this meeting. Also, at 7pm on 3rd December the East Lothian group will go to the Brunton Theatre to see **Cinderella**. We need final numbers by midday on **Tuesday 3rd November**, so please contact Rachel as soon as possible if you would like a ticket.

Also in November, we have three different workshops. The **Autism and Mental Health workshop** will be led by Danni and Graeme. We still have a few spaces for the **Geoff Evans** workshop on Repetitive Behaviours, please let us know as soon as possible if you want to be sure of a place. Details of both of these can be found below. Also, Doris Wylie will be leading a **Metamorphic Technique** workshop, details of which are on page 3.

We will have a **Pasda information stall** at the *Caring in the City* event organised by Vocal on Friday 13th November at Pilrig St Paul's Church. Feel free to pop along and say hello if you are in the area.

The Pasda Team

Christmas Cards for Sale

We are delighted to again offer you Christmas cards designed by the very talented Ruth Mutch. They are on sale in packs of 10 for £5 a pack, say "Seasons Greetings" inside and have the Pasda logo on the back.

If you would like to purchase any please contact the office, rachel.pickett@pasda.org.uk / 0131 475 2416. They will also be available at our groups and events.



Mental Health Workshop

Wednesday 11th November, 10am-1pm at Norton Park

This workshop is designed for **unpaid carers and family members** of adults with autism. It will provide an overview of mental health issues commonly experienced by individuals on the autistic spectrum. There will be a particular focus on anxiety and depression. The session will provide the opportunity to talk about your own experiences and share ideas and knowledge about possible strategies and services.

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.

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 this month. 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.

CRERAR
— HOTELS TRUST —

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.szczyszynska@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

Midlothian Carers Group

Tues 10th November, 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.

Pasda Singing Group

Weds 4th & 18th November, 2-3pm

Morningside United Church, Holy Corner



All parents, carers and partners are warmly invited to come and sing for fun. The group is friendly and informal, and new singers are welcome at any time. All you need is a love of singing!

Autism & Complex Needs Group

Mon 16th November, 10.30am-12pm

Reception Room, Norton Park

Please note the change of date this month

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

Partner & Spouses Group

Thurs 5th November, 6pm

Simpson Room, Norton Park

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

Craft Group

Weds 4th November, 7-9pm and

Mon 16th November, 2-4pm

Simpson Room, Norton Park



The Craft Group is an opportunity for people to learn new skills, enjoy a relaxing activity and chat to other carers.

The group runs fortnightly with both an afternoon and an evening session to make it accessible to people with different availability.

For further information or to confirm your attendance, please **contact Danni**.

West Lothian Carers Group

Weds 18th 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 be joined by Linda Sanders from West Lothian Council who will give us an update on how the **West Lothian Autism Strategy** has progressed since it was published last year.

The West Lothian Autism Strategy is a ten year plan outlining how West Lothian Council and other partners aim to improve the lives of people with autism as well as improve the services available to them. If you would like further information or would like a copy of the West Lothian Autism Plan please **contact Graeme**.

East Lothian Carers Group

Thurs 12th November, 6.30-8.30pm

Carers of East Lothian, 94 Musselburgh High Street, Musselburgh EH21 7EA

Please note the different date this month

This group is open to all family carers in East Lothian. It will be facilitated by Graeme from Pasda and Margaret from *Carers of East Lothian*.

This month, George Kerevan, MP for East Lothian will attend to answer your questions. Please **submit any questions** to Graeme by Tuesday 10th November.

Weekend Coffee Morning

Sat 28th November, 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.



Coffee Morning

Fri 13th November, 10am-12pm

Number 6, 24 Hill Street

Our monthly Friday 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.



Metamorphic Technique Half-Day Workshop (run by Doris Wylie from Lothian Reflexology)

Thursday 26th November, 2-5pm at Norton Park

Prepare for the chaos that Christmas can bring, with a little rest, relaxation and me-time – and learn a gentle therapy that you can use to relax friends and family (and of course yourself).

Metamorphic Technique uses a light touch on feet, hands and head which seems to be creating a healing space in which we can become truly relaxed. Most people find sessions are very pleasant, and enable them to cope better. The therapy can be safely received by everyone – young and old, healthy or unwell.

This three hour workshop will offer a brief explanation of Metamorphic Technique and a lot of practical application of the technique. It's simple to learn and requires no equipment, lotions or special skills - only socks and shoes need to be removed for the treatment.

Metamorphic Technique has also been used to support adults and children with learning difficulties and high support needs.

Some Recent Library Additions

Our library is constantly growing, so we would like to take this opportunity to give you a flavour of a few of the more recent additions.

We have two books from the Adults Speak Out about Asperger Syndrome Series, edited by Genevieve Edmonds and Luke Beardon. They are “Asperger Syndrome and Social Relationships” and “Asperger Syndrome and Employment”. These books present experiences of real life issues from the perspectives of people with AS. They provide advice and support for adults with AS and vital insights for others wishing to gain a greater understanding of the syndrome.

“Older Adults and Autism Spectrum Conditions, an introduction and guide” by Wenn Lawson claims to be ‘the first book to look seriously at the practical issues facing older adults with autism spectrum conditions’. It includes chapters on issues such as ‘Stress support needs’, ‘Support for older people in transition’ and ‘Ageing comfortably’. Dr Wenn Lawson was diagnosed with autism in 1994 and since then has campaigned for the rights of people on the autism spectrum.

We have a number of books aimed at partners and spouses, including “Aspergers in Love—Couple relationships and family affairs” by Maxine Aston. This book looks at the fundamental aspects of relationships, comparing and contrasting the viewpoints of both AS and non-AS partners. It covers a wide range of topics, including trust, communication, parenting, domestic and verbal abuse, health, and the benefits of Asperger syndrome.

Finally, we have “Atypical—Life with Asperger's in 20¹/₃ chapters” by Jesse A. Saperstein. This is a memoir of a man diagnosed with Asperger's at age 14. It is frank, funny and human—but please be aware that it includes some rather colourful language!

Other recently added titles include:

- “Neurotribes—the legacy of autism and how to think smarter about people who think differently” by Steve Silberman;
- “Aspies on Mental Health: Speaking for Ourselves” by Luke Beardon;
- “Autism and Loss” by Rachel Forrester-Jones and Sarah Broadhurst;
- “Multicoloured Mayhen—Parenting the many shades of adolescents and children with Autism, Asperger Syndrome and AD/HD” by Jacqui Jackson;
- “Can I Tell You About Pathological Demand Avoidance Syndrome? - A guide for friends, family and professionals” by Ruth Fidler and Phil Christie;
- “The Girl with the Curly Hair—Asperger's and Me” by Alis Rowe and
- “Something Different About Dad—How to live with your Asperger's parent” by Kirsti Evans and John Swogger.

All of our library books are listed on our website at www.pasda.org.uk/library/. We can also send you the full list of titles by post or e-mail, or you are very welcome to come into the office to browse the bookshelves. If you would like a particular book, a member of the team will be happy to bring it along to the next meeting or event you are attending—just let us know.

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.

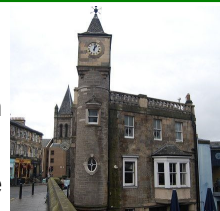
Walking Group

Friday 20th November, meeting at 11am outside Caffè Nero, 4 Glanville Place, Edinburgh EH3 6SZ

The group will be meeting outside Caffè Nero on the corner of Kerr Street and Hamilton Place in Stockbridge and will be walking around 3.5 miles along the Water of Leith to the Shore.

The walk will take us through Stockbridge, skirting Inverleith Park and passing the Stockbridge Colonies. We then pass through parkland including St. Mark's Park before emerging at the Shore where we will enjoy some refreshments.

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.



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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
2	3	4 Singing Group 2-3pm Craft Group 7-9pm	5 Partners Group 6-8.30pm	6	7 8
9	10 Midlothian Group 7-8.30pm	11 Autism & Mental Health Workshop 10am-1pm	12 East Lothian Group with George Kerevan, MP 6.30-8.30pm	13 Coffee Morning 10am-12pm Caring in the City, Pilrig 10am-4pm	14 15
16 Complex Needs Group 10.30am-12pm Craft Group 2-4pm	17	18 Singing Group 2-3pm West Lothian Group 6.30-8pm	19	20 Walking Group 11am	21 22
23 Geoff Evans— Repetitive Behaviours Workshop 10am-4pm	24	25	26 Metamorphic Technique Workshop 2-5pm	27	28 Coffee Morning 10.30-12 29
30					1

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