



## News



Hello, and welcome to our last newsletter for 2015. We are delighted to announce a new addition to our staff team. Our Community Garden Support Worker, **Louise Middleton** joins us on 3rd December. She will be running our weekly community gardening club at Craigie's Farm, South Queensferry, and arranging visits there for carers who want to attend. This wonderful opportunity has been made possible by players of the People's Postcode Lottery and by Shared Care Scotland. Details of how to contact Louise and get involved in the garden will follow as soon as possible, but if you would like to express your interest in the meantime please contact Rachel.

In February, we will be running the first sessions of our new training course, **Stepping Stones**. Details can be found on page 3.

Most of our groups will either take a break in December or will be doing something special for Christmas. Please check the diary or our website before heading off to any groups you usually attend.

We would love you to join us for a **Christmas Quiz Night** on Thursday 10th December. Details are below.

Our Social Group will enjoy a performance of the **King's Theatre pantomime**, Snow White and the Seven Dwarfs, details are on page 3. Tickets are available on a 'first come first served' basis.

There will be limited staff cover in the office over the Christmas period, and there will be nobody here from 24th December to 4th January. You can still leave messages on the answerphone or by e-mail, and we will get back to you as soon as possible when we return.

We would like to wish you and your loved ones a peaceful Christmas and a happy New Year.

**The Pasda Team**

## Carers' Christmas Quiz Night

*Thursday 10th December, 7-9pm at The Newsroom, 5-11 Leith Street, Edinburgh, EH1 3AT*

You are warmly invited to a social evening with a Christmas theme. There will be a fun quiz (with prizes), and a buffet. All carers are welcome.

To allow us to cater for the right numbers, please let us know as soon as possible if you will attend. Please contact Dylan, [dylan.hamilton@pasda.org.uk](mailto:dylan.hamilton@pasda.org.uk), 0131 475 2416.

## Christmas Cards for Sale

We still have some supplies of our lovely Christmas cards designed by 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](mailto:rachel.pickett@pasda.org.uk) / 0131 475 2416. They will also be available at our groups and events.



**CREAR**  
— HOTELS TRUST —

**Short**  
breaks fund

### 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 3rd December, 6pm

The Mash Tun, 154 Easter Road, EH7 5RL

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

This month the group will meet at the Mash Tun for a Christmas meal together, courtesy of Pasda. Please **contact Danni** if you would like to attend.

### East Lothian Carers Group

\*\*\*Thurs 3rd December, 7pm\*\*\*

Brunton Theatre, Musselburgh

\*\*\*Please note the different date this month\*\*\*

This group is open to all family carers in East Lothian.

This month the group will visit the Brunton Theatre for a performance of Cinderella. A few tickets are still available, so if you would like one please **contact Graeme** as soon as possible.



### Pasda Singing Group

Weds 16th December, 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!

**Please note** that there will only be one meeting this month.

The following groups  
will not run this  
month:

Complex Needs Group  
Walking Group  
Weekend Coffee Morning  
West Lothian Group

### Midlothian Carers Group

Tues 8th December, 7pm

Royal Hotel, 34 High Street, Penicuik  
EH26 8HU

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

The group will be meeting for a Christmas meal this month, courtesy of Pasda. Please **contact Danni** if you would like to join them.

### Coffee Morning

Fri 11th December, 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.

### Craft Group

Weds 2nd December, 7-9pm and

\*\*Mon 7th December, 2-4pm\*\*

Simpson Room, Norton Park



\*\*\*Please note the different date this month\*\*\*

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**.

# Stepping Stones

Every Tuesday from 2nd February to 22nd March 2016, 10am-1pm at Norton Park

We are delighted to announce the launch of our new training course, Stepping Stones. Stepping Stones will provide training to give carers practical skills to use at home to support the autistic adult they care for, and will give carers:

- An improved understanding of processing and sensory issues
- A greater awareness of the underlying reasons why their family member with autism behaves the way they do
- An increased number of strategies to use to support their family member with autism
- Improved confidence in their ability to cope with challenging situations
- A better relationship with their family member with autism
- Improved capacity to deal with their own anxieties resulting from their caring role
- Actively manage mental health issues (e.g. stress, anxiety, depression) which they experience as a direct result of caring

If you are interested in attending or would like more information, please contact Danni or Graeme on 0131 475 2416; [danuta.szczyszynska@pasda.org.uk](mailto:danuta.szczyszynska@pasda.org.uk) / [graeme.syme@pasda.org.uk](mailto:graeme.syme@pasda.org.uk).



## Social Group trip to Snow White and the Seven Dwarfs

Wednesday 16th December, meeting at 1pm at Purple Pig Café, 12 Leven Street, EH3 9LG

We have tickets for a group of carers to attend the matinee performance of the King's Theatre pantomime at 2pm on 16th December. Oh yes we do! The group will meet at 1pm at the Purple Pig Café for refreshments courtesy of Pasda.

Tickets are strictly limited, so to avoid disappointment please contact Dylan to reserve your ticket as soon as possible, [dylan.hamilton@pasda.org.uk](mailto:dylan.hamilton@pasda.org.uk), 0131 475 2416.



## Is a person 'autistic' or do they 'have autism'?

Scottish Autism shared the following information in the second edition of their Share Magazine: Recently the National Autistic Society conducted a survey to better understand the terms that people prefer to use to describe autism, with the results showing that there is no single term that is universally accepted across all groups, or even within each group.

The survey covered 3,470 autistic people, their parents, extended family members, friends and professionals. The results have been published in the journal *Autism*. Lorcan Kenny, Communication and Research Officer at CRAE, summarises the findings of the report in his article.

He says: "The take home message from this survey is that there is no single term that was universally accepted across all groups or even within each group. Some terms, however, did stand out for some of the groups – with some striking disagreements.

One notable difference, for example, was the finding that more than 60% of autistic respondents endorsed the use of the word 'autistic' compared with less than 40% of professionals who work in the field. Almost half of the professionals who responded, on the other hand, endorsed the term 'person with autism' compared with only 28% of autistic participants."

Lorcan's fascinating blog post can be found here: [www.scottishautism.org/about-autism/centre-for-practice-innovation/share-blog-issue-2/autistic-or-have-autism/](http://www.scottishautism.org/about-autism/centre-for-practice-innovation/share-blog-issue-2/autistic-or-have-autism/).

The full original article is available here: [aut.sagepub.com/content/early/2015/06/10/1362361315588200.full](http://aut.sagepub.com/content/early/2015/06/10/1362361315588200.full). If you need a printed copy of the article, please contact Rachel at the Pasda office and we will be pleased to help.

## 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.



## Forth Rail Bridge Abseil 2016

Sunday 26th June 2016

Following on from the huge success of last year's fundraising abseil off the Forth Rail Bridge, when our amazing volunteers raised over £3000 for Pasda, we are once again looking for intrepid individuals to join us in this exciting event.

The next abseil will be on Sunday 26th June 2016 and we would welcome anyone - carers, friends, family or any other thrill seekers - to join us. Participants must be over 16 and willing to raise a minimum sponsorship amount of £160. If you are interested or have any questions please let Judith know on 0131 475 2416 or [judith.younger@pasda.org.uk](mailto:judith.younger@pasda.org.uk). It really is a great day out!

## December 2015—Quick Guide to What's On at Pasda

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
	1	2	3 Partners Group meal 6pm East Lothian Group to Brunton Theatre 7pm	4	5
7 Craft Group 2-4pm	8 Midlothian Group meal 7pm	9	10 Christmas Quiz Night 7-9pm	11 Coffee Morning 10am-12pm	12 13
14	15	16 Social Group to pantomime 1pm Singing Group 2-3pm	17	18	19 20
21	22	23	24	25 " 	26 27
28	29	30	31		

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