



News

We are delighted to tell you about the launch of a new service for our carers this month. We now have a **complementary therapy service** offering treatments free of charge to Pasda carers. More details are below.

We recently had a very successful launch event for our **Community Garden**. You can read more about it on page 3, along with information about how to get involved in this exciting project.

Following on from the successful workshop in December, Doris Wylie will be running a **Metamorphic Technique Treatment Swop**. Details are below.

Our fantastic Project Workers, Danni and Graeme, have been shortlisted for an **award for Outstanding Family Support** at this year's Autism Professionals Awards. The award ceremony takes place on Tuesday 1st March and we'll be keeping our fingers crossed for them.

On Saturday 6th February, Pasda will be having a **charity collection** at the Tesco Leith Superstore. We are looking for volunteers to help for a short time on the day, please see page 5 for details.

The Pasda Team

New Complementary Therapy Service for Carers

From Tuesday 2nd February, 10.30am—4.30pm at Shining Light, 1 Kirkwood Place, Lower London Road EH7 5TG

We are very pleased to let you know that we now have a complementary therapy service for Pasda carers. This service is free of charge, and therapies will be delivered by Alison MacColl working from Shining Light just opposite Meadowbank Retail Park.

Carers will be offered a series of six one-hour appointments: the first appointment will involve an in-depth consultation and discussion of treatment options with Alison.

If you would like to take advantage of this wonderful service, please contact Rachel at the Pasda office, rachel.pickett@pasda.org.uk, 0131 475 2416.

Metamorphic Technique Therapy Swop (run by Doris Wylie from Lothian Reflexology)

Thursday 25th February, 2-4.30pm at Norton Park

Give yourself a little rest, relaxation and me-time and banish the winter blues. Come together for a chat, a cuppa and a therapy swop – you'll get a treatment and also give a treatment.

Metamorphic Technique uses a light touch on feet, hands and head and is very relaxing. It requires no equipment, lotions or special skills – only socks and shoes need to be removed for the treatment. Most people find sessions very pleasant, and it can be safely received by everyone – young and old, healthy or unwell.

And it's easy to learn, so if you missed the November workshop, don't worry, you can learn as you go.

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

If you would like to take part, please contact Dylan at the Pasda office, dylan.hamilton@pasda.org.uk, 0131 475 2416.

CREAR
— HOTELS TRUST —

Short
breaks fund

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

Community Garden Support Worker: louise.middleton@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 4th February, 6-8.30pm
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 3rd & 17th February, 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!

Coffee Morning

Fri 12th February, 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.

Midlothian Carers Group

Tues 9th February, 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.

West Lothian Carers Group

Weds 17th February, 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.

Carer Information Meeting

Weds 10th February, 7-9pm
Number 6, 24 Hill Street

This meeting is open to all family and friends supporting over-16s with an autism spectrum condition, living in Edinburgh or the Lothians.

This month, Euan MacKenzie from Poppy Homecare will speak to the group about the service he offers.

East Lothian Carers Group

Thurs 25th February, 6.30-8.30pm
Halimah Indian Restaurant, 94 Musselburgh High Street, Musselburgh EH21 7EA

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, the group will be going for a meal with the remaining funding received from The Oldhurst Trust. Please let Graeme know as soon as possible if you plan to attend so that a table can be booked.

Autism & Complex Needs Group

Mon 22nd February, 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.

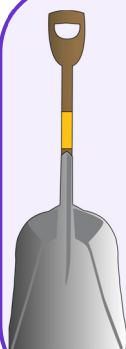
Community Garden Group

Thurs 11th, 18th & 25th Feb, 11am-2pm
Craigie's Community Garden, South Queensferry, EH30 9AR

You are warmly invited to join us at the Community Garden. People with gardening skill or none equally welcome.

Please **let Louise know** by 9am on the above dates if you plan to attend that day.

Please see page 3 for travel information.



Weekend Coffee Morning

Sat 27th February, 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.





Raised bed, orchard & polytunnel





Community Garden News

Every Thursday, 11am-2pm at the Community Garden, Craigie's Farm, South Queensferry EH30 9AR

On Thursday 21st January we had a fantastic launch for our Community Garden. Ten carers joined our Community Garden Support Worker, Louise Middleton, and other Pasda staff at Craigie's Farm to see our plot, visit the beehives, learn about the work being done there and how they can get involved. We also enjoyed a delicious lunch in Craigie's café.

A number of carers were keen to get involved with **beekeeping**, and a course will be run in the next few months for anyone who wishes to do this. Please **let Louise know** as soon as possible if you are interested.

There are a number of tasks that Craigie's currently need people to help with:

-  Assisting the beekeepers with maintenance and development of the beehive area (the bees are currently asleep). This takes place on Sundays and Monday lunchtimes—please contact Louise if you wish to help and she will put you in touch with them.
-  Insulating the education hut.
-  Tidying up the polytunnel.
-  Development of communal areas.



The beehives



The Pasda plot

You are also warmly invited to get involved with our own Pasda plot. Louise will be happy to see you there on a Thursday (except 4th February when she will be on a training course).

Please let Louise know if you are planning to attend, and also if you need assistance with transport. Pick-ups can be arranged from public transport links, and car-sharing will be arranged where possible.

Pick-up points: Dalmeny Rail Station coffee shop (bus and rail) & Kirkliston, Scotmid (bus)

South Queensferry buses – 40A

Kirkliston buses – 7, 22A, 38/38A, X51, 63

Trains – Haymarket / Waverley / Northbound Fife line

NB – for buses: 7 – Horsburgh bus; 22A, 38/38A Firstbus; 40A & X51 Stagecoach; 63 Lothian bus

Carshare –contact Louise for information, louise.middleton@pasda.org.uk / 07544 011041. Louise's normal working day is a Thursday.

Walking Group

Thursday 18th February, 10am, location details to follow

This month, the Walking Group will be taking a walk up to Craigie's Farm, where they will have a tour and a chat with Louise followed by lunch in the café. Details of a meeting place will be agreed with the attendees.

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.



Vacancy for Committee Secretary

Pay rate: £9:00 /hour, pro rata basis, maximum of 10 hours a month.

The Pasda committee are responsible for governance of the organisation and meet once a month at Norton Park (EH7 5QY) or central Edinburgh, on the third Tuesday of the month 2-5pm. The meetings are focussed on business and include finance, funding and team reports. Attendance at the monthly committee meeting is a fixed requirement. Attendance at other occasional meetings is flexible. The Pasda committee employ staff to deliver our aims and objectives.

Pasda provides information and support to unpaid family carers who are supporting an adult (over-16) with autism in Edinburgh and the Lothians. We work in partnership to be carer-led, innovative, resourceful, inclusive and compassionate. Our vision is that families of adults with autism will live meaningful and fulfilling lives.

For details about the post please see our website at www.pasda.org.uk, or contact the office. Applications can be e-mailed to rachel.pickett@pasda.org.uk, or sent by post to Rachel Pickett, Administrator, Pasda, Norton Park, 57 Albion Road, Edinburgh EH7 5QY.

We are committed to equal opportunities in employment and service delivery.



Supporting families of adults with autism

A Message from Donna Nelson

As many of you will already know, our Executive Manager, Donna Nelson, very sadly lost her son Chris to an accident in November.

Firstly, Donna would like to pass on her thanks to everyone for the heartfelt kindness and support she has received from you over the last few weeks. She wants you to know how grateful she and her family are for this support, and she hopes that you can continue this by supporting her in a challenge in memory of her boy.

Donna is taking on the Celtic Challenge, cycling 200 miles from Edinburgh to Iona. She has never cycled before and does not (yet!) own a bike! All funds raised go to St. Columba's Hospice, and your support would mean the world to Donna.

In her own words, Donna says: *I will be taking on the Celtic Challenge for St Columba's Hospice 11-15th May 2016 in memory of my son Christopher Nelson who died tragically in Amsterdam on the 15th November 2015. I shall be cycling 200 miles in 4 days from Edinburgh to Iona. I shall be cycling through some of the most stunning and unspoilt landscape in Scotland, in particular both Mull and Iona have a very special place in my heart. Please find it in your hearts to sponsor me as I will be eternally grateful. I just hope I can make my boy proud and complete this huge challenge, especially since I have never cycled!! The training has already started.....and I have sore bits already! He inspired me to do most things in my life so this one is for him!*

You can read more about Donna's incredible challenge, and make a donation to support her, by following this link to JustGiving: <https://www.justgiving.com/DonnaNelson1>.

Stepping Out® Short Residential Breaks Programme

Care for Carers are accepting applications for their Stepping Out® Short Breaks. These are breaks for carers, specifically tailored to meet their needs and provide them with a break from their caring situation.

The programme is organised by Care for Carers, a voluntary organisation providing support services for carers, including local events and short breaks. The programme of dates is available on their website or by calling Care for Carers.

Attendance on the programme is free and applications are accepted from carers across Scotland. Please contact Care for Carers for an application form or to discuss the breaks: 0131 661 2077; janey@care4carers.org.uk; www.care4carers.org.uk.



SAM RADIO© Looking for Volunteers

SAM RADIO© is a community internet radio station that caters for people who have been diagnosed with Autism / Asperger's Syndrome. The station will be the first of its kind in Scotland.

The purpose of SAM RADIO© is two-fold. Managed by Paul Ross and his family, Paul holds a degree in Sound engineering and himself has a diagnosis of Asperger's Syndrome. They will air a variety of music and provide listeners with a platform where they can represent themselves. At the same time they will offer volunteers the opportunity to learn how to produce shows and operate broadcast/recording equipment helped by support workers.

They will invite a variety of guests from local interested organisations and professional bodies to share practical knowledge and experience with adults on the Autistic Spectrum and their carers/family members.

SAM RADIO© are looking for **volunteers** to assist with the day to day running of a busy, active local community radio station based in Edinburgh. They are looking for trainee presenters and Studio Assistants.

They have job descriptions for the volunteer positions, please take a look at their Facebook page www.facebook.com/ThisisSAMRadio/.

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.

Fundraising for Pasda at Tesco

Saturday 6th February, 9.30am-4.30pm at Tesco Leith Superstore, 76 Duke Street, Edinburgh

On Saturday 6th February, Pasda will be having a charity collection at the Tesco Leith Superstore. We will be allowed to have Pasda collection buckets at the front of the store (inside) and are looking for volunteers to help us hold the buckets and chat to any customers who want to find out more about us.

If you are able to come along, even just for an hour, please can you let Judith know, judith.younger@pasda.org.uk / 0131 475 2416. We aim to be there between 9.30am and 4.30pm.

Monies raised on the day will be used to help fund more social outings for carers.



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. It really is a great day out!

February 2016—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 6-8.30pm	5	6 Charity collection, Tesco 9.30-4.30 7
8	9 Midlothian Group 7-8.30pm	10 Carer Info Meeting 7-9pm	11 Community Garden 11am-2pm	12 Coffee Morning 10am-12pm	13 14
15	16	17 Singing Group 2-3pm West Lothian Group 6.30-8pm	18 Walking Group 10am Community Garden 11am-2pm	19	20 21
22 Complex Needs Group 10.30am-12pm	23	24	25 Community Garden 11am-2pm Metamorphic Tech. 2-4.30pm East Lothian Group 6.30-8.30pm	26	27 Coffee Morning 10.30-12 28
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Pasda

Norton Park, 57 Albion Road, Edinburgh EH7 5QY

info@pasda.org.uk www.pasda.org.uk

Scottish Charity No.: SC042678