



News

Welcome to our April newsletter. Spring feels like it has well and truly sprung at last, with daffodils everywhere and blossom appearing on the trees. I am certainly enjoying the lighter evenings.

This is our final call for volunteers for the **Forth Bridge abseil**. If you would like to take part in this fantastic fundraising event for Pasda, please let Judith know as soon as possible. It really is a fun and rewarding experience, while helping to raise funds to support our work with carers. Further details are below.

World Autism Awareness Week takes place this month, and Pasda will have an awareness-raising stall at the Brunton Hall in Musselburgh on Monday, 4th April. We are looking for a few volunteers to take a turn on the stall, please see below for details.

Spaces are still available for the **Pasda Complementary Therapies Service**. Although it is fairly booked up for the next few weeks, Rachel is still taking bookings for June and July. We also operate a cancellation list, so if you can manage an appointment at short notice please let us know. If you are unable to travel to Lower London Road, or you cannot manage Tuesdays during the day, please let us know—we are happy to look at alternatives for you.

The Pasda Team



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. Spaces are filling fast, so if you are interested please **let Judith know as soon as possible** on 0131 475 2416 or judith.younger@pasda.org.uk. It really is a great day out!

World Autism Awareness Week

Monday 4th April, 11am—2pm at the Brunton Hall, Musselburgh

To mark World Autism Awareness Week, Pasda will be holding an **awareness-raising stall** at The Brunton Hall in Musselburgh.

We still have spaces for volunteers to man the stall and chat to members of the public, along with a member of the Pasda team. If you can help us for an hour or two, please contact Dylan as soon as possible, dylan.hamilton@pasda.org.uk / 0131 475 2416.

We would also be very pleased to see you if you want to pop along and say hello on the day.

A Day in the Life of a Carer

In order to raise awareness of the various **challenges** faced by carers of adults with autism, and in particular the associated time-consuming aspects these involve, we would like to encourage our carers to **keep a diary for one day**. This would involve detailing all the tasks they attended to as part of their role caring for an adult with autism including telephone calls, attending appointments, filling in forms – essentially anything undertaken throughout that day in support of the family member they are caring for, along with how long each individual task took.

Pasda would then like to **publish an anonymised version** of these diaries on our website.

If you would like to take part then please send your completed diaries to Dylan, dylan.hamilton@pasda.org.uk. If you have any questions then he would be pleased to answer them.

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
 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

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Short
breaks fund



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 7th April, 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.

Community Garden Group

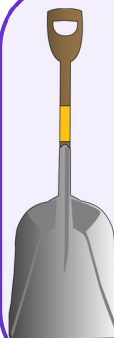
Every Thursday, 11am-2pm

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 days if you plan to attend.

Please see page 3 for travel information.



Coffee Morning

Fri 8th April, 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.

Carer Information Meeting

Weds 13th April, 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, Dr Ken Aitken, an experienced psychologist and author with a special interest in autism, will speak to the group about sleep patterns.

West Lothian Carers Group

Weds 20th April, 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, Louise Middleton, Pasda's Community Garden Support Worker, will attend the group to tell carers more about our garden at Craigie's and to listen to any suggestions you may have.

East Lothian Carers Group

Thurs 28th April, 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 from Pasda and Margaret from Carers of East Lothian.

Autism & Complex Needs Group

Mon 25th April, 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.

Midlothian Carers Group

Tues 12th April, 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.

This month, Pamela from VOCAL Midlothian will speak to the group about the change from Disability Living Allowance to Personal Independence Payments.

Pasda Singing Group

Weds 20th April, 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 there will be no meeting on 6th April



Weekend Coffee Morning

Sat 30th April, 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.



Walking Group

Friday 22nd April, 10am at Edinburgh Bus Station

This month the group will meet at the bus station at 10am and get the X15 bus to South Queensferry. We will then take a walk along the 2km footpath on the Forth Road Bridge across the firth before returning across the bridge on the other side.

We will stop for lunch in South Queensferry before taking the bus back to Edinburgh.

If anybody would prefer to make their own way to South Queensferry just let Graeme know and arrangements can be made to meet you there.

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.



Sponsored Walk for All the Family

Sunday 5th June, afternoon at Holyrood Park

We would like to invite you, your family and friends to participate in the annual 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 5th June in Holyrood Park. More details will be available soon, please let Judith know if you would like to take part; judith.younger@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 mydonate.bt.com/events/pasdawalk2016.



Community Garden

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

Hopefully the warmer days and lighter evenings will inspire you to get outside and enjoy the fresh air. There is plenty going on at our Community Garden, so we hope to see lots of you there.

The group meets on Thursdays, but once you are familiar with the place you are welcome to go at any time. Thursdays are reserved for Pasda carers, but at other times you are very welcome to take your family members with you to enjoy the garden.

Please remember that Louise can help to arrange **car-shares**, and she is able to **pick people up** from public transport links on Thursdays. Also, if the cost of transport is an issue we are able to help with this.

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.

Further information about our plot at Craigie's, transport options and a map are available on our website, www.pasda.org.uk/community-garden.

The Carer Advocacy Service from Vocal Midlothian Carers Centre

The Carer Advocacy Service (PIP & ESA)

If you or someone you care for are applying for Personal Independence Payment (PIP) or Employment Support Allowance (ESA), then Midlothian Carers Centre can help.

They can also assist anyone who currently receives Disability Living Allowance, as over the next year everyone over 16 years who receives DLA will be invited to apply for PIP instead of DLA. This will happen even if the current DLA award has an "indefinite" end date. If the PIP claim form is not completed and returned promptly DLA payments will stop automatically.

The Carer Advocacy Service (PIP & ESA) works in partnership with carers and the person applying for these benefits to facilitate as accurate a view as possible of their conditions and the impact on their daily life. This service is open to carers from across Edinburgh and the Lothians. The Carer Advocacy Service (PIP & ESA) provides:

- One to one meetings before the face to face assessment to explain the process and what to expect
- Advocacy and support at the assessment to represent your views
- Vocal can also provide support to complete PIP and ESA application forms.

For more information, contact Pamela at the Carer Advocacy Service (PIP & ESA), Vocal Midlothian Carers Centre on 0131 663 6869 or email midlothian@vocal.org.uk.



East Lothian Autism Strategy—one year on

Monday 25th April, 10am-1pm at Brunton Hall, Musselburgh

The East Lothian Autism Strategy Group are holding a half-day event on 25th April 2016 at the Brunton Hall, Musselburgh to raise awareness of Autistic Spectrum Disorder (ASD) in East Lothian and review the East Lothian Autism Strategy 2015. The event is for parents, carers, practitioners and anyone with an interest in ASD.

They will have speakers from education and health and will also be getting a carer's perspective.

The event will include a presentation to young people who have won awards for their artwork which has been used to illustrate the *East Lothian Autism Strategy* and the *East Lothian Autism Strategy* summary version.

There will also be workshops during which they would like you to look at the key issues for people with ASD.

A quiet area will be available.

To find out more or to book your place now, e-mail Jane at jodgen-smith@eastlothian.gov.uk

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.

April 2016—Quick Guide to What's On at Pasda

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
				1	2 3
4 WAAD stall at Brunton Hall 11am-2pm	5	6	7 Community Garden 11am-2pm Partners Group 6-8.30pm	8 Coffee Morning 10am-12pm	9 10
11	12 Midlothian Group 7-8.30pm	13 Carer Information Meeting 7-9pm	14 Community Garden 11am-2pm	15	16 17
18	19	20 Singing Group 2-3pm West Lothian Group 6.30-8pm	21 Community Garden 11am-2pm	22 Walking Group 10am	23 24
25 Complex Needs Group 10.30am-12pm	26	27	28 Community Garden 11am-2pm East Lothian Group 6.30-8.30pm	29	30 Coffee Morning 10.30-12

Pasda

Norton Park, 57 Albion Road, Edinburgh EH7 5QY

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

Scottish Charity No.: SC042678