

Pasda

Supporting families of adults with autism

Newsletter/May 2016/Issue #69



News

Message from Donna Nelson, Executive Manager and the Pasda Committee

It is with much sadness that we have to tell you the Big Lottery funding for Pasda will finish at the end of August 2016. We have not been successful with our funding bid to continue Pasda in its current form, nor our services. Consequently, there will be many changes including the loss of the current staff team and the office premises. However, Pasda **will continue to exist** in a different form through the committee. The committee will keep in contact with you all with any further developments.

Meanwhile, our groups and services will continue as normal for the next few months. There will be a **Complementary Therapy Workshop** on 25th May, details are on page 3. Also, we are pleased to announce the start of a new group. Starting this month, the **Edinburgh Carers Group** will meet on the second Wednesday of every second month at Number 6, 24 Hill Street. All carers living in Edinburgh are warmly invited to attend, you can find the details on page 2.

We would like to invite you to join the **annual sponsored walk**, organised by Sandy Sutherland, to raise funds for Pasda. It is a sociable and enjoyable afternoon, and you are most welcome to bring the whole family with you. Details are on page 3.

Spaces are available for the **Pasda Complementary Therapies Service**. Appointments are currently available in July and August, as well as two cancellations on 3rd May. If you are unable to travel to Lower London Road, or you cannot manage Tuesdays during the day, please contact Rachel—we are happy to look at alternatives for you.

We have a limited number of **travel vouchers** available for Pasda carers to use towards the cost of a holiday. Each voucher is worth up to £500 which can be redeemed against the cost of a holiday booked through The Travel Company. We anticipate that this offer will be very popular so if you would like one of these vouchers then please let Dylan know as soon as possible.

Donna Nelson will be pedalling away for her **Celtic Challenge** from 11th to 15th May, cycling 200 miles from Edinburgh to Iona. Donna would like to say a huge 'thank you' to everyone who has so generously sponsored her, and for all your kind words of support and encouragement.

The Pasda Team

Notice calling Pasda Annual General Meeting

The Annual General Meeting of Pasda will be held at 7pm on Wednesday 8th June 2016 at 24 Hill Street, Edinburgh, EH2 3JZ. The meeting will comprise:

1. Apologies
2. Approval of the Minutes of the Annual General Meeting held on 10th June 2015
3. Convener's Report on the work of the Association since the last AGM
4. Treasurer's Report and submission of Accounts for the period ending 31st March 2016
5. Election of members to vacant positions on the Management Committee*
6. Election of Convener, Vice Convener, Treasurer and Secretary
7. Election of Auditor/ Examiner
8. Agreement to annual rates of membership subscription for the current financial year
9. AOCB

Catherine Lomax (Secretary)
25th April 2016

*Nominations to serve on the Management Committee should be received by the Secretary in writing at least 7 days before the AGM. Members may nominate themselves or in the case of the nomination of another member include an indication of the willingness of the member nominated to stand for election. Nomination forms may be obtained from the Pasda office and should be returned to the Secretary at Pasda, Norton Park, 57 Albion Road, Edinburgh, EH7 5QY.

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 5th May, 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

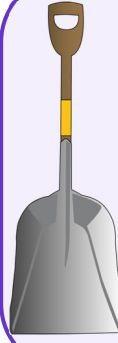
Every Thursday, 10am-4pm

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 13th May, 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.

Edinburgh Carers Group ***NEW***

Weds 11th May, 7-9pm

Number 6, 24 Hill Street

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

Please join us and meet other carers in your area, discuss topics of mutual interest and take the opportunity to suggest ideas for future meetings.

West Lothian Carers Group

Weds 18th May, 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.

East Lothian Carers Group

Thurs 26th May, 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*.

Midlothian Carers Group

Tues 10th May, 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 the group will be joined by Duncan McIntyre from Midlothian Council and Kara Christine from Artlink who will be coming along to update everyone on the progress of the Midlothian Autism Strategy.

If anybody has anything specific they would like to raise in advance of the group then they can contact Duncan at Duncan.McIntyre@midlothian.gov.uk.

Autism & Complex Needs Group

Mon 23rd May, 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.

Pasda Singing Group

Weds 4th and 18th May, 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!



Weekend Coffee Morning

Sat 28th May, 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.



Complementary Therapy Workshop

Wednesday 25th May, 1-3pm at Norton Park

Alison MacColl, Pasda's complementary therapist, will be running a workshop for carers. You will learn a hand massage routine for self-care and to practice on family members, as well as some relaxation techniques.



Carers will have the opportunity to practise their skills on each other during the workshop, and it will be a relaxing and friendly afternoon.

Places are limited, so please contact Rachel as soon as possible if you would like to reserve one; rachel.pickett@pasda.org.uk / 0131 475 2416.

Community Garden



Every Thursday, 10am-4pm at the Community Garden, Craigie's Farm, South Queensferry EH30 9AR

Things are really coming on at the Community Garden. Louise and the carers have prepared and seeded the raised beds, repotted seedlings and moved all the polytunnel plants into the sprinkler system.

Louise is now posting regular updates on our Facebook page. Also, the Craigie's Education and Environment Project (CEEP) are looking for help on 6th, 7th and 8th May with everything from making tea to building furniture and a communal picnic and barbeque area. Please visit the CEEP website www.craigiesproject.org.uk for more information.

The Community Garden 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.

Sponsored Walk for All the Family

Sunday 5th June, 1.50pm for a 2pm start 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. 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.

Forth Rail Bridge Abseil 2016



Sunday 26th June 2016

We are still looking for intrepid individuals to join us in a fundraising abseil off the Forth Rail Bridge. We would like to thank the five brave volunteers who have stepped up so far, including our very own Danni & Louise.

There is still time to join them on Sunday 26th June 2016 and we would welcome anyone - carers, friends, family or any other thrill seekers. 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. You can also show your support by sponsoring the team at www.justgiving.com/teams/PasdaEdinburgh.

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.

Walking Group

Friday 27th May, 10am at Queens Hall, 85-89 Clerk Street EH8 9JG

This month the group will take a walk to Dr Neil's Garden. Lying next to the twelfth-century Duddingston Kirk, this secluded garden is the result of the imagination, dedication and sheer hard work of Drs Andrew and Nancy Neil. It is sometimes called Edinburgh's Secret Garden.

The group will meet outside the Queens Hall, Edinburgh at 10am. From here we will walk to the old Innocent Railway tunnel at St Leonards and follow the path down past Duddingston Loch before making our way back up Duddingston Road West to Duddingston Village. The group will spend some time walking around Dr Neil's Garden and the tower before heading back up to Duddingston Village for some lunch at the Sheep Heid Inn. After lunch we will make our way back towards the Commonwealth Pool, this time on the opposite side of Duddingston Loch along the Duddingston Low Road and will end our walk back at Clerk Street.

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.



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.

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
2	3	4 Singing Group 2-3pm	5 Community Garden 10am-4pm Partners Group 6-8.30pm	6	7 8
9	10 Midlothian Group 7-8.30pm	11 Edinburgh Carers Group 7-9pm	12 Community Garden 10am-4pm	13 Coffee Morning 10am-12pm	14 15
16	17	18 Singing Group 2-3pm West Lothian Group 6.30-8pm	19 Community Garden 10am-4pm	20	21 22
23 Complex Needs Group 10.30am-12pm	24	25 Complementary Therapy Workshop 1-3pm	26 Community Garden 10am-4pm East Lothian Group 6.30-8.30pm	27 Walking Group 10am	28 Coffee Morning 10.30-12 29
30	31				1

Pasda

Norton Park, 57 Albion Road, Edinburgh EH7 5QY

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

Scottish Charity No.: SC042678