



News

We are delighted to welcome a **new member of staff** this month. Janet will join us on 1st June and takes up the new post of Carer Communication Worker. She will be getting married in June, and her name will then be **Janet Crozier**. Please feel free to pop in and say hello to her.

Our **AGM** will take place on Wednesday 8th June at 7pm, followed by the Carer Information Meeting. **Cathy Steedman** from Autism Initiatives will attend the Carer Information Meeting, more details can be found below and on page 2.

Following the great success of the Christmas quiz night, we would love you to join us for a **Summer Quiz Night** for carers—please see page 3 for details.

Danni and Graeme will be running an **Understanding Autism Workshop** on Monday 20th June. Details can be found on page 3.

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. You are also invited to join us for a **garden party at Craigie's** after the abseil on 26th June. Details of both of these are on page 3.

Spaces are available for the **Pasda Complementary Therapies Service**. Appointments are currently available on Tuesdays at 3.30pm in June and July, and at a variety of times from August. 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.

Finally, our warmest congratulations to Donna Nelson who successfully completed the **Celtic Challenge**, cycling 200 miles from Edinburgh to Iona. It was an amazing feat for someone who had never cycled before this year!

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.

C R E R A R
— 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
Carer Communication Worker: janet.crozier@pasda.org.uk

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info@pasda.org.uk

Find us on



LOTTERY FUNDED

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 2nd June, 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 10th June, 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.

AGM and Carer Information Meeting

Weds 8th June, 7-9pm

Number 6, 24 Hill Street

Please note that the Annual General Meeting and this month's Carer Information meeting will take place at Number 6, 24 Hill Street.

Cathy Steedman from Autism Initiatives will be speaking to the group about their outreach services and support for service users.

Pasda Singing Group

Weds 1st and 15th June, 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!

East Lothian Carers Group

Thurs 30th June, 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 27th June, 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.

Kathleen Taylor, the Engagement and Participation Officer (Carer) from the Mental Welfare Commission for Scotland, is coming to meet the group and hear more about their concerns around support or hospital care..

West Lothian Carers Group

Weds 15th June, 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.

Midlothian Carers Group

Tues 14th June, 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, Euan MacKenzie from Poppy Homecare will speak to the group about the support service he offers, which provides support at home or in the community for adults with autism.

Weekend Coffee Morning

Sat 25th June, 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.



Community Garden

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

Pasda now have three plots at Craigie's, as the first two were filled with so many vegetables and fruit bushes. The hard workers at the garden have already taken home some of their produce and are looking forward to much more in the weeks to come.

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.

Understanding Autism Workshop

Monday 20th June, 10am-1pm at Norton Park

This session is geared towards those whose family member has had a recent diagnosis of autism, or any other **unpaid carer** of an adult with autism who feels it may be beneficial.

The workshop was developed in partnership with *Tailor Ed Foundation* and includes a brief history of autism, terminology, and how autism affects those on the spectrum in areas such as motivation, communication, information and sensory processing. The workshop will be also be a chance to share knowledge and experiences with other carers.

If you would like to attend this workshop, please contact Graeme (graeme.syme@pasda.org.uk) or Danni (danuta.szerszynska@pasda.org.uk), 0131 475 2416.

Sponsored Walk for All the Family

Sunday 5th June, 1.50pm for a 2pm start at Holyrood Park

There is still time for 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

Spaces are now all filled for this year's abseil, but you are very welcome to come and cheer on our fabulous team—it is always a fun day with plenty going on.

You can also show your support by sponsoring our brave volunteers at www.justgiving.com/teams/PasdaEdinburgh.

There will be a **garden party at Craigie's** after the abseil, from 2-4pm. Everyone is welcome, and we would appreciate some volunteers to set things up in the early afternoon. So that we can plan for catering, please let Louise know as soon as possible if you are able to join us and/or help with setting up, louise.middleton@pasda.org.uk / 07544 011041.

Carers' Summer Quiz Night

Tuesday 21st June, 7-10pm at The WashBar, 11-13 North Bank Street, The Mound EH1 2LP

You are warmly invited to a social evening with a summery 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 / 0131 475 2416.

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 24th June, 9.30am outside the Assembly Rooms, George Street.

In June the walking group will be taking a trip to Cramond Island. We will meet outside the Assembly Rooms on George Street at 9:30am before catching the Number 41 bus to Cramond Village. If you would prefer to make your own way to Cramond we should be there around 10:20am. When we arrive in Cramond Village we will take a walk over to Cramond Island and have a wander around.

When we get back from Cramond Island we will stop for lunch in the Cramond Gallery Bistro before returning to Edinburgh on the number 41 bus.

I have looked at forecasted tide times online and the first safe crossing time is expected to be around 9:38am with the last safe crossing time being 14:21pm, so that should give us plenty of time to explore without the risk of getting stranded. These tide times are just a forecast so if they change dramatically then we may have to think of a plan b.

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.

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
		1 Singing Group 2-3pm	2 Community Garden 10am-4pm Partners Group 6-8.30pm	3	4 5 Sponsored Walk 2pm
6	7	8 AGM and Carer Information Meeting 7-9pm	9 Community Garden 10am-4pm	10 Coffee Morning 10am-12pm	11 12
13	14 Midlothian Group 7-8.30pm	15 Singing Group 2-3pm West Lothian Group 6.30-8pm	16 Community Garden 10am-4pm	17	18 19
20 Understanding Autism Workshop 10am-1pm	21 Carers' Summer Quiz Night 7-10pm	22	23 Community Garden 10am-4pm	24 Walking Group 9.30am	25 Coffee Morning 10.30-12 26 Forth Bridge Abseil & Garden Party
27 Complex Needs Group 10.30am-12pm	28	29	30 Community Garden 10am-4pm East Lothian Group 6.30-8.30pm		

Pasda

Norton Park, 57 Albion Road, Edinburgh EH7 5QY

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Scottish Charity No.: SC042678