



News

We would like to say a huge **thank you** to the wonderful people who took part in the abseil and the sponsored walk last month, and of course to all those who supported them. We will let you know the total raised as soon as we have it.

This month we have three **Diet and Autism Information Sessions** taking place. See page 3 for details.

We had a very successful Summer Quiz Night on 21st June. Seventeen carers came along to pit their wits against each other answering questions on history, music, food & drink, science & nature, literature and TV & films. In a closely fought contest, the Fab 4 edged out The Winners by one point. Thank you and well done to everyone who attended!

Spaces are still available for the **Pasda Complementary Therapies Service** which will continue for the next few months. Appointments are currently available 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.

To update you on the changes taking place at Pasda, Danni is leaving on the 22nd July to take up a post with The Junction, a health and wellbeing service for young people based in Leith. We wish her well in her new role. Graeme, Donna, Dylan, Rachel and Judith will be leaving in August. Louise will be in post at Craigie's until October. Our Carer Communication Worker, Janet Crozier, will still be at Pasda supported by the committee. Janet will be available for signposting and will be developing Pasda's online resources, including a chat forum.

The Pasda Team

Walking Group

Friday 29th July, 9.20am at junction of Frederick Street and Princes Street.

On Friday the 29th of July the Pasda Walking Group will be taking a trip to Bonaly and walking around the reservoirs.

The group will meet at the junction of Frederick Street and Princes Street at 9.20am before catching the Number 10 bus to Bonaly. If you would prefer to make your own way to Bonaly we should be there around 10am.

When we get off the bus we will be walking a circular route from the edge of Bonaly and exploring the northern corner of the Pentlands and the nearby reservoirs before returning to Bonaly for a bite to eat.

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.



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.

C R E R A R
— HOTELS TRUST —

Short
breaks fund

Pasda Staff Team

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Carer Communication Worker: janet.crozier@pasda.org.uk

www.pasda.org.uk

0131 475 2416

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LOTTERY FUNDED

Find us on 

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 14th July, 6pm

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

This month the group will hold a social event. Danni will be in touch with everyone with details of the location.

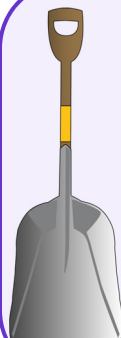
Community Garden Group

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.



Coffee Morning

Fri 8th July, 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

Weds 13th July, 7-9pm

Number 6, 24 Hill Street

This 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.

East Lothian Carers Group

Thurs 28th July, 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.

Pasda Singing Group

Weds 6th July, 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 the group will only meet once this month and will then take a break until 7th September.



West Lothian Carers Group

Weds 20th July, 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.

Autism & Complex Needs Group

Mon 25th July, 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 July, 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.

Weekend Coffee Morning

Sat 30th July, 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.



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.

Diet and Autism Information Sessions

Wednesday 6th, 13th and 20th July, 1-4pm at Norton Park

Janine Keating a dietitian with experience of working with people with autism will present a series of three workshops for Pasda carers. Each session will address how to overcome communication barriers and support understanding. They will be educational but will not provide people with the tools to make extensive dietary changes without further professional support.

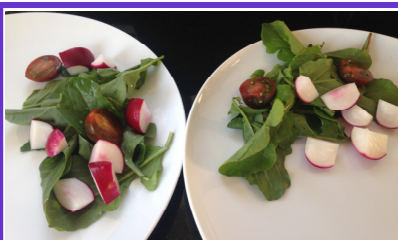
6th July-balanced eating and inflexibility of diet, including intolerances.

13th July-over and under-eating.

20th July-eating disorders.

Pasda can arrange for carers to have one-to-one meetings with Janine following these workshops to discuss their own family member's situation in more detail. Unfortunately, we cannot fund sessions to support your family member directly.

Please let us know if you will be attending any of these workshops, info@pasda.org.uk / 0131 475 2416.



Community Garden

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

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.

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
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4	5	6 Diet Info Session 1-4pm Singing Group 2-3pm	7 Community Garden 10am-4pm	8 Coffee Morning 10am-12pm	9 10
11	12 Midlothian Group 7-8.30pm	13 Diet Info Session 1-4pm Edinburgh Carers Group 7-9pm	14 Community Garden 10am-4pm Partners Group social event 6pm	15	16 17
18	19	20 Diet Info Session 1-4pm West Lothian Group 6.30-8pm	21 Community Garden 10am-4pm	22	23 24
25 Complex Needs Group 10.30am-12pm	26	27	28 Community Garden 10am-4pm East Lothian Group 6.30-8.30pm	29 Walking Group 9.20am	30 Coffee Morning 10.30-12 31

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