



Supporting families of adults with autism

August 2016 Newsletter

New Look Pasda Newsletter

A big welcome to our new look August Newsletter. We want the content of our newsletter to be as relevant as possible so please let us know of any suggestions you have. Items can be emailed to info@pasda.org.uk

Diary Dates
August/September

Many of our groups are not running during August but will start meeting again in September: The [Community Garden](#) will continue to meet every Thursday morning at 10 am at the Community Hut at Craigies.

[Partners Group](#)

Thursday 1st September, 6.30 -8.30pm
at Vocal 8 - 13 Johnstone Terrace,
Edinburgh EH1 2PW

[Pasda Singing Group](#)

Wednesday 7th and 21st September, 2 - 3 pm, Morningside United Church, Holy Corner, Edinburgh EH10 4DH



[Squease](#) have designed a sensory pressure vest for people of all ages, who can feel overwhelmed by the world around them. It is especially beneficial for those who have difficulties processing sensory information, like people with Autism, ADHD, sleeping or anxiety disorders.

A video explaining the concept of the vest can be found [here](#). The vest retails at £245 or can be hired for £60 for 2 weeks.

Jamie + Lion from Spaced Out and Smiling has written an excellent review of the Squease vest in his [vest trial](#).

We would be interested to know of any carers who have tried the vest and to hear your thoughts on whether it would be worthwhile purchasing for Pasda. Please email info@pasda.org.uk or telephone 0131 475 2416 and let us know.

Partners Group Change of Venue

Please note that the Partners Group will be meeting from September at Vocal's offices 8 - 13 Johnstone Terrace, Edinburgh. They are also starting later than

[Coffee Morning](#)

Friday 9th September, 10am - 12pm,
Number 6, 24 Hill Street, Edinburgh EH2 3JZ

[Midlothian Carers Group](#)

Tuesday 13th September, 7 - 8.30pm,
Penicuik Town Hall, Penicuik EH26 8HS.

[Edinburgh Carers Group](#)

Wednesday 14th September, 7 - 9 pm,
Number 6, 24 Hill Street, Edinburgh EH10 4DH

[West Lothian Carers Group](#)

Wednesday 21st September, 6.30 - 8pm, Almond House, Quarrywood Court, Livingston EH54 6AX

[Autism and Complex Needs Group](#)

Monday 26th September, 10.30am - 12pm, Baird Room, Norton Park, 57 Albion Road, Edinburgh EH7 5QY

[East Lothian Carers Group](#)

Thursday 29th September, 6.30 - 8.30 pm, Carers of East Lothian, 94 Musselburgh High Street, Musselburgh EH21 7EA

Nova Short Breaks

Nova Short Breaks have launched a new day breaks programme which is open to people with mental health difficulties and their carers. This is for individuals to go away on their own or with their carers or for carers to recuperate on their own.

Breaks include sightseeing days, spa breaks or the option to design your own perfect day break. Delivered by skilled staff, there's someone on hand to

normal at 6.30pm. If you would like more information about joining this group, please contact info@pasda.org.uk.



ensure you get the support you need. For details contact Mandy McLernon on 07799 191 114.

Vocal Carers Event Leaflet July - September

Vocal is organising a host of events over the Summer months ranging from First Aid for Carers to How to make the most of your Tablet! Other events include a footcare seminar, Re-entering the workplace and an Introduction to Self-directed Support.

[Click Here](#)

Internet Safety Workshops

It can be daunting to keep up to date with the latest technology and internet advances. Often our children know far more than we do. This series of 4 workshops has been designed to give carers some practical skills and tips to know how to keep the people they care for safe online. Topics covered will include issues such as:

- Cyberbullying
- Shopping safely online
- Online grooming
- How to protect your family online
- Online friendships/dating

The sessions will run on Monday 5th, 12th, 19th and 26th September from 10 - 1pm and will include lunch. The venue will be at [iTrain Scotland](#), 24 Canning Street, Edinburgh EH3 8EG. Spaces are limited to 8 carers so please let us know as soon as possible if you would like to attend by email info@pasda.org.uk or phone us on 0131 475 2416.

Pasda Community Garden



It has been six months since we first started in our community garden at [Craigies](#)! The garden has gone from strength to strength and we now have 3 plots! We have pictures showing our progress at www.Pasda.org.uk.

Please come along and join us every Thursday morning.

Contact Louise.Middleton@pasda.org.uk, our Community Garden Worker for more information.



Our first crop of potatoes from the Pasda Garden!

August's Featured App - My Care

We want to use this part of the newsletter to bring you details of mobile phone Apps that you may find useful in your caring role. [My Care App](#) recognises that caring for someone with a mental health condition can be challenging and draining. The App helps you to set personal goals relating to your own health and wellbeing, helps you to see how you are progressing over time and how you are managing your stress. There is also space to type in quick access contact details you may need in times of crisis. Pasda have a special code which

can be used to redeem the App for free, so if you would like to try this then please contact us at info@pasda.org.uk or telephone 0131 475 2416.



Autism Europe International Conference 2016

We are pleased to be exhibiting at this prestigious conference on the 16th - 18th September at the International Conference Centre, Edinburgh. Autism-Europe's international congresses are dedicated to sharing advances in practical and scientific knowledge about autism to as wide an audience as possible, including researchers, professionals, parents and self-advocates. The theme of this years conference is Happy, Healthy and Empowered. Further information can be found [here](#).

If you would like to help on our stand or attend part of the conference please contact info@pasda.org.uk

Our mailing address is:
info@pasda.org.uk

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