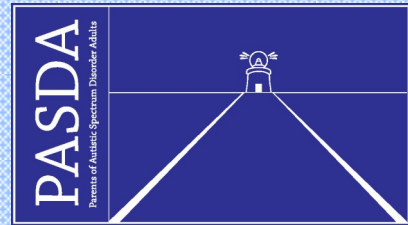


PASDA NEWS

April 2013 ISSUE #32

Supporting families of adults with autism
in Edinburgh & Lothian



It's all change at PASDA...

We recently said farewell to Katie Goudie, PASDA's project assistant. Katie had been working for PASDA for 18 months, assisting Karina and the Committee with all things technical and administrative! She has moved onto pastures new and we wish her all the best. In April we will be welcoming a new member of staff, Graeme Syme, who will be joining the team as PASDA's project worker. Graeme will be helping to facilitate all of PASDA's carer support groups and workshops and will be available to support individual families with any issues that may be of concern in relation to your caring role.

PASDA



VOCAL Self-advocacy workshops for Carers

VOCAL and PASDA are running a series of workshops for PASDA carers:

Speak Up! Speak Out! Confidence in Communicating with others (2 Sessions)

Part 1: Monday 15th April - 1pm – 3.30pm @ VOCAL, 8-13 Johnston Terrace, Edinburgh

Part 2: Monday 22nd April - 1pm – 3.30pm @ VOCAL, 8-13 Johnston Terrace, Edinburgh

Speaking up and feeling confident to do this can be a daunting thing to do at times. You might be unsure of exactly what to say, how to put things across and how to seem like you know what you are talking about. This workshop is for carers wishing to brush up their skills and confidence to enable you to speak up more effectively in a variety of situations, to be listened to and be taken more seriously by other people.



Dealing with difficult people and difficult situations (2 Sessions)

Part 1: Tuesday 16th April – 6pm – 8pm @ Autism Initiatives' One Stop Shop, 24 Hill Street

Part 2: Tuesday 23rd April – 6pm – 8pm @ Autism Initiatives' One Stop Shop, 24 Hill Street

We have all come across people in positions of authority, or who use more aggressive approaches to getting what they want. This course is about how to deal with people who seem have much more authority or power than you and how you can effectively deal with their approach so that you can be listened to and your concerns taken seriously.



Please contact Karina if you would like to come along
karina.williams@aiscotland.org.uk/0131 220 1075



Autism Awareness Day 2nd April 2013

For Autism Awareness Day, PASDA would like to collect short quotes from families of adults with autism about **one things that would make your lives better**. Some examples could be: "Being listened to by professionals"; "Quality support services"; "Better public understanding of autism"; "Funding for respite"; "More supported employment opportunities". Our plan is to take these examples to the next Autism Reference Group (Scottish Government) to let them know what sorts of issues families are facing and, importantly, **what would help** resolve these issues.

Please email your quotes to Karina on karina.williams@aiscotland.org.uk or post them into us at 24 Hill Street, Edinburgh.

Parents of Autistic Spectrum Disorder Adults (PASDA)

24 Hill Street, Edinburgh EH2 3JZ

www.pasda.org.uk

0131 220 1075

info@pasda.org.uk

Scottish Charity No. 042678

REGULAR PASDA MEETINGS

Below you will find information about all of our monthly support groups for family and friends of adults with autism* (*please note that 'autism' includes all conditions occurring across the autism spectrum including Asperger syndrome)

PASDA Information Meeting

We hold our main carers' meeting on the **second Wednesday** of the month at Autism Initiatives' One Stop Shop (24 Hill Street, Edinburgh EH2 3JZ). This meeting is open to all parents and carers of adults (over 16's) with an autism spectrum condition, living in Edinburgh or the Lothian's.

Next meeting: **Wednesday 10th April, 7-9pm**: This month, we will be hearing from the Thistle Foundation about their Lifestyle Management courses and other facilities which are available for carers.



Carer Discussion Group Our next carer discussion group is planned for **Friday 12th April 10am-12noon**, at 24 Hill Street, Edinburgh, EH2 3JZ. This is a small, closed meeting which provides an opportunity to raise issues which are current for you, and to share information and encouragement with other carers. Please let us know if you plan to come along. This group is facilitated by our volunteer, Hester.

East Lothian Carers Group

This monthly group is open to parents and carers in East Lothian and takes place at *Carers of East Lothian*, 94 Musselburgh High Street. The group will meet next on **Thursday 25th April**, from 6.30-8.30pm.

Partner & Spouses Group

The partners group is currently being facilitated by Deanne Tomasino who is the spouse of someone with Asperger Syndrome, and is a qualified complementary therapist. The next session will be on Thursday 11th April, 6-8pm at 24 Hill Street and the topic will be "Relaxation—why we must have it".

Places are limited so please contact Karina if you would like to attend: karina.williams@aiscotland.org.uk

West Lothian Carers Group—New!

Our new West Lothian group will next be meeting on **Monday 18th March**, from **6-7.30pm**, at Autism Initiatives' Resource Base, Almond House, Quarryrood Court, Livingston, EH54 6AX. This group is open to all parents and other family carers of adults with autism. Please let Karina know if you plan to attend.

Autism & Complex Needs Group

This group is for parents and carers of adults who have autism and severe or profound learning disabilities. The next meeting will be **Wednesday 17th April**, from **10.30—12.30** at 24 Hill Street. Please let Karina know if you plan to attend.



Social Group—Saturday 27th April 12-2pm

We have set up this group using Creative Breaks funding as we know that many carers do not have sufficient funds to treat themselves.



This month's social group will involve going for a walk along the beach in Portobello and having some lunch at the Beach House café on the promenade.

Using our Creative Breaks funding, we can pay £15 towards your meal and refreshments and we can cover your travel expenses up to £10. Please let Karina know if you would like to come along.
Karina.williams@aiscotland.org.uk/0131 220 1075

**CREATIVE
breaks**

CARER INFORMATION & OPPORTUNITIES

Support for Young Carers

Positive Realities

Positive Realities is a new, exciting organisation for young people in Edinburgh. It offers young people opportunities to reflect on their lives and gives support and encouragement to gain more control over their lives. It does this through providing life coaching, advocacy, courses, and support groups.

'Staying on Course' Project

Positive Realities will provide support to young carers and young adult carers across Edinburgh. It will:

1. Run two support groups for young adult carers studying in Edinburgh. These will be held at Edinburgh College and Napier University during term time.
2. Provide life coaching to 30 young carers or young adult carers. Young people will have the chance to speak to someone confidentially about their lives. Coaching takes place over a three month period and supports people in a structured way to meet their goals.

Contact us for information

Young people or professionals can make a referral to the service. Just contact us and we can talk to you about how our service could help. For more information contact **Lorna Wynn - Development Manager** change2wynn2@gmail.com

Carers Sessional Advocacy Workers

VOCAL Carers Advocacy Service provides 1-1 voluntary and professional advocacy support to carers in the Lothian region. We have been successful in securing funding for an initial 1 year for time limited advocacy support for carers. We are therefore currently looking to recruit a number of Sessional Advocates to provide time limited advocacy support to carers facing multiple and complex issues. Advocates will be able to work flexibly to support a programme of short term advocacy.

Advocacy support of up to 12 hours will be provided to carers in Edinburgh, who are facing complex and multiple issues that are affecting their ability to sustain their caring role.

Pay will be £16.50 per hour.

For further information please contact Mark Han-Johnston on (0131) 622 7625 or email at:

mjohnston@vocal.org.uk

Closing date for applications will be Friday 12th April at 5pm.



Housing Information Session

Friday 19th April, 1.30-3.30pm at 24 Hill Street, Edinburgh

PASDA have organised for staff from City of Edinburgh Council's Housing Team to come in to talk to PASDA carers about housing options for your family member with autism. The session will look at the various housing tenures in Edinburgh including the private rented sector, mid market rent, low cost homeownership and the social sector. The session will concentrate on accessing and sustaining housing in the various tenures and explore the impacts of the Welfare Reform Act 2012. Please let Karina know if you would like to attend.




PASDA Membership & Donations

We recently posted out requests for membership subscriptions and renewals. Many thanks to everyone who has already returned these. All membership funds go towards the provision of refreshments at our meetings, as well as the running of the website and printing of the newsletter. Becoming a member of PASDA allows you to vote at our AGM. We regret but we are unable to post out hard-copies of documents to families who have not paid their membership. If you would still like to pay your membership for 2013-2014, you can do this via our MyDonate page <https://mydonatebt.com/charities/pasda>, but please make sure you include your name and the word 'membership'. You can make donations any time via our MyDonate page and you can see which fundraising activities are taking place.



April 2013—Quick Guide to What's On at PASDA

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2	3	4	5	6	7
8	9	10 Carer Information Meeting 24 Hill Street EH2 3JZ 7-9pm	11 Partners Group 24 Hill Street EH2 3JZ 6-8pm	12 Discussion Group 24 Hill Street EH2 3JZ 10am-12noon	13	14
15 Speak Up, Speak Out, 1-3.30pm VOCAL	16	17 Complex Needs Group—24 Hill Street 10.30-12.30pm	18	19 Housing Session 1.30-3.30pm	20	
West Lothian Group Almond House, Livingston 6-7.30pm	Dealing with Difficult People, 6-8pm Hill Street					
22 Speak Up, Speak Out, 1-3.30pm VOCAL	23 Dealing with Difficult People, 6-8pm Hill Street	24	25 East Lothian Group, COEL, Musselburgh 6.30-8.30pm	26	27 Social Group Portobello 12-2	28
29	30					

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Contact Details: PASDA, 24 Hill Street, Edinburgh EH2 3JZ

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