



December 2009, Issue— 7

EXCITING

- **Advice and Advocacy Services— Parents and carers meeting.**
- **Removing Barriers and Challenging Myths About Autism**
- **Residential trip at Ham Fam, Devon.**
- **DTE-Catering project started.**

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EID REUNION



Board members, Staff and Learners of APASENTH got into the party spirit to celebrate the Muslim festival of Eid held on 22nd October 2009 at The Brady Art Centre. All learners from Opportunity Zone attended and enjoyed the whole event. Staff Abdul Mumin and T A Farid performed nasheed. Learners received gifts from APASENTH board member ending the day with entertaining performances by learners along with professional singers and musicians.



NON VIOLENT CRISIS INTERVENTION

Staff from OZ took part in this very unique and intensive training programme which was all hands on!

The two days included practical sessions which called on some acting skills, during role plays of realistic scenarios. Trainer (Roger Kaye) from Crisis Prevention Institute (CPI) trained both seasons.



It gave staff an opportunity to learn how to deal with situations where physical intervention may be needed so it can be conducted in a safe manner to avoid escalations and putting others at risk.



WORKFORCE TRAINING & DEVELOPMENT

Home and Community Services

A group of new Care Assistants had successfully completed their training courses. 10 new staff participated in APASENTH & SKILLS FOR CARE COMMON INDUCTION STANDARD & OTHER RELEVANT TRAINING. 11 day 11 sessions training program facilitated by ZAKIR HOSSAIN PARVAJ & MATIUR RAHMAN at The Montefiore Centre. Some of the core training included, Induction on APASENTH, Induction on Learning Disabilities, Common Induction Standards, Health & Safety, First Aid, Moving & Handling, Food Hygiene, Fire Safety and other important training to safeguarding Adults and children.



Champs show off multimedia skills

BY SHALINA HUSSAIN

A SERIES of workshops has been held across Tower Hamlets in a bid to improve access to healthcare for people with learning disabilities.

The Rix Centre, at the University of East London's Docklands campus, was commissioned to run the workshops. The events enabled participants, including those with complex needs, to tell their stories using video, photography and art to talk about their experiences of accessing services. Four service users with learning disabilities were trained by the Rix Centre as multimedia champions and conducted interviews, using filming equipment and edited footage to produce a DVD. Juber Ahmed, one of the multimedia champions, said: "I've enjoyed everything about the project. My mate did the camera, I did the sound and interviewing people. I learnt new skills, taking films and video. I like working on the panel interviews, when you interview people you learn something new and learn about yourself. Everything is good, I've enjoyed going out and meeting new people, seeing new places."

The DVD will be presented to the Six Lives Panel of health and social care professionals on November 19 at Isis Training Centre in Marsh Wall, South Quay. The meeting, at 9.30 am, is open to the public. In 2007 disability charity Mencap investigated the deaths of six people with learning disabilities. Following Mencap's Six Lives report, all local authorities and health trusts were asked to review their services. The Six Lives Panel meeting is Tower Hamlets' response to this. Call Cathy Frewer on 73 64 2147



Juber Ahmed (right) with Orson Nava from the Rix Centre

News from Eastendlife newspaper.

PARENTS AND CARERS MEETING

To make aware the changes in DWP, Advice and Advocacy Services arranged a parents and Carers meeting in November 2009. It was an opportunity for parents and carers to share each others views and experience through this meeting. Board member of APASENTH Mr Tobaris Ali (secretary,) and Staff attended to make the meeting successful. Parents and carers came out with different issues that were discussed in the Q & A session. Syeda Gulshan Ara and Zahed Choudhury from Advice and Advocacy Services addressed the issues that were raised. External guest Fahmida Ali, Female Development Officer from Consortium of Bengali Associations (CBA) meet the parents & carers and acknowledged about training facilities provided by CBA.



REMOVING BARRIERS AND CHALLENGING MYTHS ABOUT AUTISM

Asian Autism Support Day seminar was held at APASENTH in partnership with LBTH National Autistic Society on the 5th November at the Brady Arts Centre.

Through out the day parents and carers were given information about autism spectrum disorders (ASDs), creating an opportunity to challenge common myths about autism that exist in the Asian community as well as giving a religious view point on disabilities; it was a first time tailor made seminar to counter the language and cultural barriers in understanding and learning what Autism is amongst the Asian community.

Parents were also informed of practical strategies to support communication, learning and managing difficult behaviour. The seminar was presented in both in Bengali and English with discussions, activities and resources for parents to take home. The 30 parents that attended went away feeling more confident in understanding their child's needs and supporting them as they grow up. Due to the success of the seminar APASENTH would look to host the seminar again in the future if you are interested please get in touch with Nasima on



nasima.begumali@apasenth.org.uk

or tel. 020 7375 0554 ext. 207



BOWLING CHAMPION SHUJON

Tower Hamlets College, Aspiration hosted a bowling competition for day care services within the Borough.

It gave all service users and staff an opportunity to mingle and have lots of fun with a healthy competitive streak of course! APASENTH's service user; Shujon scored top scores and was awarded a trophy for his brilliant performance. Well done Shujon!

OZ— DAY OUTING

Oz had a fabulous day out in Greenwich park, the crisp weather was great for a brisk walk while taking in the picture perfect views. A simple but enjoyable day for all got the thumbs up from the OZ girls.



SHORT BREAK SERVICES

Residential Trip

Residential Respite is designed to provide Parents / Carers a "complete rest" from their daily routine of caring for their disabled ones at home. It facilitates them to spend some times with their friends and other people in a luxurious residential setting for 5-7 days. They get the opportunity to meet new people and do different things in a relaxing and enjoyable environment. We organise Residential Trip once a year in different places across the UK. All of our previous trips were full of fun and there is an increase demand / interest every year from participants to these fabulous trips.

Our next residential trip will be held on **19th-23rd March-2010** at **Ham Farm, Torrington, Devon EX38 8EG.**

For further information, please contact—

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Day Trips for carers

3 successful day trips was arranged by Short Break Services for carers as its yearly arrangement. Parents and carers enjoyed all trips and expected for the same next year. Trip were on following places —

- **Park Lane Fruit farm, Clacton on sea, Essex**
- **Chessington Theme Park**
- **Eastbourne Sea Sides**



LEARNERS RESIDENTIAL TRIP

Opportunity Zone is in a progression to arrange a residential trip for Learners. Due to on going demand from Learners, Opportunity Zone enjoys a residential trip every year. An activity based residential center has been visited by staff and a Learner representative from Learners forum.

This year's venue: Pioneer Centre - is beautifully situated on the edge of the Wyre Forest, within easy reach of Birmingham. Pioneer Centre & Action Centres UK have a combined experience of over 55 years in looking after young people. Accommodation, adventure activities, lounges and dining rooms serviced by staff keen to help in anyway, ensure your stay is a most rewarding experience.





DTE-APASENTH-NEWS

After month of hard work, Disability Training and Employment -APASENTH (DTE-APASENTH) catering for the learners has started its journey with flying colours form the 12th of November 09. We are working in partnership with THCH (Tower hamlets community housing) to use their facility to run DTE-Catering project. THCH were kind enough to allow us to use their facility without any charge for the first 12 weeks. Initially we are concentrating on making varieties of

sandwiches and supplying it to the opportunity zone only. In the New Year we will be extending this to other projects and will concentrate on other Asian cuisine as well. Please be sure that to stay healthy is high in our agenda and we will be providing healthy food. Be ready to place your order from net year.

Also we have a Horticulture project in hand and have secured a plot from THCH again. We can start anytime form now on, but holding a bit due to the adverse

weather. However, we will soon be starting this project too. So watch this space!



CULTURAL INTEREST

During learners forum meeting, OZ learners showed their interest on Cultural issues. Which goes hand in hand of APASENTH's commitment for working with people who have learning and multiple disabilities to show promote, respect and value service users choice and control over their lives' .

Opportunity Zone learners are engaging and taking part of drama and music session with Kobi Nazrul Centre to further enhance it's learners cultural values and ethos. This excellent programme has 8 OZ participants from November 2009. The 90 minute sessions take part every Friday as a joint partnership from APASENTH and Kobi Nazrul Centre.



HEALTH ACTION PLAN (HAP)

This training was based on general awareness on HAP. It was very informative giving staff practical ideas on how to plan and implement the HAP in consultation with individual Learners, tailoring it toothier needs and interests!



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Turning challenges into opportunities



APASENTH is one of the leading BME organisations, working for people with learning & multiple disabilities, their carers and parents, in Tower Hamlets and Greater London since 1984.

www.apasenth.org.uk