



March 2010, Issue— 8

## EXCITING

- Home Access Grant
- Residential trip
- The Six Lives Panel
- APASENTH supported by DLR

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## PARENTS GRADUATE!

On the 26th January the epic 14 week APASENTH Strengthening Families, Strengthening Communities Parenting Course came to an end.

To mark this remarkable achievement a Graduation Ceremony was held where 13 parents graduated.

The Parenting course was run by APASENTH in partnership with the SLS (Support for Learning Service) with facilitators; Dr Muhammad Abdul Bari and Nurjahan Rahman.

Participating parents three generations shared their experiences of parenthood with one another; creating a trusting space to share and learn from each other as well as the course syllabus.

Almost 100 guest arrived to celebrate at the event held at the Brady Centre, amongst them Chief Guest Cllr Abdul Asad lead member of Children, School and Families awarded graduating parents with their certificates and commended them for their dedication for taking part in the course.



APASENTH aims to run the SFSC parenting course in Bengali again in the very near future should you wish to take part or refer candidates get in touch with Nasima; Special Needs Support Officer on [naima.begumali@apasenth.ork.uk](mailto:naima.begumali@apasenth.ork.uk)

## NON-VIOLENT CRISIS INTERVENTION TRAINING

Following on from the article we featured in our December Issue we would like to point out that staff training in restrictive physical interventions, shown in the photographs, was only a small part of the 2 day training programme.

The policy of APASENTH is only to use such interventions as an absolute last resort when service users have become a serious danger to themselves and those around them. We follow the guidance of the British Institute of Learning Disabilities (BILD) and would always use the least restrictive interventions first. This was a key element of the CPI training.

The main thrust of Non-violent Crisis Intervention Training Programme was to enhance the verbal de-escalation skills of our staff so that the most appropriate interventions, of a non-physical nature, could be employed. Colleagues were taught how to identify certain behaviour levels and to use the most suitable approaches to calm down agitated individuals. The importance of a staff member's body language, tone of voice and proximity to the individual in crisis was explored through lectures and simulations.

Participants were taught good listening skills, how to identify the causes of disruptive or challenging behaviour and how to rebuild relationships after incidents had taken place.

The 'care, welfare, safety and security' of service users and staff was the prevailing philosophy of the course.

## END OF YEAR MEAL

The Opportunity Zone learners were treated to eating out at *Pride of Asia*.

The meal on the 24 December 2009 was to mark the achievements of 2009 and brainstorm new exciting ventures for the coming year alongside learners, management committee and staff. The day was thoroughly enjoyed by all with a buzzing atmosphere topped with some delightful food!





## CANCER SCREENING

### APASENTH Forms New Partnership with the PCT

APASENTH teamed up with the Tower Hamlets Primary Care Trust Cancer Screening Team from Mile End Hospital to promote cancer screening and awareness amongst their clients.

The event began with a 'pin point' session to explore how cancer screening can be promoted within APASENTH by its frontline staff in their professional roles. The brainstorm session will help the Cancer Screening Facilitators to devise a training course for staff suitable for their role and for the organisation, so it can be better accessed by the disabled community i.e. audio information for hearing impaired clients where some of the points picked up in the session.

The second part of the session held on the 3<sup>rd</sup> of March at the Brady Centre was a session for female clients who were informed about breast cancer, why it is important for them to become aware of breast cancer as well as being tooled with how to look and feel for changes. 19 clients attended of which three were given appointments to be screened.

APASENTH is extremely excited with this new partnership which will develop in bowel and cervical screenings and training for staff.



### HOME ACCESS GRANT

A new Home Access Programme was launched in January 2010 aiming to give 270,000 low income families a free computer and free broadband access. Advice and Advocacy Services already applied for more than 32 families. If you are a low income family in receipt of Income Support and Free School meal (not Working Tax Credit) you could qualify for a grant to buy a computer and/or a minimum of one years' internet access. Depending on your need, the grant allows eligible applicants to buy one of the following packages:

1. Full package (a computer, one year's internet access, service and support)
2. A computer with service and support only
3. One year's internet access only

To find out information and eligibility, please contact APASENTH Advice and Advocacy service on 02073750554 (APASENTH client only) and we will help you to apply for this grant or call the Home Access Grant Helpline on **0333 200 1004** to get an application form.



### RESIDENTIAL TRIP

#### Short Break Services

Residential Trip-2010 for Carers is going to take place in March 19<sup>th</sup> -23<sup>rd</sup> in Devon. A total of 31 people from 11 different families has conformed their names. All the cottages have 3star facilities along with the whole centre having indoor swimming pool, indoor games facilities and central heating system. Halal food will be provided from local Indian/Bangladeshi restaurant. All the preparation is done and now we are ready to go!!



#### Opportunity Zone

Opportunity Zone Learners residential trip is going to take place on March 23<sup>rd</sup> – 26<sup>th</sup> in Pioneer Centre, Kidderminster, Birmingham. 35 learners and staffs are going to the trip. The group will be enjoying with a various activities including Caving, Archery, Rock Climbing, Abselling, Football and indoor sports like Basketball and Badminton etc. This Centre - is beautifully situated on the edge of the Wyre Forest, within easy reach of Birmingham. Accommodation, activities, lounges and dining rooms serviced by staffs are friendly. Our learner's excitement are high and counting the days to go. The Centre is newly build with excellent facilities for people with learning disabilities.



## THE SIX LIVES PANEL

Residents with learning disabilities shared their views to shape the delivery of health and social care in Tower Hamlets. Learners from Opportunity Zone (APASENTH) attended while Shaik Sadi Meah & Jubair Ahmed Choudhury were actively involved with the project.



The Six Lives Panel Big Health Check Up Day took place on February 26 at the CCT Venues on Marsh Wall, Isle of Dogs.

The panel made up of health and social care professionals to outline their recommendations to improve everyday services such as access to GPs, dentists and opticians following on from their first meeting in November 2009.

### Six Lives Panel meeting for APASENTH carers

Six Lives Panel meeting took place on 18th February at Montifiore Centre, London where commissioning officers from Tower Hamlets council Penny Collier (Carers Commissioning Officer, Adults Health & Wellbeing), Hatice Kaya (Carers Strategy Implementation Project Officer) and Graham Young (LD Commissioning Officer) informed the carers about their rights, how they are getting the services, are they happy with it, what and how they want their services. Nine parents/carers attended the meeting from APASENTH. M. Tarequl Islam was present as organiser and facilitator of the event.

## HOME & COMMUNITY SERVICES

### Staff Recruitment in Jan 10

January 2010 Home and Community Services APASENTH have recruited a batch of 16 Home & Community Care Assistant and who has successfully completed their Skills for Care - Common Induction Training.

### CIEH Risk Assessment Level 3

All manager and senior staff have completed Chartered Institute of Environmental Health (CIEH) Risk Assessment Level 3 training.

### Electronic Monitoring System

Tower Hamlet's Council's Adult Health and Wellbeing Services are always looking to improve the quality of homecare services. There has been concern expressed in the media that care workers in some council were not delivering the service that they had been asked to. The comments included;

- Carer turning up late
- Carer not turning up at all
- Carer not staying allotted time

As a result Tower Hamlets are now in the process of introducing the Electronic Monitoring System. Carers will now be required to log in their time in and out electronically and this will continually be monitored accordingly by the council and the provider agency. The carers will be using the service user's telephone and will be dialing a free phone number the whole process will take about 12 to 15 seconds; this will provide an accurate record of the time the carer has spent with the service user. The system is anticipated to go live in early May 2010 or by June the latest. More update to the system will follow in our next newsletter.





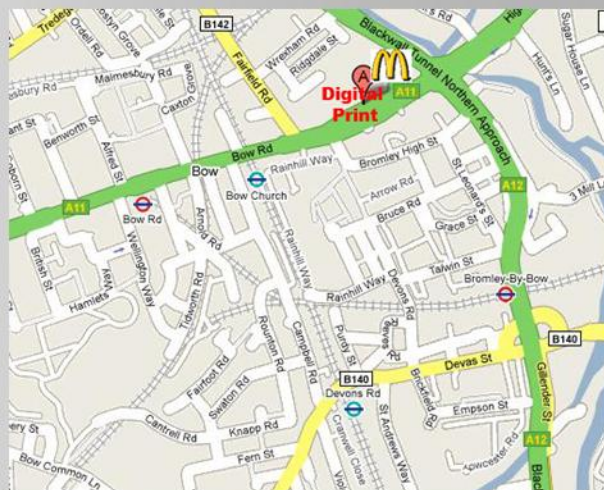
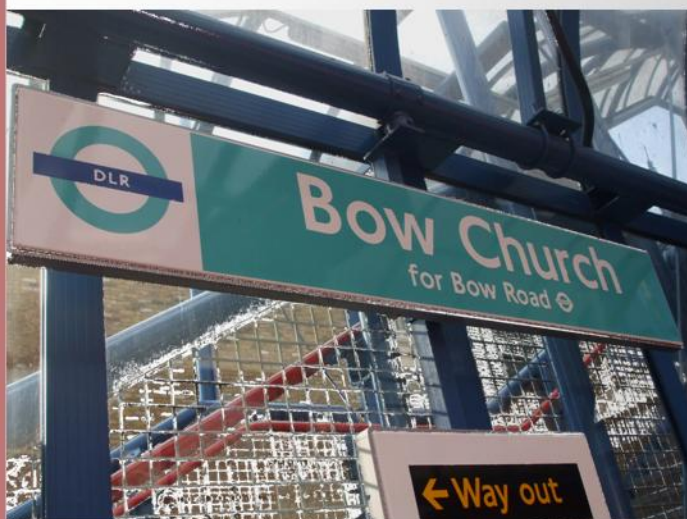
## APASENTH SUPPORTED BY DOCKLAND LIGHT RAILWAY (DLR)

Early 2009 APASENTH learners received one day free travel form Dockland Light Railway. It was a fascinating experience for learners.

APASENTH has developed its relationship with DLR and have been given opportunity to hold a stall to raise awareness and promote APASENTH.

Training & Employment Opportunities - APASENTH has organised an Awareness and Marketing event at the Bow church DLR (Dockland light Railway) Station. On 11<sup>th</sup> March from 11am to 7.00pm. Learners group & staff will be at Bow church station and giving out our souvenirs, key fobs etc.

So stop by, get your freebies as well as information about APASENTH .



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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](http://www.apasenth.org.uk)