

# asphaleia care

Providing welfare services and outreach to ensure the wellbeing of vulnerable young people aged 16-24 based in Sussex, Kent and London

## Our first Christmas in Kent!

### The care team holds its first Christmas party

The care team in Kent held its first young people's Christmas party on the 22nd December 2009 at one of its supported living properties. This was a chance for some of the young people care supports to understand what Christmas is like in the UK as, for the majority of these young people, it would have been their first one.



Jodie Brown, outreach worker, organised the evening with the help of some of the young people. They arranged food and refreshments as well as decorating the living room and adding to the theme with background Christmas music!



"The evening started with some food and drink and the young people asking lots of questions about the games to we were going to play.

some of the young people commented saying "Can we play this again?" Prizes were given throughout the evening, which bought smiles all round! - Jodie Brown

"We played were pass the parcel, then a slightly amended version of pass the parcel and finally musical chairs. These games showed just how competitive our young people are! Musical chairs was popular and

Each young person was given a Christmas present by asphaleia which consisted of items to help them beat the cold weather.

## 'Flatmate' going strong in West Sussex

Flatmate" is designed to teach the important independent living skills that are vital when living on your own. The care team in Sussex designed and piloted the programme over the last year and have found it to be a great asset to the services they offer.

Flatmate is used by the outreach workers during the contact time with each young person, going through each of the five sections:

- Looking for a new home,
- Moving In
- Becoming independent
- What to do in an emergency
- Being streetwise

Flatmate helps the young people to grasp complicated topics when often English is a second language. Flatmate gives information on a range of topics from understanding tenancy agreements, how to pay bills and budget and how to make your home safe. Young people receive a certificate

and are rewarded once they have completed the course.

"Flatmate has been a great success over the last year with young people learning lots from this programme, in 2010 the program will roll out across outreach in Sussex" - Davina Fuller, project worker

Outreach workers, instrumental in making Flatmate successful, can also see the benefits of the programme:

"Social services are keen for the young people to complete the program when referred to our outreach service and has been very helpful in assisting in individual pathway plans"

"The response from young people has been very positive one. The young people understand new things that have been helpful. Those that have completed the program keep it as a guide to refer to and we have had young people referring to it to find there nearest sexual health clinic"

this newsletter was produced by  
boost consultancy  
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### NEWS IN BRIEF

- care is pleased to welcome two new additions to the team in Kent. We wish Michelle Hitchcock and Jessica Maddocks all the best in their new project worker roles

- West Sussex care are also welcoming a new staff member, Karen Ploghoef who is joining them as an outreach worker

- care has now acquired a new three bedroom property in Kent to add to the existing three supported accommodation lodgings, meaning we now have a total of 18 places amongst the properties

# West London care team say 'YES'

New opportunities have arisen for the care team to deliver the YES (Youth Engage Support) project which has previously been undertaken by asphaleia training.

This project is funded by:



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European Union  
European Social Fund  
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with this great opportunity to impact other young people outside of our current provision. This takes asphaleia care into a new direction of specialist service delivery. The team are confident that this can be a success"-  
Edwin Appiah, West London and Kent care Manager.

YES aims to reduce the number of young people Not in Education Employment or Training (NEET) or at risk of becoming NEET, aged 14-19 in Hillingdon, by providing intense individualised Information, Advice and Guidance on a one to one basis. Working closely on a one to one basis can help to build the relationship between the young person and worker to ensure their needs are met and to achieve their goals.

"This is a fantastic project meeting individual's needs. The team are thrilled

The team are promoting the project by making contact with community groups and advertising YES with posters and leaflets.

Referrals and enquiries can be made by contacting:

anne-mariekelly@asphaleia.co.uk  
or calling 01895 272 485

## My Christmas at asphaleia

**Christy Mullaly, cover houseparent in Sussex, reflects on Christmas for the young people she spent it with**

"Christmas at Asphaleia was awesome! Most of the young people got involved with Christmas preparations. We played the Christmas crooner music and decorated the tree. They loved it.



"You should have seen them putting the baubles on their ears and wearing tinsel around their neck. They

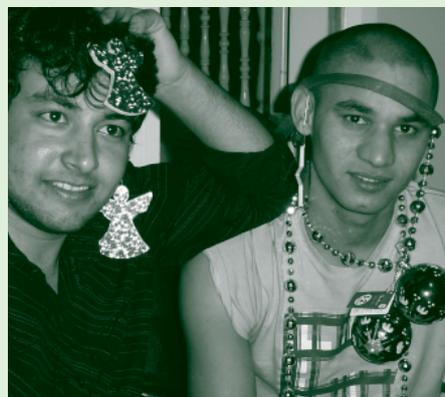
really enjoyed what they were doing and everyone was so happy.

"Instead of having the traditional Turkey roast dinner we had an international buffet that consisted of food from Afghanistan and West Africa. The young people and I cooked for hours on Christmas eve and Christmas day. There was a ton of food but it all got eaten.

"We had a large party with between 40 and 50 attendees, For many of them it was their first Christmas.

"As well as traditional Christmas fun there were also many activities such as ice skating, snooker and going to the ice show. It was a great time for bonding and just having fun together.

"New years eve was completely different. I expected them to be rowdy with lots of friends over. What I found was that 95 percent of them just wanted to stay home and watch movies. Many went to bed early. I was really surprised. All in all we had a great time over the holidays and everyone is refreshed and ready to return to college."



## care factfile



care member - Jodie Brown

title - outreach worker in  
Folkestone, Kent

why this role? - I applied for this position because I would like to help make a difference in people's lives and make a positive contribution to their futures. I wanted a role which was challenging and which be a big learning curve for myself.

what does asphaleia represent for you? - helping vulnerable young people and impacting their lives during a time which is difficult for them. Providing support and advice and working alongside other companies and organisations to get the best possible result for that person

how would others describe you? - caring, reliable, party animal?!

interests and hobbies - socialising with friends and family, volunteering, visiting different places and attempting the gym every now and again!

contact -

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Want to know more? get in touch today...

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care n. - a thing to be done