

# asphaleia care

asphaleia care provides services for young people aged 16-24 based in Sussex and London. We believe effective care can only be expressed in a holistic view and see all young people according to their unique sense of identity.

## Christmas in Sussex...

### Santa's little helpers bring festive fun to asphaleia care

Whilst Santa travelled around the world on Christmas Eve, three dedicated festive helpers peeled enough brussel sprouts to feed the world. Well, 25 young people in asphaleia house anyway!

This Christmas saw one of asphaleia's best Christmas' yet with a feast made for a King. "The turkey was so big, I'm not sure how we got it in the house, let alone the over," says Cover Houseparent Darren Palmer.

The reason for this mountain of turkey and vegetables was because, as well as ensuring all the young people had presents to open on Christmas Day, we wanted to give them all a fabulous Christmas dinner to remember. And boy it didn't disappoint!

"By the end of the meal there wasn't one empty stomach," adds Darren.

After washing up their plates, the young people then proceeded to beat asphaleia staff on a Wii and take part in some festive games.

**In true Christmas tradition the day swept by quickly and the happy day ended on a contented note which, according to our three helpers, made the endless peeling worth it.**

"It was a great first Christmas for me at asphaleia," concludes Darren. "One wish for next year? Please, not so many sprouts!"



Christmas Day at asphaleia house - check out that food!



## ...and in West London too!

Christmas in West London was celebrated at our New Road properties combining fun, food, relaxation – and of course, the Nintendo Wii!

"The party was attended by 12 young people - some of them brought a friend along too!" says Outreach Worker Juan Quesada. "I cooked a not-so-traditional meal of Mexican Fajitas."

The evening included plenty of surprises and all the young people received Christmas cards and presents.

"It was a fantastic party," Juan adds. "Outreach Worker Brook, the so called "Wii champion," lost his boxing title and we all had a great time laughing and dancing to the music provided by the young people."

The young people loved the day too – one said: "It was so nice to do something a little different and be with everyone."



Clockwise from top: Opening presents, the girls show each other their slippers, Juan tucks into some fajitas and the boys play the Wii.

### NEWS IN BRIEF

- asphaleia care in Sussex are very pleased to welcome new staff Daniel Latham, outreach worker and Darren Palmer, part-time project worker, to our team.
- Specialist individual outreach across the care service has now been launched and includes those young people in the houses.
- A monthly drop in service and women's group meeting is now held at the houses with Gatwick Children's Services
- Outreach Service in Kent soon to commence and is gathering pace with a property now obtained. More to follow!
- Young people took part in interviews for new care staff. Details of our new staff in the next edition

# Relocation, Relocation

## Moving from London to Worthing

London based Outreach Worker Carol-Ann (pictured) has been with asphaleia care for just over two years. Late last year she made the life-changing decision to move to the South Coast and become an asphaleia houseparent. This is her story:



"Initially, I was hesitant of making such a big move, after spending a decade in London, the thought of having to start all over again was not something I was looking to do. However, after helping at the houses I knew I wanted to give it a go.

"I have found I can appreciate and empathise with these young people who have not moved simply from one county to another, but have moved from an entire country and culture, to another. I can now say London to Worthing was most definitely the right move for me. I feel it was the right time in my career at asphaleia to take on a new challenge!

"I believe the few years experience I have of working with young asylum seekers in London has been essential.

"Although house parenting is a different job, in many ways outreach work has it's role to play. I accompany young people to places when they have limited English or lack confidence and introduce them to places of interest.

"House parenting is all this, with the added responsibility of living in with the young people - a responsibility I feel privileged to have and am enjoying more and more as I do it."

## Why asphaleia care



"I started at asphaleia in 2006 as a volunteer. I thoroughly enjoyed working with people of all different nationalities and abilities and was keen to continue in the same line of work. Two years on, I had gained knowledge in delivering basic teaching in health issues in Uganda, as

well as supporting adults with learning difficulties, and I had helped run a small school in Swaziland for three months.

In July 2008, I had an opportunity as Cover Worker. I was attracted to the role as I wanted to be a part of developing what had already started. In September, I secured a full time position as a House Project Worker.

I work across all three houses in Worthing doing a range of work from uniforming the independent skills for young people to training them for living on their own. It's challenging too, as the role grows and evolves around the needs of the young people and the issues that they face growing up in British culture.

My future hopes are to reach beyond the houses to other services where young people are in need of empowerment."

## care factfile



care member - Timothy Wall

title - Sussex care manager

why this role? - having Parents that fostered for over thirty years I have grown up seeing the difficulties many youngsters face, which gave me the passion for working with young people. Having joined asphaleia four and a half years ago I soon became passionate about our work and the young people. Now I am a manager I feel I can pass on my experience and knowledge to my staff, therefore impacting many more young people

what makes me unique? - I always think outside the box

one word that describes you - caring

something extra - my ultimate dream is to Heli-Snowboard down an active volcano

to relax I - go for long walks with my dog Mutley

hopes for the future - to expand our service to all young people in need including those not in the care system

contact - get in touch with Tim at [timothywall@asphaleia.co.uk](mailto:timothywall@asphaleia.co.uk)

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care n. – a thing to be done