

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.

Cooking up a storm

asphaleia care link up with local partners delivering cooking classes for asylum seeking young people in Hillingdon

Earlier this year, asphaleia care provided a unique opportunity for young asylum seekers in their care to attend fun and informative free cooking classes.

The local area of Uxbridge is laden with fast food restaurants and takeaways which make it convenient, but expensive for the young people to feed themselves. Many young people referred onto the care outreach programme are identified as having limited experience in preparing a variety of foods incorporating a healthy diet.

In a bid to improve awareness of health issues and enhance their cooking skills, outreach team member Carol-Ann Nicholson made a link with the YMCA in Hayes who worked in partnership

with Handmade Cooks School, HOPE and BHUMP.

The course was run by a professional Chef over a five week period. The aims of the group were to enhance their present skills, introduce national and international dishes, working with others, budgeting and make new friends.



"The atmosphere was always friendly and the young people were eager to learn more," said Carol-Ann.

A maximum of seven young people were allowed on the course and each week's class incorporated a variety of dishes. After cooking the food, they enjoyed the meal together and took anything leftover home. They were also provided with the ingredients on menus so they could do this in their home setting.

One young person said: "I enjoyed meeting young people, and learning how to cook different food quickly."

For more information please contact Carol-Ann on 01895 272485 or carolnicholson@asphaleia.co.uk

Getting his kicks

Young person in our care is kick boxing his way to Europe

Ali*, a 16 year-old unaccompanied asylum seeker from Afghanistan, has won numerous kick boxing titles, all over the UK, since coming to care.

care manager Tim Wall said: "Although Ali's journey here is similar to many other UASC I think a little insight into his unique journey demonstrates his particular determination to succeed and gain a better life.

"Ali's journey to the UK was not easy. He travelled through Afganistan, Iran, Turkey, Greece and Italy, by foot, lorry and even across an Ocean on a handmade raft," he added.

From day one of his arrival to asphaleia, Ali always expressed a desire to join a Kick Boxing club, as he had won several high level competitions in his home

country. A member of the care team arranged for Ali to join a local club.

"The following day I arranged for Ali to have a trial lesson with beginners to see what level he was at," explained Tim. "However, it soon became clear Ali was no beginner and the club, Kicks of Brighton, soon signed him up."

Ali had his first competition fight last October and was accompanied by Tim and his Social Worker. Ali won, despite facing an older and more experienced Japanese fighter, and has gone on to win many more since.

"Although Ali is still very young he has a sponsor and has been invited to fight in Italy and Spain," Tim added. "A future world champion in the making!"

**Names have been changed*

*This newsletter is produced by
asphaleia boost -
www.a-boost.co.uk*

care news

- **Well done!**: to the care team for winning venture of the year at the recent asphaleia staff awards. Big congratulations to outreach worker Brook Bereket who won staff member of the year!

- **Sports day**: On 28th July asphaleia care are hosting a sports day in Sussex, including a 5-a-side football tournament and volleyball. For more information contact Tim Wall on 01903 218537

- **Addition to the team**: the teams are looking forward to welcoming two new staff members in July. More details about their appointments soon.

care spotlight

Each issue we highlight a young person's remarkable journey with asphaleia care

Since the service of Outreach was introduced in West London in 2005 we have supported many young people through what can be challenging stages in their lives in order to meet their needs.

One of these young people is Edie*, who has been supported by outreach worker Elsie Okorafor since February 2006.

Edie has always been recognised as a bright and talented individual whom, with the appropriate support will be very successful.

She attended college and achieved grades A-B in maths, chemistry, physics and Persian. Through the help of her

local MP she then was accepted at University College London where she is now studying a BSC in Theoretical Physics. On top of this she also took up part-time work in order to gain more skills in a variety of settings.

"I have always thought that I could get this far, but I needed some special people in my life that believed it too," explains Edie.

What a great example for other young people to follow, demonstrating nothing is impossible. Elsie adds, "Edie has always believed that if you want something bad enough, you can achieve almost anything."

**Names have been changed*

care factfile



care member - Ines Nkurunziza

title - House Parent at 24 Wordsworth Road

why this role? - Ines came to asphaleia as a UASC in 2004 and lived at number 24 as a young person in our care. She can relate to the young people more than anyone, and is a great role model for them.

achievements - As well as her new job, Ines has achieved so much since her arrival in 2004, gaining qualifications in GCSE Maths, AS Chemistry, AS French and I.L.E.T.S English.

studies - Ines is currently studying for her AS Maths, A2 French, A2 Chemistry, Level 3 IT AND Level 2 Communication studies.

something extra - Ines gets up at 6am to clean the house before the young people get up!

what's in store next? - Ines will have full in-house training, as well as undertaking an NVQ in childcare this October.

hopes for the future - Ines is hoping to go to university in September 2008.

asphaleia fostering

we believe all children have the right to equal life chances



foster v. - to promote growth

latest news

- asphaleia fostering is delighted to welcome new foster parents Mr and Mrs Valeh to the fostering family. They join current foster parent Ruth Cottington.

- asphaleia fostering is also presently taking two further couples through the fostering process, and will hear the results of the fostering panel next month. Once assessed, and accepted, fostering will be hosting an event to welcome the news families. More news to follow soon!

- our website is now up and running and can be found at www.asphaleia.co.uk. Please visit the site for updated news, vacancies and our history

A word from Carol Lusher, fostering manager:

"We are gathering a real momentum now in fostering and are preparing ourselves for the new additions to the team. Our highly successful Skills to Foster course will begin again shortly and is a great opportunity for anyone wishing to know more about fostering to come along and find out more, in an informal and relaxed environment."

For more information please contact Carol on 01903 218537

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

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W: www.asphaleia.co.uk

If you would like to be added to our mailing list please email carollusher@asphaleia.co.uk



care n. - a thing to be done