

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.

Sporting fun

Football fever hots up at asphaleia care

asphaleia care is seeking funding to enter a team of our young people into a Worthing 11-a-side football league, after another brilliant sports day this Summer.

The asphaleia club will start from scratch and we are hoping to build it up so the club is run by the young people. This would include a young Chairman, Treasurers, Managers, coaches, secretaries and committee members.

The funding will go towards kit, equipment, training facilities, match day pitches and hopefully provide professional coaching for the young people involved. "We are also in the process of providing a programme along side this which will allow young people to gain their football coaching certificates to possibly coach the

team," explains care Sussex manager Tim Wall.

"We were inspired to set this up as the young people really embrace sports day every year – and this year was no exception," adds Tim.

Nearly 100 young people took part in a sports filled day in Worthing in June taking part in football tournaments, athletics, badminton and basketball. Some of the asphaleia team even got involved by donning sumo suits, hired for the occasion. You know who you are - we don't need to name you!

The football competition was sponsored by Kick It Out - an organisation that works throughout the football, educational and community sectors to challenge racism and work for positive change.



The football tournament gets underway

They provided trophies, medals and badges for everyone who took part.

Many thanks to those who volunteered at the event and gave donations. We will be running the sports day again next year during refugee week so please feel free to contact us with any ideas, or if you wish to take part in the day.

A team name has yet to be decided for our 11-a-side team, so if you have any innovative ideas we would be happy to hear from you – we might even mention you in our next newsletter!

A day at Gatwick immigration

Sussex care manager learns more about airport life for UASC

"Its 8.30 am. I arrive at Gatwick's north terminal, am taken through to air-side. I'm feeling a little apprehensive as, whilst we are trying to spot unaccompanied minors (UASC) to help them, it feels more like trying to stop them coming into the country.

"A couple of people are stopped and are taken for further questioning, but no children.

"I am taken to immigration offices and the holding centre where UASC are kept – I can't believe all the paperwork involved with each individual UASC. All UASC are kept separately and regularly checked. To be honest, it's not a welcoming place but it's safe.

"After lunch I meet two Gatwick intelligence officers who deal with trafficked minors. Again, I am blown away by the reams of paperwork plus the amount of Traffickers involved with one person. I honestly thought I knew a lot about trafficking but after this trip, I realised there is way more to learn.

"Whilst my day at Gatwick was long, it has left me more passionate about doing whatever I can to help UASC arriving at asphaleia care. The thoughts about those I learnt about today will stay with me forever.

"Thanks to everyone at Gatwick immigration & Gatwick intelligence."

NEWS IN BRIEF

- We have been commissioned to deliver a pilot Outreach Service inKENT! More to follow soon.
- Almria & Jurgita, from asphaleia, are currently supporting the care team in their specialised areas of work
- Outreach worker Juan Quesada is currently studying for a degree in Youth and Community Work.
- Carol Ann Nicholson has transferred from Outreach Worker in London to houseparent in Worthing!
- Davina Fullar is a new staff member taking on a new role as project worker in care sussex.
- Previous staff member Donal O'Sullivan is supporting the Worthing team as an outreach worker on a temporary basis. More at: www.a-care.co.uk

Update from London

asphaleia house support

The Outreach Service continues to deliver a diverse service by offering support to groups of young people aged 18+, accommodated in properties operated by Hillingdon Social Services Asylum Team.

Young people in the houses may come across difficult issues when they share with others from different cultures.

"Housemates are taught to have an accountability for the house & are assisted in setting routines," says W. London care manager Edwin Appiah.

House meetings take place to highlight issues arising and have been led by young people in the past. "We find the young people may not communicate with each other therefore problems are not dealt with and are ongoing," explains an outreach worker.

Aspects such as living with others, respecting the property, building good relationships with housemates are some of the integral issues addressed.

Mums and babies support

asphaleia care is currently providing support to young mums or those who are pregnant. The mothers are in accommodation specific to their needs.

The outreach workers visit the properties regularly, ensuring the mums and their children are living in a safe and comforting environment.

"We encourage group cohesion with the mums so they can talk to each other & share experiences - even toys!" says Edwin Appiah.

"This peer support is an invaluable part of their development as some mothers may experience some difficulties raising a child. It is important they have a support network around them, which might include signposting them to mother and toddler groups," he adds.

Each mother has their own needs and the outreach workers provide a circle of feedback to the social workers on what ongoing support they will need in relation to their care package.

care factfile



care member - Juan Quesada

title - Outreach Worker

why this role? - well, I could say it is because I love to work with young people. I could say that I get lots of energy doing this. I could say this and I could that... but the reality is that it makes me feel so good helping people... I know this is selfish - but it's the truth

what makes me unique? - I always see the light in the dark

one word that describes you - energetic

something extra - I love snowboarding madly

to relax I - play chess with a glass of wine or listen to jazz - oh... life is sweet (especially after I checkmate my girlfriend!)

hopes for the future - To be healthy and happy

contact - get in touch with Juan at juanquesada@asphaleia.co.uk

Why asphaleia care

Outreach worker Brook Berhane



"I have been working for asphaleia care for three years. In that time I have achieved so much, both personally and professionally. My proudest moment was winning employee of the year 2006!

"Training courses have been crucial to my development and the service I give to the young people in my care. The one course which stood out for me dealt with signs and symptoms of common disorders, run by a local project. This was fundamental to my work as I work with young people dealing with these illnesses on a daily basis.

"Currently asphaleia care is embarking on new and great projects outside of Sussex and West London. It is so exciting to be involved, having seen how much the service has changed over the past three years.

"The work at asphaleia can be so challenging at times, but I have loved every minute of it so far, and am looking forward to what's coming next!"

This newsletter is produced by boost consultancy

www.a-boost.co.uk

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

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care n. - a thing to be done