

## What other services are available at TASHA Foundation?

- Aftercare Counselling
  - Housing Advice & Support
- Support Groups & Workshops
- Relapse Prevention Group
  - Family & Carers Support Group

### Alternative & Holistic Therapies

- Acupuncture
- Relaxation Class
- Art Group

## Do I qualify for the Aftercare Service?

### Are you :

- Over 18
  - Recovering from drug or alcohol use
  - Living in the borough of Ealing
- Or registered with a GP in Ealing

## If so, you can be referred to the service by your:

- Key worker
- Healthcare Worker
- Social Worker

TASHA Foundation is a charitable company limited by guarantee no. 3358266

## TASHA Foundation

### Opening Hours

Mon	09.30 am - 5.30 pm
Tue	09.30 am - 5.30 pm
Wed	09.30 am - 8.00 pm
Thu	09.30 am - 8.00 pm
Fri	09.30 am - 5.30 pm

### Out of Hours Helpline

Sun	6.00 pm - 9.00 pm
Mon	6.00 pm - 9.00 pm
Tue	6.00 pm - 9.00 pm

T: (020) 8560 6601

### Our Address

TASHA Foundation  
Unit 14 Mill House  
Windmill Place Business Centre  
Hanwell, UB2 4NJ

T: (020) 8571 9981  
F: (020) 8571 9983

### Getting to us

Bus stop: Iron Bridge, Uxbridge Road  
Bus routes: 92, 195, 207, 607, 282



# Aftercare Employment & Training



*Helping you fulfil  
your potential*



## IT and Skills For Life

At TASHA Foundation we are committed to helping you to develop your skills, confidence and to fulfill your potential. Whatever your background or level of education, we offer:

- IT Training for beginners
- European Computer Driving License (ECDL)
- English and Maths Certificates Level 1 and 2
- A flexible timetable based around you
- Experienced, supportive staff
- A fully equipped learning suite



## Further Training

We are also here to help you in taking the next step in your own personal and professional development. Whether you want to learn a new trade, gain an NVQ or go onto Further Education, we can help. We offer:

- Weekly course-search drop-ins
- Advice with funding and childcare
- An 8-week Life Skills Programme (goal-setting, motivation, time-management)
- Help gaining a work-based NVQ
- Continuous support throughout your chosen course, training or NVQ



## Employment Support

Once you feel ready, we can also offer you advice, information and one to one guidance to support you in your journey back into meaningful employment.



We offer support with:

- CV writing skills
- Identifying transferable skills
- Interview techniques & application forms
- Finding voluntary or paid work

As well as:

- Advice around CRB checks and disclosure of criminal records