



TASHA Foundation

Helping you to help yourself

*Congratulations Ali and Nisa!
Our best wishes for the future!*

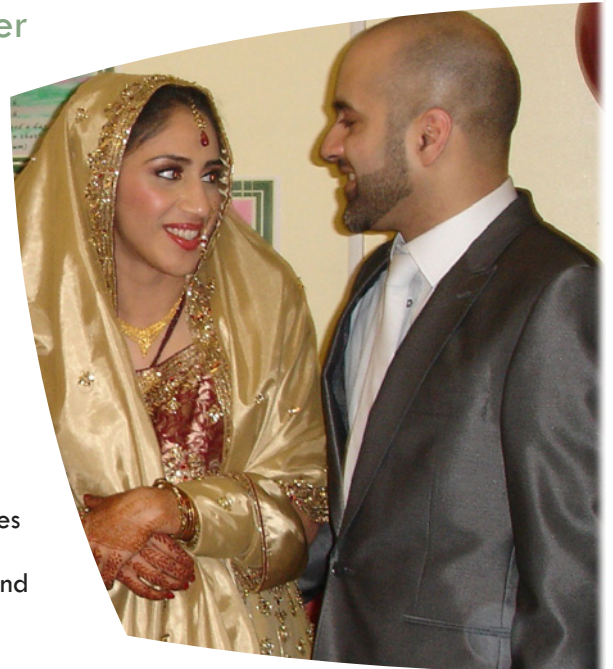
WELCOME to the Spring issue of the Tasha newsletter for staff, stakeholders and our local community.

Our vision is to be a trusted name in West London for vulnerable people suffering from substance misuse problems or emotional difficulties.

We aim to offer high quality, effective and efficient range of services available to the people who most need our help. We help create recovery communities where people that had once been hard to reach are living stable, healthy and independent lives, engaging with society and fulfilling their potential. We intend to build on our existing strengths by providing an online therapeutic platform that can benefit people all over the country.

One of our biggest challenges is become more productive and efficient and to improve the care we deliver to our clients and to improve the working lives of our staff. During the year we introduced new working practices that improved productivity and gave people who use our services more choice and control over their lives.

Audrey D'Costa Chief Executive



TASHA WORKING IN PARTNERSHIP - TASHA and E.A.S.E

Tasha Foundation and **E.A.S.E** (Empowering Action and Social Esteem) have teamed up to deliver neighbourhood learning programmes in Hounslow wards: Bedfont and Brentford. The IT taster sessions have proved popular among local residents. It has been designed for people of all ages and backgrounds who want to improve their skills. Learners are also made aware of the dangers of on-line fraud and explained how to keep their personal details safe when shopping or banking on the Internet. The classes are full of enthusiastic learners taking their first steps. John, one of the learners said: "I'm so grateful for this opportunity. I would never have learnt how to use the e-mail without this course. Thank you for all your patience and support."

TASHA IN NUMBERS

- Last year 2,012 people used our services
- We have 20 staff
- The Tasha learning centre helped 120 people obtain accredited qualifications in numeracy, literacy and IT and 235 people gained basic IT qualifications
- Tasha Housing service helped 61 into independent accommodation
- The Tasha employment team helped 23 people into paid employment



12 Hours that can change your life!

The TASHA Foundation is delivering "Living Life to the Full" training sessions. Sessions include Problem solving, Balanced thinking, Building confidence, Unhelpful behaviours, Healthy living and Assertiveness. Each training course will consist of 8 weekly sessions of 1½ hours each and are being held in Ealing and Hounslow in May 2011.

For further information and to book your place, please contact Catherine.page@tasha-foundation.org.uk.

Farewell & Hello

The TASHA Foundation said farewell to their old head office in Brentford at Alexandra House in March this year and have moved into the refurbished premises on Brentford High Street, 112 High Street Brentford, TW8 ONE. We have had many happy years and are very sad to move out.

This year we have said farewell to 3 staff members at our Ealing office:

Elekwa Onwuchekwa, Head of Housing.

Pablo Toledo, Life Skills training worker.

Maureen Sancaster, Friends and Family support and auricular acupuncture.

Thank you to all our leavers for the wonderful contribution they have made to the organization and to clients. They will be missed by staff, clients and all those who knew them.



Welcome to Eddie Roche who has joined us a part time Volunteer Training coordinator. Sarah Finn is also working with Eddie as a part-time volunteer coordinator and part-time administrator. Sarah and Eddie have got off to a great start recruiting 20 volunteers on the Tasha programme "Volunteering as a Pathway to Employment."

TEXT MESSAGING REDUCES DNA (DO NOT ATTENDS) and waiting lists

Tasha is saving money and increasing uptake of its services through the introduction of a text messaging service that has cut the number of clients who do not attend appointments. Every missed appointment costs money and also means that another person who could have had an appointment misses out. Waiting time for an appointment has been reduced to 3 days.

Are your staff feeling the stress from funding cuts and increased workload?

Send them on a half day Stress Awareness Workshop. The aim of the workshops is to empower employees in the workplace by giving them information to recognise stress and the tools to deal with stress effectively. We can deliver Stress Awareness Workshops in your workplace or at our office in Hounslow. Please contact sarah.finn@tasha-foundation.org.uk to register your interest.

**WE'VE
MOVED!!**



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COMING UP....



TASHA Foundation's Summer Newsletter will be full of exciting information on the progress of all our new services with feedback and comments from our clients.....

TASHA and EALING DAAT

Tasha and Ealing DAAT are piloting a ground breaking scheme to introduce personalisation for clients with a substance misuse background. The pilot is being funded by Resolving Chaos a newly formed Social enterprise within the Department of Health. The pilot will establish how clients could access personal budgets to maintain recovery. We intend to disseminate the learning from this pilot as it becomes available and we invite interested commissioners and clients to contact Keith Thomas, Ealing services manager at keith.thomas@tasha-foundation.org.uk

How we have made a difference

We thank our clients for the many compliments we receive, although it is their complaints help improve services. We intend to publish both complaints and compliments and invite clients to contribute. "TASHA have helped me enormously. The staff have always been incredibly friendly, supportive and very understanding of the challenges I've faced whilst trying to recover from addiction. The number of services they provide has given me the opportunity to address most areas of my life. Counselling has provided a safe and non-judgemental environment to discuss personal issues and work out a way forward when times have been difficult. Housing support has given me a safe place to live, the computer training has kept my skills up to date and suitable for future employment prospects. At the same time, I've been given access to careers advice and set up with a vo-



luntary work opportunity through one of TASHA's partners. Finally I've had access through TASHA to different abstinence methods, which has allowed me to find the approach that works best for me. I've never had any hesitation in recommending TASHA to others who may be in need. For me, they've provided everything necessary to start building a new, satisfying and stable life – for that I'll always be incredibly grateful".

Accreditation

Tasha Foundation are very pleased to announce that they have been awarded the Greater London Expert Volunteering Trademark. This is proof of the new systems that Tasha has introduced to prepare volunteers for work. We take this opportunity to thank all our volunteers who donate their time to help deliver services.

TASHA FOUNDATION

Tel: 020 8571 9981 • Fax: 020 8571 9983 • www.tasha-foundation.org.uk
TASHA Foundation is a Registered Charity No. 1062805



INVESTOR IN PEOPLE



EALING OFFICE

Tel: 020 8571 9981

TASHA INTERNET CAFÉ

Tel: 020 8560 4583
Fax: 020 8758 0624

OUT OF HOURS HELPLINE

Open Mon—Wed 6pm -9pm
Tel: 020 8560 6601



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