



TASHA Foundation

Helping you to help yourself

Merry Christmas

Winter Newsletter December 2010

Housing Support Service - The Rent Deposit Scheme (RDS)

The **Rent Deposit Scheme** has housed eight thankful homeless people this quarter and is running well.

A Drop-In Service is now open for our clients, enabling them to receive housing and benefit advice, if needed, on a one-to-one basis and will run once a week on a **Thursday between 2.00pm & 4.00pm in Ealing.**

The monthly housing workshops are well-attended, with 60 clients in the past three months.

Law for All, The Fire Brigade and most recently Look Ahead Housing will present to our clients on a number of different topics, including benefits, housing, the moving on process and issues relevant to our clients.

We are always looking out for new landlords to help us provide homes to clients with accommodation problems, which helps them to remain in effective treatment.

For more information please contact **Laura Rooney** on 020 8571 9981 or email: laura.rooney@tasha-foundation.org.uk

Service User Consultation Meeting



The Service User Consultation is proving a tremendous success. Bernie Myers, BBV Nurse gave the 18 or so service users in attendance a talk on Blood Borne Viruses and information on where to get tested locally. Many ideas were gathered for future meetings and healthy activities, including 'Blind Cricket' for the Summer. One of our blind service users explained that inside the Cricket ball would be a rattle and the game is played by listening to the direction of the ball, which would also entail sight seeing players being blindfolded.

Positive feedback was gathered from clients, including:

"I never would have passed my Literacy & Numeracy without Tasha"

"Just completed Intuitive Recovery and happy with the progress I'm making"

"Finally I have found a service that suits my needs. Very happy with the Life Skills and one-one counselling."



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WORKSHOPS WORKSHOPS



November 2010 saw TASHA Foundation launch a new service delivering full and half day workshops on selected mental health issues.

Stress Awareness was the first topic we selected, which has proved to be extremely popular in the current climate.

By the end of the workshop individuals know the symptoms of stress and can identify them. They learn how our thoughts affect our moods and behaviour, we can begin to develop strategies for managing stress.

Our interactive workshops are being rolled out in 2011 and will be delivered at Premier Inn Brentford or delivered in-house by our highly experienced trainers.

For more information or to book a place please call Sarah Finn or Keith Thomas on:

Prices: £40 per person, no concessions although a discount will be offered for large groups.

Tel: 020 8569 9933

Email: sarah.finn@tasha-foundation.org.uk

keith.thomas@tasha-foundation.org.uk

TASHA Foundation Helpline (Out of Hours)

The TASHA Foundation Mental Health Helpline is now in its nineteenth year of operation and is a member of the MHHP.

Our Helpline is an out-of-hours confidential telephone service offering emotional support and information for people affected by mental health problems.

This confidential service provides a safe place to talk and is available for anyone concerned about themselves or a loved one.

Helpline Number: **020 8560 6601**

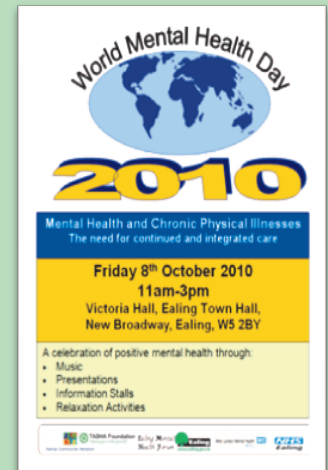
Opening times: Mon, Tues, Wed 6pm-9pm

Open every day over Christmas 6pm-9pm

We are also a member of the **Telephone Help lines Association.**

For more information please contact Jennifer on 020 8571 9981 or email: Jennifer.watson@tasha-foundation.org.uk

WORLD MENTAL HEALTH DAY 2010



TASHA Foundation's Service Manager, Elekwa Onwuchekwa gave a presentation about the Mental Health Helpline at this year's World Mental Health Day, taking place at Ealing Town Hall on 8th October 2010. The theme was Mental Health, Chronic Physical Illnesses and the need for continued and integrated care.

TASHA Foundation were on the steering committee and helped to organise the event and sponsored the lunch and refreshments, which were obviously enjoyed by all as there was very little left!

The programme was opened by the Mayor and there were various talks given

INTERNET CAFÉ

Tel: 020 8560 4583
Fax: 020 8758 0624

BRENTFORD OFFICE

Tel: 020 8571 9981
Fax: 020 8571 9983

EALING OFFICE

Tel: 020 8571 9981
Fax: 020 8571 9983

FREE ONLINE TRAINING

TASHA Foundation are now running Online Training from our Internet Cafe. Courses run for 10 weeks and are totally free of charge. Clients have access to an introduction to computers including typing, how to use the internet, browsing websites and searching for information. Those who attend can also learn how to send and receive emails and stay safe on-line. There is no group training as all learning is at your own pace with a supportive and friendly tutor in a warm and comfortable environment.

Every Monday 10am—12pm at the Internet Cafe, 112 High Street, Brentford, Middlesex

For more information call 020 8560 4583 or
email: anna.karczewska@tasha-foundation.org.uk

Thank You!

TASHA Foundation would like to say a huge thank you to those people and organisations who have kindly and generously supported us by way of contributions:

Noon Products donated £300
Delta Force gave Paintball Tickets
M&S contributed with a £10 voucher
Mrs M.L. Spencer £10 cash

Christmas Raffle

The Raffle was drawn on Tuesday 7th December 2010 and the winning number was **106**. Congratulations to Catherine Donnelly.

Christmas Opening Hours

Friday 24th December 2010	9.30am—1.00pm
Monday 27th December 2010	CLOSED—BANK HOLIDAY
Tuesday 28th December 2010	CLOSED—BANK HOLIDAY
Wednesday 29th December 2010	9.30am—5.30pm
Thursday 30th December 2010	9.30am—5.30pm
Friday 31st December 2010	9.30am—1.00pm
Monday 3rd January 2010	CLOSED—BANK HOLIDAY

Congratulations

The following TASHA Foundation staff have been nominated for awards this year. Good Luck to you at Ealing Town Hall on 7th December 2010.

Pablo Toledo—nominated for best Innovative Service.

Anita Charles—nominated for best Partnership Working

Sara Khan—nominated for best volunteer.

ISO9001 Quality Management System Certification

TASHA Foundation are very delighted to announce they have been awarded the ISO9001 certification. An audit was carried out by SGS to confirm that the management systems TASHA Foundation use conform with all the requirements of the audit standard. And quality mark.



Living Life To The Full

12 Hours that can change your life!

TASHA Foundation will be delivering group well-being training sessions in the new year using the CBT “Five Areas” approach devised by Chris Williams. The course is entitled “Living Life to the Full” and deals with the following topics:

- Explanation of the 5 areas model
- Problem solving
- Balanced thinking
- Building confidence
- Unhelpful behaviours
- Sleeping better
- Healthy living
- Assertiveness

Each group training course will consist of 8 weekly sessions of 1½ hours each and will be held at:

TASHA Internet Cafe
112 High Street,
Brentford,
TW8 8AT

For further information and/or to book your place, please contact:

Cathy Page
TASHA Foundation
Alexandra House, 241 High Street, Brentford, Middlesex TW8 0NE
Tel: 020 8569 9933
Email: Catherine.page@tasha-foundation.org.uk

Cathy Page, a Carer Support worker is a fully qualified Therapeutic Counsellor. A member of the BACP she uses CBT in her work. With several years experience she facilitates groups for Carers and women with mental health issues, for and counselling mental health and substance misuse clients. She is currently training to become a registered Health Trainer in Hounslow.