



TASHA Foundation

Helping you to help yourself

Facing 2012 with confidence

I have real confidence that TASHA is well-equipped to meet the challenges of 2012. We are well and truly a “right-way up” organisation: passionate and dedicated front line staff and a growing number of volunteers supported by a tight management team. 2011 was a year of stabilisation and development: developing our internal resources, competencies & processes so that we can continue to adapt and to grow in 2012. Wishing all our readers a Happy New Year. Audrey D’Costa, CEO.

The magic of the Harp

The healing powers of the harp are legendary and carers from Ealing enjoyed an evening of musical therapy, donated by Music in Hospitals, at the Carers Xmas party. In return Selina Boston organised a raffle which raised £85 for the charity.



Focus on aftercare: getting to know the new TASHA

Aftercare referrals provide TASHA with most of our work, and some 70% of all our clients complete their training with us. We are therefore making time in the New Year to meet all our referring and partner organisations, to make sure that we have a good understanding of our referrers’ needs and so that 70% figure gets even higher.

Housing team forecast big increase in workload

Changes to the housing benefits system are increasing the workload for the TASHA housing team as they relocate clients to single rooms. Housing officer Laura Rooney said : We’re starting to see an increase in numbers for the weekly drop-in sessions, and we suspect the stream will become a flood as more of our clients will have to relocate.

Personalisation: early signs are vital!

“I’m enjoying personal budgets much more than treatment because in treatment I’m locked in, and now I can do other things - things I choose”

It is still early days in the pilot project which we are running for the Department of Health, but initial signs are very encouraging. Says Cathy Page: *The scheme helps motivate people by putting them in touch with the dreams and aspirations they had before they became addicts. Some of our clients have suffered serious health problems but it is giving them all the hope of a better life.*

Our other Personalisation project is in Ealing, where we are aiming to give elderly and disabled people the choice of employing their own carers. Look out for more details of both schemes in the next Newsletter.

Congratulations to new Trustee Jon Daley.

Congratulations to new Trustee Jon Daley on passing all 3 of his accountancy exams and earning the coveted ACA status. We look forward to Jon’s contribution.

10 years service



Audrey presented 3 members of staff with Certificates to mark their 10

years at TASHA: Services Manager Keith Thomas plus Counsellors Tim Davies and Jennifer Dziurzynski-Watson. Said Keith: "I remember some of our clients in particular. When someone has been really down, way down, emotionally, physically, and we help bring them back to a position where they can re-integrate with their family, with society, that's when working at TASHA makes a real difference to people's lives."

TASHA holds 4 Christmas parties.

Parties are an important part of the glue which binds organisations together but for TASHA they are also proof that you don't have to drink to let your hair down. Several of our Christmas parties were alcohol free and a great time was had by all. Our volunteer party was a super

Indian meal and almost all of the volunteers chose NOT to drink alcohol. Proof that TASHA values really work: rediscovering their power to choose, our volunteers become more empowered and better able to help others and to engage with their communities.

Welcome aboard

We welcome two new part-time employees, Paul Thomas and Anna Murrell. Paul's job title is Education & Employment Officer. His background is in drug treatment and education, with previous experience at Kingston & Richmond Probation service, and the Kaleidoscope Project.

He is a practicing Clinical Hypnotherapist. Anna is an Employment Officer. Her background is working as an HR Manager and previously as a teacher. She also runs her own coaching business.

A BIG THANK YOU TO ALL OUR FUNDERS FOR THE YEAR

Ealing DAAT	Trust For London
Ealing PCT	Lloyds TSB
Hounslow PCT	Transition Fund
Hounslow HACE	Resolving Chaos
Volunteering Fund	



Caption: Hounslow carer group party



Caption: Volunteers party

TASHA FOUNDATION

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

EALING OFFICE

Book your counselling appointment
Tel: 020 8571 9981
Fax: 020 8571 9983

TASHA HOUNSLOW OFFICE

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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Helping you to help yourself

