



apex

dumfries

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Geo Caching
NHS Maternity Services
Sexual Health
Anger Management
Drum Circle
Get Hooked on Fishing

Lifeskills Get Ready For Work Programme



Apex Scotland
77-79 Friars Vennel
Dumfries DG1 2RF

01387 256 310

Apex has launched a revamped updated
website. Check it out!

www.apexscotland.org.uk



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DWP Department for
Work and Pensions

Auricular Acupuncture

Page 2

Lifeskills Get Ready For Work now has its very own qualified Auricular Acupuncture Practitioner.

Crystal Soltys joins Jeanette Reid, Fiona Dalgleish and Carol-Ann Hamilton who have all completed the intensive training required to provide Apex Dumfries clients with the specialised complementary therapy.

Our trainees have the opportunity to learn and understand natural relaxation techniques and the benefits acupuncture can have on the body and mind.

During the Five Finger Qi Gong session which focuses on the liver, heart, lungs, spleen and kidneys our trainees focus on breathing and calming the mind.

Some of our young people are unsure about having needles in their ears but can participate in the relaxation part of the session to begin with. After an initial presentation to explain how it works most of our trainees are happy to go ahead and make the most of the experience as Ben calmly demonstrates.





Breakfast Club

Breakfast is regarded as one of the most important meals in the day. Sadly many young people skip breakfast and by mid morning their energy, concentration and attitude start to deteriorate. We can all skip breakfast for various reasons; busy lifestyle, work patterns, getting the kids off to school etc, but the young people attending the GRFW programme don't have these issues. Theirs are; playing the Xbox until 3 am, hanging around the streets late at night, drink and drug misuse and a lack of routine at home.



Here at Apex we aim to help our trainees develop better health and wellbeing by providing them with a structured day starting with the new Breakfast Club. They can now sit at the table and enjoy a selection of cereals or some toast with a cuppa and discuss what's been happening in the news among themselves. We have found this makes a real positive difference to those who struggle to have breakfast and helps them to have a productive morning.



DG1 Sports

As part of our aim to improve the health and wellbeing of our trainees on the GRFW program we include physical exercise so every week our trainees attend the DG1 Leisure Centre in Dumfries.

Rather than using a gym where it can become repetitive our trainees told us they would rather play a sport and learn new skills.



The friendly staff at the centre advise us what sports are available and have everything set out before we arrive. So far our trainees have enjoyed table tennis, indoor football, badminton, carpet bowls and basketball.

A few of our more adventurous trainees have asked to use the Dumfries Ice Bowl to show off their skating prowess.



Dumfries Fire Station



Ian Campbell from Dumfries & Galloway Fire Service welcomed Apex GRFW to Dumfries fire station and facilitated a very interesting and informative day. This began with a shocking video showing the very real dangers of fire and smoke and how little time there is to escape from a building. Once our attention had been grabbed the group took part in various exercises. These demonstrated how difficult it is to leave a room filled with smoke, (special goggles were provided) driving without care and the consequences and how the fire service rescue casualties.



Our trainees also had the opportunity to try out the BA systems used by fire fighters when entering smoke filled buildings and Ian gave a demonstration on how not to tackle a chip pan fire. Throwing water onto burning oil increases the fire and heat 18,000 times!

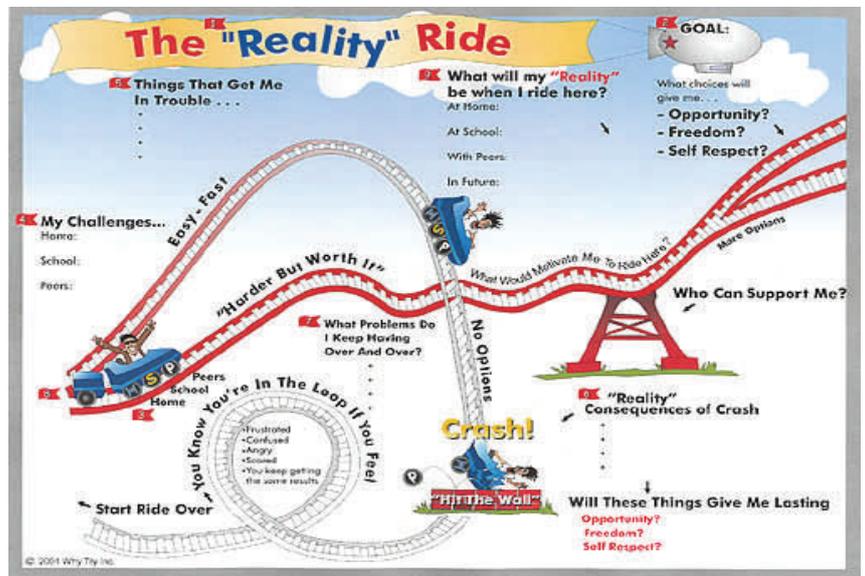




The Why Try Programme was created to provide simple, hands-on solutions for:

- Dropout prevention
- Violence prevention
- Drug and alcohol prevention
- Truancy reduction
- Failure reduction

The idea is straight forward: Teach social and emotional principals to youth in a way they can understand and remember.



This is accomplished using a series of ten pictures (visual analogies). Each visual teaches a discrete principle, such as resisting peer-pressure, obeying laws and rules and that decisions have consequences. The visual components are then reinforced by music and physical activities. The major learning styles: visual, auditory and body kinaesthetic are all addressed.

To help people achieve freedom, opportunity, and self-respect through education and interventions that motivate and create positive change. We offer hope and an answer to the question:

"Why try in life?"



Apex Modules



Apex Scotland has an extensive selection of modules created from years of experience working with our clients.

These modules are delivered by Apex staff across all services where specific input is required.



The modules focus on two main areas:
To assist clients to understand the implications of a criminal record and to help with employability skills and knowledge to improve their prospects.



The module titles are:

- E1 Employment vs. Unemployment
- E2 The world of work
- E3 Which Job?
- E4 Where and how to find work
- E5 Marketing yourself when applying for work

- S1 What is a criminal record?
- S2 'Criminality Laws' do they help or hinder?
- S3 Why disclose? What's in it for me?
- S4 How to disclose a criminal record
- S5 What do I need to disclose?
- S6 Letter of Disclosure
- LS1 Debt Awareness
- LS2 Budgeting



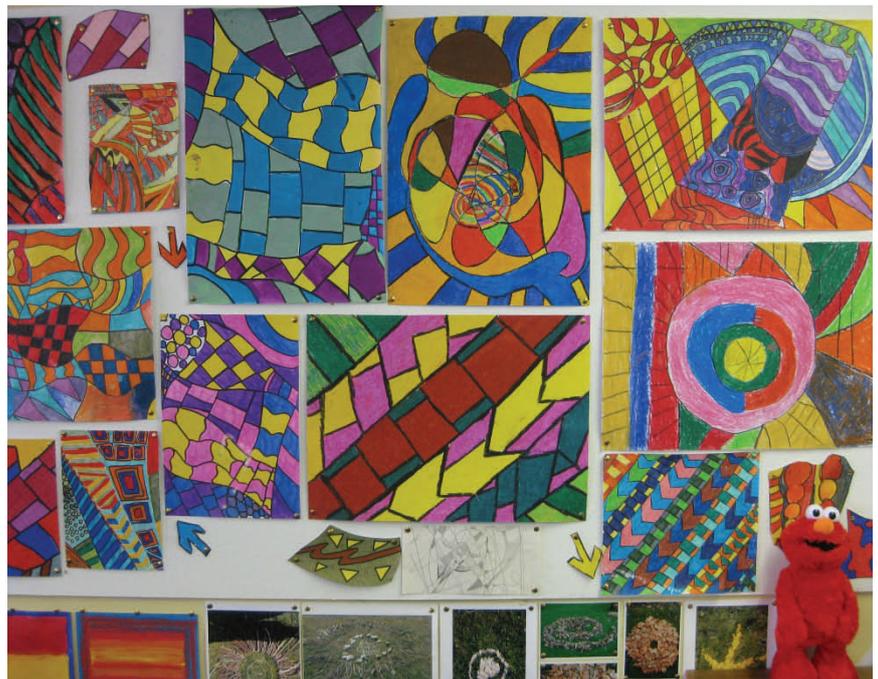


Apex Art



Each week our trainees have the opportunity to develop their creative skills. Artist and volunteer Frank Hays has been working with Apex for two years and creates many different projects that our trainees can get involved in. The Art Therapy sessions cater for all abilities and help with confidence, creativity and brainstorming. Young people can be very self conscious and don't believe they can produce something people will like. They quite often say they cant draw or are no good at art.

After a few sessions, with the guidance of Frank, they realise that they can be creative and start to take pride in what they do. An important part of this process comes at the end when our trainees can see something that they have completed and be proud of it.





Good News!

Recently three of our trainees passed their CBT bike test as part of their Duke of Edinburgh Bronze award. Pictured are Liam, Ryan and Gordon with their certificates. Funding towards the CBT test was kindly provided by the Holywood Trust



Three of our trainees recently completed the Lifeskills & Get Ready For Work Program and are pictured holding their records of achievement with staff members Crystal Soltys and Derek Richardson.



During their time with us the lads took part in:

- Volunteering in the community
- Smoking Matters session
- Short film production (Apex Entity)
- Get Hooked on Fishing course
- Rehab & Disclosure
- DG1 Sports
- Duke of Edinburgh Bronze Award

- Sexual Health
- Finance Matters
- Why Try Programme
- Art Therapy
- Employability Modules
- Oral Health
- Goal Setting