



APEX SCOTLAND

DUMFRIES NEWSLETTER JUNE 2012

BRAND NEW E-NEWSLETTER

COMPLETE U-TURN

IN THIS ISSUE

Wattle and Daub 2

Get Ready
For Work 3

Arrest Referral 4

LIMA 5

Ear
Acupuncture 6

JobCentre Plus 7

Moving On 8

Volunteering
And U-Turn 9

Apex Scotland
77-79 Friars Vennel
Dumfries DG1 2RF

01387 256 310



Apex Dumfries U-Turn Group Volunteers have continued to work in partnership with Scottish Natural Heritage (SNH) since the summer of 2011. Initially work began on smaller projects, fitting picnic tables and benches in the visitor's car park near Caerleverock Castle.

This in turn has led to the collaboration between SNH and the U-Turn Volunteers to develop a plan for work to begin on their biggest project to date.



Much of the beautiful Caerleverock Area can only be seen by those visitors able to negotiate walking over large areas of boggy wetland. This presents a major problem for many of our less able bodied residents and



visitors to Dumfries and Galloway.

A special thank you goes out to the U-Turn Volunteers for giving up their time and working so hard and as one SNH official commented on his site visit “Producing work of such a high standard, equalling, and in some areas surpassing that of earlier works by time served tradesmen”.



Wattle and Daub

Apex Dumfries U-Turn Group Volunteers have recently completed an outside Children’s classroom in the grounds of Allanton House World Peace Sanctuary. An ancient building method, Wattle and Daub, was demonstrated and taught to the U-Turn volunteers.

Wattle and daub is a composite building material used for making walls, in which a woven lattice of wooden strips called wattle is daubed with a sticky material usually made of some combination of wet soil, clay, sand, straw and cow dung.

A very big thanks goes to the team at Allanton for providing Apex Volunteers with this opportunity. Additional thanks goes to the volunteer team who gave up their time and energies to take part.





Get Ready For Work

Lifeskills & Get Ready for Work trainees have been focusing on team building and working with others recently. The program aims to provide our young people with as many ways to enjoy interacting with others. Ways that are fun and productive and encourage problem solving and learning new skills together.



Here our trainees work together to plan, design and construct a 7ft tower using only paper and staples. After much head scratching they completed the task in under 10 minutes.

Our trainees also had the opportunity to learn some unusual skills such as playing the Djembe Drum.

Special thanks to Jane Hodge for bringing in a great selection of percussion instruments and showing our trainees that 'they got rhythm'. Emma, Micky and Henry enjoy trying different instruments under the guidance of Jane.





Arrest Referral

Crystal has now taken over as the Arrest Referral worker here at Dumfries. It is a very exciting time, so for all who don't know here is an introduction to Arrest Referral and what Crystal hopes to achieve in her new role.

At the point of arrest the arresting officer or custody officer will make the decision whether the custodies offence is related to alcohol or drug misuse. If this is the case they will then offer our service. If accepted a referral is taken which is then collected from the police station on a daily basis.

“The idea behind this service is that an arrest is considered a crisis point in someone’s life. This is crucial for me then to get in there with an early intervention with the hope that the individual engages with the service being offered. I can then signpost them to other services that could possibly break the link between drink/drugs and offending. By finding the underlying problem which led to the offending I can then help to put a network of support in place for them and help to break the cycle.”

Drink and drug use may explain a persons criminal behaviour but it still does not absolve them from criminal responsibility. We are not a diversion from the Criminal Justice System however if a client is engaging with myself to take those steps to making the necessary changes in their life then this will hopefully reduce the likelihood of involvement in re offending.

I am very keen to get out there and promote Arrest Referral”

If you require more information about the arrest referral service please contact Crystal at Apex Dumfries

Crystal Soltys - Arrest Referral Worker





LIMA

Jeanette is delighted to have recently completed two Financial Capability qualifications, which were funded by Lloyds Banking Group. Apex is currently delivering LIMA (Literacies Inspiring Motivation and Achievement) in Dumfries.

Financial Capability is increasingly seen as an essential life skill, with the need to develop money management skills becoming more prominent. The content covered a range of skills including personal budgeting, debt management, understanding credit, financial products, types of savings and where to go for support and help.

Learning can be so diverse in terms of addressing literacy and numeracy. A range of mediums should be used to get the best out of learners with a wide variety of activities like quizzes, discussion, group work and practical work.

One activity which has proved really popular with the young people is Geocaching. Geocaching has very broad appeal and offers a wide variety of benefits, physical and social, as well as including some obvious educational content in terms of literacies but also lends itself to geography, maths, science and sharpens problem solving.

The service also offers other support for literacies such as role playing, which can be transferred to real-life contexts, and budgeting exercises, encouraging people to look at their needs, wants and aspirations in taking ownership of their own finances.

A broad spectrum of resources are used to aid learners. If a specific learning need is identified or an individual feels they lack the confidence to join a group the client can work on a one-to-one basis. After all learning should be client led.



EAR ACUPUNCTURE

WHAT IS AURICULAR ACUPUNCTURE?

Auricular (or ear) Acupuncture is a specialised complementary therapy where acupuncture points on the outer ear are treated, using either needles or magnets to help relieve many chronic complaints.

WHAT ARE THE BENEFITS?

- Reduced withdrawal symptoms from drug and alcohol use
- Deeper and better sleeping
- Reduced craving
- Reduced stress and irritation
- Improved appetite

HOW WILL I FEEL?

The treatment is a powerful and effective way of dealing with the anxiety in the mind and the body and associated symptoms. After the treatment you can expect to feel much calmer, thoroughly relaxed and focused.

THE 5 POINTS USED IN AURICULAR ACUPUNCTURE

SHENMEN POINT - Calms the mind, reduces stress and helps to promote sleep.

SYMPATHETIC POINT - Promotes the body's release of endorphins which helps with pain relief and is believed to relax internal organs.

KIDNEY POINT - Helps kidney function and digestion. Gives relief from kidney damage caused through substance use.

LUNG POINT - Involved in immunity and protects the body from disease. Helps with breathing and circulation. Aids and accelerates the rate of detox.

LIVER POINT - Helps the liver repair from damage caused by substance use and is believed to keep emotions and the body's system working smoothly.





JobCentre Plus

WHO IS THIS SERVICE FOR ?

Any customer who has criminal conviction/s which could be a barrier to them competing in the labour market.

PURPOSE OF THE SERVICE ?

The aims and objectives of this service will be to increase the customers knowledge and understanding of the Rehabilitation of Offenders Act 1974 and the Police Act 1997, Part V and to be able to disclose at application stage, and at interview, any convictions relevant under the above legislation.

WHAT CAN THE CUSTOMER EXPECT TO GAIN FROM THIS SERVICE ?

- All participants will be aware of personal spent and unspent convictions.
- All participants will complete a letter of disclosure.
- All participants will understand the content and relevance of the letter.
- All participants will be fully aware of how and when to use this information with regards to recruitment.
- All participants will be aware of appropriate employment sectors relevant to their convictions.

More confidence about gaining employment

HOW WILL APEX DO THIS ?

- 1-1 appointment offered within 5 days of referral being received
- Follow up appointments made for customer to attend timetabled sessions on a 1-1 and group work basis.

HOW CAN YOU REFER TO THIS SERVICE OR GET FURTHER INFORMATION ?

Referral is quick and easy. Simply call the number below of your nearest Apex Office with the customers name, address and a contact telephone number (where possible). Our Employment Development Advisors will do the rest and keep you informed of progress



APEX SCOTLAND DUMFRIES

77 – 79 Friars Vennel
Dumfries
DG1 2RF
01387 256310

Moving On Project

The Moving On Service specialises in working with adults on a one-to-one basis who have a criminal record. The aim of the service is to help people overcome barriers they face in their lives that prevents them entering employment and living the type of structured life that many of us take for granted.

We find that offenders and ex-offenders often have many other issues and problems in their lives that have contributed to the lives they lead. Their criminal record however can often be the biggest barrier they face with regard to entering employment. We aim to try to help them to move forward.

Some examples of the areas the programme assists clients which includes; criminal record guidance, help with the application process and job search, voluntary work placement assistance, communication skills and dealing with authority.

Over the past few years the main objective of the service has been to ensure the content is as relevant and beneficial as possible to the client group. Here at Apex Dumfries we believe that this approach enables us to help as many people as possible get their lives back on track. If we can continue to do this the community will benefit with crime rates being reduced.



Volunteering

Apex Dumfries is currently looking for volunteers. There are a variety of roles that may interest you :

Marketing Assistant
Sharing Practical/DIY Skills
Fundraiser
Positive Future Support Worker
Administrator
IT Support Worker
Outdoor Activities Support Worker

You can also take advantage of any training that we offer. If you are interested in getting involved with us, please visit volunteeraction.co.uk or apexscotland.org.uk.



U-Turn

Chris is running the U-Turn Group work Programme from May-June with various activities and volunteering opportunities.

TUESDAYS - SCOTTISH NATURAL HERITAGE

Days will include getting involved in activities and projects, such as :

- Building and Positioning Bird Boxes
 - Bridge Building
 - Picnic Table Building
- Building and Maintaining Access Walkways

09:30am- 4:00pm
8th - 15th - 29th May
12th - 19th - 26th June



WEDNESDAYS - ALLANTON WORLD PEACE SANCTUARY

Days will include :

- Maintaining and Planting in large walled Garden
 - General Ground Maintenance
 - Building of a new Winter Log Store

Also there will be a special event we will be helping with which will include erecting marquees and preparation for Allanton's Annual World Peace Festival which takes place on Saturday 25th June 2012

09:30am- 4:00pm

9th - 16th - 30th May

6th - 13th - 27th June

SPECIAL EVENT 20th – 22nd June

THURSDAYS – ART WORK SHOP

Apex's resident artist Frank Hayes will be available to support you in various art projects. Frank is well known and highly respected by many Apex clients who have produced some amazing pictures and designs. (no previous art experience necessary)

9:30am-12:00pm

10th - 17th - 31st May

7th - 14th - 28th June

FRIDAYS - AURICULAR ACCUPUNTURE

Auricular (or ear) Acupuncture is a specialised complementary therapy where acupuncture points on the outer ear are treated, using either needles or magnets to help relieve many chronic complaints.

10:00am -12:00pm

11th- 18th- 25th May

1st - 8th - 15th - 29th June

