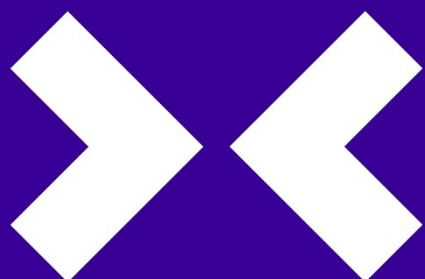


Apex Scotland

Dumfries Newsletter

Summer 2014



apex

dumfries

Inside this issue:

| | |
|-----------------------|---|
| Moving On | 2 |
| SHINE | 3 |
| Turnaround | 4 |
| Employability Fund` | 5 |
| U-Turn Service | 6 |
| Auricular Acupuncture | 7 |
| Outdoor Volunteering | 8 |



Apex Scotland
77-79 Friars Vennel
Dumfries DG1 2RF

01387 256 310

**For latest news and information on services
please visit:**

www.apexscotland.org.uk



Moving On Service

Page 2



Rehabilitation of Offenders Act 1974

1974 CHAPTER 53

The Dumfries Moving On Service facilitated by Personal Development Mentor Crystal Soltys ended the financial year achieving the target number of referrals for the year. Out of 154 referrals made, 150 people had criminal records, so the majority of work for this service still remains around working with the client on our specialised subject of Rehab and Disclosure, to go over spent and unspent convictions, and draft up a letter of disclosure.

The Rehab and Disclosure work that Crystal carries out on a day to day bases is crucial and enables clients to be more realistic regarding their job opportunities. Crystal says with regards to this *"It also educates employers into seeing that not everything you read is black and white, there are reasons behind a lot of clients offending behaviour, that they wish to move on from. I often hear from clients that if, during an interview, they were to be asked about their past convictions they would just crumble under the pressure of how to reply but with the letter they feel more confident as it explains their past in a honest, productive and positive way and they now know their rights according to law."*

The Moving On Service is now closely linked to our U-turn Service, facilitated by PDM's Derek Richardson and Megan Wright, This allows Crystal's clients to engage with the group work available internally and also volunteering opportunities. It also allows Crystal to fill in the most recent gaps of employment on their CV and allows them to have an up to date reference suitable for future employers.

Crystal continues to be as flexible as possible in this service and to meet the needs of her clients allowing them to move forward feeling supported. The service is varied, so if in doubt of what can be provided for individuals feel free just to pick up the phone or pop in and ask!



Referrals for the SHINE Women's Mentoring Service, facilitated by SHINE & Turnaround PDM Jeanette Reid, are steady at the moment with an influx of Community referrals as a direct result of good inter-agency working within Criminal Justice. Jen is currently working with a brand new caseload of females, which presents fresh challenges and exciting opportunities for both Jen and her clients, one of Jens clients has managed to secure temporary employment! Jen has successfully managed to negotiate funding which will

enable SHINE clients to attend a Health & Wellbeing class on a weekly basis as part of their support package. So far the women have attended Zumba and Pilates, which has been thoroughly enjoyed; however Jen is looking for alternative activities for a broader appeal. After a successful session one of Jens female clients commented *"I feel much more relaxed following my session today. I have a clearer mind and feel that I can face my problems without getting stressed out. I am looking forward to getting a decent nights sleep"*.

Jen has recently attended Personal Protection Training within HMP Glenochil, part of the core training required by Scottish Prison Service.

She has also completed her refresher training for acupuncture, a very popular choice for many of the ladies who are opting in to acupuncture sessions seeing it as an effective way of dealing with their anxieties. Jen has also attended a two day SQA Scottish Mentoring Network Training course, which Jen thoroughly enjoyed and said was 'excellent!'. On top of this, Jen is looking forward to doing her Professional Development Award in Domestic Abuse Advocacy, which will be delivered over several months throughout the Autumn.





Turnaround Service

Page 4



Jen has worked closely with a number of service users and has received much positive feedback, verifying that the work we do in the community is highly valued. One client commented, *"It feels good to be able to talk about stuff. Normally when I think about things I want to explode. The help and support I have received has been exceptional"*.

The main presenting issues have been a combination of dual diagnosis and low self-esteem. Regular scoring on the six key indicators has evidenced change and reflects upon the individual's desistance journey.

Jen has strong networks with local agencies in Dumfries & Galloway and has done a lot of work in preparation for those leaving the service. Many of those close to completing their order have expressed concern about having no structure in their life and have actually enjoyed the routine of attending their unpaid work.

Multi-agency referrals have been made to Apex Scotland, Independent Living Support, Alcohol and Drugs Support to name a few. These transitional supports provide a protective factor in reducing re-offending rates and allow clients to receive further help and guidance after they have successfully completed their time with Jen.

It should also be noted that recently Jen gratefully received her '10 years outstanding contribution to Apex Scotland' award, well done!



Employability Fund

Page 5

The Employability Fund service has been in existence within Apex for one year now and still seems to be going strong! Since Employability Fund PDM Louise Handley has been on maternity leave the service is being facilitated by U-Turn PDM Megan Wright and Centre Co-ordinator Fiona Dalgleish, they are currently putting the young participants through their ASDAN qualification, whilst Megan is still actively involved in the U Turn Service. The Employability Fund has had 4 successful starts.

As part of the groups portfolio work the participants have been organising a barbeque for U-Turn Dumfries and Stranraer, each individual taking on a different role and allowing them to gain skills which will be useful in their futures, from planning and organising the event, to boosting confidence from interacting with a variety of new people in a professional manner.

Employability Fund Participants continue to enjoy the outdoor volunteering opportunities available through the U-Turn service, and show a high standard of commitment and understanding with regards to their behaviour, work ethic and the standard of their work, which applies both inside the Apex Dumfries premises, and whilst out volunteering at the different locations.





U-Turn Service

Page 6

U-Turn Personal Development Mentors Derek Richardson and Megan Wright have had a very productive couple of months creating a new timetable and groups for keen participants to be a part of, such as C.V Building and Jobmatch workshops, and offering clients 4 days outdoor volunteering opportunities per week. U-Turn will be starting an exciting new volunteering placement with SHAX in the coming month, while continuing to work alongside Annan Fisheries, Scottish Natural Heritage, the South of Scotland Wildlife Hospital, and Allanton Peace Sanctuary.

The service continues to focus on volunteering and group work, offering people the opportunity to increase their self confidence and gain work experience and skills. It has been further developed to compliment the Moving On service to offer training, knowledge and understanding in a relaxed and friendly group environment.



As a result of our clients hard work and dedication to the outdoor volunteering service 14 Saltire Awards have been achieved; 7 received for 10 hours volunteering, 6 received for 25 hours volunteering, and one for 100 hours of volunteering; *well done!*

Auricular Acupuncture

Page 7



Auricular Acupuncture, otherwise known as 'ear' acupuncture, is a specialised complementary therapy where acupuncture points on the outer ear are treated, using either needles or magnets, which can help relieve many chronic complaints, and helps you to relax and de-stress.

Auricular Acupuncture at Apex Dumfries is delivered by Centre Co-ordinator Fiona Dalgleish and is available free to all those participating within the Moving On and U-Turn services. This promotional service is held every Wednesday at 2.00pm in the Apex Dumfries premises. After the 1hr (approx) treatment, you can expect to feel thoroughly calmer and relaxed.

The following real-life story was given to the staff at Apex Dumfries from one of our clients currently engaging with acupuncture:

A Service user was referred 3 months ago through an outside agency to the U-Turn service for Auricular Acupuncture and Volunteering. He had suffered from a speech impediment from the age of 6 and despite engaging with numerous qualified Speech Therapists he did not show any signs of improvement towards his stammer, having a dramatic knock on his confidence and self esteem, and due to these issues found it incredibly hard meeting and engaging with others.

Before being referred to Apex Dumfries, this service user had never tried Auricular Acupuncture and was very inexperienced with regards to being in a group environment, which was apparent when he first started engaging with the staff at Apex Dumfries.

After attending the acupuncture sessions several times it was noticeable that Dave's stammer was becoming much less frequent, and it seemed his confidence was improving as he seemed to become gradually more and more comfortable in the groups surroundings.

This service user has continued to attend his weekly acupuncture sessions and now does not have a stammer whatsoever, which he puts down to receiving the Auricular Acupuncture at Apex Dumfries. Additional to this, since receiving Auricular Acupuncture this service user has noticed that his sleeping pattern has gradually improved. His confidence has also dramatically increased, and says that he is much more comfortable in the group's surroundings and that he now feels far more confident being in a group environment





U-Turn Outdoor Volunteering Locations Information

Page 8

U-Turn PDM's Megan and Derek are pleased to announce another brilliant volunteering opportunity for the group with SHAX, a charity based within Dumfries. Emerging from an interim local Steering Group and subsequent workshops sessions, and building on operations previously provided by CCH Furniture, SHAX supplies minimal cost crisis need used furniture and white goods to people within Dumfries and the surrounding area. Initially U-Turn will be helping to revamp SHAX's goods warehouse, painting outside and inside and helping organise what is stored within the warehouse. This is a new and exciting opportunity for all those involved, and work is continuing to flow positively with U-Turn's other fantastic outdoor volunteering opportunities.



Scottish Natural Heritage: *'The quality of the greenspaces in our towns and cities, and the ease with which we can access our surrounding landscapes, are important for our health and wellbeing: high quality landscapes encourage us to venture into the outdoors.'* U-Turn Volunteering days with SNH may include projects such as building and positioning bird boxes, bridge building, picnic table building, and creating and maintaining access walkways.

Annan Fisheries: The River Annan District Salmon Fisheries Board (RADSFB) is set up to manage the salmon and sea trout fisheries of the Annan district. The board undertakes actions to regulate, promote, protect, and enhance the river Annan and nearby areas. U-Turn activities in and around the Annan River may include maintaining pathways and river access, erecting fence styles, conservation work, as well as plant species control.

Allanton Peace Sanctuary: Allanton World Peace Sanctuary is the European Sanctuary of the World Peace Prayer Society; an international organisation with NGO status, supporting the United Nations 'mission' for realising world peace. This society aspires to a world in which all races, ethnic groups, religions, cultures, customs, and all forms of life are respected and treated equally. U-Turn Volunteering days at Allanton Peace Sanctuary may include maintaining and planting in the large walled garden, general ground maintenance, and the building of a new Winter log store.

South of Scotland Wildlife Hospital: Based at the Barony College Campus, the South of Scotland Wildlife Hospital is U-Turn's newest working project. Apex Volunteers help the staff who look after the wellbeing of animals taken in throughout the south of Scotland and beyond, U-Turn volunteering days may include building and maintaining enclosures for animals, (wildfowl, swans and ducks) fencing, and grounds maintenance work. They are also constructing new paths and roofing for the enclosures.