



APEX SCOTLAND

DUMFRIES NEWSLETTER OCTOBER 2012

KEEP WELL DROP IN

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Apex is pleased to announce the start of a new Keep Well drop-in session which will be run in partnership with NHS Dumfries and Galloway and Healthier Scotland.

The average time spent with a general practitioner (GP) is only seven minutes and this, particularly with the client base we work with, is not enough time. Too much or all time may be taken up with Drug or Alcohol related problems and other things may well get overlooked or missed.

These drop in sessions are a great opportunity to discuss any problems the client may have without having to worry about time slots. Anyone using this service can talk about any health related issues or even if they need just a bit of a once over, clients are encouraged to discuss their issues in complete confidence.

Anything discussed within these one to one drop in sessions will be private and confidential. The sessions are incorporated into the U-Turn timetable.

Apex Scotland
77-79 Friars Vennel
Dumfries DG1 2RF

01387 256 310





Get Ready For Work

Stuart Pomfrit and Alex Ferris from HMP Dumfries visited the Apex Dumfries Centre recently to give an informative talk on life behind bars. As part of educating our trainees on the consequences of offending behaviour Stuart and Alex use their years of experience working in the prison service to give an in depth picture of the reality of a custodial sentence and the affects this has on the individual, families and society.



Our trainees improve their employability skills by practicing writing cover letters and CV's. There are two sessions a week where the focus is on employability and learning how to market themselves to employers.

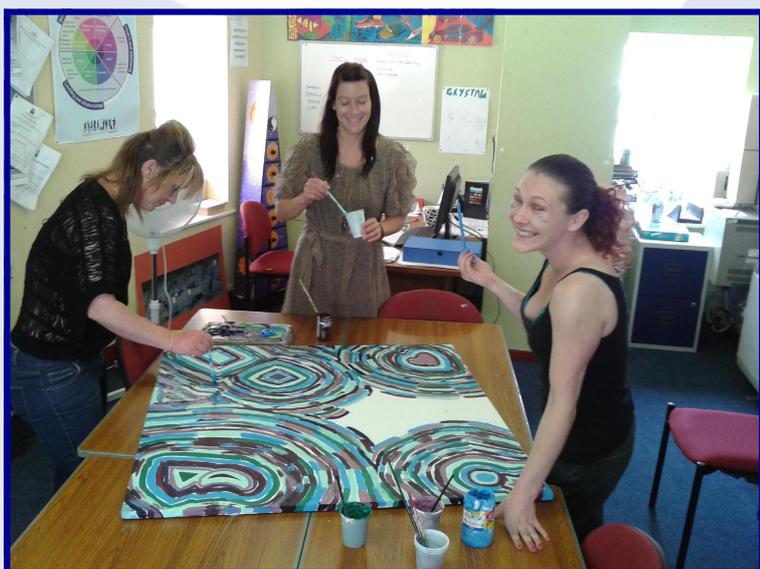
Our trainees also get the chance to be creative. As part of the programme there is the opportunity to get involved in art projects and improve or learn new skills. There is also the opportunity to take part in community projects such as the Shax initiative by improving the interior of the warehouse with the assistance of Frank Hayes who uses his experience as a commercial artist to help our young people.





Women's Group

This month the group enjoyed a variety of activities. The Women's Group have enjoyed an Art Therapy workshop with Frank Hayes and Jen. The session drew inspiration from Jasper Johns piece - Dancers on a Plane.



His signature crosshatch style demonstrates a complex organisation of diagonal brushstrokes to express his concept of dance. The ladies really got involved and were amazed at what they had accomplished in just two hours. The finished piece is hung in the corridor, bringing a bit of life to a blank canvas of magnolia. Roll on the next one!

More recently, Jen and the ladies were kindly invited along to Allanton Peace Sanctuary to take part in an introduction to Japanese Calligraphy.

We had a fabulous morning and came away with some great pieces of art as well as an insight into Japanese art and the culture. A huge thank you to Caroline and Uma for the experience.





LIMA : Where we grew up

Jen was inspired by a project called Map Silhouettes and was able to adapt the idea to deliver a literacy session.

Each learner had a picture taken of their side profile and then using the smart board as a projector we traced around our silhouettes. We then located our hometowns on google and stuck them onto our head shot.



We then added a piece of creative writing to the reverse, using a range of methods. Some individuals wrote a story based on memories growing up, whilst others chose to gather facts on their hometown from the internet.



Poetry

Many people come and go through Apex in Dumfries, all have different experience. Some like to show their appreciation for the help they have received to turn their life around.

Recently we have been given a poem based on the experience a previous client has had at Apex to show how they felt.

Since I've come to Apex,
It's helped me understand,
At this point in my life
I need a helping hand,

We all make wrong choices
And sometimes go off track,
This is where apex stepped in
They've really got my back,
They never judge
There here to listen,
Just take it day by day,
Even when you relapse
Falling back into a rut,

You just get straight back on the horse, there's no time to just

Give up

Kerriann Hearn



U-Turn : Annan Fisheries

The river Annan is playing host to more than treble the number of salmon it did 15 years ago. With the aid of the River Annan Trust and the Annan Fisheries Board the River Annan is now one of the top fishing hotspots in the country.



Over £1.5 million pounds has been spent on environmental improvement projects as well as on education and research, not just in the hopes that the fishing would improve but to help look after the entire fresh water catchment of the river Annan.

Fishing in Annan is now regarded as some of the best in the county. With fishing all year round and with big catches up for grabs the Annan River Trust and Annan

Fisheries Board is asking that anglers please return more fish than they keep for the table. In order for this great initiative to continue the Annan Fisheries Board need volunteers to help.

[Apex Riverside Clean Up Video Click Here](#)

This has provided another great partnership working opportunity between Apex Dumfries U turn clients and the Fisheries Board to mutually benefit.

The Trust has embraced Apex volunteers with open arms, provided skilled and knowledgeable staff to work alongside the volunteers, with the simple equation of the volunteers providing their time and labour, and in return enjoy days out next to the river Annan, learn new skills, keep active, and have a few good laughs along the way.



This partnership is currently in its infancy, yet already, many paths have been cleared, styles fitted over fences, bridges fitted over streams, areas strimmed, and litter cleared.

In addition to this, two volunteers have achieved, with financial support from the Trust, accredited training in the safe use of pesticides. This training was immediately put into working practice with work well on its way to helping to eradicate invasive plant species from taking over the riverbanks.

Apex Dumfries and all the U Turn Volunteers would like to thank The Annan Fisheries Trust for the faith, trust, and opportunities provided to date. In particular special thanks go to Chris and Mike for organising the work loads, and of course to Nick Chisholm (Trust Manager) for his commitment and enthusiasm to continue to develop opportunities with a real and genuine focus on developing the skills of the volunteers to improve their self esteem, and address their personal barriers.

SHAX



SHAX working with local support agencies and homeless people in and around Nithsdale - delivering emergency and affordable furniture & house-hold essentials to those in need

SHAX-creating hope...
A Registered Scottish Charity
Merrick House, The Crichton, Dumfries
DG1 4TA
Mon/Fri 9.00am – 4.30pm

mobile: 07824612286
email: shax12@live.co.uk

landline: 01387 733059
www.shaxdumfries.com

see us on facebook too!



U-Turn

Chris is running the U-Turn Group Work Programme from August - September with various activities and volunteering opportunities.

Art Workshop

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 pieces of art. (no previous art experience necessary)

Scottish Natural Heritage

Scotland's Natural Heritage is its wildlife, habitats, landscapes and natural beauty. Scotland is renowned for its attractive scenery and wild places and has a huge diversity of landscapes, habitats and wildlife. These are part of what makes Scotland special and are among the country's greatest assets.

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.

Allanton 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. The Society's Headquarters are in New York, and there are offices in San Francisco, Munich and Tokyo.

The Society aspires to a world in which all different races, ethnic groups, religions, cultures, customs, and all forms of life are respected. We can help to build our civilisation to become one in which there is a harmonious balance between material and spiritual values.

Days will include Maintaining and Planting in large walled garden, general ground maintenance and the building of a new winter log store.



Drop-Ins

A drop in service will be available at both Summerhill Community

Centre, Dumfries, and Kate's Kitchen, Annan.

A member of the Apex Dumfries team will be available to offer advice and support in a warm, friendly and confidential manner on a variety of issues that may be preventing individuals from moving forward in training, employment or life in general.

Summerhill Community Centre
Every Thursday 1pm-3pm

Kate's Kitchen
Thursday Fortnightly Sessions, 9:30am—12:00pm

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. Helps you relax and de-stress.

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.

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.

Activities in and around the Annan River area include; maintaining pathways and river access, erecting fence styles, conservation work as well as plant species control.

NHS Keep Well

Keep Well Drop-Ins are part of the health programme run by NHS Dumfries and

Galloway to help keep you as well as possible. The Drop-ins are there for free and confidential health checks so if anyone wishes to discuss or seek advice on a problem they are more than welcome on the drop-in service.