



30th ANNIVERSARY



ANNIVERSARY CELEBRATIONS

29th NOVEMBER 2019

THE DRUM, BRENT CIVIC CENTRE



DEVELOPMENT OF APDA

From our humble beginnings in a shared Portakabin, APDA has progressed successfully over the years into a high standard specialist direct care service provider, offering culturally specific lifeline support for elderly and disabled people.

APDA 's Management Committee members are very pleased and proud of the progress of APDA and the contributions it has made in improving the lives of elderly and disabled people and of their Carers and Families over the last thirty years.

Our User-led and Needs-led organisation has worked together with our supporters, committed staff, volunteers and a dedicated team of Trustees, in a unified way over the years.

And, we have managed to not only sustain the organisation during periods of economic downturns which resulted in heavy cuts, various reconfigurations by local authorities, introduction of contract culture to social care and various other trials and tribulations, but APDA even managed to achieve during these difficult times, in terms of growth, employee strength and expanding our care and support to disabled peers in developing countries of south and Southeast Asia.

As a User-led organisation, APDA has always positioned disabled people in all our work activities, whether in our direct services or our policy level activities for the benefit of disabled people.

Lastly, we would like to take the opportunity at this milestone anniversary stage to express our thanks and appreciation to all our stakeholders who have been associated and involved in our work and our achievements : Our Users and their Carers and families, our management board, our staff and volunteers and the local authorities who have shown their faith in us and partnered with us in addressing, in a sensitised manner, the cultural, linguistic, dietary and other particular needs of this section of the community.

We now look forward to continue offering our high quality lifeline support services to the most vulnerable section of the community for years to come.



APDA looks back at the successful milestone years and we delightfully show case here some of the highlights of our steady development over the years:

2019: APDA presents and reads a joint statement at The fifty-seventh session of the Commission for Social Development (CSocD57). The Commission is the advisory body responsible for the social development pillar of global development. Took place from 11 to 21 February 2019, at the United Nations Headquarters in New York

APDA attends and meets UN's Special Rapporteur (Professor Philip Alston) on extreme poverty and human rights at The Guardian Live session on the Poverty Crisis in UK

APDA Chairperson attends Her Majesty the Queen's Reception to mark the Centenary Anniversary of The National Council for Voluntary Organisations held at Windsor Castle

APDA's Co-Founder Michael Jeewa receives the British Community Honours Award at The House of Lords

APDA attends the UK DDPO's launch of their report and recommendations back to the United Nations, in light of the UN's Special Rapporteur report of Extreme Poverty in the UK ("State of Britain"), held at the House of Lords

APDA facilitates Race Equality Foundation with capturing the true-life stories of our Asian disabled clients and service users on behalf of Care Quality Commission aims to identify "State of Care" (CQC).

APDA celebrates 30 Years

2017-18: APDA is selected to carry out the Disability Research on Independent Living and Learning project

APDA implements DRILL project

Report of DRILL project is published

2009: APDA development of Dementia specific support

2004: Moved Office to Alpertown House, Alpertown and Day Care services to Alric Avenue, Harlesden.

Transition to Contract Culture and Contractual terms with local authorities.

2002: APDA Chairperson, Mr. Ashok Ghose Awarded an OBE for his work at APDA and with disabled people across the UK.

1994: Success with City Challenge

Moved to Central Middlesex Hospital & established the Disability Alliance

Centre and led a consortium.

Remploy Awards received for two consecutive years for creating and Employing disabled people at APDA.

1989: Stonebridge Estate

Launch / Opening Ceremony by Cllr. Mrs Lata Patel

2018: Overseas Development in Burma (Myanmar) and disability scoping visit to Bangladesh

APDA wins the Community Group of the Year category of the Asian Business Awards
APDA's Co-Founder Michael Jeewa is awarded Her Majesty the Queen's British Empire Medal (BEM)

2014: APDA celebrates 25 year anniversary

2007: Received Consultative Status with the Social and Economic Council of the United Nations

2003: Successful participation in the European Year of Disabled People (EYDP)
Received EYDP support with publishing of book launched by government Minister.
Successful hosting of the EYDP European Bus at APDA premises.

Attended as Guest Speakers at the General Assembly of the European Disability Forum in Warsaw, Poland.
Queen's Jubilee celebrations/IDDP and Princess Anne's visit.

2000: Invitation from Her Majesty the Queen to Buckingham Palace for APDA 's CEO and the Chairperson.

1992: Moved to Willesden Hospital. Closer work with health services.

Established Advice & Information project

Established Advocacy services

Development of Apna Ghar Housing Association

Active involvement in the Disability Movement

Involvement in City Challenge Regeneration scheme



OUR DAY CARE SERVICES

Part of our Day Care activities include outings to places of interest, in addition to direct care support services at our premises in Brent

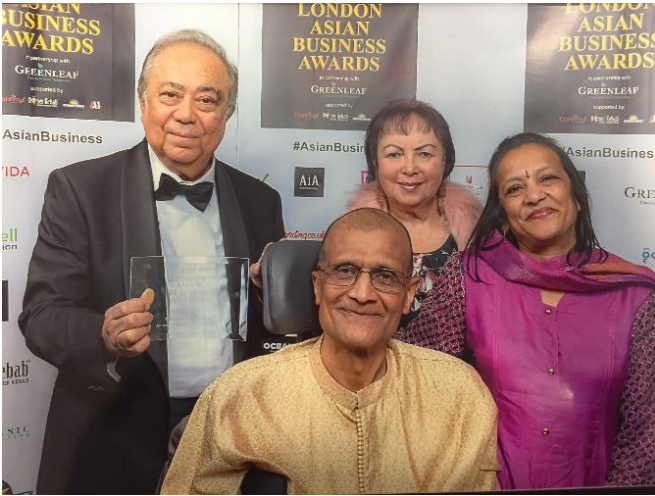


OUR HOME CARE SERVICES

Hands on care at home and befriending to Disabled People in their everyday lives



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Asian People's Disability Alliance

Humare Avaaz (Our Voice)

'nobody had ever asked about their health or wider ... issues before'

***Barriers to independent living
faced by disabled Asian women***





STORIES OF APDA'S IMPACT

"My mum has worked and volunteered at the APDA centre for over 20 years. APDA has been a big part of our lives for a long time. As I've grown up, I have many fond memories of visiting there. I especially enjoyed the days out that were organised by the centre. On the days out with the centre, everyone would always bring a packed lunch. My mum and I would be offered lots of different types of food to try! We loved tasting all of the home-made treats.

Why is the APDA centre special to us? The centre is always filled with wonderful personalities. The workers and the clients are welcoming and always make you feel at home. We really feel part of the APDA community. My mum and I feel lucky to have met so many great people there.

Sadly, over the years, some of the APDA community have passed away; such as Mahesh Amin. The impact of their lives on us, will never be forgotten and their legacy will continue to live on.

The centre celebrates different cultures and religions. They have great Christmas, Diwali and Eid celebrations.

My mum has cared for many people over the years, and she's loved doing it at APDA. The APDA centre celebrated my mum's retirement, with a thoughtful gift and a presentation.

The APDA is now celebrating its 30th anniversary this year! My mum and I wish the centre all the best! Good luck for the next 30 years!"

- Valene Philips the daughter of ex. retired staff member (now volunteering) Sandra Philips

"I arrived in London from India on the 26th of November 1980.

In 1987 while I was working full-time I was first diagnosed with Rheumatoid Arthritis.

Life became very difficult for me. Every day, simple tasks became challenging and by 1988, I had my 3rd child and the reality of what my life would be like became a harsh one; when I would find it difficult to hold or even nurse my newborn.

Brent Council then chose APDA centre for me to get support services.

Back then, APDA Day Care services were provided from premises at Willesden Hospital where I was introduced to the development activities of APDA.

I was struggling a lot with my health and the quality of my life was deteriorating until I really found comfort and support in the new family I discovered within APDA Day Care centre.

Life felt a lot easier, even just being able to talk to other like-minded people who understood what I was going through.

I found a lot of peace within myself in the 2 days of placement that I spent in the centre every week.

The most beautiful, lifetime bonds were forged and today, 29 years later these bonds are still going strong between me, and other users, staff, management and volunteers."

- Mrs. Kashmiria Jhya



"I am honoured to have been asked to provide a written summary of the work I undertook with APDA in my work as a Contract Monitoring Officer with Brent Council.

My role required me to work closely with several Day Care Centres to ensure that they provided excellent Day Care facilities to elderly community in Brent.

Working with APDA was always a pleasure and privilege.

In the early, and, developmental, years of providing Day Care, APDA, were always keen to improve and develop new methods of working to ensure that they provided the highest level of service that they could. This ethos continues today. They never fail to put the Service User first and their whole focus continues to be the quality of the service they provide. In this, I will never forget the major role that dear Mahesh played in the development of the Centre.

We worked closely together to develop written policies for the Centre, to train the staff in these policies which ensured the quality and consistency of the service they were able to provide to the User, and also meet the legal requirements i.e. Health and Safety, Food Hygiene etc.

Mahesh was leading light in the development of the Centre, and I am so glad I had the opportunity to meet and work with him. Working with him was so easy, with his sense of humour and gentle manner, we found that developing the Centre policies and training programme went well.

It is really no surprise at all the APDA have seen such success. Every member of the staff, volunteers are totally dedicated to all that they do.

I send my warmest congratulations to APDA for 30 years, I am so delighted to have had an opportunity to play a very small part in their success."

- Sue Wells

"I have been coming to APDA as a service user for over 20 years.

It is like my second home. I look forward to coming here as I get so much information on subjects like dementia, diabetes, visiting speakers and mainstream service providers and authorities.

I do so many activities at the day care centre and I go on many outings to places of interest like seaside, places of worship, museums etc.

Before I came to the centre, I couldn't speak to anybody lacking in confidence. Then APDA helped me to speak up, to raise my voice with confidence, that is the big advantage of the centre."

- Mrs. Kalpana Purohit

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APDA EVENING PROGRAMME

- 6.00pm** **Doors Open**
- 6.15pm** **Canapes & Welcome Drinks Served**
- 6.20pm** **Narayanan Opening Melodies**
- 6.30pm** **All to be seated**
- 7.00pm** **Welcome**
Opening Event Speeches – APDA Chairperson and CEO Guest Speakers
- 7.20pm** **Entertainment Programme Begins**
Addictive TV & Ghow & Disabled Artists
- 7.40pm** **Starters Served – To be served at tables**
Entertainment Programme Continues
Service Users & Staff Performance
Umrao Jaan; The Circle of Light Short Play Extract
- 8.10pm** **Our 30 Year Journey Presentation & Awards**
- 8.35pm** **Dinner Served**
Buffet Style – Announcement of Tables order
- 9.00pm** **Entertainment Programme Continues**
Muskaan Wheelchair Dancers & Binal
Adam Bollywood Dance
Anjali Goel Dance Solo
- 9.30pm** **Dessert / Coffee**
At Buffet Stations Announcement
Addictive TV and Disabled Artists
Narayanan Second Melodies
Music Dance Set
- 10.30pm** **Event End Speech**



PERFORMERS



Narayanan PN

Is a music teacher in London. He sings classical, ghazals, bhajans and Bollywood music. He specialises in Bhajans and Mehfil and has been singing for over 34 years and have recorded bhajan CDs and held various sell out concerts.

Narayanan has been APDA's music therapist for many years and has brought hours of joy to our Service Users with his talent.

Addictive TV and Friends

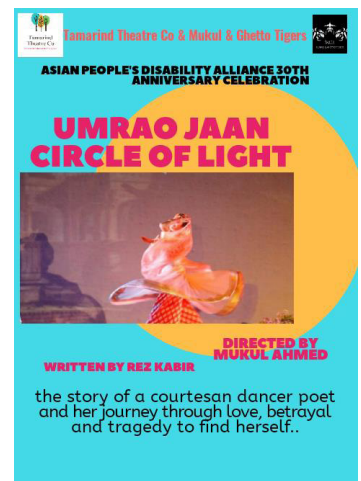
Digital artists Addictive TV collaborate with trio of blind musicians, Peter Boshier, Kevin Satizabal and APDA's own Ghow Ratnarajah. The group, who've performed a number of times together, will present two short performances - the first of which will open APDA's 30th anniversary event. Individually, Peter Boshier is a flautist and composer who's written a number of scores for BBC radio, Kevin Satizabal is a pianist who performs with the British Paraorchestra and percussionist Ghow Ratnarajah plays Sri Lankan mridangam drums and was the winner of the 2014 Tamil Disabled Persons Achievement Award. Graham Daniels heads award winning artist collective Addictive TV, known for their innovative performances blending music and video, and later in the evening a short performance of their Orchestra of Samples project, which creates music by sampling musicians filmed around the world, will be accompanied by Boshier, Satizabal and Ratnarajah.



Tamarind Theatre Co & Mukul & Ghetto Tigers with Asian People's Disability Alliance.

Arunima Kumar - Dancer/performer
 Sadia Afroz Chowdhury - Singer & musician / performer
 Rez Kabir – narrator / performer /co- producer
 Mukul Ahmed - Director / co-producer
 Members of APDA management committee
 Muskaan Dancers

Tamarind Theatre work in storytelling with young people and communities. Mukul & Ghetto Tigers bring provoking and challenging theatre and events based in London and work in UK and Subcontinent.





Binal's Dance Academy

Binal's Dance Academy specializes in an Indian classical dance of Bharatanatyam including theory, Bollywood, Fusion, Bollyrobics, Bhangra and many other Indian folk dances with opportunity to perform on stage.

Binal has been teaching our Muskaan Dancers for many years and has prepared them for many events and celebration performances.

Muskaan Dancers

In 1993 the concept of a dance group for disabled ladies was formed, in the name of Muskaan.

It started originally as activities within the disability resource centre run by APDA.

Muskaan has always provided their performances to show and motivate others as to what can be achieved with the right support and hopefully as an inspiration for others to achieve their potential too.

Over these years, other members have joined and left the group, but here they are today the original members as "Muskaan", namely Rekha Mehta, Jyoti Raja and Kashmiri Jyha.



Adam Hussain is 14 years old and he goes to school in Harrow. His interests and hobbies are dancing and playing musical instruments such as keyboard and guitar. His role model is Shah Rukh Khan who he absolutely adores, and his wish and desire is to meet him soon. Adam has performed at APDA who gave him the platform as a stepping stone, where The Lord Mayor of Brent Bhagwanji spotted and appreciated Adams talent/confidence/ dance performance and thus offered Adam an opportunity to dance at a big show in front of a large audience where Adam performed and the crowd cheered for him. He has won 12 medals and an achievement award for Jack Petchey Foundation on his own merits. His school awarded him The Best Dancer Award in 2017.

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ACKNOWLEDGEMENTS

APDA wishes to acknowledge and thank all the sponsors who supported APDA and contributed generously to our Pearl Jubilee Event

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For all those amazing donors who wish to remain anonymous we Thank you

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A P D A
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&
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DASA Group congratulates Asian People's Disability Alliance Ltd for their 30th year celebration and wishes them all the best for their future achievements.

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is delighted to support

Asian People's Disability Alliance
on the exciting occasion of their 30th Anniversary

Congratulations to Zeenat and Michael and their wonderful team on
30 years of giving to the community.



Together we can move mountains.

Kate Lawson

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CONGRATULATORY MESSAGES

On behalf of Hiren, myself and the rest of the team at Kimberley Financial Services, we wishes you all the best for the milestone anniversary celebrations and hope you can continue to carry on all the good work which you are doing.

*Best regards,
Bipin Shah*

Hope it goes very well for all involved and you enjoy marking 30 years of having an impact.

*All best,
Saba
Saba Salman
Journalist*

I hope you have a wonderful celebration and wish you all the best for your future work. You are a wonderful organisation and doing excellent work for the community.

Kind regards

*Boba Rangelov (Manager)
Patient and Public Engagement and Equalities
NHS Ealing Clinical Commissioning Group*

Dear Pradip,

Many thanks for this invitation. Unfortunately, I have various obligations in New York at the end of November and will not be able to join you. I hope the celebrations go well and I congratulate you and your colleagues on the very important work you do.

*Best,
Philip*

Professor Philip Alston is the current UN Special Rapporteur on extreme poverty and human rights.

Dear Friends

Thank you for that kind invitation. Unfortunately, I have a prior arrangement that evening and will have to decline. Good luck for the event and for the next 30 years.

Kind regards

Victor

Victor Willmott | Director | London Catalyst



Dear Zeenat Jeewa

Thanks to you and all at APDA for inviting me to the 30 anniversary celebrations on 29 November. I am sorry that I will not be able to join you due to a prior engagement. I hope the celebrations go well. Congratulations in advance for thirty years of work in this field.

With my best wishes

Bharat

Bharat Mehta

Chief Executive

Trust for London

Dear Zeenat and Silva,

Great to hear from you and I'm doing ok.

Great achievement to reach 30th Anniversary. Well done to everyone involved in the organisation.

Kind regards

Jeremy

Jeremy Crook OBE

Chief Executive , BTEG.

Dear Zeenat

Congratulations on your 30th Anniversary Thank you for your invitation the evening sounds lovely. Unfortunately, I am not able to attend due to a prior engagement.

I hope you have a lovely evening celebrating the work and achievements of APDA

Best Wishes

Jazz

Jazz Browne, Nubian Life Resource Centre

To APDA,

Sorry I can't be with you on the evening. Congratulations on the achievement this 30th Year landmark.

Regards,

Lord Paul Boateng



CELEBRATING
30
MILESTONE YEARS

Best Wishes on this milestone occasion from
Prontaprint Potters Bar

P

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