

ASIAN PEOPLE'S DISABILITY ALLIANCE (APDA)

WINTER NEWSLETTER

December 2023



As we wrap up 2023, I would like to share a roundup of our unforgettable events, trips, celebrations, workshops, and performances since June 2023 that have made this year truly memorable. I am proud of our staff team for all the amazing work undertaken in such a short space of time.

Throughout the year, APDA has continued our commitment to inclusivity, empowerment, and equality for health outcomes. We have ensured we constantly highlight the importance of correct, appropriate and adequate care, support, understanding, and education in making a positive impact on individuals' lives.

I also wish to thank you all for your support and commitment to our organisation in each of your own ways it has enabled APDA to stay standing, and it is very much appreciated in such difficult times, both financially and socially.

I hope you will enjoy our newsletter and agree that it showcases the best of our staff and users.

Best wishes for a Merry Christmas and Happy New Year 2024.

From Zeenat

Minibus Launch:



Team APDA proudly unveiled our new accessible minibus catering to the needs of our older and disabled users, made possible by the support of PHVC and the generosity of our donors, Jaspur Foundation and the Oshwal Association UK.

IMPORTANT DATES TO REMEMBER

Our Centre and Office will be closed from
25th December 2023 to
1st January 2024 (Bank Holiday)

In case of an emergency or Urgent Matters, please contact the following numbers:

Day Care –
07739 344555

Home Care –
07716 768078

Brent Joint Day Centre's Sports Day:

APDA with Aga & the John Billam Team, other Day centre providers and Brent Council organized our second successful Adult Day centre Sports Day in August. Held specially for disabled and older persons who use Brent based Day centres, we provided accessible activities that were tailored for service users, including keep fit, Cricket, Basketball, Tug of War, Relay races, Crazy Golf, and more. A fun awards ceremony was held at the end with trophies, medals and certificates issued to all participants for their efforts.



Muskaan and Service Users Dance Performances:

Our Wheelchair dancers joined by other Service Users were very active during these past 6 months, having been invited to take part in several dance performances to showcase their talents. For example, here they are performing at the Royal College of Physicians Awards 2023 and Saree Exhibition at the Design Museum.



Summer Trips 2023:

This summer we had the pleasure of taking our Service Users out to various outings where they enjoyed the sunshine and warmth of the outdoors. In June we went to Verulamium Park, St. Alban's to enjoy a picnic and museum. In July we took a trip to Garson's Farm, Surrey. It was enjoyable for the Service Users to pick their own fruits and eat them fresh. We also enjoyed seeing the flowers and plants bloom in Kew Gardens. In August we made a trip to Brighton Beach for the day, soaking up the sunshine and sea air. We ended our summer day trips with 'Lewis of London' Ice-Cream Farm, despite the English rainy weather towards the end brightened up with the sun coming out for us to enjoy the delicious ice-cream.



Autumn trips 2023:

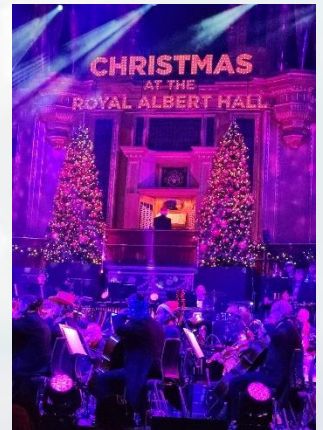
APDA embraced the spirit of Diwali in our centre and also taking service users to the Swaminarayan Neasden Temple to join in with the celebrations held there.



APDA as part of our commitment to sustainable, environmentally friendly service delivery, have reduced our use of plastic throw away catering items.

It was a pleasure to have the help of our service users when we made a trip to Ikea Neasden, where they were able to pick the new crockery.

We were pleased to be able to secure tickets for the Friendship Matinee, Carols at The Royal Albert Hall for our users to enjoy the festive performance. It was an amazing experience for all, inside an iconic venue of London.



EVENTS HELD:

Carer's Week Celebrations:



In June, we celebrated all our fantastic Carers including our Family Carers and Care Staff. Awards and gifts were issued with a delicious lunch as a token of our thanks for their unwavering, dedication and commitment day in and day out.



UN International Day of Older Persons Celebrations:

In October, we were pleased to host the Hon. Mayor of Brent, Cllr Orleen Hylton, alongside the Hon. Deputy Mayor of Harrow, Cllr Salim Choudhury, for our celebrations of United Nations International Day for Older Persons 2023. It was a fun filled day with singing, activities, dancing, and wonderful colours on display, not to forget the tasty lunch for all.



UN International Day of Persons with Disabilities and Diwali:

APDA hosted another successful joint event on 30th November, celebrating the UN International Day of Persons with Disabilities and Diwali. Special guests, including Councillor Bhagwanji Chohan and his wife, Ms. Kibibi Octave (Brent Interim Director of Communities & Regeneration) and her team joined our event. We had performances by visually impaired musicians Ghow Ratnarajah and Uttara Joshi (singer and dancer), our dance Therapist Binal Trivedy led a dance with Service Users and Staff, encouraging all guests to take part. Georgia Cornwell from “Step Change Studios” choreographed a Semi Classical Indian dance for the service users to perform on the day. Our staff member Noo performed a Southeast Asian Lamp Dance with candles representing the festival of lights. The event also held a parade with Service users and staff holding posters highlighting the 17 UN Sustainable Goals for a more inclusive and sustainable future, encouraging continued support for representation of disabled people in all areas of life to achieve real sustainable outcomes.



AGM & Christmas:



Our Annual General meeting was held on 14th December 2023, and we combined this with our annual Christmas celebrations. This was such a fun and enjoyable day, filled with discussion on interesting topics, workshops, yummy food, of course some great singing, and to end the day with sparkles and crackers.



East London News

We are very pleased to announce that APDA has been successful with funding from The Mayor's Community Grant Programme, Tower Hamlets for our Older Women's project. This started on 1st November 2023. This has been such a welcomed outcome for APDA as we have been consistently delivering our twice weekly sessions for isolated and often marginalised women since 2017. The women who attend our sessions are extremely grateful to the Mayor's Grant team in providing us the ability to continue our much needed services and for recognising our efforts and abilities to reach the most forgotten and hidden community members of Tower Hamlets.



Homecare News:

We are pleased to welcome our new Homecare Leader Sumaiya who joined us in June 23.

"I am delighted to be a part of the APDA Team, and I'd want to take the opportunity to share my initial views and experiences while working with APDA's Homecare Services." – Sumaiya

Our Carers are always striving to improve their skills with annual refresher courses provided to them via SCTV including Cyber Security and Dementia care courses. We have also welcomed 4 new staff members to our team who have been working very hard to provide our quality care support to our clients.



Development & Partnership Working:

APDA takes pride in ensuring we are constantly developing ourselves and our services. We pride ourselves in listening to our users, families, and carers about what issues matter to them.

We are pleased to welcome our development officer, Kweku, who has actively been co-designing new projects with users that are urgently needed by disabled and older people in these difficult times. We have also worked hard to keep raising issues that affect our stakeholders, and promoting all of our activities to ensure Disabled and older users are always showcased for the amazing people they are.

The staff team took part in a variety of events including the Frailty Fair Brent, Brent Service Providers forum at the Civic Centre, Health and Heritage event at Leyton Cricket Grounds.

We interacted with guests and fair organisers, emphasising benefits of using our culturally designed and religious sensitive services as well as the positive impact in health and wellbeing that our clients experience over the period. Visitors to any of our stalls leave with Service Offering leaflets, giveaways and contact details.



Health & Heritage event at Leyton Cricket grounds



APDA @ Brent council Carers event



APDA stall at Brent Frailty Fair

APDA was recently at Mayor of London's City Hall. Represented by CEO, Ms Zeenat Jeewa and Kweku for the Building a Fairer City End of Year progress report event and the launch of the London anti-racism collaboration on health (LARCH) which is a collaborative work of the GLA, with Race Equality Foundation (REF), APDA and other organisations in the development of a learning Hub for the London health and Care organisation's progression to become anti-racism organisations as part of efforts to tackle ethnic health inequalities in London.





APDA's commitment to inclusion proved successful in obtaining a small one-off grant from Brent's "Love where you Live" fund for Service Users to join in at the Day centre's Sports Day held at John Billam Sports and Recreational centre.

We are thankful to Brent Council for committing to supporting residents with amazing projects across the borough. This Grant Fund supports initiatives in the community aimed to improve residents' well-being.

Kweku has also been working to develop and undertake a small project that will be part of TFL's EDI training for Bus Operators (accompanied journeys). This project is managed by EWG Group and will be working with Disabled people's organisations to achieve the outcomes of this access review. This project will study the challenges that disabled and older people face when using TFL bus services in London through actual life observations. It will be an exciting project for our Service users and Staff to take part in.

The Advocacy Project:

APDA has been working with The Advocacy Project Team in Brent (Waisum Chan) to raise awareness about lung cancer and bowel cancer, aiming to educate, inform, and empower communities through a series of engaging and impactful awareness sessions. These sessions were informative about prevention, early detection, and available resources were given out.

Specialist Social Care Advice - Chatbot Project:

We continue to work with Access Social Care to develop and improve the Chatbot facility on our website, this is a free service for users to access legal information about community care and welfare benefits for older or disabled people, their families, and carers. The chatbot is designed to take the user through their situation and identify a letter that they can send to help resolve the problem they face. APDA facilitated a workshop in November with Service Users who use disability equipment such as wheelchairs, ramps, stair lifts, etc to discuss their experience of obtaining these equipment and getting in touch with the correct authorities. The feedback from the Service Users will be used to improve the Chatbot facility. Please do visit our website and click on "Rashmi" the lady in the wheelchair icon to access the Chatbot.

Continued Support:

We are very thankful to all the organisations listed below that we have partnered with in the past 6 months to widen our reach and support to more disabled and older people across London. APDA will continue to explore other relationships with organisations that share in APDA's vision and goal.

StepChange Studios	Apasen for facilitating Disability Network – Tower Hamlets
Sense UK	Mental Health Forum – Tower Hamlets
DR UK	Account3 for facilitating Womens Network – Tower Hamlets
Inclusion London	Elders Voice - Brent
Race Equality Foundation	Wise – Brent
Age UK – Brent	Vallance Community Sports Association
Garavi Gujarat	Eastern Eye
Tower Hamlets Community Housing for use of their community space	
Spitalfields Housing Association for use of their community space	

WORKING FOR APDA

HEMOCARE -

We are looking for kind, caring, compassionate and reliable carers to join our team of **home care workers**.

Services we provide:

- Personal care which includes washing, bathing, dressing, and toileting
- Domestic support which includes meal preparation, laundry, shopping and light household cleaning
- Outings and Medical appointment escorting
- Befriending while supporting wellbeing, providing companionship and confidence building

Requirements: A flexible worker, willing to travel around the Brent and Harrow area.

For more information, please email our homecare department on Homecare@apda.org.uk or call our office on 0208 830 4880 Monday to Friday 10am to 4:30pm.

DAYCARE –

We are looking for a **PART-TIME DRIVER** to start as soon as possible.

Skill and experience the Day-centre Minibus Driver will need:

Reporting to the Day-Care Team leader, the position requires a responsible and pro-active minibus driver with good people and communication skills, who enjoys interacting with disabled people.

- It is a requirement that you are over 21 and have a current, clean driving licence with D1 must have.
- You will be expected to ensure that all the APDA's vehicles are kept clean, tidy and fuelled and to notify the Team leader of any issues with the vehicles.
- Responsible for regular inspections of the minibus fleet, organising maintenance.
- Take account of and be responsible for, the safety and welfare of all transport users and to follow relevant procedures.
- Keep up to date with all planned journeys.

For more information or send your CV, please email HR at accounts@apda.org.uk or call the office 020 8830 4220.

Team Building at O2 Arena:



APDA engaged in team building activity at the iconic O2 Arena, fostering trust and teamwork. The team climbed to the summit provided a breathtaking view of London's skyline, creating cherished memories. More exciting team experiences are on the horizon, encouraging participation and unity.



We at APDA wish all our Service Users and their families, Carers and Friends a wonderful Holiday and a Happy 2024 New Year.

Green Peas Ghooghras

Ingredients

- 1/2 kg Green Peas
- 2 Cups Wheat Flour
- 1 Cup Refined Flour
- 1 Tsp Ginger – Green chillies paste
- Fresh grated Coconut
- Finely chopped Coriander
- Salt & sugar to taste
- 1/2 Tsp Amchur Powder
- Dry fruits like cashews and raisins (a fistful)
- Oil for deep frying



Method

- Make a soft dough with refined flour and whole wheat flour in equal proportions. Ensure you add some salt and about 1 tablespoon of oil to the soft dough. The dough will be similar to the puri dough consistency not as soft as roti dough.

Ghoogra masala

- Coarse grind some green peas in a mixer grinder.
- Now in a pan add 2 tablespoons of oil and add the green peas, ginger-green chillies paste, salt, sugar (optional), green garlic (optional), amchur powder and cook for about 5 mins. Add the dry fruits, fresh coconut and chopped coriander to it.
- Cook this mixture for 2 mins and then turn off the gas and allow it to come to room temperature.
- Then start making small puris from the dough and fill about 1 spoonful of mixture in the dough. Make a semi-circular shape and then fold it tightly from sides to give it desired shape.
- Heat oil in a deep pan. Deep fry the ghooghras on a slow flame for 5-6 mins by flipping on both sides.

- Serve hot with coriander mint chutney and/or tomato ketchup.

Note: You can also make the entire dough with only refined flour. Ghooghras will be even more crispy then. But only whole wheat dough will not give you very crispy Ghooghras. They become soft after a while, so we usually do half and half.

HOLIDAY WORDSEARCH



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