



First edition

“The HHfRD News”

July 2009

Welcome – from the Chair of ‘Helping Hands for Refugees and Disabled’

Throughout 2009 we hope to provide more and effective ways to help socially disadvantaged people in our communities. We are now supported by the “Starting-Point” organisation who have provided us with a hot desk, which gives us access to the Internet, land line telephone and a postal address to allow our service users to contact us about the services we provide.

I am very happy to edit and present our first Newsletter - with support from our partnership organisations and individuals who are dedicating their lives to sustainable communities and good causes. We need your continuous support with our projects and I am very thankful for all of your support so far.



SriKathigeyan .S
The Chair and Editor

Congratulations from Every Action Counts

Congratulations on your first e-news letter for "Helping Hands for Refugees and Disabled". I remember our first edition of Champions News back in October 2007, while being both excited, we were also apprehensive about the feedback and whether people found the newsletter interesting.



The feedback was good and we have grown from strength to strength in every copy since. So the best of luck to Sri and his team and please pledge to Every Action Counts to change one habit a month in making a better planet for us all.

Christine Gaylor, C-C Administrator.

What is “Every Action Counts”?

Regardless of its size, your community group, club or society could make a really big difference. By taking a few easy actions you can help your group to improving your local area, save money, engage in new interesting activities and even do your bit to help tackle global problems like climate change and unfair trade.



For more information visit:
<http://pledge.everyactioncounts.org.uk/>

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Latest News

HHfRD at MODA Event:

HHfRD recently took part in a “Migrant Organisations Forum” and held a stall with our volunteers.

Our volunteers received awards from the MODA (The Migrant Organisations Development Agency) and it was an excellent opportunity to promote our organisation’s projects.



Zibiah Alfred, of MODA, said: *“The Migrant Organisations Development Agency (MODA) would like to thank everyone at Helping Hands for Refugees and Disabled who supported MODA's Goldstar Voluntary Inspiration & Participation Conference on 19th February 2009. Special thanks to Sri from HHfRD for giving a speech about voluntary participation and congratulations to Naglaa Ahmed Mustafa, Rajendra, Samantha and Denis who were commended for their volunteering at this work, together with volunteers from other organisations”.*

HHfRD Befriender and Mentoring Project.

We have set up a project for the elderly and disabled people living in Barking, Dagenham and Newham, We are looking for partners, volunteers and people interested in this service.

The project has been set up to promote the involvement of volunteers to befriend isolated and vulnerable older people, living alone or with relatives.

We intend to provide volunteer befrienders and offer group activities to help promote community integration and combat the loneliness often experienced by disabled people.

Potential befrienders must go through a CRB check and an interview with the HHfRD to determine suitability, interests and travel requirements - the skills and training needed to be a good befriender are very simple.

We welcome volunteers from BME (black minority ethnic) communities and encourage them to develop and gain new skills and qualifications. Please contact our team to find out more about the opportunities available at sri@hhrd.org.uk or on 0203 288 2177

Membership of HHfRD

This is free for people in low income and for the disabled or special needs people. Please feel free to apply and call us for information.

Feedback

We welcome your comments and suggestions on any aspect of our service. You can telephone Sri on 020 3288 2177 or email sri@hhrd.org.uk, or info@hhrd.org.uk

Free Interpreting service

For details of HHfRD’s new free Interpreting service please contact: sri@hhrd.org.uk or telephone: 0203 288 2177 to find out more.

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Special Report: Elder Abuse Awareness

Action on Elder Abuse (AEA) is a registered charity and was established in 1993 with the aim of preventing the abuse of older people. It is a membership organisation with over 500 individual and group members throughout the United Kingdom. These include older people, local and national voluntary organisations, academics, health authorities and trusts, and social services departments.



The charity is seeking an environment in which the abuse of older people is no longer tolerated. We are seeking to encourage public and practitioner recognition of elder abuse and to facilitate policies, procedures and cultures that both abhor and challenge such abuse.

At Action on Elder Abuse we define abuse as: “a single or repeated act or lack of appropriate action occurring within any relationship where there is an expectation of trust, which causes harm or distress to an older person.”

We then define abuse into the following five categories:

Neglect: including ignoring medical or physical care needs, failure to provide access to appropriate health, social care or educational services, the withholding of the necessities of life, such as medication, adequate nutrition and heating;

Financial: including theft, fraud, exploitation, pressure in connection with wills, property or inheritance or financial transactions, or the misuse or misappropriation of property, possessions or benefits;

Psychological: including emotional abuse, threats of harm or abandonment, deprivation of contact, humiliation, blaming, controlling, intimidation, coercion, harassment, verbal abuse, isolation or withdrawal from services or supportive networks;

Physical: hitting, slapping, pushing, kicking, misuse of medication, restraint, or inappropriate sanctions;

Sexual: including rape and sexual assault or sexual acts to which the vulnerable adult has not consented, or could not consent or was pressured into consenting;

Abuse can occur anywhere: someone’s own home, a carer’s home, day care, a care home, or a hospital.

Both older men and women can be at risk of being abused. The abuser is usually well known to the person being abused.

They may be:

- a partner, child or relative
- a friend or neighbour
- a paid or volunteer care worker
- a health or social worker, or other professional
- older people may also be abused by a person they care for

Often, the people who abuse older people are exploiting a special relationship. They are in a position of trust, whether through family bonds, friendship or through a paid caring role, and they exploit that trust.

There are lots of different signs which might suggest someone is being abused - these are all listed on our website:

www.elderabuse.org.uk. Action on Elder Abuse run the UK and Ireland’s only national, freephone helpline for anyone concerned in any way about the abuse of older people.

Unlike other Helplines that are generic for older people, the AEA Elder Abuse Response Line is dedicated exclusively to this issue and is staff by paid workers and volunteers who are trained and experienced in providing advice on abuse.

Article written by Rosanna Thurlow, Edler Abuse Org to HHfRD on our request to raise the Elder Abuse Awareness. More information at: www.elderabuse.org.uk. The freephone helpline number is 080 8808 8141

The helpline is there for anyone – including older people themselves, their friends and relatives – but we also take calls from practitioners who seek advice on handling difficult situations or are looking to identify ways in which they can work more positively to prevent abuse. Last year, the helpline took nearly 2000 abuse calls.

We also offer an email service: helpline@elderabuse.org.uk

If you are concerned that an older person is being abused, or if you think you might be being abused or badly treated you can:

- Call the police if you think a crime has been committed
- Contact your local social services and say you want to make a Safeguarding Adults alert
- Contact our helpline and speak to trained staff who can listen, support and discuss the options available to you.

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News and events

HHfRD Steering Group Meeting 15th April 2009

A Steering Group meeting was held in April with the aim of ensuring that people living in the local area have a stronger say in the design and delivery of our future services. A number of people attended and gave their views and thoughts on how we can provide a project for socially-disadvantaged, elderly, disabled, and housebound people from all communities, and address the issues and hardships faced by them.

We intend to hold further service users meeting in the future and welcome new applicants, please contact the team at info@hhrd.org.uk or by telephone on: **0203 288 2177**



Migrants Resource Centre

MRC runs a number of very interesting and creative projects apart from our usual services.

You can find out more details of current events and opportunities at:

www.migrantresourcecentre.org.uk or by telephoning **020 7834 2505**



HACT (Housing Associations' Charitable Trust) Award Ceremony - a picture of some HHfRD volunteers from the 2008 event:



Did you know...?

Accredited Qualifications are available for Volunteers?

These include Mentoring & Befriending and other level 2 national accredited training

Please contact us for more information!

Contact Us

For more information on any of the services or articles detailed in this Newsletter please contact:

HELPING HANDS FOR REFUGEES AND DISABLED - improving the quality of life and sustaining healthy communities

Phone:

Landline: 0203 288 2177 (If absent please leave your message on voicemail or send a message to email info@hhrd.org.uk).

Mobile: 07943 663 780

General email: info@hhrd.org.uk

Fax: 0203 288 2101

Website: www.hhrd.org.uk

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“Thank you, HHfRD!” from Hilary Burrage

Many years ago, I was a trainee social worker in a very disadvantaged area some miles from the centre of Liverpool. Most of my clients were elderly people with multiple disabilities, and I discovered to my great discomfort that for many of them I was the only person who came to their front door. They were often alone and lonely for weeks at a time, with no-one else to talk to and no other help in keeping going.

Then, some several years later, I became involved with the communities immediately alongside Liverpool city centre. Here, along with the black and minority ethnic citizens of Liverpool who have lived there for generations, were many displaced people - people from many parts of the world who had found themselves in Liverpool because they had no other home to go to, often in fear of their lives or livelihoods were they to return to their roots.

I therefore know very well how important it is to reach out to those, with disability, elderly or displaced, who would otherwise be alone. That is why I am so pleased to learn of the work of Helping Hands for Refugees and Disabled. HHfRD is located in a part of London where I myself lived, way back when I was a student. The area has many challenges, but it also has many good people who seek to work together to make things better. You all deserve active encouragement and recognition for the very valuable work you are doing.

I'm aware that, in addition to the personal advice and support work undertaken by HHfRD, there is an emphasis on improving the local environment. This is an excellent approach, because it can include everyone, regardless of status, age, gender or cultural background.

We all want a good quality of life for ourselves, our family and our neighbours, with green space and good, fresh food to eat. Small individual actions like planting a tree or sharing a good idea to improve our knowledge or environment bring people together. Who doesn't prefer a good environment and the opportunity to learn and develop?

The work of HHfRD is for everyone. Over time your efforts will touch the lives of many people, and I am sure that you will find as HHfRD grows that you can build connections with others also, to strengthen your impact in Newham and far beyond.

It's really good to know that there are organisations like HHfRD which work from the 'grassroots up' to bring people together, regardless of who they are or where they come from. Our world is a vast and complex place and the work of HHfRD helps to make it safer and better for us all.

Hilary Burrage MSc FRSA (www.hilaryburrage.com)



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...and Finally

Your help really counts!

HHfRD is a voluntary organisation that relies on the time and goodwill of others, to provide its important services.

- We are very thankful to our organisation’s mentor **Karin Podschun** from LVSC for her ongoing support and help.
- We are very thankful to “**Conflict & Change - Newham**” and their team for hosting our service users and focus group meeting and helping with refreshments on 15th April 2009.
- We are supported by **John Brookes** (Honorary Member): he designed our web site and hosts & updates it freely, as well as helping us in many ways, so we thank him too.



- **Starting-Point.** We have been provided with a hot desk at Starting Point who are based in Barking. We are very thankful to the Manager, Corrine, and the Administrator, Nicola, for their help and encouragement, allowing our small community group to grow through free training, meeting rooms and other facilities.



- Finally, **SAWA** helped us for free last year to design our Annual Report: "Sawa Communications is an innovative company and a cultural hub founded on a passion to communicate to others. Sawa meets the needs of small businesses, individuals and community groups. So whether you need a newsletter, regular website news/updates, press releases, article features or annual reports, whatever you may need Sawa can get that message across to the wider public."



www.sawacommunications.co.uk

Congratulations...

To HHfRD Honorary Member, Alastair Murray, who walked nearly 75 miles from London to Canterbury over the Whitsun Bank Holiday weekend of 22nd to 25th May. This was to raise funds for the Connection at St Martins and Housing Justice.

You can still donate online at:
www.justgiving.com/alastairpilgrimage



We hope that you have found our first edition of “The HHfRD News” interesting and informative. If you have any comments or suggestions for future editions, please contact us at sri@hhrd.org.uk

We look forward to welcoming you to our next newsletter soon!

*SriKatthigeyan .S
The Chair and Editor.*