

THE Progress Report

This year has been a busy one for the Progress Project, with our members getting involved in a variety of different projects and activities – many of which you can read all about in this issue!

They have all worked so hard in expressing their opinions and getting their voices heard about things that matter to them – so a big WELL DONE to you all!

This is our 4th Annual Newsletter and we have all enjoyed putting it together!

We have 2 parts to the Progress Project: The YPD Forum meet monthly to talk about things relevant to their lives. They may be things that they see as important or that we have been asked to give feedback on. The forum is fully inclusive and finds new ways for disabled young people to give opinions and express themselves.

The Futures Programme works to give disabled young people Skills for Adulthood, as well as Training and Employment sessions and Healthy Lifestyle courses. This project has now sadly come to an end, but we are going to tell you all what we have done in this issue.

Well done to all of the Forum Members who have worked really hard to write this Newsletter, especially Daniel Howell.

Carron Beckwith
Participation Officer



How to join:

If you would like to join our project as a member or volunteer, or would like some more information on anything in this issue, please contact us on:



02085175107 / 07565 533247



c_beckwithpp@btconnect.com



www.bdpp.org.uk



Barking & Dagenham Progress Project



@BDProgressPro



BDProgressProject



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The good things that the members of Progress Project have done this year!



Paul got a job by attending the Employment Course at DABD.



Victoria completed her First Aid qualification during the First Aid workshop.



Gemma starred in the No Spitting film and helped to stop people from spitting.



Connor completed his First Aid qualification during the First Aid workshop.



Grace has gained more confidence by coming to Progress Project.



Callum was the winner of the 'clapping game' when we met up with The Challenge Network.



Daniel's achievement this year was making his way to Progress Project on his own.



Dawn has been very brave this year.



Lucy has become confident enough to talk and sing in front of lots of people!



Dennis has become a great Volunteer at the Forum Sessions



Adam has been great at promoting Progress Project online



Terry feels more confident around new people



Sam has got a job!



Katie has been brave and meet SweetChix at IDDP 2014



Rachel has learnt to look after her new dog called Harry



August 2014

Met The Challenge Network at University Stratford. We had two great days here. They were great, made us feel welcome and did some great activities. It's great to work with other young people who care.

September 2014

Harvester! Really great social evening at the restaurant. Had a great meal and enjoyed the evening out with all the people in the Forum.

Youth Parade. We paraded from Barking Park to Abbey Field to promote our Forum. We also had a stall where we were asking other young people how they would stop people from smoking. The way that they could answer was by drawing a picture and by writing their answer.

October 2014

Metro Bank and Yew Tree centre. The ladies from the Metro Bank were really friendly and very helpful. They did quizzes with us at the Yew Tree Centre. Then we went to the Metro Bank in Romford. We saw the strong room and worked the change machine. We got a bag, pen, ruler and a money box from them. We did this activity with the Sycamore Trust which was great and we got to meet new people and we will be doing more activities with the Sycamore Trust which is something to look forward to.

Fashion Forum including collages. One of our Forum sessions was all about fashion. The first thing that we had to do was to create a collage which showed what our fashion style is. The next thing that happened in the session was that they showed us the different types of fashion that people are wearing these days.

The Challenge Network at Castle Green was a Drama group with lots of games. Callum won the game! The group were great and very friendly. We all got on really well and we hope we will see them again.

December 2014

IDDP at Dagenham & Redbridge FC including a Disco. On the 3rd December all of the young people celebrated the International Day of Disabled People. In the afternoon there were performances from different groups in the Borough and there were information stalls telling people about different clubs and Forums that are in Barking and Dagenham. After, there were a lot of sport activities to do and a lot of arts and crafts activities for the young people to get involved with. In the evening we had a Disco and a performance from SweetChix who were on the TV show called Britain's Got Talent. This was a very important day because this is the one and only day that we can celebrate the lives of disabled people within the Borough.

Upcoming activities

There are a lot of activities going on next year, if you are interested please contact Carron for more information.

What does volunteering mean at Progress Project?

When you become a volunteer your main job is to help out with the other young people during Forum sessions and any activities that the Forum does. It also entails helping out at break by dealing with the snacks and drinks that the young people will have.



People with mental health are scared to get help because they feel people might think they are mental, but it is an illness.

Suffering with this makes people lives hell, day and night.

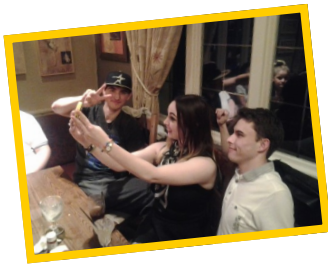
Some people with Mental Health issues can harm themselves really bad!



I suffer with mental health and it is so hard to deal with. I take tablets but they don't help. I've been in hospitals due to trying to take my own life. It's a normal illness.

There should be youth groups for young adults that suffer with Mental Health.

How do people feel about the Progress Project?



They don't feel sad when they come to club



Brilliant!



Like coming to club



Happy

People like coming to Progress Project





1. What is the No Spitting Campaign and film about?

The film is about what could happen if you spit on the streets and what you can catch.

2. Where is the No Spitting film being shown?

The film was put on Jon Cruddas MP website.
A link to the film was put on LBBB website.
It was 'retweeted' by BBC Children In Need.
Barking & Dagenham College want to show the film on their campus.
We want the film to be shown in schools and colleges everywhere so that it raises awareness of spitting.



3. Who has seen the film?

The people who have seen the No Spitting film has included:

Boris Johnson, Mayor of London
Margaret Hodge MP for Barking
John Cruddus MP for Dagenham
Cllr Hardial Singh Rai, Mayor of Barking & Dagenham

They were really proud and impressed with the work that we have done for this campaign. LBBB began a petition to make a bye-law for spitting in public, meaning that people could be fined

<https://www.lbbd.gov.uk/news/spitting/>

4. Where can the film be found?

The film can be found on the Progress Project website so that everyone can watch it, or on YouTube.

www.bdpp.org.uk

<https://www.youtube.com/watch?v=BHj-uT-vZ38>

Tuna Pasta Salad Recipe



Ingredients :

- 200g pasta
- 1 can tuna (in olive oil)
- 1/2 cucumber
- 1 tin sweetcorn
- 1 tin chopped tomatoes
- Salt (to taste)
- Black pepper (to taste)
- 4 tbsp olive oil
- 6 tbsp mayonnaise
- 1/2 lemon
- Fresh Parsley (fresh, chopped– use several leaves to garnish)

Method

1. Cook the pasta until all dente. Drain and place in cool in bowl. Allow to cool for a bit.
2. Mix in oil, mayonnaise, salt and pepper.
3. Squeeze the lemon over the pasta.
4. Add tuna, cucumber, sweetcorn, chopped tomatoes and parsley. Mix thoroughly.
5. Garnish with parsley.

5 ways to stay Healthy!

1. Have a balanced diet
2. Go to the gym
3. Eat a lot of Fruit and Veg
4. No fizzy drinks and no normal tea, drink green tea
5. Have your five a day





1. Can you name the seven dwarfs?
2. What is the capital of Germany?
3. Who won Britain's Got Talent this year?
4. Who had a number one hit with 'Happy'?
5. Who is our Prime Minister?
6. How many Harry Potter films are there?
7. Can you name the year that the Olympics were last held in London?
8. Can you find Stonehenge in Spain? True or False
9. Where was World Cup 2014 held?
10. Where will the next World Cup be held?
11. Who won the Premiership last season?
12. Who won the World Cup this year?
13. How many points is the black ball worth in snooker?
14. What colour are the London buses?
15. Who won the FA Cup last season?
16. What is Batman's real name?
17. Can you name some of Batman's arch enemies?
18. Who is Batman's sidekick?
19. Who are nicknamed the Daggers?
20. What league are the Daggers in?

If you would like a copy of the answers, please get in touch with us!

Youth Club Contacts



AbPhab

Pembroke Gardens
Dagenham
RM10 7YP
02085268065
youthclub@dabd.org.uk / abphab@dabd.org.uk
www.abphabyouthclub.btck.co.uk

Youth club for 11-17 year old meets twice a week.

Youth club for 18+ meets once a week

Sycamore Trust

27-29 Woodward Road
Dagenham
RM9 4SJ
02085179317 / 02082625330
enquiries@sycamoretrust.org.uk
Www.pact-uk.org.uk

4 youth clubs per week for young people with Autism aged 8-18

Football and MultiSports Session

Kidspace sessions up to age 12

Family Support and Activities

18-25 Social Group

The Challenge

02035422400
contact@the-challenge.org
Www.ncsthechallenge.org

School Holiday activities bringing new people together

Carers

334 Heathway
Dagenham
RM10 8NJ
02085934422
carers@carerscentre.org.uk

Young people aged 8-18 who help look after someone at home can get support and meet new friends and do fun activities!

BAD Youth Forum

The Vibe, 195-211 Becontree Avenue
Dagenham
RM8 2UT
07971111532
Sally.allen-clarke@lbbd.gov.uk

Group to have a say in issues affecting their lives and communities, and to influence policy makers

The Heathway Centre

512a The Heathway
Dagenham
RM10 7SJ
02082275500
theheathwaycentre@lbbd.gov.uk

Offers a range of activities to support your learning and communication skills and help you become more independent.

Contact them for a programme of activities.

Streetbase Locals (LBBD Council)

Please contact Julie West on 07772229194 for more information

Interactive Sports

02082273376
Danielle.smith@lbbd.gov.uk

Activities such as Cycling, Trampoline, Athletics, Football, Dance and Multi Sports.



B.A.D Youth Forum

The BAD Youth Forum is a group for young people between the ages of 11 and 19 who are elected by their peers in schools and colleges. The BAD Youth Forum is setup to help young people to make decisions about any your life or any issues that may affect the community.

We are working with the BAD Youth Forum to plan our Safety Day.

Sycamore Trust

Sycamore Trust is a charity that helps people who are affected with disabilities by supporting them. The Sycamore Trust is also a charity that is combined with PACT which helps with young people and adults who suffer from Autistic Spectrum Disorder by supporting them.

We work with Sycamore Trust in their youth clubs, asking their young people about things that are important to them. We also run workshops with them and hold our Forum Sessions at their hall.

The Challenge Network

The Challenge Network is a programme that works with youths and communities of different cultures, ages and backgrounds. The work that they do is helping to bring different communities and young people together as one.

We worked with The Challenge Network over the school holidays in Drama, Sports and Media.

DABD / AbPhab

DABD (uk) is a charity working with and supporting socially excluded people across London and the UK. We celebrate diverse ability and work with individuals, local organisations and communities to develop services to support and promote independence, social inclusion and personal development.

AbPhab Youth Club aims to support and aid young people to progress and transition from dependence to their level of independence.

We work with them by visiting their youth clubs and talking with their young people about what is important to them. We also run workshops with their group.

International Day of Disabled People (IDDP)

IDDP is celebrated on 3rd December each year and is our opportunity to celebrate to achievements of local people with disabilities. This year we were lucky enough to work alongside :

Independent Living Agency (ILA)
DABD (uk)
Barking & Dagenham AbPhab
Dagenham & Redbridge FC
Margaret Hodge MP
Barking & Dagenham CCG
Samaritans
SweetChix

Sycamore Trust
Greenshoes Arts
LBBD Access Officers
LBBD Council
West & Coe
Healthwatch
CVS
LBBD Sports Development