

Issue 5 | Friday 15th May 2020

THE TOWER PROJECT TIMES



The Official Newsletter from East London's award winning charity

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'Enabling and empowering people with disabilities'

www.towerproject.org.uk

Welcome

Welcome to Issue 5 of 'The Tower Project Times'. The last few weeks have seen some great feedback online for our 'hotel at home' programme, the clients have really been enjoying the engaging activities set out by their job coaches. Be sure to follow us on social media (handles on the back page) where you can keep up-to-date with all the latest news and activities from the Tower Project service during lockdown. We continue to monitor government guidelines and advice and we will update our website accordingly regarding the reopening of service as and when possible.

Enjoy reading and if you have any questions or feedback regarding our newsletters you can send an email to: natalie.rogers@towerproject.org.uk.

'Exploring the outdoors! Supported Living



The beautiful warm weather has given our Supported Living homes the opportunity to explore the local outdoor spaces on gorgeous nature walks and they've even been using their garden for outdoor yoga and exercise!



'Lockdown Interview with Robert' JET Service (Job, Enterprise and Training)

Our JET client Robert who is currently participating in the new programme 'hotel @ home' spoke to his Job Coach Tatum about life in lockdown and the 'hotel @ home' programme.

How are you finding lockdown?

The lockdown is OK, i'm getting restless now as it's been going on for long.
I'm doing exercise and trying to keep busy.

What do you know about coronavirus?

I don't know much, but it is a virus that makes you sick.

What has been your favourite hotel @ home challenge?

Cooking a sandwich and making a pineapple, strawberry, raspberry and yogurt smoothie.

What do you enjoy most about hotel @ home?

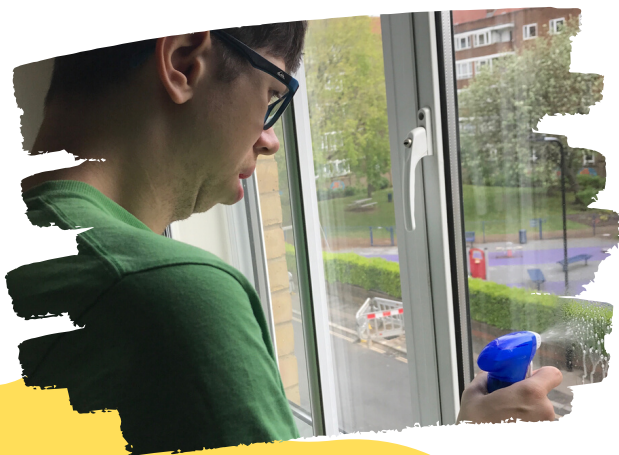
I am learning to help and be independent.

How have your job coaches helped you?

Calling to help with the workbook and to see if I am doing OK. The Job Coaches, you and Jamie, have been very helpful as always with very good advice. Thank you!

"The workbooks are brilliant as I never thought Robert would be able to complete the tasks, Robert has really surprised me in his capabilities and it's the first time he's helped to make the bed. Robert is also continuing to vacuum the house once a week, whereas before Robert would never help" Robert says he 'loves doing his homework for Tower Project'

- Robert's Mum



hotel @ home

by Tower Project JET Services

We have had some fantastic feedback from families, clients and the community since our JET service introduced the 'hotel at home' programme during lockdown. Clients has been kept busy with weekly challenges enabling all individuals to carry out and learn independent new skills which will help guide them successfully into a world of employment. It has been great to see all the photos and follow everyone's progress! Keep up the fantastic work!



Training and tutorial videos are now available for clients to view on our YouTube channel:
Tower Project YouTube channel



You can follow the progress and activities on twitter using the hashtag [#HotelAtHome](#)



If you're at **high risk** (clinically extremely vulnerable) from coronavirus (COVID-19), there are extra steps you're advised to take to protect yourself.

These extra steps are called shielding.

Do

- ✓ stay at home at all times – do not leave your home to buy food, collect medicine or exercise
- ✓ stay at least 2 metres (3 steps) away from other people in your home as much as possible
- ✓ get food and medicine delivered and left outside your door – ask friends and family to help or [register to get coronavirus support on GOV.UK](#) if you need it
- ✓ prepare a hospital bag, including a list of the medicines you're taking, in case you need to go into hospital
- ✓ wash your hands with soap and water often – do this for at least 20 seconds
- ✓ make sure anyone who comes into your home washes their hands with soap and water for 20 seconds
- ✓ use hand sanitiser gel if soap and water are not available
- ✓ clean objects and surfaces you touch often (such as door handles, kettles and phones) using your regular cleaning products
- ✓ clean a shared bathroom each time you use it, for example by wiping the surfaces you have touched

Don't

- ✗ do not have visitors in your home, including friends and family, unless they're providing essential care
- ✗ do not stop taking any prescription medicines without speaking to your doctor

Register for support

If you've been told you're at high risk from coronavirus, you can register for support, such as getting food delivered to your home.

It's a good idea to do this even if you do not need support right now.

You can either:

- register for coronavirus support on GOV.UK
- call 0800 028 8327 to register

You'll need your NHS number to register. You can find this on the letter you received telling you that you're at high risk, or on any prescriptions.



Please check on any vulnerable neighbours or close friends and let us know if they need help, support is available through the council
www.towerhamlets.gov.uk/coronavirus



COVID-19 Coronavirus

Service Updates, Guidance & Advice

Like many other organisations, the Tower Project is operating with fewer resources due to the coronavirus (COVID-19) pandemic. Please see below for updates and the status of each service.

We appreciate that these are very uncertain times and we are monitoring the situation alongside Government advice to make sure we can provide the best support for staff and all of our members with the resources available to us.

Please continue to check our social media platforms and our website for regular updates regarding all of our services and please visit the following website for health information and advice:
<https://www.nhs.uk/conditions/coronavirus-covid-19/>.

Thank you for your understanding and support during this difficult time.

CHILDREN'S SERVICES

To comply with government guidance on the closure of schools the Tower Project **after-school provision** and **weekend leisure services** have been closed until further notice. We can confirm that the **Easter Holiday play scheme will now be deferred until Summer 2020**.

YOUTH SERVICE

Our Youth Service is temporarily closed, in line with the school closures. Regretfully and due to government advice, our **Half-term Easter Holiday Play Scheme will now be deferred until Summer 2020**. For any further information you can email Naima.Boukhriss@towerproject.org.uk.

JET (Job, Enterprise and Training) SERVICE

JET will be providing its usual service which will be operating remotely. The team at JET continue to work together to develop new resources and ways of working with clients remotely, including telephone support for its clients, for further information you can email jet@towerproject.org.uk.

NEW DAWN & FIRST START DAY OPPORTUNITY SERVICES'

Our Day Opportunities Services' New Dawn and First Start will be providing a reduced service due to Government instructions on social gatherings and social distancing. However, the services will continue to act as a hub and maintain regular contact with all of our members and families; conduct home visits, provide support with shopping etc if needed.

SUPPORTED LIVING

Our Supported Living service is fully operational and fully staffed, however, in line with government guidance we would request that visits to our supported living projects are limited for all non-urgent purposes until further notice. Thank you for your understanding and cooperation at this time.

Easyread Documents:

Guidance on protecting people most likely to get very poorly from coronavirus

(Source: GOV.UK)

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/875126/Easy_read_guidance_on_shielding_March_2020.pdf

A visual social story for people self isolating while living with others (Source: Mencap)

<https://www.mencap.org.uk/sites/default/files/2020-03/A%20visual%20social%20story%20for%20people%20self%20isolating%20while%20living%20with%20others%20ER.pdf>

Social story about social distancing (Source: Mencap)

<https://www.mencap.org.uk/sites/default/files/2020-03/Social%20story%20about%20social%20distancing%20ER.pdf>

COVID-19 advice in Bengali

<https://www.newham.gov.uk/Documents/Misc/BengaliCovid19Guidance.pdf>

Get coronavirus support as a clinically extremely vulnerable person - register here.

<https://www.gov.uk/coronavirus-extremely-vulnerable>

Helplines for vulnerable families during COVID-19

Tower Hamlets : 020 7364 3030

Monday to Friday (8am - 8pm) Saturday (10am - 5pm) & Sunday (10am - 4pm)

Hackney: 020 8356 3111

(8am - 5pm Monday-Friday)

Coronavirus (COVID-19): support for victims of domestic abuse

For anyone who feels they are at risk of abuse, it is important to remember that there is help and support available to you, including police response, online support, helplines, refuges and other services. You are not alone.

If you are in danger and unable to talk on the phone, dial 999, listen to the questions from the operator and respond by coughing or tapping the handset if you can. Then follow the instructions depending on whether you are calling from a mobile or a landline. If you call from a mobile, If prompted, press 55 to **Make Yourself Heard** - this will transfer your call to the police. Pressing 55 only works on mobiles and does not allow police to track your location. If you call 999 from a landline only background noise can be heard and BT operators cannot decide whether an emergency service is needed, then you will be connected to a police call handler. If you replace the handset, the landline may remain connected for 45 seconds in case you pick up again. When 999 calls are made from landlines, information about your location should be automatically available to the call handlers to help provide a response.

National Domestic Abuse Helpline

Refuge runs the National Domestic Abuse Helpline, which you can call for free, and in confidence, 24 hours a day on:

0808 2000 247

Lockdown Support Card

We are supplying Lockdown Support Cards. If you would like your own card for either someone you look after or yourself, please contact your service manager.

PLEASE DO NOT SHOUT AT ME!

Please be kind and respectful to me:

I have a **Severe Learning Disability**.

This means that I can't understand lockdown.

- I can go out with more than 1 person, as this keeps me safe.
- My support/carer helps me to keep 2 metres apart from anyone who is not my carer or a member of my household.

Government guidance says that, because I have a specific health condition that requires me to leave home to maintain my health, I can;

- go out for **exercise 2 or 3 times a day** if I need to
- travel **beyond my local area** to a quiet, open space to exercise

I have a care plan that confirms this.

For more information about Government rules and guidelines you can visit:
www.gov.uk/coronavirus

To find out more about our clients and the Tower Project you can visit
www.towerproject.org.uk



Make Yourself Heard

In danger, need the police, but can't speak?

- 1 Dial 999
- 2 Listen to the questions from the 999 operator
- 3 Respond by coughing or tapping the handset if you can
- 4 If prompted, press **55**

This lets the 999 call operator know it's a genuine emergency and you'll be put through to the police.

OPC women's aid NPCC



Contact Us

Head Office

45-55 Whitehorse Road
London E1 0ND
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Email: info@towerproject.org.uk

Autism Services (First Start)

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Timber Wharves
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Children and Youth Services

Naima Boukhriss, Children's Service Manager
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JET/Social Enterprises

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Tower Project Job, Enterprise and Training
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Email: jet@towerproject.org.uk

Learning Disability Services (New Dawn)

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Tower Project New Dawn Day Services
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Independent Living

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Led by IOPC Independent Office for Police Conduct

Supported by women's aid NPCC



About Us

The Tower Project is a community based voluntary sector organisation and award-winning leading service provider for children and adults with a learning disability, sensory disability, autism, physical disability or health-related issue.

We have successfully delivered our wide range of services throughout London for many years and continue to develop new projects and innovative services for individuals.

The key aims of the The Tower Project are to enable and empower people with disabilities to develop opportunities, become independent, participate fully in education, employment and have a voice in the community.