

Useful Numbers



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Harrow Learning Disability Team	Kenmore Road NRC Kenmore Road, Harrow HA3 9EU	020 8424 1019
Carer Lead in Harrow Council (Allie Brice)	Harrow Council, Civic Centre, Station Road, Harrow	020 8424 1726
Harrow Carers	25-27 Pinner Green, Pinner, HA5 2AF	020 8868 5224
Self Directed Support	Byron Park NRC Christchurch Road Wealdstone Harrow HA3 5BD	020 8736 6111

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ASHIANA CHARITABLE TRUST

NEWSLETTER

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“Friendship is the expression of unshakeable Love, Love that is noble, pure, free from desire or egoism.”

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Update on the Weekly Activity centre:

Our Saturday activities are going full steam ahead with more service users taking part and demands for other activities such as Drama, Music, Arts & Craft and



I.T sessions. All of our service users are enjoying the Saturday sessions so that even our carers have began



“carer’s yoga” which runs from 10.30-11.30am on Saturday mornings.

We even had a In-Door Cricket game, which was a laugh for both service users and volunteers alike, Ashiana service users are aspiring cricketers.....watch out Sachin Tendulkar!



Yoga is going extremely well with more service users attending. The atmosphere is calm and relaxing and our teachers Bharatbhai and Jai have managed to create a soothing environment.



Bollywood Dance class is creating budding Bollywood stars...watch out Shah Rukh Khan and Preity Zinta Ashiana dancers are coming to India!

Ashiana hopes that everyone had a very Happy New Year. We would like to welcome all of our new users, carers and volunteers. Ashiana hopes that you will enjoy the services we provide.



Information...



Safeguarding Training-

Harrow Council has provided all Ashiana carers, volunteers and trustees with the necessary Safeguarding induction training. It was held at the Civic centre in March and was very useful, insightful and beneficial to all. Similarly if you would like to be trained in how to cope with children and young adults with disabilities please contact Arvind Joshi. We will be holding more of these sessions in the future and recommend everybody to take part and learn about government legislation and the help that is out there for you all.



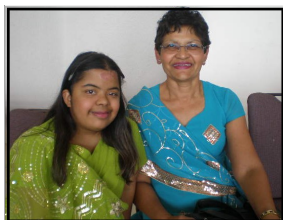
Personalized Budget...

These are a very important part of everyday living for both the service user and carers and is a scheme that was introduced by the government. We, at Ashiana provide help on a one-to-one basis for you to get started on a personalized budget and help you learn and understand what benefits are there for you. The budget is there to enable service users to be able to go out with friends, have some respite time, enjoy sporting activities and develop new skills. Ashiana is in discussions with the local council to provide presentations on the values and benefits of the personalized budget. Should you wish to know more about this please contact Arvind Joshi.



My Journey...

My name is Tamsin D'Silva. I just want to say a big thank to Ashiana for giving its members an opportunity to do different activities such as yoga and Indian dancing. I enjoy the Indian dancing a lot. I really like performing on stage. I never get nervous when I do my dance. I am happy that I am travelling independently on the bus going to the Saturday class and going back home.



During the past, the Ashiana group raised money by doing a sponsored charity walk. I took part with my mum. We walked the whole distance which was very long. Everyone had fun. Last year I really enjoyed myself at the Christmas party. I was so excited when I performed my solo dance on stage, I could not forget that day. The sports day was hilarious. My favourite activities at sports day were the hula hoop, the penalty shoot out and the bowling. Everyone enjoyed themselves. Later on that day I performed another Indian dance. Everyone clapped to the beat of the music. They really enjoyed watching me doing the dance. I got an award and a prize. I got the award for the best dancer and I got a prize at musical chairs which was quite funny. I cannot forget that outing to the theatre watching the Lion King. I really enjoyed it even though I have seen it before. My favourite song was 'I just can't wait to be King'. Sometimes they provide activities on Friday's such as the cinema experience or party nights, but it clashes at the same time that I go to Girl guides so I cannot go. I really enjoyed myself at Wizard of Oz theme Christmas party. I could not stop dancing. This is because they played all my favourite music that I listen to all the time.

I have made lots of friends at the Ashiana Club. I like meeting them and talking to them. I have amazing experiences at the Ashiana club. I enjoy every bit including all the outings and all the activities that they provide.

- By Tamsin D'Silva, Service User



Update on the Monthly Activities:



Since *January* 2010, Ashiana's Monthly Activities have been a great success and full of fun and laughter. In January the year was kicked off with our annual Ten-Pin Bowling at the Hollywood Bowl, Finchley. This was a lot of fun for service users, carers and volunteers alike; even our trustees were caught having fun!



In *February*, in the style of true love, Ashiana had its Valentine's Disco and Dance Workshop. Even our carers were captured shaking it on the dance floor!



March brought with it "Movie Night" and it was the hour of "The Fantastic 4 Rise of the Silver Surfer". The night was full of Red Carpet glamour and pop corn all round- a fantastic event!



Still to come...

May 28th Quiz Night.

June 6th Lions Club (Zone E) 'Funday'.

July Outdoor Activity- to be confirmed.

Should you as a service user or carer wish to par-take in the Yoga, Bollywood Dance or "Carer's Yoga" on Saturday mornings, please contact our Activity Co-ordinator Helen Bailey on: 07961 728 399



Saturday Yoga

It makes me proud to notice the positive effects that practising yoga every Saturday at Ashiana has had for all our regular students. It has been especially inspiring to watch the benefits on the beginners, who seem to have made great strides in their journey towards a healthier and happier lifestyle.

From Parent feedback and my general weekly observation, the most noticeable change was the improvement in movement and flexibility. However, what still manages to leave me in awe is the ability of yoga to calm the aggressive; not only shaping their attitude but also developing them into good yoga adepts with visible Leadership qualities. These are made apparent during the Yoga workshop where we include some acting and chanting of different mantras.



With regular practise, I can say with confidence that yoga can shift one from having a stiff and rigid mind and body to being a strong, flexible and well balanced individual.



By practising yoga you can change your entire body; internally and externally, mentally and physically. You will feel a total change in your happiness and change your outlook in life, as well as finding that your bones are healthy and strong, and muscles supple and flexible. The balancing poses increases mental focus and concentration, awakening creativity. Regular practise can also help to soothe and control emotions letting us rest more easily and sleep soundly.

- Bharat Mehta (BSY), Yoga Teacher

Launch 2009



It was a very big day in the life of Ashiana. On the Sunday 20th December 2009, Ashiana celebrated gaining of charity status, Christmas; the launch of their website, along with show casing the Ashiana Press Release DVD and brochure of the past nine years.

The event was in association with the Lions Club of London-Hendon and was a proud day for all involved. This included 51 service users, 67 carers, 44 volunteers and 180 representatives and leaders of voluntary and community organisations. Our honourable guests included the Mayor and Mayoress of Harrow, Mayor of Brent, MP of Harrow East and Councillors from Harrow, Brent, Barent and Three Valley; all of whom enjoyed the function, making a total of 337 people. The event proceeded in full swing consisting of performances from members – dances, singing and also a ‘live’ yoga session! Ashiana was shown in its full glory and majesty. Ashiana service users were the stars of the show.



The launch focused on Ashiana’s Saturday morning Health and Well Being Centre providing activities such as Bollywood Dance & Yoga along with respite breaks for carers. Ashiana is grateful to the Harrow Council for providing the facilities for these activities. The event also enabled sponsors and donors to appreciate the work Ashiana does for children and young adults with learning difficulties. The celebrations ended with fun and laughter, song and dance – and most importantly food and a visit by none other than the Chief guest Father Christmas himself!!!!



I’m privileged to be a part of Ashiana, and it is a joy to see the Members flourish each time they meet at the weekly and monthly events.



- Sita Patel, Volunteer