



Quarterly News Letter: July, August, September

*People are often unreasonable, illogical and self-centred;
Forgive them anyway...
If you are kind, people may accuse you of selfish, ulterior motives;
Be kind anyway...
If you are successful, you will win some false friends, and some true friends,
Succeed anyway...
If you are honest and frank, people may cheat you;
Be honest anyway...
What you spend years building, someone could destroy overnight,
Build anyway...
If you find serenity and happiness, they may be jealous,
Be happy anyway...
The good you do today, people will often forget tomorrow,
Do good anyway...
Give the world your best anyway...*

-Mother Teresa

Progress Report...



This Quarter has been a busy one for Ashiana yet again, with our service users being invited by various groups and organisations to part take in the activities they have organised. Ashiana would like to thank the Leo Clubs of Mill Hill and Hadley Wood for organising their annual Funday at the Aspire Centre, Stanmore. The service users had a fabulous time with all the sports activities, followed by a delicious lunch. Ashiana would also like to thank Angel Dancers for inviting our Saturday Dance class to take part in their charity show which

was organised to support a charity in India. The service users were able to show-off their talents to a new audience who were not aware of Ashiana or the services we offer. The girls conveyed Ashiana's message without even a blink of an eye-lid— that being that no matter the disability, everything is possible! Our girls showed both courage and strength of mind!

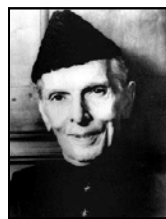


The Saturday Health and Wellbeing centre is going from strength to strength and as a result, we will be offering I.T. Skills to the service users, along with Badminton, Snooker and Swimming which is due to start Saturday 2nd October 2010. We have also had a few trials at providing I.T. Skills to the carers, which was an instant hit. The centre celebrated it's first year of success on Saturday 18th September 2010, you will find more on these celebrations on page 7.

Did you know?...

-Did you know that on 15 August, India celebrated 63 years of Independence?!

Q- Can you name the following people?



Q- Which country does this flag belong to?



"A nation's culture resides in the hearts and soul of it's people" - Mohandas Gandhi

Achievements

"On Friday the 16th July 2010 was the last day for the children at Hageston Opportunity Playgroup (a playgroup which integrates children with special needs and where my mum works). All the staff members made the last day special. When the moment came, guess who walked in? It was the Mayor of Harrow who came to open the Hageston fete.

Later on I did a performance of the Indian dance that I've been taught on Saturday mornings at the Ashiana dance class. When I was 2 1/2 years old I attended Hageston Opp. Playgroup for 1 1/2 years. All the staff members know me and I know them because I did my work experience there in 2006. At the moment I have been going to the playgroup to help out as a student volunteer. Hageston Opportunity Playgroup is relocating to Stanmore Park Children's Centre.

Here is a picture of myself with the Mayor." - Tamsin D'silva



Volunteering opportunities

If you or anyone you know is looking to give up some time towards volunteering, then why not join and volunteer for Ashiana? As we are growing in terms of the services we offer and the number of people joining, the demand for volunteers is also on the rise. So, what is volunteering and what do you have to do? We at Ashiana endeavour to structure a volunteering schedule to suit you and the time you have to offer. Volunteering does not have to be demanding, however, commitment is necessary. So, what makes a good volunteer? Someone who has the ability to:

- Listen
- To be patient
- To be empathetic, not sympathetic!
- To be kind and considerate

The service users of Ashiana are always looking for a friend in you, someone who will sit next to them, or talk to them, don't forget, it is the small things in life that mean the most. Ashiana is starting a new Group Befriending project which will need some new friends to get involved in...

If you think you have the qualities to become someone's friend and would like to become a volunteer for Ashiana or would like more information, please contact Sonal Teli our Group Befriending and Volunteer Co-ordinator.

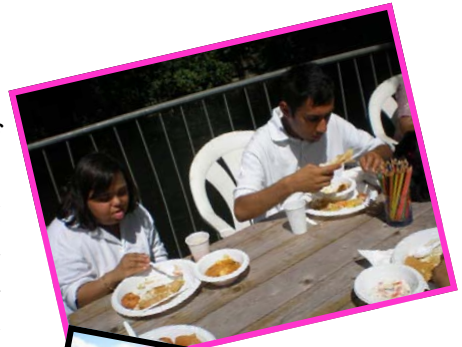
"Friendship is invaluable and one can never have too many friends."



Boat Trip & Dhosa Party



In **JULY**, Ashiana had our outdoor activity to Rickmansworth Waterways. The day included boat trips up and down the canal topped off with freshly made yummy dhosa. The dhosa were made on site along with Medu Vada, Uttapum, Idly and Biryani. Even the trustees had a chance to flip the uttapum, although they were not very good...they should have left it to the professionals! The food was enjoyed by all who attended including the staff at Waterways. The day was a huge success with the weather being beautiful.



It is important for Ashiana to take part in varieties of activities, both in door and out door and for our service users, thus giving them confidence to face different surroundings and learn how to deal with everyday situations.

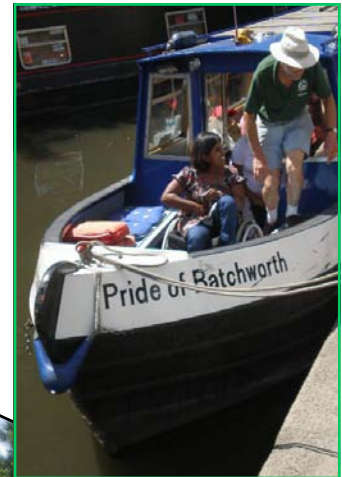
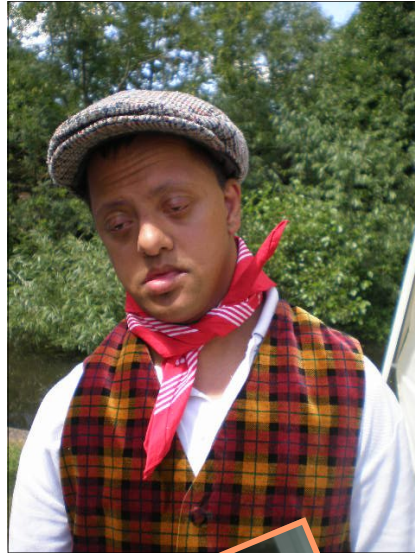
Here at Ashiana, we pride ourselves on concentrating on the Asian culture, thus offering a range of different Indian cuisines allows our service users to learn about the foods from different parts of India and Asia. The freshly made dhosa went down a treat and was something new to many of our service users.



The users were able to go on the boats without their carers and parents, which illustrates that they are comfortable and willing to be in the company of only friends and volunteers. This allowed carers and parents to enjoy the boat trips amongst themselves, giving them some much needed respite, while their loved ones were looked after by our dedicated team of volunteers.



Pictures speak louder than words...



Diwali Card Competition Winners....

On the First Anniversary of the Health and Wellbeing Centre at the NRC in September, Ashiana service users took part in a Diwali card competition, which was then continued on Friday 24th at our monthly event. The users had the opportunity to choose from a



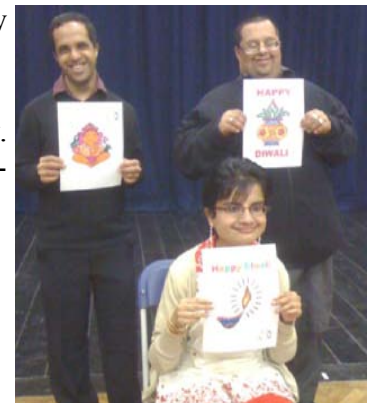
number of designs they wanted to colour. The competition was part of the Arts & Crafts classes the service users have requested. It is also a way for the service users to learn about the Hindu festival of Diwali as part of our cultural awareness opportunities.



The winners were chosen by independent judges, we would like to thank them for their assistance. Below are the winners, while all the entries were of a very high standard there could only be 3 winners.



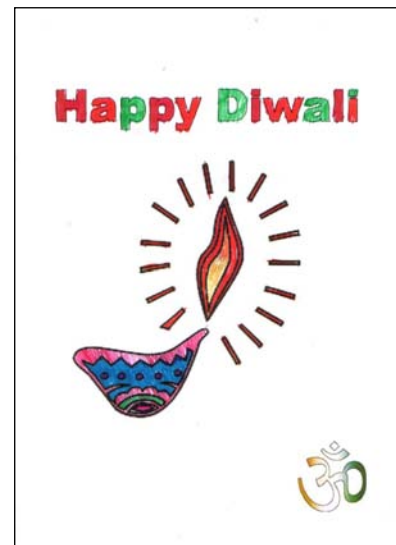
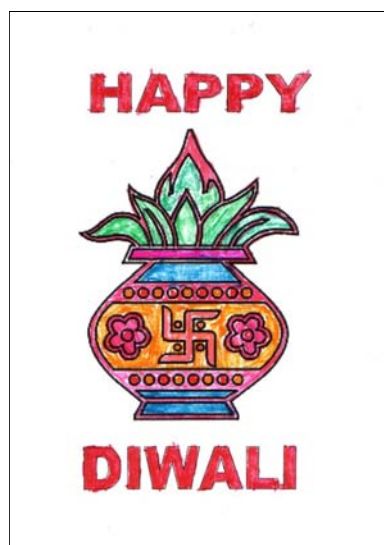
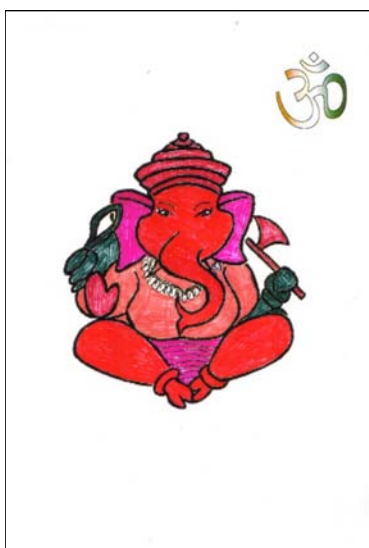
However, we would like to thank all those who participated and congratulate you all on having such artistic abilities. Ashiana would like to wish everyone a very Happy Diwali and a prosperous New Year.



The cards will be on sale in October.

If you would like purchase any of these cards please contact any Ashiana Trustee or Sonal.

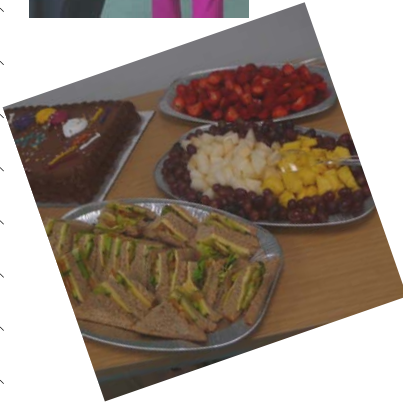
Well done to Dhruv Patel, Ronak Joshi and Bijal Vadher



One year on...



On Saturday 18th September, Ashiana celebrated its One Year Anniversary of the Saturday Health and Wellbeing Centre at the Byron NRC. The event was graced with Cllr. Omar Asad, the Mayor of Harrow and MP Bob Blackman respectively, along with other councillors and invited guests. The service users were able to show off what they have learned in the yoga and dance classes in the past year and were awarded certificates of achievement for completing level 1 in both activities.



Whilst the service users had the opportunity to show off their newly learned skills, the event also made room for a Q & A session for the carers, Mayor, MP and Councillors, which was thoroughly enjoyed by the carers. Ashiana carers were able to voice their concerns and ask questions to government officials in an open forum. It is platforms such as these that Ashiana importantly provides, as carers would find it difficult to otherwise voice their concerns to the right people. To mark the auspicious occasion, Ashiana service users took part in a cake cutting ceremony, which was followed by a healthy lunch.



The day was aimed at highlighting how far the Saturday centre has come with more Service Users attending and the demand for more activities to be provided on the rise. We started off with providing yoga and Bollywood dancing to 6 service users, today, Ashiana offers Bollywood dancing and yoga for 30 service users, and offers yoga for carers. We will be offering I.T. Skills, snooker, badminton, swimming and arts & crafts commencing 2nd October 2010. The Saturday centre is going from strength to strength and we would like to thank everyone for their continued support, and especially Ashiana service users and volunteers.

“I am happy to support the excellent work that Ashiana carry out. the opportunities created for people to live full and active lives arte critical and I trust that Harrow Council will continue to support the project financially.” - MP Bob Blackman.

Group Befriending- Yoga at the Temple

On Tuesday 14th September, Ashiana Service Users who attend the Saturday Activity Centre were invited by the Swaminaryan Temple of Kenton to participate in their weekly yoga sessions. This outing was Ashiana's first group outing under our new "Group Befriending" scheme.

Ashiana service users took part in the yoga class run by Bharat Mehta, along with all the other adults who take part in their Tuesday weekly sessions. Ashiana service users did not shy away, rather they took the class to another level, filling it with energy and laughter.

Ashiana is really excited about launching its new Group Befriending project. The project will be for Ashiana service users who feel lonely and isolated, but who want to go out to places of interest with their friends. Such places may include the theatre, going to the cinema, out for dinner or lunch. The group will be supported and led by the Group Befriending Co-ordinator and mentor.

We hope that the project will allow our service users to grow in confidence, to try new activities. The group will provide a safe haven, a place where you can make friends and become friends and learn how to become more independent. The Group Befriending project, we hope will offer our service users the opportunities to develop new relationships and strengthen existing ones. A volunteer mentor will always be present to support the group and assist other volunteers. We hope to provide the essential stepping stones that will lead our service users into the community at large.

If you would like to join this group, or would like more information on the service, please contact Sonal Teli.



A Day In The Life of Heena Thakerar....



My name is Heena Thakerar. I have been a member of Ashiana since it started—10years go.. Thank you to Ashiana for providing different activities, especially dance. I absolutely love dancing and love to perform on stage. Dancing gives a lot of confidence and happiness. I won a Youth at 18 in dancing for Harrow. Yoga helps me keep fit and spirituality balanced and help me relax. I attend Ashiana with my carer. Sometimes I go on the bus and sometime by car to attend Saturday activities.

In the past I have attended a residential college for 3 years and learnt life skills and performing arts. I want to be independent, and build on my life skills so I am a on a personalised budget, so I am able to choose what to do. I attend 2 learning skills to providers. I am learning cooking, counting money, shopping skills. My family love the cakes I make—yummy!! I attend college 1 day a week and am following a 30 week computer course on Word. I love computers and like listening to music on U-tube. I love both English pop group and Bollywood music. My favourite pop group is Boyzone. I also love the gym and go to the gym 3 times a week, and swimming once a week, with my carer. I love exercise and love to play rounder's, basket ball and long walks in the park. I love arts & crafts and attend the Jamboree Club. I make cards, Christmas crackers, flower arrangements for the centre to sell and raise money.

I go with my friends to cinema to watch movies, pub lunches and shopping. I love dressing up and my favourite programme I like to watch is Friends and Sapna Babul Ki Bidai. I also am able to go on holidays abroad, I am going to Tenerife for 1 week on the 4th October 2010 with my friends. I have made a lot of friends at Ashiana, and have performed for them on many occasion. In the past I have performed dancing at Hammersmith Lyric Theatre, Redhill Theatre and the NEC Birmingham. I have also performed at all Ashiana events.



Thanks to Ashiana.

N.B– these articles are written by the services users and are not edited by the editor.

“HAVE YOUR SAY”....

If you would like to contribute and have your say in the next edition of the news letter which will be going out in January 2011, please be in touch. We would love to hear your suggestions, if there is something you would like to share, or have any of your achievements shown; additionally if you have any new ideas that you would like to see in the news letter let us know. If you would like to join the editing team, please be in touch with Sonal Teli.

Useful Numbers



Harrow Learning Disabilities Team (Care Management) & Harrow Safeguarding	Vaughan Road NRC, Wilson Gardens, Harrow HA1 4EG	020 8424 1019 020 8420 9453 020 8424 0999
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

Ashiana contact information:

Arvind Joshi (Operations Director) -020 8428 7542

Haresh Trivedi (Trustee)- 07774 241 606

Cllr. Yogesh Teli (Chair of Trustees) - 07770 222 307

Sonal Teli (Group Befriending & Volunteer Co-ordinator)

Editor: Sonal Teli

0781 037 5615 /sonal.teli@ashiana.org

Website details: www.ashianacharitytrust.org.uk

Email: info@ashianacharitytrust.co.uk