



Ashiana was formed in 2000 by a group of like minded professionals to serve the needs of children and young people with learning and physical disabilities on a volunteering capacity. We started with a group of 10 members, 15 carers, and 6 volunteers. Since then the organisation has expanded with more members, carers, volunteers and services, we have achieved a charitable status in 2008. Currently we have around 80 members, 130 carers and 20 volunteers registered. Although majority of the above are from Harrow, we have members from Brent, Barnet, Hounslow and Enfield boroughs.

Ashiana's mission is to empower and support our members to improve their independence, choice and well-being through participation, social awareness and integration.

Aims and Objectives

- Deliver weekly and monthly activities for our 'members'
- To encourage and train members to partake in activities centred on Asian arts and culture.
- Build members self-confidence and self-esteem
- Prepare our members to become part of the community
- To improve their quality of health and lifestyle

Sustainable Community

Ashiana is engaged in ensuring a communal get together of children and young people with learning and physical disabilities and their carers (mainly parents). The membership is open to all communities.

As majority of our members and carers are from BME communities who have not been able to access the appropriate local services, therefore, our events and activities mainly focus on the cultures of the communities we serve.

The activities address the following areas:

1. Social and Community integration - this can include activities such as:
 - cultural events
 - social events such as celebrating various festival days,
 - healthy living - Yoga,
 - confidence building workshops
 - participating in community events by local authorities
2. Inclusion – through recreational and leisure activities such as:
 - Sports days,
 - Dancing and Singing,
 - Drama,
 - Game/Quiz Shows,
 - Arts and Crafts
 - Ten Pin Bowling
 - Outdoor activities including theme parks and picnics



Stronger Community

Ashiana members integrate with their wider community by partaking in events such as dancing, arts, and musical performance.

Ashiana members perform regularly in the Under One Sky event, St George's Shopping Centre events and other community functions such as Navratri.

Ashiana members are regularly invited to attend picnics and theme park events organised by Lions Club and other charitable organisations.

Our volunteers are also benefiting and learning from our members and have become good friends.

Our members participate in organised celebrations of religious and festival days with school and college students

Healthier Community

Ashiana members have raised the awareness of needs of SEN within communities and to build upon the confidence of the members, thereby improving self development and independence. This will increase the employment capability and improve quality of life and health, thereby, reduces overall stress, increase their motivation by choice. This will allow them to develop friendship, feel supported and valued.

Other activities in future may include specialised sporting program, music and keep fit workshops, IT skills as well as drama related activities which would allow the members to express themselves, give them choice, build their confidence level and improve their health.

Carers

Carers are also important members of Ashiana. Ashiana provides appropriate support and relief to the carers (mainly family members):

- Respite - over 1,000 hours per year
- Advocacy - Voice for the Carers
- Carer support network - Social group developed through Ashiana
- Participation in entertainment event

To Join Ashiana or to receive further information, please contact:

Mr. Arvind Joshi
Tel: 020 8248 7542
Email: arvindcjoshi@yahoo.co.uk

Mr. Haresh Trivedi
Tel: 020 8903 7501. Mobile: 07774 24 16 06
Email: haresh.trevedi@uk.calyon.com