

Asha continues to support communities in need in Sri Lanka by tackling the root causes of deprivation and enabling people to build ladders out of poverty.



August activities

The August holidays are normally quiet at the centre in Badowita as the teachers take a break and the children too! This year, however, the team decided to do something different.

The doors were kept open for the first two weeks of the four week holiday and the children took part in creative activities. All the items they made within these two weeks were sold at the first 'Asha' sale that took place at the centre on the last Friday of the holiday programme.

The team also managed to get local supporters to donate used clothes and many of the mothers who attend the Women's Group also made items to sell. As well as raising money for the centre, it was also a great community bonding exercise with many helping at the sale as well as buying.

Amongst the items for sale was home-made jewellery, cards, serviettes and sweet treats. The Asha team and children are already planning the next sale so watch this space for more news!



Asha Trust 141 Capel Road, London, E7 0JT
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To donate online go to www.ashatrust.co.uk and click 'donate' or go to www.virgingiving.com/charities/ashatrust

Upcoming Events

Recycled Christmas Presents Sale

Sunday 3rd January 2016
St Mark's Church, Forest Gate

Drop off your unwanted Christmas presents at 10am



Lehana De Silva spent a week volunteering at the centre in July supporting the afterschool classes with English. Thanks for your support Lehana!

Tuk Tuk Volunteer Holiday in 2016

We will be leading another 'Volunteering Holiday' to Sri Lanka in the summer of 2016.

This is a chance to work alongside some dedicated community workers, to be inspired and see something of this paradise island.

For more information click on www.facebook.com/tuktuksrilanka or email info@ashatrust.co.uk



Mental health support

From April to July we had the support of Dr Lorna Fortune, Counselling Psychologist and Dorian Cole, Nurse Consultant and Family Therapist, in expanding mental health support in Badowita. They both spent six months volunteering in Sri Lanka for Samutthana, a mental health charity that works with capacity building in Sri Lanka.

Lorna and Dorian visited some families in the area with Sister Concepta and after some careful thought came up with the idea of setting up peer support groups that would run from the centre. This is an established way of supporting people with issues in the UK especially in mental health and they thought that with some planning and support, this idea could easily transfer to the community in Sri Lanka. The aim was not to have 'experts' dictating to the community about how they should live their lives but rather they trained local staff and people from the area to help facilitate groups where everyone could share their problems if they wished and support each other. It was also agreed that this would reach far more people in the community than for example, training an additional counsellor.

The Women's Group has met with huge success and we now have a group of engaged women who as well as supporting each other at the group are also very supportive of the centre and the work that goes on there. After initial high numbers, the men's group has not been so successful long-term but with our two local facilitators who remain dedicated to the cause, we will be working at developing this in the next few months.

Thank you Dorian and Lorna for dedicating your time to the community in Badowita. You really made a difference and the team were delighted to have your support!

