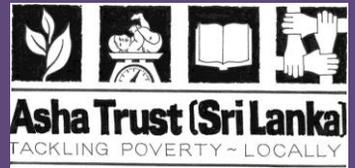


ASHA TRUST



Christmas 2015

Charity No. 1108536

The Asha Centre in Badowita has been a hive of activity in the last few months with all the usual activities going on, as well as preparing for our Christmas events.



Reaching out at Christmas Time!

Following on from our successful 'Concert in the Community' in 2013 where the children performed on the banks of the canal in Badowita, Sr Concepta was determined to do something even more ambitious this year for the annual Christmas celebration and what an event it turned out to be! She and the team brought the children to Prithipura Communities, a home for those with disabilities whose birth families are unable to care for them. Whilst there, the children sang Christmas carols in Sinhala, Tamil and English as well as performing two short dramas in Tamil and Sinhala. Father Christmas also visited and showered everyone present with sweets!

The Christmas story is a story of hope and of reaching out and the event that took place at Prithipura mirrored many of these sentiments.

Those with disabilities in Badowita were so well integrated into the day and the events that it was actually impossible to tell who had a disability and who didn't....we've come a long way with this and it was heart warming to see! The empathetic and understanding attitude that the children showed towards those living at Prithipura was also truly remarkable. Finally, there was simply the joy of seeing children who face daily struggles working together to put smiles on other people's faces.

The team and those who access the centre are now having a bit of a break over the Christmas period but we are all excited about our activities and plans for the centre in 2016.



Asha Trust 141 Capel Road, London, E7 0JT
info@ashatrust.co.uk

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Upcoming Events

Recycled Christmas Presents Sale

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

Drop off your unwanted Christmas presents at 10am



Sam, speech and language therapist

Support from Volunteers

We are slowly extending our network of local supporters and this has resulted in more offers of voluntary support. We have been supported by the following volunteers over the last few months:

- Joyce supports Sister Concepta with the outreach work as well as facilitating at the peer support groups.
- Dilhara, a Psychologist, has been working with the children using creative therapy techniques as well as staff training and supporting with the set of a 'youth group'.
- Sam, a speech and language therapist, is working alongside our fabulous RCCI team, in order to further support those with speech and language difficulties.

Our peer support group celebrates

Our women's peer support group celebrated Christmas just before the centre closed for the holidays. They also celebrated the success of the group they have formed which has now been running on a weekly basis for over six months. A bring and share event was arranged where everyone brought a plate of food or a drink.

One woman spoke fondly of the time she spends at the group every week and how it is the only 'down' time she has. The rest of the time she is busy working and looking after her child.

Another woman spoke of how she has been empowered by the group and is much more confident about voicing her opinion.



Above: One of the peer support group giving her feedback Below: Dilhara – staff training

