

Asha-Deep Project

Bringing Hope & Light

June 2020

A community-led partnership working together to bringing support services for Asian community members in Northampton & Wellingborough. Contributions to this Newsletter are welcome: ashadeepc19@gmail.com.



I am pleased to share with you that, thanks to the team and the volunteers working with us, we have made an amazing start and we are making a very positive impact for our communities. Asha-Deep is aimed at re-dressing any disproportionate impact of Covid-19 on BAME communities. We are supporting people need but also enabling community members who want to make a difference an opportunity to do so – through food donations, financial donations, volunteers giving their invaluable time, sharing their skills, knowledge and experience. This is social action and building strong and resilient communities.

I am humbled by the immense support we are receiving. Thank you very much and we look forward to continue working with you all as we hope to reach out to as many members of the communities who need us most. and bring Hope and Light into peoples' lives.

Pratima Dattani

Support Northamptonshire



The **Asha-Deep** project has been set up through a partnership between **Support Northamptonshire, Wellingborough District Hindu Association, the Indian Hindu Welfare Organisation, the Northamptonshire Rights and Equality Council and Pravasi Mandal**, after receiving funding from the National Emergencies Trust and the Northamptonshire Community Foundation.

Launched on 4th May 2020 Asha Deep is offering services in Northampton & Wellingborough during this difficult time of Covid 19/Coronavirus. More people from Asian communities might be more vulnerable to catching the Coronavirus and we want to make sure they get the right information and support to remain safe.

The following services are being offered

- ◆ Indian, vegetarian meals for older, disabled and ill people
- ◆ Indian Food parcels to those in need
- ◆ A wellbeing call service facilitated by trained volunteers, to support people who are isolated, need information and would like to connect with other people
- ◆ A welfare benefit service to make sure people have the money they need
- ◆ Information and guidance on the Coronavirus that is easy to understand
- ◆ Support for people when someone is in hospital or there has been a death.





♦ **635** hot, healthy nutritious meals delivered to 60 people to date.

♦ Asian food parcels services up and running

♦ 3,000—4,000 people reached through Coronavirus/ Covid 19 information in different formats and languages—English, Gujarati, Hindi, Urdu & Bengali

♦ Welfare benefits guidance and support where people may have lost their jobs or need financial help.

♦ Our projected meal provision has been exceeded to 1,300—there is great demand

♦ Continue to share Coronavirus/ Covid19 information issued by the Government in accessible formats

♦ Raise awareness of Welfare benefits support

♦ Develop accessible well-being/ Be-friending support service - volunteers being recruited

Thankyou for your continued support



£675

raised of **£3,000** target by 16 supporters

[Donate Now](#)

[https://
www.justgiving.com/
crowdfunding/jagruti-](https://www.justgiving.com/crowdfunding/jagruti-)

Thank you to those who have donated through other means including food donation



A heart Warming story.....

Ratilal Tailor receives his 100th Birthday card from the Queen!

Excerpt taken from the Northamptonshire Telegraph, 28 May 2020

A Wellingborough resident has celebrated his 100th birthday (28 May) with a socially distanced garden party and a card from the Queen.

Asha-Deep, a community support service to help the Asian community through Covid-19 said Mr Tailor was very pleased to receive the special birthday wishes from the Queen.

Pratima Dattani from Support Northamptonshire's Asha-Deep project, said:

"Even during these difficult days of Covid-19, I am pleased to have witnessed a member of the Asian community turning 100-years-old.

"He is active and well and we can all learn from this generation how to live our lives."

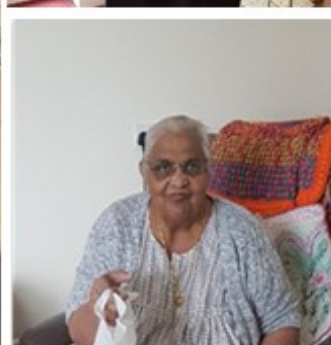


Something to think about.....



The best way to not feel hopeless is to get up and do something. Don't wait for good things to happen to you. If you go out and make some good things happen, you will fill the world with hope, you will fill yourself with hope. Barack Obama

Picture Gallery.....



Interview with Anil Patel Share your Story.

I am amazed at how resilient we can be in challenging times...people we support are definitely very resilient....and still smiling. I invited Anil for a chat and here is how it went...

AD—How did you find out about Asha-Deep?

AP— My brother Kirit is a volunteer with IHWO and he notified me of the support that Asha Deep could provide.

AD—What support are you receiving from AD?

AP—We are receiving hot cooked meals, three times a week, in the afternoon (12:00 in time for lunch) for the both of us and a food parcel containing flour, two types of lentils, rice, tins of tomatoes, tins of kidney beans, tins of channa and a bottle of oil. A generous quantity. Also support with weekly shopping has been set up—but not yet utilised.

AD—What has been your experience of AD

AP— For us, our experience with Asha Deep has been excellent right from our first phone call for assistance right through to the first contact at the door was only 4 days during the Bank Holiday period. Interaction with the AD team has been pleasant, supportive and caring. It really did feel like a weight being lifted off my shoulders. I sleep better now and it has enable us to focus on our day to day wellbeing.

AD— What would you say to someone who finds themselves in a similar position to your selves?

AP—I have already spoken to a few people about my experience with AD and they have taken details to follow up.

AD—Anything we can do further with the support areas?

AP—I think that some elderly and vulnerable people may not be able to fill in and email the form. Perhaps assistance completing the form over the phone might help a few people in need.

AD—Thank you for your very useful feedback and taking time to talk to us.



Thoughts from Asha Deep Team Members

Firstly I would like to say a huge Thank You to my frontline team for everything they are doing in providing and delivering the meals, continuing to provide these essential services during this time, and well in excess of what they would normally be doing. There are no words that can adequately express my gratitude for all that they are doing during this difficult time.

In regards to the Asha- Deep team, our joint partnership response will show that action is not only possible, it is a winning strategy, and I hope that we use our resource to develop and flourish further in the future.

Dipak Patel (Pravasi Mandal Trustee)

I think things are going very well. All those I have been working with feel they have received very good support.

Savita Paw (Welfare Benefits)

In a challenging time like this, it is our responsibility to overcome the obstacles and provide help.

Benaben Patel & Sumitaben Patel (Pravasi Mandal staff)

Hopefully our community will feel vitalised and supported and take a more active role in future activities.

Ashokbhai Desai

Working with AD has been a refreshing and rewarding experience. I am helping those who are isolated and vulnerable during this covid-19 Pandemic. Meeting new faces, conversing with them and seeing them smile in itself is the reward. Making a difference to the lives of others is a reason why I decided to help AD in distributing provisions to those in need. It was a humbling and insightful experience and would recommend this to anyone looking to find fulfilment through community service

Priyesh Patel (Volunteer)

NOTICE BOARD



A number of people are receiving scam calls. They are pretending to be calling from NHS Track and Trace service. They tell you that you have been in touch with someone who has tested positive for Covid-19 and so need to isolate and be tested and need to pay £50.00 for test kit. If you get this type of call **PLEASE BE AWARE IT IS A SCAM CALL.**

NHS DO NOT CHARGE FOR COVID-19 TESTING. IF IN DOUBT CONTACT US AT ASHA DEEP AND WE WILL HELP CLARIFY.

BEWARE... THE VIRUS IS STILL AROUND!!!!

Whilst lock down rules are starting to be relaxed, Asha Deep wants to convey a strong message and say please, please remain attentive. Keep following the advice around social distancing, hygiene, self protection. The virus has not gone.

Useful AD Contacts

Asha Deep Email	ashadeepc19@gmail.com	
Wellingborough Coordinator	Dipak Samant	07519529452
Welfare Advisor	Savita Paw	07511345595
Northampton Coordinator	Jagruti Patel	07511345594