



ASHA CENTRE & FARM
INSPIRATION • CONNECTION • PURPOSE

**We are expanding and
we need your help...**

**Unique Education Centre and Sustainable Farm
Dedicated to Transformational
Learning, Development and Wellbeing
set amidst the Forest of Dean, Gloucestershire**

Transforming the lives of young people

The ASHA Foundation Charity provide education programmes that are designed to bring about lasting inner, social and environmental change. We provide residential training courses and volunteering placements to young people from the UK and around the world.



We need your help

At The ASHA Foundation Charity our mission is to provide a unique educational experience, through which young people gain, not only real-world, practical skills, but the confidence and focus to apply them successfully in life. We help individuals overcome their challenges to achieve their goals.

ASHA has successfully supported thousands of young people for over 12 years from our Centre in the Forest of Dean. We recently acquired a neighbouring 54 acre farm, providing us with the opportunity to expand in our mission.



With blessings
and thanks,

Zerbanoo Gifford
The ASHA Foundation



A life changing home away from home

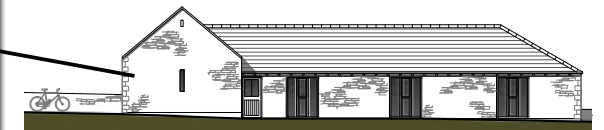
We have redefined the way people experience everyday sustainable ways of living a good life and being of service to others. Coming to ASHA is often the first time many young people have been exposed to new ideas and meet people from different cultures and faiths. They experience tailor-made educational programmes, including yoga, meditation, mindfulness, forest bathing, connecting to nature and enjoying our extensive gardens in the company of new friends.



Development of ASHA Farm

Our expansion will provide more opportunities to enrich the lives of young people. Giving ASHA more capacity to deliver exceptional learning programmes. Our new development includes additional accommodation designed to cater for those with disabilities and special needs, a theatre auditorium, working kitchen, indoor and outdoor spaces suitable for conferences, training and meetings.

At the ASHA farm we will be co-partnering a pioneering project for young people leaving the care system. Providing ground-breaking personal, professional and wellbeing development for our forgotten young people.



Maintaining a rich and diverse landscape and woodland

Protecting and promoting a positive environment for nature and wildlife is of high importance to us. We appointed the Wildlife Trust to conduct an Ecological Appraisal of the 54 acres at ASHA Farm to ensure we sympathetically and sustainably develop the land and woodland to protect and promote a positive environment for nature and wildlife.



Opportunities for young people and the farmland development

At ASHA we have a strong emphasis on outdoor learning. As part of our farmland development it is our aim to expand our organic food production including planting an orchard. Providing further learning and apprenticeships in organic agriculture, horticulture, cooking and enterprise opportunities in the development and sale of produce.





Learning
Through
Head, Heart
and Hands

We are a working
community

- Working with the whole human being
- Valuing intellectual, emotional and practical intelligence
- Integrating the three faculties of thinking, feeling and willing
- Building a holistic and life changing learning experience
- Appraising existing structures and developing new paradigms

Where young people from all around the UK and abroad come to take part in a holistic, creative programme of activities with a strong emphasis on outdoor learning. We use an organic system of agriculture, which fosters a revitalising and harmonious relationship with the earth. Providing opportunities to disconnect from the digital world and reconnect with themselves, the community and the environment.



Harnessing
the Power
of Nature to
Learn and Heal

Living Sustainably

- Using nature as a therapeutic and educational tool
- Envisioning a sustainable future
- Living in harmony with the natural environment
- Connecting to the rhythms and cycles of nature as the basis of community

At ASHA we cultivate a relationship with the earth that is both sustainable and harmonious. Our holistic, ecological and ethical approach to organic agriculture focuses on revitalising the earth and generating health. Many courses highlight our relationship to nature, exploring the connection between personal development and social wellbeing.





Fostering a
Truly Human
Global
Community

A Space for all Cultures and Religions

- Learning to respect and work with other people's perspectives
- Being part of an interconnected and interdependent world
- Discovering the richness of other countries, cultures and faiths
- Making human connections across social and cultural divides
- Transforming past prejudices and cultural biases

At ASHA people from around the world come to experience the richness of each others' cultures and to practice living together in a spirit of human unity; this often includes young people coming from places torn apart by conflict and war. The ASHA Centre and Farm are places of safety and beauty, where all faiths are honoured and where people of different nationalities and religions live and work side by side.



Nurturing
Creativity and
Innovation
Through
the Arts

The Arts

- Activating the imagination, self-awareness and self-expression
- Unlocking creative potential
- Developing community and building bridges through the arts
- Fostering communal peace through shared artistic experiences

Using the arts as an educational tool is a key aspect of ASHA's work. Through drama, music, voice training and performance young people gain self-confidence and are allowed a creative space to unlock and express the untapped potential within. It's a way of learning that engages the emotions as well as mind and body, integrating all three and fostering a transformative learning environment. At ASHA, theatre is also used as a means to peace and social cohesion. Plays are produced with young people across cultural, religious and racial divides. These have been performed in Britain, South Africa, Israel, Europe, Caucasus and Balkans.





A Supportive
and Sustainable
Home from
Home Venue

A Space for Your Training, Events and Celebrations

- A range of wonderful accommodation options
- Self-catering or fully catered (including 3 organic meals a day)
- Use of the beautiful large garden studio room
- Access to the ASHA estate, including the stone Labyrinth, Hobbiton, meditation hut, firepit, library, garden and farmland

Our beautiful cottages and main house accommodation are elegant, comfortable and relaxing. At The ASHA Centre and Farm we can sleep up to 56 people across both sites. Depending on your group's needs we can offer both fully catered and self-catering options. Meals are prepared by experienced house-keeping staff using locally sourced and seasonal produce from our garden. Meals are tailored to suit dietary requirements. Full catering and refreshments are available for day and residential bookings.





Expanding
Knowledge
and Growing
Confidence

Development and Wellbeing Workshops and Programmes

- Wellbeing programmes for mind, body and spirit
- Practical programmes for an ethical and sustainable future
- Workplace programmes from work-readiness to leadership development and training the trainers

At ASHA we provide a range of development opportunities using our creative and transformational approach to learning. Our workshops and programmes are developed based on practical and experiential activities. The Centre and Farm have been specifically developed to nurture personal growth, wellbeing, creativity, innovation, and community connection.





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We look forward to
seeing you soon...

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Brochure design and creation donated by Rebecca Harling - newdawncreative.co.uk

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Registered in England and Wales: Company Registration No. 3246746 VAT No. 914 1927 27

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