

# Do you care FOR someone and need SUPPORT LOOKING AFTER THEM?



**ASHRA:**  
Trained care staff  
Staff speak main Asian  
languages  
Competitive rates  
7 days a week service

**ASHRA provides**

- ▶ Domiciliary Care
- ▶ Respite Care
- ▶ Sitting service
- ▶ Day Care

## **SUPPORTING YOU AND THE PERSON YOU CARE FOR**

**Make ASHRA services part of care support package**

### **ASHRA:**

specialists in supporting Asian older people, people with disabilities and substantial health conditions and Carers

serving Ealing, Hounslow, Hillingdon, Hammersmith & Fulham and Brent.

**020 8571 7928** (Southall) | **020 8811 1501** (Hammersmith)

**ASHRA: A Quality  
service with 3  
STAR (Excellent)  
accreditation rating  
from Quality Care  
Commission**

### **Domiciliary Care service**

- help with bathing, dressing, toileting, eating etc.
- help with cooking, preparing meals, cleaning, laundry, shopping and other household tasks

### **Respite Care & Sitting service**

- to allow you to have a break
- helping person you are looking after to attend local community activities, appointments, go shopping etc.

### **Day Care**

for older people and adults with disabilities at our Shanti Centre in Hammersmith

**Free advice & support:** to help you use direct payments and personal budgets to access our range of culturally appropriate care services.

### **CALL US NOW on:**

Tel: **020 8571 7928 (Southall)** or  
**020 8811 1501 (Hammersmith)**

Fax: **020 8811 1502**

email: **ashra@taha.org.uk**

web: **www.taha.org.uk**

ASHRA,

Dominion Centre, 112 The Green, Southall, Middx UB2 4BQ  
The Asian Health Agency, 89 Askew Road, London W12 9AS

TAHA a non profit making charity.

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**ASHRA**

**THE**

**ASIAN**

**HEALTH**

**AGENCY**