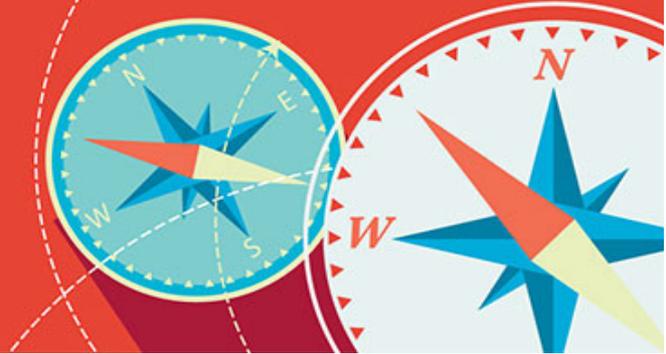


herspace



ANNUAL REPORT FOR 2015

ASHA DEVELOPMENT ORGANISATION LIMITED

AND

ASHA FOUNDATION



The logo for 'herspace' is located in the top right corner of the red header. It features the word 'herspace' in a white, lowercase, sans-serif font. The 'h' is bold, and the 'e' is underlined. The background of the header is red and contains two overlapping compass roses. The left one is blue with a yellow and red needle, and the right one is white with a blue and red needle. Dotted lines and arrows suggest movement or direction.

CONTENTS

Asha's Vision

Executive Director's Report

Board Chairperson's Report

Stories from the field...

Financial Reports 2014/2015



Asha's Vision

Asha believes in a world where girls and women are free from sexual exploitation - a world where they are able to enjoy their full human rights.

Asha's Purpose

Asha supports girls and women affected by sexual exploitation in Australia and overseas through direct services. We work in partnership with grassroots organisations towards prevention, pathways out of exploitation, healing and recovery. We aim for girls and women to be empowered and to contribute towards transformative social change.

Asha's Values

Asha values dignity, inclusivity, diversity, empowerment, compassion, respect, and justice. Asha stands for all those affected by sexual exploitation, regardless of race, ethnicity, religion, or political persuasion.

Asha's Approach to Development

Asha works through principles of holistic community development. We use partnerships and collaboration and support and foster networks of shared learning opportunities.



Executive Director's Report

The year of 2014-2015 has been one of growth, change and exciting new opportunities. At the start of the year we decided we would move forward with an innovative model HerSpace, a community based model of mental health support for girls and women affected by sexual exploitation in Melbourne. HerSpace brings to life Asha's vision of providing the mental health support needed for girls and women to choose their own direction and move out of sexual exploitation, to live free and empowered lives.

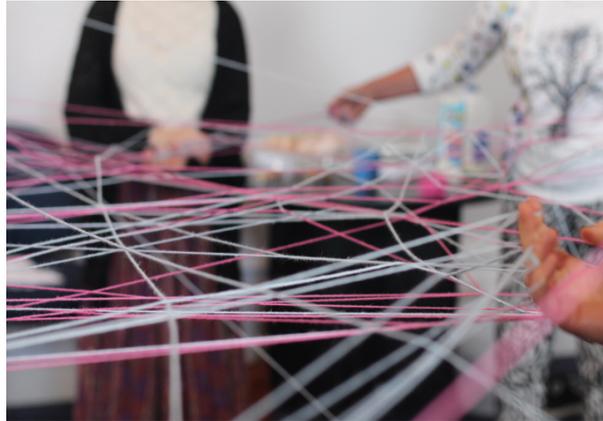
HerSpace will be the first program in Australia to provide long-term healing and therapeutic support, specialised for survivors of sexual exploitation. It will be a safe place for girls and women affected by sexual exploitation to receive therapeutic and mental health services; a space for them to heal and find pathways out of exploitation; and a space to connect and drive social change. This is vital because without ongoing therapeutic support, survivors can often return to situations of exploitation. Women and girls need a safe space to heal, with support from each other and the guidance of trained therapeutic professionals.

Currently Asha began in October the process of rolling out three components to the HerSpace model namely Healing and Solidarity Circles, Emotion Focused therapy and Art Therapy.

Attaining our Deductible Gift recipient status as an NGO doing work in Australia made it possible for us to apply for grant money, and though it is an extremely competitive environment we were successful in getting the first pilot program "Healing and Solidarity Circles group program" funded. So much of the beginning of 2015 was about getting our programs set up- the group program, as well as individual counselling, a program solely funded by Asha's regular Givers, contributing monthly donation in an ongoing way. A special thanks to these donors. This time of transition and establishing new things has truly been supported by our regular giving community, and to each of the 19 who make up this community, in all honesty we would not be here without you.

Healing and Solidarity Circles, a program we are right in the middle of running, has had a remarkable impact already in the women's lives who attend the group. Community and connections have been built, confidence and self-esteem has increased and we can already see the women making changes into their lives and see that they now have hope and important plans for the future. In the coming weeks we will launch our Emotion Focused therapy and Art Therapy programs, offering girls and women one on one support with a highly trained and skilled practitioner, who also hold values of putting women first and seeing their strength as central to the work. We ran Art Therapy Skills training, for practitioners supporting women. The training was a huge success and we received positive feedback, and even had demand to run the training again, which we hope to do in the near future.





Underpinning all HerSpace programs is the belief that the girls and women we connect to have immense capacity, inner resources, skill and knowledge, and our job is to support them in re-connecting to what they already hold, and link them with the support needed to move forward. These therapy programs do just that, get survivors back in touch with themselves, what they feel and need, in times when for too long it has been unsafe to feel, unsafe to hope.... with support from HerSpace practitioners and connections to women with similar stories, we are really seeing change happening already, and are full of anticipation for what's to come.

We are dedicated to best practice programs, and spend time and resources developing programs based on successful and ethical models around the world, our programs models drawing on some of the most renowned programs in the US. Understanding the issue, and raising awareness is also key to our priorities, and we are soon to finish a full research review of the issue of sexual exploitation in Australia, which will soon be published on our website. Many are unclear about this issue, and we feel it's important to look at the facts and evidence, and especially capturing the voices of survivors themselves.

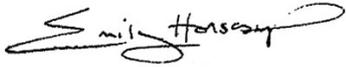
Moving forward we are thrilled to focus on getting the word out there into the community about what we are doing, to extend our supporter base, and to continue and add to our HerSpace model. With extended support and increased resources we can continue the HerSpace programs already begun and expand these programs by adding new aspects of HerSpace, such as our community arts program, and



outreach mental health support. You can't underestimate the value of sharing the news about what Asha is doing with your family, friends and networks, every story shared has an impact, and we appreciate your support in all the many ways you give to what we do. Thank you for being part of the Asha community- a community of hope.

Warmly,

Emily Hanscamp

A handwritten signature in black ink that reads "Emily Hanscamp". The signature is fluid and cursive, with a large loop at the end of the last name.

Founder and Executive Director



Chairperson's Report

This year has been productive for Asha with the team successfully commencing its first Australian operations with the Art Therapy Skills training in late 2014. This was the first program under Asha's HerSpace model.

Starting operations in a new country comes with a wide range of challenges. To overcome this, the dedicated Asha team invested heavily in developing a solid understanding of the operating environment and took this learning to then design and develop the next two programs under the HerSpace model.

The aim is to deliver high quality programs to those who need it most. Further, to learn from each program, to better ourselves and to grow organically yet effectively to ultimately achieve our full-scale HerSpace in the future.

To do this, the Board and the executive team will continue to support the Asha team. A particular focus in the coming months will be on building our brand and to maximise our fundraising potential. With this we hope to reach more girls and women and make a difference in their lives.

Once again our work could not have been possible without the support of our donors and volunteers so thank you sincerely for your ongoing support.

We look forward to sharing more stories and achievements with you.

Sincerely,



Manita Ray

Board Chairperson



Stories from the field...

Quotes from some women whose lives have been changed by Asha

“I feel like I’m recognising new things about myself and trying to appreciate my successes more”

“This a safe space for me to come each week”

“I always feel safe in the group”

“The sand tray therapy was such a powerful experience for me”

Story of impact

At the start of the group one of the women in the group was living in a very unsafe housing environment and she was able to share some her feelings about this within the group. Her confidence began to grow within the group through the connections built and through the opportunity to use art therapy techniques to reflect on her life journey. During the group she made the decision to independently get some help with her housing situation and delighted in sharing with the group about this transition. Confidence and self-esteem building was one of the goals identified at the start of the group and we have seen her flourish in this way.

Continuation of H&SC group

Many of these women are so immobilised by their experiences of trauma that they find it overwhelming to just be present in their body and allow themselves to have positive experiences. I have seen firsthand how the Healing & Solidarity Circles group has provided a safe physical and psychological space for women to build connections, enrich their internal resources and coping mechanisms, and to feel empowered by the use of art therapy techniques. The group allows for women to gently tend to their own self-care and builds on their capacity to make informed choices and to access support where needed.



Financial Reports 2014/15

The following 2014-15 Financial Reports are provided:

- [Asha Development Organisation Limited Report.pdf](#)
- [Asha Foundation Balance Sheet.pdf](#)

