



MANJU SHAHUL-HAMEED FOUNDATION

For Mental Health

NEWSLETTER- JANUARY- MARCH- 2022



Welcome to 'Manju Shahul – Hameed Foundation for Mental Health' Our brand-new e-newsletter of January to March, 2022! Every quarter, we are aiming to deliver the latest news and stories direct to your inbox. We are very excited to share them with you!

As you read through, we hope you will agree that together we continue to make a significant impact on the lives of those in need. The heartfelt stories and feedbacks illustrate how their time with us does transform their lives. Our aim is to provide a blissful life to those in need by bringing together communities to care for each other. There are a variety of ways you can get involved to help us, including volunteering or hosting. If you have your own fundraising ideas, we would be happy to hear from you.

Today, we want to express our gratitude to you, the volunteers, and many other generous supporters who make this possible for us. Without your assistance, our work would not be possible. Thank you for your continued support.

Toni Letts OBE

Manju Shahul – Hameed

MENTAL HEALTH FIRST AID COURSE

**Your mental health matters!!
FREE TWO-DAY
VIRTUAL MENTAL HEALTH FIRST AID COURSE**

Organized by MANJU SHAHUL-HAMEED FOUNDATION
For Mental Health

Sessions will be led by **CHARMAINE KING**, an accredited Mental Health First Aid (MHFA) England Instructor.

You can join online using your smartphone, tablet, or computer from the comfort of your own home!

Charmaine is strongly committed to raising awareness and educating others to reduce the stigma around mental health. She is an excellent listener and extremely passionate about supporting and empowering people to gain a greater understanding of and responsibility for their own mental well-being.

Online Mental Health First Aid is a blended course that is delivered over two days to allow for both self-paced learning at home via the online learning centre and instructor-led live sessions

Date: 12th and 13th February 2022
Time: 9AM to 5PM

Sponsored by **COMMUNITY FUND**

Only limited number of places available for up to sixteen people.
If you are interested, please contact: Call: +44 7850 970323
events@msfoundations.co.uk, mo@bestpp.co.uk

MSH Foundation organised a Mental Health First Aid Course on 12th and 13th February 2022. The objective of this event was to increase the participants' ability to identify symptoms of mental health condition within themselves and as well as others after they had received mental health training. This enables them to not only deal with any sort of crisis but also to intervene before the distress becomes an emergency. Our charity is grateful to The National Lottery Community Fund for sponsoring this event and facilitating participants in encouraging more people to seek help for maintaining a healthy mental state. The Mental Health First Aid Course and its materials were intended to educate participants on common mental health illnesses like cyberbullying, trauma, post-traumatic stress etc., while also making them aware of the social stigma.



FEEDING THE HOMELESS

Food is a basic requirement for everyone, but not all are fortunate enough to have it. Covid-19 exacerbated the worldwide hunger crisis, bringing the homeless to the verge of starvation. MSH Foundation, with the support of Grand Sapphire provided meals to the homeless on 19th January, 23rd February and 30th March at West Croydon Methodist Church, 93 London Road, Croydon, CR0 2RF



CHAKRA DANCE AND CREATIVE MEDITATION

Today's lifestyle induces stress and tension on a physical and mental level and the majority of specialists feel that untreated mental stress can lead to physical difficulties. MSH Foundation organised Chakra dance sessions with creative meditation on 20th January, 3rd February and 3rd March which was sponsored by The National Lottery Community Fund. These sessions aimed at improving mental health amongst the participants. Chakra Dancing served as a platform for the participants in self-expression, self-awareness, self-empowerment and liberation. Chakra balancing through this dance helped the participants in maintaining emotional stability and bringing them back to the root. The dance and music also facilitated them in staying connected with themselves. Chakra healing sessions also helped to neutralise this influence and encouraged participants to live a healthy lifestyle.



**Frustrated? Stressed?
Upset? Alone?**
Try a free counselling session
to help you overcome life's
battles!

MANDU SHAHUL NAMEED
FOUNDRATION PARTNERSHIP WITH
Mind in Croydon

Offering FREE
6* Weekly Counselling Sessions
to help individuals thrive.
(Maximum limit upto
10 individuals)

Sessions will be led by
Quitty D'souza, a certified
Mind in Croydon counsellor.



"Quitty is a good listener and can offer a warm, confidential
and non-judgmental empathic space in which the client will
feel safe to express and explore past/present painful issues.
She is passionate about the work I do and will always look to
work with sensitivity and care, slowly establishing trust.
Listening and empowering women is something she also feels
passionate about."

Location: Mind in Croydon Office at
26 Pampisford Road, Purley, CR8 2NE
Date: Available on Wednesdays and
Thursdays from 12th January, 2022
For more info: events@msfoundations.co.uk

Sponsored by
COMMUNITY
FUND

FREE COUNSELLING SESSIONS

Mental illness is extremely prevalent as a result of our intensive and unhealthy lifestyles, and people are often hesitant to seek help owing to social stigma. The MSH Foundation offered a six-week free counselling session to support individuals suffering from any type of mental illness. Quitty D'Souza, a certified Mind in Croydon counsellor, led the session. From 12th January 2022, free counselling sessions were provided at Mind's Croydon office on all Wednesdays and Thursdays. We emphasized bringing these individuals' to light and encouraging them to seek help for mental illness. This event was sponsored by The National Lottery Community Fund.



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HOW CAN YOU HELP?

Your contribution to our cause in the form of donations can definitely make a difference. Irrespective of how much you donate, it will help us to move forward with our aim of providing care and ensuring the well being of the elderly and those suffering from mental illness.

Please send your donations to

Name of the Bank - Barclays
Account Number - 80409774
Sort Code - 204545

-  Get Together
-  Become Volunteer
-  Make a Gift
-  Send Donation
-  Give Helping Hand

We are Really Proud of Our Kind  Donors.



Parkview Nursing Home, 1-3 Eversley Rd, London SE19 3PY. Part of Abbey Total Care Group

Wates GIVING www.watesgiving.org



Our Causes

Our foundation provides support to those in need.



Maintain Mental well-being

MSH Foundation focuses on spreading awareness about mental illness and on fighting against the stigma surrounding it. We will also emotionally support and care for the sufferers, and will guide them towards mental wellness, helping them live a happy and purposeful life.



Celebrate older people's lives

MSH Foundation provides welfare support to those in need, especially the elder members of the communities. We promote positive ageing through the themes 'Design your legacy' and 'Gift of growing old.' The idea is to learn from each other where the elder people share their life experiences with youngsters and then, acquire digital knowledge from young members of the communities.



Improve community well-being

MSH Foundation understands the needs of the members of the communities and connects with them to provide social support, build trust, support members who live together without any issues and to encourage people to join the community.