



# MANJU SHAHUL-HAMEED FOUNDATION

*For Mental Health*

NEWSLETTER- JULY- SEPTEMBER- 2021



Welcome to 'Manju Shahul – Hameed Foundation for Mental Health' Our brand-new e-newsletter of July to September, 2021! 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.

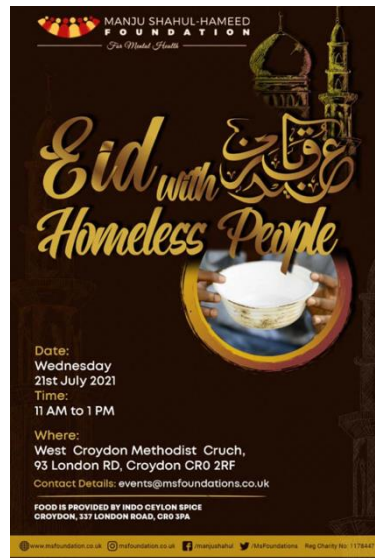
Today, we want to express our gratitude to you, the volunteers, and many other generous supporters who make this possible for us. Without your assistance, our work would not be possible. Thank you for your continued support.

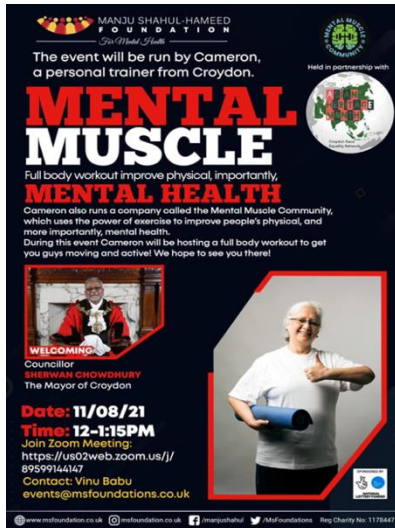
**Toni Letts OBE**

**Manju Shahul – Hameed**

## EID WITH HOMELESS PEOPLE

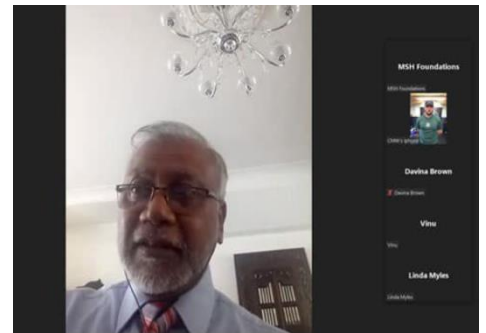
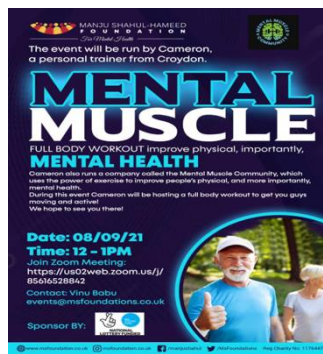
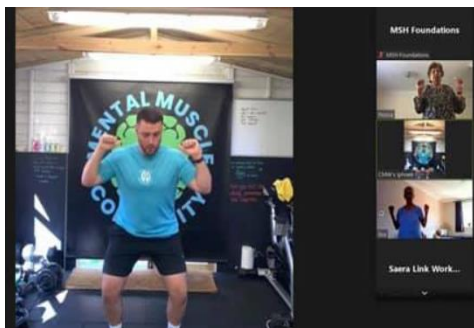
Eid is one of the most significant Muslim festivals. It's a day of joy and prosperity which has to be celebrated with friends and family. After completing one month of dedication in prayers and fasting, a generous donation of food to the homeless made our Eid celebration even more special. On July 21<sup>st</sup> 2021, MSH Foundation celebrated Eid with the homeless at West Croydon Methodist Church. Our charity is grateful to Indo Ceylon Spice, Croydon for supporting this event.





## MENTAL MUSCLE

MSH Foundation hosted Mental Muscle event in partnership with a personal trainer named Cameron on July 14<sup>th</sup>, August 11<sup>th</sup> and September 8<sup>th</sup>. Our charity organisation is thankful to The National Lottery Community Funds for sponsoring these sessions. The event was conducted online and aimed at facilitating the substantial positive association between increased physical exercise and improved mental wellbeing. It is proven that, participants can move easily and avoid health ailments by maintaining a healthy level of activity. This could be accomplished by Mental Muscle event by keeping muscles stronger and ligaments flexible. The participants also benefited in terms of preventing and treating mental conditions such as depression and stress.



## ONAM WITH HOMELESS PEOPLE

Onam is Kerala's harvest festival and it's a time to gather with family and friends to celebrate this occasion. All Indians consider it as a cultural occasion. Onam celebration lasts ten days, and the Onam feast, or Onasadya, is the highlight; which consists of a variety of sweet, salty, and spicy dishes served on a banana leaf. On August 25<sup>th</sup>, 2021 MSH Foundation hosted an Onam event at West Croydon Methodist Church by giving Onasadya kits to homeless people. Our charity is appreciative of Indo Ceylon Spice in Croydon for serving nutritious Onam meals to the homeless.





## SUICIDE FIRST AID TRAINING



MSH Foundation organised a free virtual suicide first aid training on September 8<sup>th</sup>, 2021 in the light of hundreds of people being hurt each year as a result of suicide attempts. The National Lottery Community Fund supported our organisation in hosting this event. The training in first aid for suicidal attempts is a vital part that must be overlooked. Not only does it ensure that crises are handled appropriately, but also it is a legal requirement that may be costly if disregarded. Our organisation finds it is essential to instil trust in the public that they are being effectively cared for, to reduce suicidal thoughts.



## FEEDING THE HOMELESS PEOPLE

Food is a necessity for the homeless in maintaining a healthy and balanced life. Covid-19 escalated the global hunger crisis in many countries all over the globe, pushing food-insecure families to the brink of starvation. On September 29<sup>th</sup>, 2021 the MSH Foundation organised a feeding event for the homeless. Grand Sapphire sponsored this event and helped our organisation to provide nutritious meals to the homeless and help them combat the impacts of hunger and malnutrition. This event aimed at sustaining a high standard of nourishment for them and helping them manage and recover from mental health issues.





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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](http://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.