



MANJU SHAHUL-HAMEED
F O U N D A T I O N

For Mental Health

Transforming Mental Health Stigma
Trustees Report
March 2020

Who We Are

Manju Shahul-Hameed Foundation for Mental Health is a well-established charity, founded in 2017. The charity aims to raising awareness and combat stigma about mental illness and promote mindfulness, with the intention of bringing together different communities within Croydon and the UK to empathize with those in need and to help them battle their struggles.

Our Vision

Our vision is to build a future where living with mental illness will not be anything to be ashamed of and where the aged won't be left to live a lonely life. There are many such people who may be feeling insecure, vulnerable and unworthy at the moment. Unfortunately, they may end up struggling till the end of their lives, though they don't actually deserve it. Therefore, the charity focuses on letting such communities mingle with each other and thereby, support each other to lead a better life.

Our Mission

Our mission is to transform mental health stigma and raise awareness. Mindfulness, Intergenerational Care and Feeding the Homeless are also key themes in our community events.

What We Do

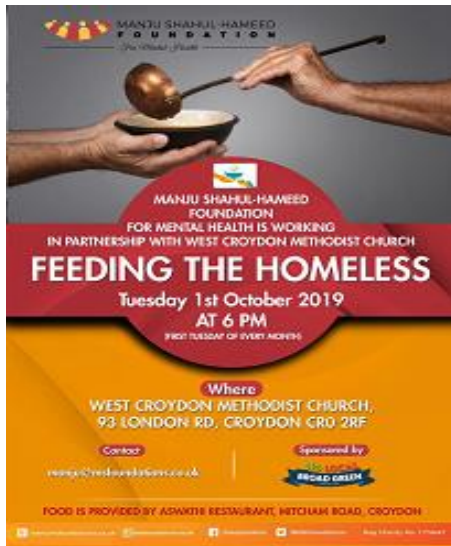
The relief of sickness and the preservation of health among people residing permanently or temporarily in London Borough of Croydon and surrounding areas in particular but not exclusively by providing preventative services including meditation and mindfulness to deal with the underlying relapsing conditions, such as stress, anxiety, anger and depression.

Impact and Highlights

Since the charity was established, we have worked with over many organizations from charities to businesses. Working collaboratively with our partners, our programme continues to transform Croydon, helping local residents especially the most vulnerable in our community. Some of the organizations, that we have worked with are Age UK, Mind in Croydon, Croydon University Hospital, West Croydon Methodist church, Parchmore Medical Centre, Croydon BME Forum, Asian Resource Centre of Croydon, Heartfulness UK and Dementia Action Alliance.

Events

FEEDING THE HOMELESS



Food is more than just a meal on a plate. When we share food around a table, we can begin to break the cycle of hunger & reimagine new possibilities. Consistent access to nutritious food enables students to excel, parents to focus on their livelihoods & seniors to maintain a healthy life. Every month, the charity feeds nearly 70 homeless people in Croydon. In addition, the charity also organizes Chinese New Year, Easter, Indian Harvest Festival, Eid, Diwali and Christmas with the Homeless people to enable them to experience these celebrations.



Tuesday 2nd April 2019 @ 6 pm

Tuesday 17th April 2019 @ 12 pm - EASTER

Tuesday 7th May 2019 @ 6 pm

Tuesday 4th June 2019 @ 6 pm

Wednesday 12th June 2019 @ 12 pm- EID

Tuesday 2nd July 2019 @ 6 pm

Tuesday 6th August 2019 @ 6 pm

Tuesday 3rd September 2019 @ 6 pm

Wednesday 4th September 2019 @ 12 pm-ONAM

Tuesday 1st October 2019 @ 6 pm

Wednesday 23rd October 2019 @ 12 pm - DIWALI

Tuesday 3rd December 2019 @ 6 pm - CHRISTMAS

Tuesday 7th January 2020 @ 6 pm

Wednesday 22nd January 2020 @ 12 pm -CHINESE NEW YEAR

Tuesday 4th February 2020 @ 6 pm

West Croydon Methodist Church

INTERGENERATIONAL CARE



Our **Intergenerational Care** unites our children, seniors & young people in daily multicultural activities. The value of this caring and foundational relationship bond is widely recognized in research – it is an essential building block for enriching the lives of all. We promote physical health and mental well-being, provide socialization, nutrition and access to food and resources. This is all towards the goal of keeping seniors from the tipping point of decline and avoiding or delaying preventable hospitalizations and premature loss of independence.



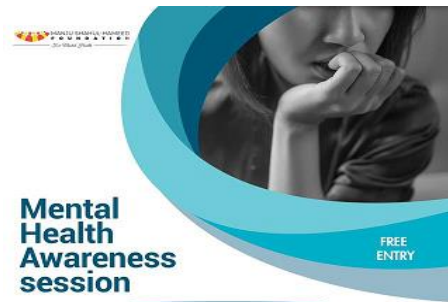
Tuesday 15th October 2019 10.30 am – 3.30 pm

Tuesday 3rd December 2019 @ 12 pm – 2 pm

Tuesday 14th Jan 2020 @ 11 am – 2.30 pm

The Ludoquist- Board Game Café
John Ruskin College

MENTAL HEALTH AWARENESS SESSION



Manju Shauful-Hameed foundation (MSF), Mental Health Charity is delighted to invite you to attend a free session on Mental Health Awareness. The workshop will be facilitated by Rachel Perera, an experienced mental health trainer at SLAM (South London and Maudsley) NHS Foundation Trust Recovery College. It will focus on an introductory knowledge of Mental Health conditions, the first signs of distress and how to support someone.

Saturday, 13th April 2019
14.00 - 15.30

At
Stanley Halls 12 South Norwood Hill
London SE25 6AB

Contact:
RSVPevents@msfoundations.co.uk
Monika Saravanan Mob no: 07865630263

Sponsored by

★ Tea, Coffee and Cakes will be provided ★ Places Are Limited ★ First Come First Served

www.msfoundations.co.uk | #manjushauful | @msfoundations | Reg Charity No: 1178447

Good Mental Health is the foundations of healthy families and thriving communities. Now more than ever before, it is important for the mental health community to come together and show the world that no one should ever feel alone. The session builds connection and increases awareness, bringing down the walls of stigma by sharing our experiences, stories and truths and educating others on what mental illness REALLY is. Awareness is the acceptance and understanding of something, in part or whole.



Saturday 13th April 2019 @ 2 pm – 3.30 pm

Tuesday 27th April 2019 @ 2 pm – 3.30 pm

Saturday 25th May 2019 @ 2 pm – 3.30 pm

10th Oct 2019 World Mental Health Day @ 12 pm – 5 pm

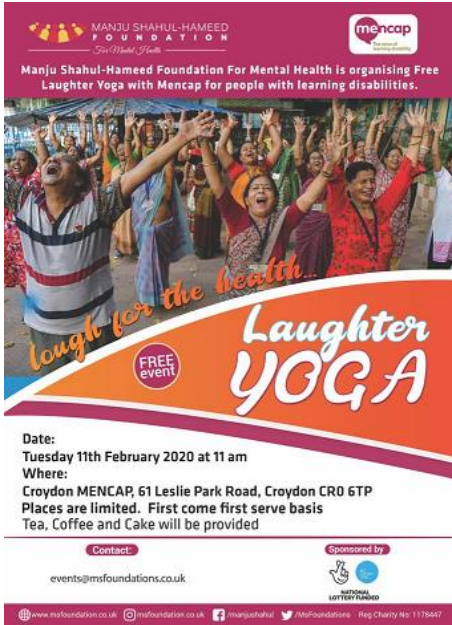
Stanley Halls 12 South Norwood Hill

South Norwood Library

Yeha Noha Café

Fairfield Halls

LAUGHTER YOGA SESSION



MANJU SHAHUL-HAMEED FOUNDATION
500 Mind Health

mencap

Manju Shahul-Hameed Foundation For Mental Health is organising Free Laughter Yoga with Mencap for people with learning disabilities.

Laugh for the health.

FREE event

Laughter YOGA

Date:
Tuesday 11th February 2020 at 11 am

Where:
Croydon MENCAP, 61 Leslie Park Road, Croydon CR0 6TP
Places are limited. First come first serve basis
Tea, Coffee and Cake will be provided

Contact:
events@mfoundations.co.uk

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LONDON LUTHERAN FOUNDATION

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Laughter Yoga sessions are led by a laughter leader or teacher, who controls the laughter session, explains and gives commands to start and complete different Laughter Exercises. The leader guides the members to start and complete laughter exercises together for improved group dynamic. During most Laughter Yoga exercises, group members keep moving, and establish eye contact with others in the group. Most laughter sessions focus on enjoyment, rather than force, when doing laughter exercises. The laughter session strives to cultivate childlike playfulness during Laughter Yoga exercises.



Saturday 20th April 2019 @ 2.30 pm – 4 pm

Saturday 18th May 2019 @ 2.30 pm – 4 pm

Saturday 15th June 2019 @ 2.30 pm – 4 pm

Saturday 20th July 2019 @ 6 pm

Thursday 26th Sep 2019 @ 5 pm

Tuesday 11th Feb 2020 @ 11 am

St. John the Evangelist Church
West Thornton Community Center
Clock Tower Café
Croydon MENCAP

ZUMBA SESSION



Zumba is a fun aerobic workout that mixes in dance moves. It helps people use dance to find a channel for self-expression and to reconnect with their bodies. The focus of the program is less on the physical movements and more on self-awareness through the exploration of space and emotion. Through social-emotional arts, we can continue to create inclusive events and safe environments for individuals to reconnect with themselves and practice self-care.




Saturday 21st December 2019 @ 11 am – 12 pm

Saturday 25th January 2020 @ 11 am – 12 pm

Saturday 29th February 2020 @ 11 am – 12 pm

Wandle Park Cafe

DEMENTIA SESSION



DEMENTIA
AWARENESS SESSION

A Dementia Friend learns a little bit more about what it's like to live with Dementia and then turns that understanding into action - anyone of any age can be a Dementia Friend, by attending a face-to-face Dementia Friends Information Session, Dementia Friends is about learning more about Dementia and the small ways you can help. From telling friends about Dementia Friends to visiting someone you know living with Dementia, every action counts.



Session by Caroline Walker

Caroline Walker is the Lead Nurse for Dementia / Enhanced Care. Caroline is a Dementia Friend Champion and helps support people living with Dementia in the Croydon community.

ON
THURSDAY, 20TH JUNE 2019
12:00NOON-2:00PM

Where

Austen Seminar Room,
Croydon University Hospital

Contact

Sponsored by



Thursday 20th June 2019
12 pm – 2 pm
Austen Seminar Room
Croydon University Hospital

Dementia is an overall term that describes symptoms associated with a decline in memory or other thinking skills that reduce a person's ability to perform everyday activities. Dementia awareness session is suitable for anyone who wants to improve their knowledge and understanding of dementia. Raising awareness of dementia will help reduce the stigma of dementia.



'STRESS MANAGEMENT'



Be Happy & Smile

STRESS MANAGEMENT

A FREE interactive seminar that covers why we get stressed, how your body actually makes stress, the detriment to your health if you fail to manage stress, join us to find out what you can do to dampen and reduce the stress, what food and supplements to consume in order to reduce both mental and internal stress. The benefits of managing your stress levels for improved health, sleep, energy, weight loss and decreased pain.

by **DEAN RAHAMAN DIP.PTSM,BSP.**
Personal trainer, Metabolic rehab, BioSignature Modulation practitioner & Sports team trainer.

Where
NORBURY LIBRARY,
BEATRICE AVENUE,
LONDON SW16 4UW

When
TUESDAY 16TH
JULY 2019
12:00 NOON TO 2 PM.

Sponsored by
COMMUNITY FUND

Contact

events@msfoundations.co.uk

or

Ms. Sheela: 07865 630203.

* PLACES ARE LIMITED. FIRST COME FIRST SERVED. ADMISSION BY BOOKING IN ADVANCE ONLY

www.msfoundations.co.uk | @msfoundations | #msfoundations | #BeHappyAndSmile

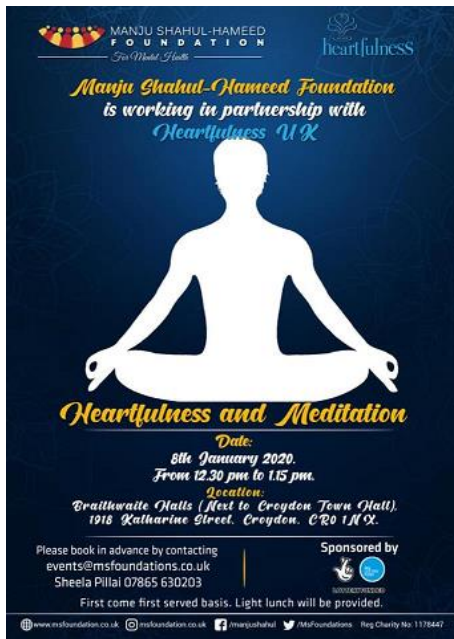
Tuesday 16th July 2019
12 pm – 2 pm @ Norbury Library

Wednesday 6th Nov 2019
12.30 pm – 1.30 pm
@ Bernard Weatherill House

Stress is an inevitable part of life. That's why it's important to learn how to manage stress now so you are prepared to deal with it over time. When stress becomes too much to handle, your health, work and school performance and social life can all suffer. Fortunately, there are many ways to manage stress and keep it at healthy levels. The key is to develop a lifestyle that incorporates activities and strategies known to reduce stress; learn to recognize the causes and signs of stress, and be proactive about combating stress when it gets to be too much.



Heartfulness & Meditation



Heartfulness is a path of experiencing our inner self. It teaches us to dive deep into our heart, and be in a natural state of love, peace & calmness. After with regular Heartfulness Meditation, your mind will become centered and shift to deeper levels of feeling, intuition & consciousness. **Heartfulness meditation** is a practical technique that can be used in parallel with any other spiritual approach. When practiced regularly, meditation helps us becomes in tune with our heart and develop the capacity to remain poised and balanced at all times.



Wednesday 4th December 2019 @ 12.30 pm – 1.15 pm

Wednesday 8th January 2020 @ 12.30 pm – 1.15 pm

Braithwaite Halls

Wednesday 5th February 2020 @ 12.30 pm – 1.15 pm

Manju Shahul-Hameed Foundation for Mental Health is celebrating 2nd Anniversary



By the kind invitation of the **Hon. Baroness Uddin**, the event was held at the House of Lords to celebrate the achievements of the charity so far. With the help of sponsors, professionals in mental health and other fields, and our volunteers the charity has held many events to help with mental health and wellness in Croydon. It was great to get everyone together to recognise our progress and celebrate. We heard amazing speeches from Hon. Baroness Uddin, **Steve Reed MP**, **Sarah Jones MP**, **Cllr Toni Letts OBE**, **Cllr Tony Newman**, **Cllr Humayun Kabir**, **Dr Geraldine Strathdee OBE**, **Konan**, National Lottery Community Fund representative **Kim Debling**, Mayor of London **Sadiq Khan's representative Stephen Waring** and the sponsor **Ananda Kota**

Saturday 16th November 2019 4pm @ **House Of Lords**

Love Not Hate Fundraising Event #LoveNotHate2020

MANJU SHAHUL-HAMEED
FOUNDATION
For Mental Health

Love Not Hate

Fundraising Dinner

3 Course Meal and entertainment

All proceeds will go to
Training Mental Health First Aiders in Croydon Schools
and Feeding the Homeless people.

Date: Friday 15th November 2019 Time: 7 pm
Venue: Grand Sapphire, 45 Imperial Way, Croydon, CR0 4RR

£30 per ticket or Table of 10 for £300

Please book your tickets by contacting
Cllr Manju Shahul-Hameed
on 07985603089 or
manju@msfoundations.co.uk

Payment via Bank Barclays
Account Number 80409774
Sort Code 204345 Ref: LoveNotHate2019

Wates
GIVING
www.watesgiving.org

Sponsored by
Parkview Nursing Home, 13
Eversley Rd, London SE19 3PY,
Part of Abbey Total Care Group

www.msfoundations.co.uk @msfoundationsco uk #manjushahul #MSHFoundations Reg Charity No: 1176647

A very successful fundraising event for Mental Health's **Love Not Hate**, which raised funds for Mental Health First Aiders in Schools and Feeding Homeless during celebrations with the sponsorship of **Wates Giving**, **Parkview Nursing Home**, **Grand Sapphire** and everyone who attended.

It wouldn't have been possible without the support of **MP Steve Reed**, **MP Sarah Jones**, **Cllr Tony Newman**, **Cllr Alison Butler**, **Cllr Stuart Collins**, **Cllr Toni Letts OBE**, **Colonel Ray Wilkinson**, **Actor Shankar**, **Cllr Philip Abraham**, **Cllr Bernadette Khan**, friends, colleagues, the many community and voluntary organisations, businesses and the beautiful performers.

15th November 2019 @ **Grand Sapphire**

Our Supporters

Manju Shahul-Hameed Foundation for Mental Health would not exist without the support of businesses and our funders. We would like to thank the following for their generosity between April 2019 - March 2020.

The National Lottery Community Fund

Broad Green Big Local

Wates Giving

Parkview Nursing Home

Lorven Housing Ltd

Feedback

See how our programmes and events have helped people in the community.

- Very good and healthy exercises – Zumba 21.12.2019.
- Could not have enjoyed it more. Very surprising and friendly Dementia Awareness 20.06.2019.
- Had poor sleep for 3 years, this may help - Stress Management 16.07.2019.
- Met support team from the charity in Feb, very kind, open and friendly Laughter Yoga 00.02.2019.
- It supported and gave me evidence for my project in school of art Intergenerational Care 03.12.2019.
- I particularly liked the interactive style and the opportunities for challenge and participation - Mental Health Awareness 18.02.2019.



Registered Charity Number: 1176447

Website: www.msfoundations.co.uk



Twitter : @MSHFoundations



Instagram : [msfoundations.co.uk](https://www.instagram.com/msfoundations.co.uk)



Facebook : Manju Shahul Hameed Foundation for Mental Health



YouTube : Manju Shahul Hameed Foundation for Mental Health

Declaration:

The trustees declare that they have approved the above Trustee Report of 2020.

Signed on behalf of the Charities Trustees:

Signature:

Full Name:

Position:

Date: