



MANJU SHAHUL-HAMEED FOUNDATION

For Mental Health

NEWSLETTER- OCTOBER- DECEMBER- 2021



Welcome to 'Manju Shahul – Hameed Foundation for Mental Health' Our brand-new e-newsletter of October to December, 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

SILVER SUNDAY- AFTERNOON TEA

MANJU SHAHUL-HAMEED
FOUNDATION
For Mental Health

IS ORGANISING

Silver Sunday Afternoon Tea

Join Us and Celebrate
The National Day
for Older People

Date: 3rd October 2021
Time: 3pm

Location: Bella's Tea Store
38-40 Chipstead Valley Road CR5 2RA

Contact: Liz Gaumas
Mobile: 07706638559
Email: events@msfoundations.co.uk

SPONSOR COMMUNITY FUND

www.msfoundation.co.uk @msfoundation.co.uk manjushahul /MSFoundations Reg Charity No: 1176447

Our charity aimed at bringing attention to the issue of loneliness among older adults. An event named Silver Sunday Afternoon Tea was organised on October 3rd 2021, with the support of The National Lottery Community Fund which facilitated recognising older adults' contributions to society and also on their happiness and well-being. MSH Foundation spearheaded this initiative to bring generations together and honour seniors through fun and free activities. The event focused on opportunities for the elders to meet new people, explore new places, try new activities, and connect with their local communities and generations.





REGISTER FREE NOW



Curriculum manager



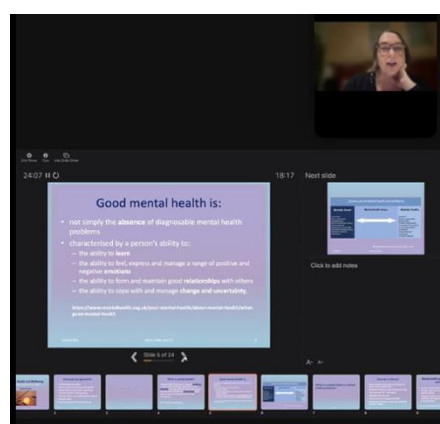
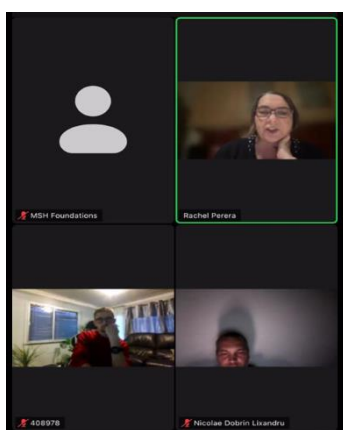
Operations manager



Manju Shahul Hameed Foundation for Mental Health is a well established charity. Reg. Charity No. 1176447, founded in 2017. The charity aims to raise awareness and combat stigma about mental illness and promote resilience, with the intention of bringing together different communities within Croydon and the UK to empathise with those in need and to help them better their situation.
Mr. Saran Raj Mob no. 07586589580
events@msfoundations.co.uk

MENTAL HEALTH AND WELLBEING WEBINAR

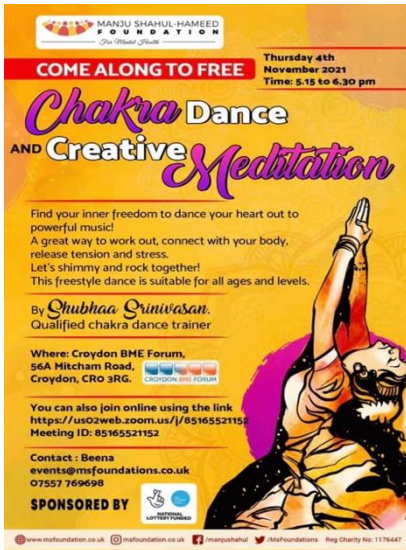
MSH Foundation, in collaboration with London Professional College and Results Consortium, hosted a Mental Health and Wellbeing Webinar on October 11th, 2021. Mental health affects an individual's psychological, emotional, and social functioning. This event emphasized innate perception of well-being and overall health to raise awareness and overcome stigma to support people living with mental illness to lead a better life with dignity.



FEEDING THE HOMELESS PEOPLE

Eating good food, especially with family and friends, is one of the pleasures of life. MSH Foundation organised our feeding event for the homeless on Wednesday, 20th October 2021 with the support of Grand Sapphire. Our charity aimed at delivering food to the persons living on the streets to ensure that they have adequate nutrition. Food is essential for the homeless as it also contributes to their health and well-being. This event was primarily intended to assure the survival of the homeless within our community and to make them feel socially included.





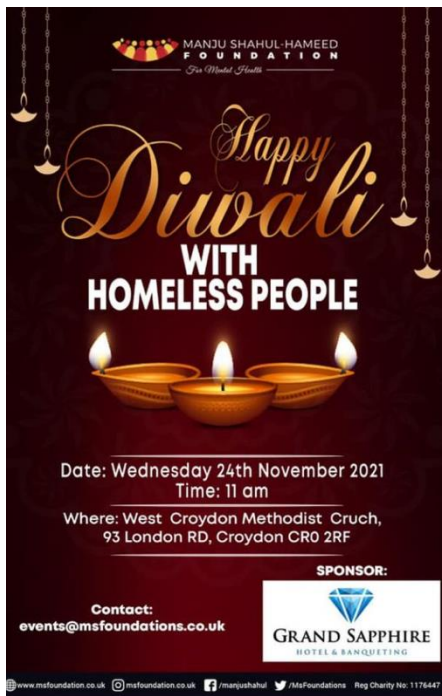
CHAKRA DANCE AND CREATIVE MEDITATION

Chakra Dancing is a form of therapeutic movement and it facilitates soul nourishment. It improves immunity, self-esteem, and happiness while cleansing the physiological memory of previous tension, trauma, and deeply ingrained behaviours. On 4th November and 2nd December 2021, the chakra dance and creative meditation event was hosted by MSH Foundation, which was sponsored by The National Lottery Community Funds. While dancing to music specially crafted to resonate with each chakra, the participants were guided into their inner dance to release and reconnect with themselves. The creative meditation as a part of this session, worked as an effective way of reducing stress and anxiety for the participants while building a safe mental space for them.



DIWALI WITH THE HOMELESS PEOPLE

Diwali symbolizes the spiritual triumph of light over darkness, good over evil, and wisdom over ignorance. MSH Foundation celebrated Diwali with the homeless on 24th November 2021, by serving them with nutritious meals. As part of Diwali celebrations, our charity organisation distributed sweets to the homeless with support from Grand Sapphire. Diwali is usually celebrated with friends and family by lighting diyas, setting off fireworks and having meals with them. Our organisation believes that this initiation for the homeless will promote social inclusion and would motivate them in pursuing their life goals.



INTERGENERATIONAL CARE EVENT

by Manju Shahul Hameed Foundation in Partnership with John Ruskin College, and BME Forum

MANDU SHAHUL-HAMEED FOUNDATION
CROYDON BME FORUM
JOHN RUSKIN COLLEGE

Intergenerational event is when the young and older adults volunteer to get together taking part in activities, programmes and projects. This year it is held in conjunction with Black History month and will celebrate this theme. When older adults contribute to the well-being of youth, it cultivates a sense of purpose and extends benefits both ways. Such relationships are important for society. The key thing is the aim of bringing the generations together.

**Wednesday,
13 October 2021
10 am to 4pm**

Contact: Shubhaa Srinivasan
events@msfoundations.co.uk

Sponsored by **COMMUNITY FUND**

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INTERGENERATIONAL CARE EVENT

On 13th October 2021, MSH Foundation organised an Intergenerational Care Event in partnership with John Ruskin College and Croydon BME Forum. Young and older generations were invited to take part in activities, programs, and projects to facilitate better societal relationships. The event was held in conjunction with Black History Month and the participants shared their experience on the same during this memorable event. Our older people also enjoyed manicure, makeup, hairdressing, and massage by the young people, followed by lunch and Q&A session. Our charity is grateful to The National Lottery Community Fund for sponsoring this event and facilitated in bringing the generations together.





MANJU SHAHUL-HAMEED FOUNDATION

For Mental Health


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.