



MANJU SHAHUL-HAMEED FOUNDATION

For Mental Health

NEWSLETTER- APRIL- JUNE- 2021



Welcome to 'Manju Shahul – Hameed Foundation for Mental Health' Our brand-new e-newsletter of April to June, 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.

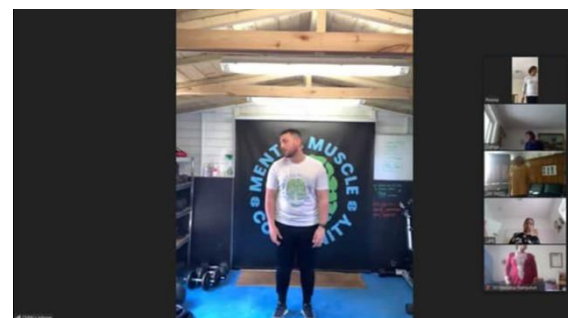
Toni Letts OBE

Manju Shahul – Hameed



MENTAL MUSCLE

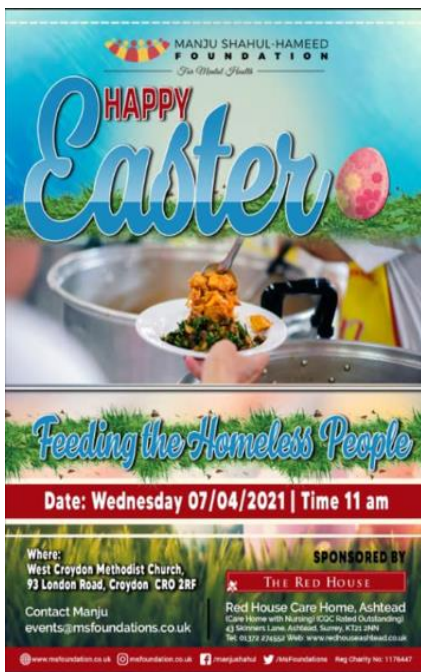
Many individuals thrive to engage themselves in some form of exercise to improve their physical and mental health. MSH Foundation in association with Age UK Croydon organised Mental Muscle sessions on May 12th and June 9th 2021, which provided a full-body workout session to support individuals in improving their physical and mental health. These exercises boosted the participants' energy levels during the day, and improved their sleep quality at night, making them feel better about themselves and their lifestyle. Cameron, the session's instructor, owns a company called the Mental Muscle Community, which promotes physical and mental wellness through various exercises. This event received a lot of positive feedbacks from the participants.





LOVE NOT HATE FUNDRAISING EVENT #LOVENOTHATE2021

The MSH Foundation hosted a virtual fundraising event called Love Not Hate on Saturday, April 10th. The occasion began with a two-minute silence in memory of His Royal Highness Prince Philip, Duke of Edinburgh. The event featured live music and dance performances to raise funds. This would not have been possible without the support of the hosts, volunteers, and everyone who ordered their food from Spice Village Croydon and donated towards the Croydon Health Services NHS Trust's fundraising efforts. Our charity would like to express our appreciation to the community and volunteer organisations, businesses, and talented performers.



FEEDING THE HOMELESS

On June 2nd, 2021, MSH Foundation held monthly feeding event for the homeless, and on April 7th, Easter was celebrated with the homeless people. Food is intrinsically linked to our physical, mental, and social health. It is necessity for every individual's physical and mental growth as it contains a unique combination of nutrients like carbohydrates, protein, vitamins, minerals, and fats. Sharing and consuming food with the less fortunate will make them feel more socially included. Thus, choosing a healthy and balanced food diet will provide them with enough nutritional value and help them concentrate on leading a healthier lifestyle. The Ceylon Spice Restaurant, Red House-Care Home with Nursing, Harish Nair and Anu Mathew sponsored these events.











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



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.