



Welcome to 'Manju Shahul – Hameed Foundation for Mental Health' Our brand new e-newsletter of July-September 2020! Every quarter, we are aiming to deliver the latest news and stories direct to your inbox. We can't wait to share them with you!

As you read through, we hope you will agree that together we continue to make significant impact on the lives of those in need. The heartfelt stories and feedbacks illustrate how their time with us really 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'd be happy to hear from you.

Today, we thank 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**



**EVERY WEDNESDAY**

### FOOD MAKES TOMORROW POSSIBLE

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. Our weekly Wednesday '**Feeding The Homeless**' went well as usual. Thanks to our sponsors and volunteers for their valuable contributions.



**EVERY TUESDAY**

### GENERATIONS UNITED

Our '**Intergenerational Food Delivery**' 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. Every Tuesday young people deliver hot lunch to Older people's residence providing seniors nourishment, compassion and love.

We put in efforts to promote positive ageing through our themes '**Design your legacy**' and '**Gift of growing**' and by providing welfare support.



MANJU SHAHUL-HAMEED FOUNDATION  
For Mental Health

# Happy Hearts and Joyful Souls

This workshop aims to teach people the skills needed to look after their wellbeing by exploring the theory and effects of stress, trauma and poor mental health on the body and mind. These skills are designed to be passed on to others to create healthy and resilient communities and organisations.

This Way Up Well Being provides courses that heal and inspire wellbeing. Bronwyn is an accredited Youth and Adult Mental Health First Aid instructor and she has worked with her team to train a range of organisations including companies, schools, local authorities and the armed forces.

Date: Thursday 23rd July 2020  
Time: 11AM to 12PM  
Join Zoom Meeting: <https://us02web.zoom.us/j/89695603823>

Contact: Vinu Babu  
[events@msfoundations.co.uk](mailto:events@msfoundations.co.uk)

Sponsored by 

THURSDAY 23<sup>rd</sup> JULY

## HAPPY HEARTS & JOYFUL SOULS

Self-care is at the heart of what we do here at **'Happy Hearts and Joyful Souls'**, **This Way up Well Being**. We believe we must be goal models, so from taking a break each day for lunch or just tea with a friend, if we cannot take care of "ourselves" we cannot look after others so we must put on our own oxygen mask before we can help those who need us and who are vulnerable. *Hey, and we all need help at times don't we.* We take you on a journey of self-discovery, by the end of the session you will be able to recognize your stress triggers, review your health and well-being, and have experienced a number of self-help techniques to use for yourself and with others. You will be **more confident** in looking after their own well-being and **happier** with a reduction in loneliness & depression. Will see an increase in **positive mental health**, be able to identify support networks within the community, and overall happiness of the community. The session is delivered by **Bronwyn**, an **accredited Youth & Adult Mental First Aid Instructor**. The workshop focuses on keeping balanced, healthy stress levels, keeping the body and mind happy.

*"I love joy. It's my favorite word. Everyone needs positive energy most times and we are a library that lives to provide these kinds of resources that help people live their best life possible".*



THURSDAY 20<sup>th</sup> AUGUST

## SAFE AND SOUND

**Safe and Sound**, A space for you to find things that will help you and make you happy, it's a safe space to relax and learn to release negative thoughts, and feelings and through the techniques we use you can **unblock dislodged stress and trauma** and bring about **deep relaxation and healing**. We offer many different stress relief strategies because we are all unique and as individuals will benefit from a variety of interventions. So, come along and find what works for you. This will help you to explore **positive** and negative stress in workplace, gain skills to recognize when your levels of stress are increasing and affecting you in a negative way, **Gain skills and confidence** to reduce your stress by using an assortment of tried and tested techniques, Devise a self-help toolkit that you can use at any time when stress intervention and diversion is needed. This session is delivered by **Bronwyn** and will help you understand and deal with stress and its effects.




MANJU SHAHUL-HAMEED FOUNDATION  
For Mental Health

# SAFE AND SOUND

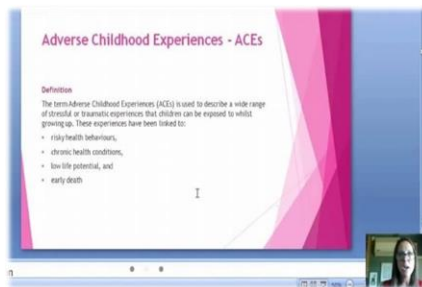
During this session, we will look at the different types of safeguarding issues that might affect our community and cause trauma. We will also discuss some signs and symptoms to look out for and the places we may go to prevent these effects or start the healing process.

**WITH BRONWYN RICH**

This Way Up Well Being provides courses that heal and inspire wellbeing. **BRONWYN** is an accredited Youth and Adult Mental Health First Aid instructor and she has worked with her team to train a range of organisations including companies, schools, local authorities and the armed forces.

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*"The therapy has been completely LIFE CHANGING for my son! My son have attempted many different therapeutic interventions over the developmental years and unfortunately were discouraged with the outcomes. The positive results on this session have provided our family with encouragement and hope".*



presented by RICHARD TAIT, a painter, and art tutor who has been based in London for twenty-eight years. His work is displayed at several London galleries and also in Austria, France, Holland, Ireland, Germany, Australia, Italy, and Bermuda.

Contact details:  
Email: events@msfoundations.co.uk  
Ravanan Rajendran  
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The London Community Foundation

Sponsored By: The London Community Foundation

Reg Charity No: 1178447

THURSDAY 20<sup>th</sup> AUGUST

ART LESSON

**Engagement in the Arts Helps Us Feel More Engaged with Others.** Whether experiencing them as an observer or a creator, arts can help us feel less alone in the world. They help us forge new social connections as well as recapture ones that may have been lost. Indeed, the social aspect of art activities may be their most important virtue for the lonely—especially among the elderly. The first thing that elderly participants in art projects often mention is how the activity *“has brought them into contact with new people, that they have formed new friendships and that they feel less isolated.”* The pleasure derived from the creation and experience of art probably underlies the art’s ability to elevate the mood of lonely individuals and perhaps increase their ability and willingness to seek out social interaction. Of course, art also offer a number of key advantages over medication and other interventions. But perhaps most important of all: they’re fun! This session is presented by **Richard Tait, a painter & art tutor based in London for 28 years.**



*“I believe that the arts are a way to release stress & handle daily life, I tend to receive many benefits from the arts myself as I like to get involved with many events and different art forms. They keep me strong and determined when doing many things in life, not just the art forms that I take part in, but other challenges or tasks that I have to get through.”*

23<sup>RD</sup> – 24<sup>TH</sup> SEPTEMBER

YOUTH MENTAL HEALTH & FIRST AID

**Youth Mental Health First Aid** is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. It is primarily designed for adults who regularly interact with young people. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches an action plan for how to help young people in both crisis & non-crisis situations. Topics covered include **anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD) & eating disorders.** The opportunity to practice — through role plays, scenarios & activities makes it easier to apply these skills in real-life situation. This session is presented by **Charmaine King.**



**FREE YOUTH MENTAL HEALTH FIRST AID (MHFA) COURSE**

For the Teachers, Special Educational Needs Co-ordinators (SENCO) and members of Wellbeing team of Croydon Schools

Mental Health First Aid (MHFA) England Trainer: **CHARMAINE KING**

Contact: events@msfoundations.co.uk  
BEENA ALI - Mobile no. 07557769698  
Lunch will be provided

Date: 23rd and 24th September 2020  
Time: 9 am TO 5 pm.  
At: Norbury Manor Business & Enterprise College for Girls Kensington Ave, Thornton Heath CR7 8BT (Following social distancing guidelines)

Wates GIVING www.watesgiving.org  
Parkview Nursing Home, 1-3 Eversley Rd, London SE19 3PY. Part of Abbey Total Care Group

**THE NUDGE FOUNDATION**  
Reg Charity No: 1178447






*“Great & informative! Practice real life situations in typical settings such as home & school!”*

# 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.

**THE/NUDGE FOUNDATION**

**The London  
Community  
Foundation**

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)

**BIG LOCAL  
BROAD GREEN**

## Our Causes

Our foundation provides support to those in need.



### Maintain mental well-being

MSF 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

MSF 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

MSF 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.