

MANJU SHAHUL-HAMEED FOUNDATION FOR MENTAL HEALTH

England & Wales · Charity number 1176447

Details

Status Registered

Legal form CIO

Registered 2017-12-22

Register [View on the Charity Commission register](#)

Contact

Address Bme Forum
56a Mitcham Road
Croydon
CR0 3RG

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Activities

Objects: 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.

Activities: Intergenerational Care by bringing old and young together to support a better understanding of how isolation impacts mental health. Mindfulness including Yoga, Meditation, Laughter Yoga, Zumbathon, Stress Management, How to manage mental health as a carer. Mental Health Awareness Sessions.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information, Sponsors Or Undertakes Research
- **What:** General Charitable Purposes, Education/training, The Advancement Of Health Or Saving Of Lives, Disability, Arts/culture/heritage/science, Amateur Sport, Recreation
- **Who:** Children/young People, Elderly/old People, People With Disabilities, Other Charities Or Voluntary Bodies, The General Public/mankind

Geography

- Throughout England

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£75,733	£54,547	-	-
2024-03-31	£7,113	£14,511	-	-
2023-03-31	£31,770	£22,645	-	-
2022-03-31	£14,425	£9,978	-	-
2021-03-31	£16,000	£20,814	-	-

Trustees

Name	Role	Appointed
Toni Letts	Chair	2017-12-22
Sajeev Bhaskaran		2023-12-04
Saravanan Rajendran		2023-12-04
Shajeena Shine		2024-03-16

MANJU SHAHUL-HAMEED FOUNDATION FOR MENTAL HEALTH

England & Wales - Charity number 1176447

Accounts

Manju Shahul-Hameed Foundation For Mental Health

Charity No. 1176447

Trustees' Report and Unaudited Accounts

31 March 2025

Manju Shahul-Hameed Foundation For Mental Health

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**Manju Shahul-Hameed Foundation For Mental Health
Trustees Annual Report**

The trustees present their report with the unaudited financial statements of the charity for the year ended 31 March 2025.

REFERENCE AND ADMINISTRATIVE DETAILS

Charity No. 1176447

Trustees

The following trustees served during the year:

Sajeev Bhaskaran

Saravanan Rajendran

Shajeena Shine

Toni Letts OBE

Key Management Personnel

Chair

Toni Letts OBE

Accountants

Borasana Limited

55 Jasmine Grove

London

SE20 8JY

Feeding the Homeless

Throughout the year, the Manju Shahul -Hameed Foundation has been dedicated to supporting the homeless community by organising monthly feeding events. These events not only provide essential nutrition but also foster a sense of community and connection among participants.

In the first quarter of the year, we held our feeding events on 5th April and 6th May. The April event supported over 100 individuals, thanks to the generous sponsorship from Spice Village and Grand Sapphire London. In May, we celebrated the King’s coronation with a special cake -cutting ceremony, sponsored by the Indo Ceylon Spice Restaurant.

As we moved into the summer months, we continued our mission with an Eid celebration on 12th July, where we shared meals with the homeless, supported by Grand Sapphire Hotel & Banqueting and Spice Village. On 20th September, we celebrated Onam, at West Croydon Methodist Church, with the generous assistance of Crown and Pepper Restaurant.

On 18th October, the charity hosted another feeding event, receiving unwavering support from Uncle Lim’s Kitchen, which helped us provide nourishing meals to those in need. On 8th November there was a special Diwali celebration, where we united in compassion and generosity, once more with the support of Uncle Lim’s Kitchen, reminding us of the spirit of hope and kindness that transcends traditional festivities.

As we entered the festive season, on 20th December, we continued to extend warmth and care to the homeless. In addition to providing nourishing meals, we distributed sleeping bags and goodie bags filled with essential items. Our heartfelt gratitude goes to Crown and Pepper and Grand Sapphire Hotel & Banqueting for their food contributions, as well as to Liz Goumas and her family for their generous donation of sleeping bags, bringing comfort during the cold winter months.

We also organised events on 24th January 7th February, and 6th March, where the West Croydon Methodist Church transformed into a hub of warmth and care. These events were made possible through the generous sponsorship of the Ahmadiyya Muslim Community, highlighting the power of unity and collaboration in supporting our most vulnerable neighbours.

These monthly feeding sessions have not only provided essential sustenance but have also sparked a deeper appreciation for the blessings many of us take for granted. Each event serves as a poignant reminder of the importance of kindness, compassion, and generosity, shining brightly in challenging times. Together, we can continue to be a beacon of hope, offering support and understanding to those who are struggling.



**Manju Shahul-Hameed Foundation For Mental Health
Trustees Annual Report**

Dementia Café

The Dementia Café, organized by the MSH Foundation, is held on the first Tuesday of every month at Coulsdon Methodist Church. It provides a warm and welcoming environment for individuals living with dementia, offering refreshments like tea, coffee, cakes, and sandwiches, alongside various entertainment and activities. The intergenerational aspect of the Café is a significant feature, fostering meaningful exchanges between generations.

In Quarter 1, the Café joined the **Jo Cox Foundation's** 'The Great Get Together' event on **4th April**, strengthening the bonds of community and togetherness. Attendees enjoyed lively conversations and singing activities, while the intergenerational theme between dementia patients and **John Ruskin College** students added another layer of connection. On **2nd May**, the Café celebrated the coronation of King Charles III with music and dancing, a fitting tribute to this historic moment. On **6th June**, a salsa dancing session made the Café even more vibrant, as attendees enjoyed learning dance routines while creating lasting memories.

In Quarter 2, the session featured afternoon tea and salsa dancing, led by Tessa on **4th July**. Special thanks were extended to **The National Lottery Community Fund** for their support, along with the ongoing contributions of **John Ruskin College**, Age UK Croydon, and the **London Fire Brigade**. On **1st August**, this free session brought together volunteers and the local community for another afternoon of fun. On **5th September**, attendees participated in light exercises and salsa, combining movement with laughter and a sense of community.

In Quarter 3, the Café provided its usual warm atmosphere with a focus on community support on **3rd October**. Volunteers and partners like the **Metropolitan Police Service**, **Alzheimer's Society** and **Age UK Croydon** were acknowledged for their invaluable contributions. On 7th November, the guests were welcomed with salsa dancing lead by Brenda. On **5th December**, a special Christmas-themed Dementia Café featured festive treats, singing, dancing, and a joyous sing-along. Performers from the PonSita School of Dance UK helped make the event particularly memorable, spreading holiday cheer to all.

In Quarter 4, the Dementia Café kicked off the year with a yoga session on **9th January**. Participants embraced calming stretches and breathing techniques lead by Kam. This session also celebrated "The Great Get Together," an initiative by the **Jo Cox Foundation**, encouraging connection and togetherness across generations. On **6th February & 5th March**, salsa dancing took centre stage, filling the Café with energy and joy as attendees learned new moves, bringing smiles to everyone involved. The enthusiasm of **John Ruskin College** and **London Fire Brigade** volunteers brought so much joy to our salsa session, making a profound impact on everyone involved.

The Dementia Café continues to be a space where individuals living with dementia can relax, engage, and experience moments of joy. Through the combined efforts of volunteers, partners, and the MSH Foundation, the Café fosters connection, creating a supportive and uplifting community for all involved.



Silver Sunday

Four years ago, our charity proudly launched Silver Sunday in Croydon with the aim of celebrating and supporting the elderly in our community. Since then, we have continued this special tradition each year, and it has grown into a key event that brings together different generations to honour the older members of society, fostering connections and combating loneliness.

This year's Silver Sunday afternoon tea was held at the Clocktower Café in Croydon on Sunday, **1st October 2023**, from **2 pm to 4 pm**. We were honoured by the presence of the Civic Mayor of Croydon, **Councillor Tony Pearson**, and were treated to wonderful performances by young talents **Shradha, Anush, Anaya**, and **Ayrin**.

In addition, our charity was recognised as one of the five winners of the **early registration competition across the UK**, a fantastic achievement made possible through the invaluable efforts of **Liz Goumas**, to whom we extend our heartfelt thanks.

This year marked the **fourth intergenerational Silver Sunday** in Croydon, continuing the tradition of bringing together younger and older generations for a day filled with joy, laughter, and a strong sense of community. We are immensely grateful to **Liz, Toni**, and everyone who worked behind the scenes to make the event so special and memorable.

Silver Sunday is a wonderful opportunity to foster a sense of belonging and community, connecting people across generations. Over the past four years, we have seen the positive impact this event has had, and we eagerly anticipate welcoming everyone again to this heartwarming celebration in the years to come.



Love Not Hate

On **17th June**, our charity, in collaboration with **John Ruskin College**, hosted the annual **Love Not Hate fundraising picnic**. The event featured a wide variety of activities and performances, including **music, dance, dance workshops, makeup sessions, massage, chakra dancing and meditation, a wellbeing zone, yoga**, as well as numerous **food and drink stalls, face painting, and crafts**.

More than **30 businesses and community groups** set up stalls, and the event showcased an impressive array of talents, covering many different art forms. The turnout was fantastic, with a large crowd in attendance, and a significant amount of money was raised in support of **The MSH Foundation**. The success of the **Love Not Hate** event was made possible thanks to the tireless efforts of the **stallholders, volunteers, organisers, and performers**.

A group of dedicated volunteers from our charity, alongside students from **John Ruskin College**, had the privilege of visiting the **UK House of Commons** to present a donation of **£2,050** to the **Jo Cox Foundation**. We are incredibly grateful to **Kim Leadbeater MP** for graciously accepting the cheque on behalf of the Jo Cox Foundation.

The **Love Not Hate 2024** event, held on the 2nd of March at **Whitgift School**, was a powerful demonstration of unity, talent, and community spirit, aimed at supporting those affected by knife crime. The day featured an unforgettable showcase of Croydon’s finest young talents, with dancers, singers, instrumentalists, rappers, gymnasts, and even boxers captivating the audience. Panel sessions between performances encouraged open dialogue about knife crime, providing a platform for different perspectives and insights. Schools such as **Shirley High School, Croydon High School, Brit School, and Legacy Youth Zone** participated, adding further inspiration and hope. With over 150 performers and more than 50 volunteers, including children working behind the scenes, the event ran smoothly, thanks to their dedication and generous sponsorship from various individuals and organisations.

With **600 guests** in attendance, the event raised an impressive **£5216.60** for the **Civic Mayor of Croydon’s charities** and the **Manju Shahul-Hameed Foundation for Mental Health**. The overwhelming support from the community showcased Croydon's unwavering spirit of solidarity and determination to tackle issues such as knife crime. The event served as a beacon of hope, proving that through unity, love, and collective action, meaningful change can be made to heal and support those impacted by such violence.



Intergenerational Care Event

On **18th October**, our charity, in collaboration with **Croydon BME Forum and John Ruskin College**, proudly hosted a highly successful intergenerational care event as part of **Black History Month**, marking its fourth consecutive year. This popular event provided young people with the opportunity to engage with and learn about Black History, fostering a deeper understanding and appreciation of the contributions of the Black community. Meanwhile, older attendees enjoyed a pampering session, receiving beauty and hair treatments from John Ruskin College students. The joyful atmosphere was elevated further when many of the elders confidently participated in a photoshoot organised by students from the Creative Arts and Media department.

The event garnered overwhelmingly positive feedback, creating a profound sense of connection and community across generations. A special thanks goes to **Meenakshi**, a dedicated 14-year-old, and her mother **Smitha**, whose efforts were instrumental in ensuring the day's success. The wonderful experience shared by both the elders and the students has left us eagerly anticipating next year's event, where we look forward to continuing the celebration of culture, community, and creativity.



Mental Health Awareness

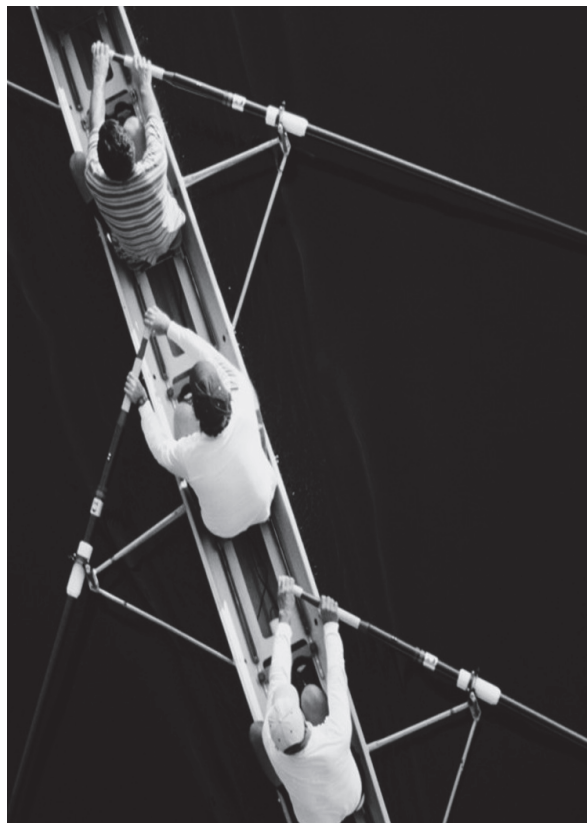
On **14th July**, our charity organised **Suicide First Aid training** for young people at **John Ruskin College**, a first for Croydon. The training received positive feedback, with participants expressing increased confidence in identifying and intervening with individuals at risk of suicide. We extend our heartfelt thanks to **The National Lottery Community Fund** and **Steve Carr** for providing the online training. A follow-up session took place on **14th July at Croydon Fire Station**, in partnership with **Croydon Drop-in**, with ongoing support from the **London Fire Brigade**.

Additionally, we hosted a **FREE 2-day Mental Health First Aid training** at **Croydon Fire Station** on **25th and 26th July**, which was well-received by attendees, many of whom recommended it to their colleagues and requested more sessions in the future. We are grateful to **Mo Hussain**, **Charmaine King**, and our partners for making these sessions possible. On **World Suicide Prevention Day on 10th September**, we joined the movement by promoting the **Zero Suicide Alliance's** free online training, encouraging everyone to learn how to spot suicide warning signs and guide those in need towards further support. This year the theme was 'Creating Hope Through Action' Health Awareness

Our Supporters

The Manju Shahul-Hameed Foundation for Mental Health owes its existence to the invaluable support of businesses and our dedicated funders. We extend our heartfelt gratitude to the following for their generosity during the period from April 2023 to March 2024.

- The National Lottery Community Fund
- John Ruskin College
- Age UK Croydon
- London Fire Brigade
- Metropolitan Police Service
- Alzheimer’s Society
- Jo Cox Foundation
- Croydon BME Forum
- Ahmadiyya Muslim Community
- Grand Sapphire
- Spice Village
- Indo Ceylon Spice
- Crown and Pepper
- Uncle Lim’s Kitchen
- Taste of India
- Clocktower Café



Statement of trustees' responsibilities in relation to the financial statements

The charity trustees are responsible for preparing a trustees' annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Charities Act 2011, the applicable Charities (Accounts and Reports) Regulations, and the provisions of the Trust deed. The Trustees are also responsible for safeguarding the assets of the charity and hence taking reasonable steps for the prevention and detection of fraud and other irregularities.

Signed on behalf of the charity's trustees

Toni Letts OBE

Trustee

27 May 2025

Manju Shahul-Hameed Foundation For Mental Health

Independent Examiners Report

Independent Examiner's Report to the trustees of Manju Shahul-Hameed Foundation For Mental Health

I report to the trustees on my examination of the financial statements of Manju Shahul-Hameed Foundation For Mental Health for the year ended 31 March 2025.

Responsibilities and basis of report

As the charity's trustees you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011 ('the Act').

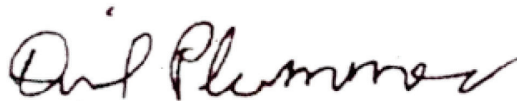
I report in respect of my examination of the charity's financial statements carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I can confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- the accounting records were not kept in respect of the charity as required by section 130 of the Act; or
- the financial statements do not accord with those records; or
- the financial statements do not comply with the applicable requirements concerning the form and content of financial statements set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the financial statements give a 'true and fair' view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the financial statements to be reached.



Borasana Limited
55 Jasmine Grove
London

SE20 8JY
27 May 2025

Manju Shahul-Hameed Foundation For Mental Health

Statement of Financial Activities

for the year ended 31 March 2025

		Unrestricted funds 2025 £	Restricted funds 2025 £	Total funds 2025 £	Total funds 2024 £
	Notes				
Income and endowments from:					
Donations and legacies	3	13,923	60,420	74,343	5,592
Charitable activities	4	1,390	-	1,390	-
Other trading activities	5	-	-	-	1,521
Total		15,313	60,420	75,733	7,113
Expenditure on:					
Raising funds	6	-	4,056	4,056	817
Charitable activities	7	-	12,216	12,216	6,813
Other	8	7,295	30,980	38,275	6,881
Total		7,295	47,252	54,547	14,511
Net gains on investments		-	-	-	-
Net income/(expenditure)		8,018	13,168	21,186	(7,398)
Transfers between funds		-	-	-	-
Net income/(expenditure) before other gains/(losses)		8,018	13,168	21,186	(7,398)
Other gains and losses					
Net movement in funds		8,018	13,168	21,186	(7,398)
Reconciliation of funds:					
Total funds brought forward		8,632	-	8,632	16,030
Total funds carried forward		16,650	13,168	29,818	8,632


Manju Shahul-Hameed Foundation For Mental Health**Balance Sheet**

at 31 March 2025

Charity No. 1176447		2025 £	2024 £
Current assets			
Cash at bank and in hand		34,396	8,632
		<u>34,396</u>	<u>8,632</u>
Creditors: Amount falling due within one year	10	(4,578)	-
		<u>29,818</u>	<u>8,632</u>
Net current assets		29,818	8,632
Total assets less current liabilities		<u>29,818</u>	<u>8,632</u>
Net assets excluding pension asset or liability		<u>29,818</u>	<u>8,632</u>
Total net assets		<u><u>29,818</u></u>	<u><u>8,632</u></u>
 The funds of the charity			
Restricted funds	11		
Restricted income funds		13,168	-
		<u>13,168</u>	<u>-</u>
Unrestricted funds	11		
General funds		16,650	8,632
		<u>16,650</u>	<u>8,632</u>
Reserves	11		
Total funds		<u><u>29,818</u></u>	<u><u>8,632</u></u>

Approved by the trustees on 31 March 2025

And signed on their behalf by:



Toni Letts OBE

Trustee

27 May 2025

1 Accounting policies

Basis of preparation

The financial statements have been prepared in accordance with Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued on 16 July 2014 and the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) and the Charities Act 2011.

Change in basis of accounting or to previous accounts

There has been no change to the accounting policies (valuation rules and method of accounting) since last year and no changes have been made to accounts for previous years.

Fund accounting

Unrestricted funds	These are available for use at the discretion of the trustees in furtherance of the general objects of the charity.
Designated funds	These are unrestricted funds earmarked by the trustees for particular purposes.
Revaluation funds	These are unrestricted funds which include a revaluation reserve representing the restatement of investment assets at their market values.
Restricted funds	These are available for use subject to restrictions imposed by the donor or through terms of an appeal.

Income

Recognition of income	Income is included in the Statement of Financial Activities (SoFA) when the charity becomes entitled to, and virtually certain to receive, the income and the amount of the income can be measured with sufficient reliability.
Income with related expenditure	Where income has related expenditure the income and related expenditure is reported gross in the SoFA.
Donations and legacies	Voluntary income received by way of grants, donations and gifts is included in the the SoFA when receivable and only when the Charity has unconditional entitlement to the income.
Tax reclaims on donations and gifts	Income from tax reclaims is included in the SoFA at the same time as the gift/donation to which it relates.
Donated services and facilities	These are only included in income (with an equivalent amount in expenditure) where the benefit to the Charity is reasonably quantifiable, measurable and material.
Volunteer help	The value of any volunteer help received is not included in the accounts.
Investment income	This is included in the accounts when receivable.
Gains/(losses) on revaluation of fixed assets	This includes any gain or loss resulting from revaluing investments to market value at the end of the year.
Gains/(losses) on investment assets	This includes any gain or loss on the sale of investments.

Notes to the Accounts

Expenditure

Recognition of expenditure	Expenditure is recognised on an accruals basis. Expenditure includes any VAT which cannot be fully recovered, and is reported as part of the expenditure to which it relates.
Expenditure on raising funds	These comprise the costs associated with attracting voluntary income, fundraising trading costs and investment management costs.
Expenditure on charitable activities	These comprise the costs incurred by the Charity in the delivery of its activities and services in the furtherance of its objects, including the making of grants and governance costs.
Grants payable	All grant expenditure is accounted for on an actual paid basis plus an accrual for grants that have been approved by the trustees at the end of the year but not yet paid.
Governance costs	These include those costs associated with meeting the constitutional and statutory requirements of the Charity, including any audit/independent examination fees, costs linked to the strategic management of the Charity, together with a share of other administration costs.
Other expenditure	These are support costs not allocated to a particular activity.

Receipt of donated goods, facilities and services

All donated goods, facilities and services received are recognised within incoming resources and expenditure at an estimate of the value to the charity.

Notes to the Accounts

2 Statement of Financial Activities - prior year

	Unrestricted funds 2024 £	Restricted funds 2024 £	Total funds 2024 £
Income and endowments from:			
Donations and legacies	5,592	-	5,592
Other trading activities	1,521	-	1,521
Total	<u>7,113</u>	<u>-</u>	<u>7,113</u>
Expenditure on:			
Raising funds	817	-	817
Charitable activities	3,493	3,320	6,813
Other	6,881	-	6,881
Total	<u>11,191</u>	<u>3,320</u>	<u>14,511</u>
Net income	<u>(4,078)</u>	<u>(3,320)</u>	<u>(7,398)</u>
Net income before other gains/(losses)	<u>(4,078)</u>	<u>(3,320)</u>	<u>(7,398)</u>
Other gains and losses:			
Net movement in funds	<u>(4,078)</u>	<u>(3,320)</u>	<u>(7,398)</u>
Reconciliation of funds:			
Total funds brought forward	12,710	3,320	16,030
Total funds carried forward	<u><u>8,632</u></u>	<u><u>-</u></u>	<u><u>8,632</u></u>

3 Income from donations and legacies

	Unrestricted £	Restricted £	Total 2025 £	Total 2024 £
	13,923	-	13,923	4,522
	-	60,420	60,420	1,070
	<u>13,923</u>	<u>60,420</u>	<u>74,343</u>	<u>5,592</u>

4 Income from charitable activities

	Unrestricted £	Total 2025 £	Total 2024 £
	1,390	1,390	-
	<u>1,390</u>	<u>1,390</u>	<u>-</u>

Notes to the Accounts

5 Income from other trading activities

Total	Total
2025	2024
£	£
-	1,521
<u>-</u>	<u>1,521</u>

6 Expenditure on raising funds

Restricted	Total	Total
2025	2025	2024
£	£	£
<i>Fundraising trading costs</i>		
4,056	4,056	817
<u>4,056</u>	<u>4,056</u>	<u>817</u>

7 Expenditure on charitable activities

Restricted	Total	Total
2025	2025	2024
£	£	£
<i>Expenditure on charitable activities</i>		
12,216	12,216	6,813
<i>Governance costs</i>		
<u>12,216</u>	<u>12,216</u>	<u>6,813</u>

8 Other expenditure

	Unrestricted	Restricted	Total	Total
	2025	2025	2025	2024
	£	£	£	£
Employee costs	7,295	18,280	25,575	4,120
Motor and travel costs	-	1,412	1,412	104
Premises costs	-	375	375	36
General administrative costs	-	4,481	4,481	2,387
Legal and professional costs	-	6,432	6,432	234
	<u>7,295</u>	<u>30,980</u>	<u>38,275</u>	<u>6,881</u>

9 Staff costs

	2025	2024
Salaries and wages	25,523	-
	<u>25,523</u>	<u>-</u>

No employee received emoluments in excess of £60,000.

Manju Shahul-Hameed Foundation For Mental Health

Notes to the Accounts

10 Creditors:

amounts falling due within one year

	2025	2024
	£	£
Other taxes and social security	3,478	-
Accruals	1,100	-
	<u>4,578</u>	<u>-</u>

11 Movement in funds

	At 1 April 2024	Incoming resources (including other gains/losses) £	Resources expended £	At 31 March 2025 £
Restricted funds:				
Restricted income funds:				
National Lottery Community Fund	-	19,920	(8,300)	11,620
The Global Fund	-	30,000	(27,165)	2,835
Postcode Society Trust	-	10,500	(11,787)	(1,287)
<i>Total</i>	<u>-</u>	<u>60,420</u>	<u>(47,252)</u>	<u>13,168</u>
Unrestricted funds:				
General funds	8,632	15,313	(7,295)	16,650
Total funds	<u>8,632</u>	<u>75,733</u>	<u>(54,547)</u>	<u>29,818</u>

Purposes and restrictions in relation to the funds:

Restricted funds:

National Lottery Community

Fund

The Global Fund

Postcode Society Trust

12 Analysis of net assets between funds

	Unrestricted funds £	Restricted funds £	Total £
Net current assets	21,186	8,632	29,818
	<u>21,186</u>	<u>8,632</u>	<u>29,818</u>

Manju Shahul-Hameed Foundation For Mental Health**Statement of Cash flows**

for the year ended 31 March 2025

	2025	2024
	£	£
Cash flows from operating activities		
Net income/(expenditure) per Statement of Financial Activities	21,186	(7,398)
Adjustments for:		
Other gains/losses	-	-
Increase in trade and other payables	4,578	-
Net cash provided by/(used in) operating activities	<u>25,764</u>	<u>(7,398)</u>
Net cash from investing activities	<u>-</u>	<u>-</u>
Net cash from financing activities	<u>-</u>	<u>-</u>
Net increase/(decrease) in cash and cash equivalents	25,764	(7,398)
Cash and cash equivalents at the beginning of the year	8,632	16,030
Cash and cash equivalents at the end of the year	<u>34,396</u>	<u>8,632</u>
Components of cash and cash equivalents		
Cash and bank balances	34,396	8,632
	<u>34,396</u>	<u>8,632</u>

Manju Shahul-Hameed Foundation For Mental Health

Detailed Statement of Financial Activities

for the year ended 31 March 2025

	Unrestrict ed funds	Restricted funds	Total funds	Total funds
	2025	2025	2025	2024
	£	£	£	£
Income and endowments from:				
Donations and legacies	13,923	-	13,923	4,522
	-	60,420	60,420	1,070
	<u>13,923</u>	<u>60,420</u>	<u>74,343</u>	<u>5,592</u>
Charitable activities	1,390	-	1,390	-
	<u>1,390</u>	<u>-</u>	<u>1,390</u>	<u>-</u>
Other trading activities	-	-	-	1,521
	<u>-</u>	<u>-</u>	<u>-</u>	<u>1,521</u>
Total income and endowments	15,313	60,420	75,733	7,113
Expenditure on:				
Costs of other trading activities	-	4,056	4,056	817
	<u>-</u>	<u>4,056</u>	<u>4,056</u>	<u>817</u>
Total of expenditure on raising funds	-	4,056	4,056	817
Charitable activities	-	12,216	12,216	6,813
	<u>-</u>	<u>12,216</u>	<u>12,216</u>	<u>6,813</u>
Total of expenditure on charitable activities	-	12,216	12,216	6,813
Employee costs				
Salaries/wages	7,295	18,228	25,523	-
Staff training	-	52	52	4,120
	<u>7,295</u>	<u>18,280</u>	<u>25,575</u>	<u>4,120</u>
Motor and travel costs				
Vehicles - General costs	-	15	15	-
Travel and subsistence	-	1,397	1,397	104
	<u>-</u>	<u>1,412</u>	<u>1,412</u>	<u>104</u>
Premises costs				
Rates	-	375	375	-
Premises repairs and maintenance	-	-	-	36
	<u>-</u>	<u>375</u>	<u>375</u>	<u>36</u>
General administrative costs, including depreciation and amortisation				

Manju Shahul-Hameed Foundation For Mental Health**Detailed Statement of Financial Activities**

Bank charges	-	-	-	74
General insurances	-	-	-	96
Information and publications	-	816	816	-
Software, IT support and related costs	-	2,920	2,920	1,810
Stationery and printing	-	745	745	641
	-	4,481	4,481	2,621
Legal and professional costs				
Audit/Independent examination fees	-	1,100	1,100	-
Other legal and professional costs	-	5,332	5,332	-
	-	6,432	6,432	
Total of expenditure of other costs	7,295	30,980	38,275	6,881
Total expenditure	7,295	47,252	54,547	14,511
Net gains on investments	-	-	-	-
	8,018	13,168	21,186	(7,398)
Net income/(expenditure)				
Net income/(expenditure) before other gains/(losses)	8,018	13,168	21,186	(7,398)
Other Gains	-	-	-	-
	8,018	13,168	21,186	(7,398)
Net movement in funds				
Reconciliation of funds:				
Total funds brought forward	8,632	-	8,632	16,030
Total funds carried forward	16,650	13,168	29,818	8,632

MANJU SHAHUL-HAMEED FOUNDATION FOR MENTAL HEALTH

England & Wales - Charity number 1176447

Accounts

Manju Shahul-Hameed Foundation For Mental Health

Charity No. 1176447

Trustees' Report and Unaudited Accounts

31 March 2024

Manju Shahul-Hameed Foundation For Mental Health
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The trustees present their report with the unaudited financial statements of the charity for the year ended 31 March 2024.

REFERENCE AND ADMINISTRATIVE DETAILS

Charity No. 1176447

Trustees

The following trustees served during the year:

Sajeev Bhaskaran

Saravanan Rajendran

Shajeena Shine

Toni Letts

Key Management Personnel

Chair

Toni Letts

Accountants

Borasana Limited

55 Jasmine Grove

London

SE20 8JY

Feeding the Homeless

Throughout the year, the Manju Shahul -Hameed Foundation has been dedicated to supporting the homeless community by organising monthly feeding events. These events not only provide essential nutrition but also foster a sense of community and connection among participants.

In the first quarter of the year, we held our feeding events on 5th April and 6th May. The April event supported over 100 individuals, thanks to the generous sponsorship from Spice Village and Grand Sapphire London. In May, we celebrated the King's coronation with a special cake -cutting ceremony, sponsored by the Indo Ceylon Spice Restaurant.

As we moved into the summer months, we continued our mission with an Eid celebration on 12th July, where we shared meals with the homeless, supported by Grand Sapphire Hotel & Banqueting and Spice Village. On 20th September, we celebrated Onam, at West Croydon Methodist Church, with the generous assistance of Crown and Pepper Restaurant.

On 18th October, the charity hosted another feeding event, receiving unwavering support from Uncle Lim's Kitchen, which helped us provide nourishing meals to those in need. On 8th November there was a special Diwali celebration, where we united in compassion and generosity, once more with the support of Uncle Lim's Kitchen, reminding us of the spirit of hope and kindness that transcends traditional festivities.

As we entered the festive season, on 20th December, we continued to extend warmth and care to the homeless. In addition to providing nourishing meals, we distributed sleeping bags and goodie bags filled with essential items. Our heartfelt gratitude goes to Crown and Pepper and Grand Sapphire Hotel & Banqueting for their food contributions, as well as to Liz Goumas and her family for their generous donation of sleeping bags, bringing comfort during the cold winter months.

We also organised events on 24th January 7th February, and 6th March, where the West Croydon Methodist Church transformed into a hub of warmth and care. These events were made possible through the generous sponsorship of the Ahmadiyya Muslim Community, highlighting the power of unity and collaboration in supporting our most vulnerable neighbours.

These monthly feeding sessions have not only provided essential sustenance but have also sparked a deeper appreciation for the blessings many of us take for granted. Each event serves as a poignant reminder of the importance of kindness, compassion, and generosity, shining brightly in challenging times. Together, we can continue to be a beacon of hope, offering support and understanding to those who are struggling.



Dementia Café

The Dementia Café, organized by the MSH Foundation, is held on the first Tuesday of every month at Coulsdon Methodist Church. It provides a warm and welcoming environment for individuals living with dementia, offering refreshments like tea, coffee, cakes, and sandwiches, alongside various entertainment and activities. The intergenerational aspect of the Café is a significant feature, fostering meaningful exchanges between generations.

In Quarter 1, the Café joined the **Jo Cox Foundation's** 'The Great Get Together' event on **4th April**, strengthening the bonds of community and togetherness. Attendees enjoyed lively conversations and singing activities, while the intergenerational theme between dementia patients and **John Ruskin College** students added another layer of connection. On **2nd May**, the Café celebrated the coronation of King Charles III with music and dancing, a fitting tribute to this historic moment. On **6th June**, a salsa dancing session made the Café even more vibrant, as attendees enjoyed learning dance routines while creating lasting memories.

In Quarter 2, the session featured afternoon tea and salsa dancing, led by Tessa on **4th July**. Special thanks were extended to **The National Lottery Community Fund** for their support, along with the ongoing contributions of **John Ruskin College**, Age UK Croydon, and the **London Fire Brigade**. On **1st August**, this free session brought together volunteers and the local community for another afternoon of fun. On **5th September**, attendees participated in light exercises and salsa, combining movement with laughter and a sense of community.

In Quarter 3, the Café provided its usual warm atmosphere with a focus on community support on **3rd October**. Volunteers and partners like the **Metropolitan Police Service**, **Alzheimer's Society** and **Age UK Croydon** were acknowledged for their invaluable contributions. On 7th November, the guests were welcomed with salsa dancing lead by Brenda. On **5th December**, a special Christmas-themed Dementia Café featured festive treats, singing, dancing, and a joyous sing-along. Performers from the PonSita School of Dance UK helped make the event particularly memorable, spreading holiday cheer to all.

In Quarter 4, the Dementia Café kicked off the year with a yoga session on **9th January**. Participants embraced calming stretches and breathing techniques lead by Kam. This session also celebrated "The Great Get Together," an initiative by the **Jo Cox Foundation**, encouraging connection and togetherness across generations. On **6th February & 5th March**, salsa dancing took centre stage, filling the Café with energy and joy as attendees learned new moves, bringing smiles to everyone involved. The enthusiasm of **John Ruskin College** and **London Fire Brigade** volunteers brought so much joy to our salsa session, making a profound impact on everyone involved.

The Dementia Café continues to be a space where individuals living with dementia can relax, engage, and experience moments of joy. Through the combined efforts of volunteers, partners, and the MSH Foundation, the Café fosters connection, creating a supportive and uplifting community for all involved.



Silver Sunday

Four years ago, our charity proudly launched Silver Sunday in Croydon with the aim of celebrating and supporting the elderly in our community. Since then, we have continued this special tradition each year, and it has grown into a key event that brings together different generations to honour the older members of society, fostering connections and combating loneliness.

This year's Silver Sunday afternoon tea was held at the Clocktower Café in Croydon on Sunday, **1st October 2023**, from **2 pm to 4 pm**. We were honoured by the presence of the Civic Mayor of Croydon, **Councillor Tony Pearson**, and were treated to wonderful performances by young talents **Shradha, Anush, Anaya**, and **Ayrin**.

In addition, our charity was recognised as one of the five winners of the **early registration competition across the UK**, a fantastic achievement made possible through the invaluable efforts of **Liz Goumas**, to whom we extend our heartfelt thanks.

This year marked the **fourth intergenerational Silver Sunday** in Croydon, continuing the tradition of bringing together younger and older generations for a day filled with joy, laughter, and a strong sense of community. We are immensely grateful to **Liz, Toni**, and everyone who worked behind the scenes to make the event so special and memorable.

Silver Sunday is a wonderful opportunity to foster a sense of belonging and community, connecting people across generations. Over the past four years, we have seen the positive impact this event has had, and we eagerly anticipate welcoming everyone again to this heartwarming celebration in the years to come.



MANJU SHAHUL-HAMEED FOUNDATION
The Mental Health

PLACES ARE LIMITED & BOOKING IS REQUIRED
IS ORGANISING

Silver Sunday Afternoon Tea

Join Us and Celebrate
The National Day
for Older People with
Cllr Tony Pearson
(Civic Mayor of Croydon)

Dance and Music with
Intergenerational Theme :
Shradha Vivek Unnithan,
Anush Hydros, Anaya Hydros
& Ayrin Rauf

Date:
Sunday
1st October
2023
Time:
2 pm
to 4 pm

Venue:
Croydon Clocktower Cafe,
9 Katharine Street,
Croydon, CR9 1ET

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

www.msfoundation.co.uk [msfoundation.co.uk](https://www.instagram.com/msfoundation.co.uk) [manjushahul](https://www.facebook.com/manjushahul) [MSFoundations](https://www.twitter.com/MSFoundations) Reg Charity No: 1176447

Meet The MET

The **MSH Foundation**, in collaboration with **Croydon Commitment**, organised a **Meet the Met** event on **27th May** for individuals from BAME communities interested in pursuing a career with the Metropolitan Police Service. This event offered an opportunity for people aged **17 to 57** to explore recruitment as officers, helping the police force better reflect the diversity of the society it serves. Attendees had the chance to engage with representatives from the **Metropolitan Police** and learn more about the role, while enjoying an informal lunch at Taste of India.



Free Community Counseling Service

During the week starting **15th May**, our charity, in collaboration with Croydon Drop In – Counseling, Advice and Health Education for Young People, provided a **free community counseling service** for individuals aged **10 to 25**. This initiative, held as part of **Mental Health Awareness Week 2023**, aimed to offer additional support to those in need.

The counseling sessions were available both **Online** and **in-person**, taking place after school hours and on **Saturday mornings**, ensuring they were accessible to a wider audience. A variety of therapeutic approaches were offered to cater to the diverse needs and preferences of participants. This service proved invaluable for those dealing with the everyday challenges of life, as well as individuals requiring more focused support for ongoing mental health struggles.



Suicide First Aid Lite

On the **16th of June** at John Ruskin College, The MSH Foundation organised a suicide first aid lite that gave learners knowledge on how to have a caring conversation that could save a life. The meeting taught young people the theory of suicide intervention skills that could be applied in any setting for anyone seeking greater understanding and confidence to communicate with people at risk of suicide.



Love Not Hate

On **17th June**, our charity, in collaboration with **John Ruskin College**, hosted the annual **Love Not Hate fundraising picnic**. The event featured a wide variety of activities and performances, including **music, dance, dance workshops, makeup sessions, massage, chakra dancing and meditation, a wellbeing zone, yoga**, as well as numerous **food and drink stalls, face painting, and crafts**.

More than **30 businesses and community groups** set up stalls, and the event showcased an impressive array of talents, covering many different art forms. The turnout was fantastic, with a large crowd in attendance, and a significant amount of money was raised in support of **The MSH Foundation**. The success of the **Love Not Hate** event was made possible thanks to the tireless efforts of the **stallholders, volunteers, organisers, and performers**.

A group of dedicated volunteers from our charity, alongside students from **John Ruskin College**, had the privilege of visiting the **UK House of Commons** to present a donation of **£2,050** to the **Jo Cox Foundation**. We are incredibly grateful to **Kim Leadbeater MP** for graciously accepting the cheque on behalf of the Jo Cox Foundation.

The **Love Not Hate 2024** event, held on the 2nd of March at **Whitgift School**, was a powerful demonstration of unity, talent, and community spirit, aimed at supporting those affected by knife crime. The day featured an unforgettable showcase of Croydon's finest young talents, with dancers, singers, instrumentalists, rappers, gymnasts, and even boxers captivating the audience. Panel sessions between performances encouraged open dialogue about knife crime, providing a platform for different perspectives and insights. Schools such as **Shirley High School, Croydon High School, Brit School, and Legacy Youth Zone** participated, adding further inspiration and hope. With over 150 performers and more than 50 volunteers, including children working behind the scenes, the event ran smoothly, thanks to their dedication and generous sponsorship from various individuals and organisations.

With **600 guests** in attendance, the event raised an impressive **£5216.60** for the **Civic Mayor of Croydon's charities** and the **Manju Shahul-Hameed Foundation for Mental Health**. The overwhelming support from the community showcased Croydon's unwavering spirit of solidarity and determination to tackle issues such as knife crime. The event served as a beacon of hope, proving that through unity, love, and collective action, meaningful change can be made to heal and support those impacted by such violence.



Intergenerational Care Event

On **18th October**, our charity, in collaboration with **Croydon BME Forum and John Ruskin College**, proudly hosted a highly successful intergenerational care event as part of **Black History Month**, marking its fourth consecutive year. This popular event provided young people with the opportunity to engage with and learn about Black History, fostering a deeper understanding and appreciation of the contributions of the Black community. Meanwhile, older attendees enjoyed a pampering session, receiving beauty and hair treatments from John Ruskin College students. The joyful atmosphere was elevated further when many of the elders confidently participated in a photoshoot organised by students from the Creative Arts and Media department.

The event garnered overwhelmingly positive feedback, creating a profound sense of connection and community across generations. A special thanks goes to **Meenakshi**, a dedicated 14-year-old, and her mother **Smitha**, whose efforts were instrumental in ensuring the day's success. The wonderful experience shared by both the elders and the students has left us eagerly anticipating next year's event, where we look forward to continuing the celebration of culture, community, and creativity.



Mental Health Awareness

On **14th July**, our charity organised **Suicide First Aid training** for young people at **John Ruskin College**, a first for Croydon. The training received positive feedback, with participants expressing increased confidence in identifying and intervening with individuals at risk of suicide. We extend our heartfelt thanks to **The National Lottery Community Fund** and **Steve Carr** for providing the online training. A follow-up session took place on **14th July at Croydon Fire Station**, in partnership with **Croydon Drop-in**, with ongoing support from the **London Fire Brigade**.

Additionally, we hosted a **FREE 2-day Mental Health First Aid training** at **Croydon Fire Station** on **25th and 26th July**, which was well-received by attendees, many of whom recommended it to their colleagues and requested more sessions in the future. We are grateful to **Mo Hussain**, **Charmaine King**, and our partners for making these sessions possible. On **World Suicide Prevention Day on 10th September**, we joined the movement by promoting the **Zero Suicide Alliance's** free online training, encouraging everyone to learn how to spot suicide warning signs and guide those in need towards further support. This year the theme was 'Creating Hope Through Action'
Health Awareness

Our Supporters

The Manju Shahul-Hameed Foundation for Mental Health owes its existence to the invaluable support of businesses and our dedicated funders. We extend our heartfelt gratitude to the following for their generosity during the period from April 2023 to March 2024.

- The National Lottery Community Fund
- John Ruskin College
- Age UK Croydon
- London Fire Brigade
- Metropolitan Police Service
- Alzheimer's Society
- Jo Cox Foundation
- Croydon BME Forum
- Ahmadiyya Muslim Community
- Grand Sapphire
- Spice Village
- Indo Ceylon Spice
- Crown and Pepper
- Uncle Lim's Kitchen
- Taste of India
- Clocktower Café



Statement of trustees' responsibilities in relation to the financial statements

The charity trustees are responsible for preparing a trustees' annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Charities Act 2011, the applicable Charities (Accounts and Reports) Regulations, and the provisions of the Trust deed. The Trustees are also responsible for safeguarding the assets of the charity and hence taking reasonable steps for the prevention and detection of fraud and other irregularities.

Signed on behalf of the charity's trustees

Toni Letts

Trustee

31 March 2024

A handwritten signature in black ink that reads "Toni Letts". The signature is written in a cursive style with a horizontal line underneath the name.

Manju Shahul-Hameed Foundation For Mental Health
Statement of Financial Activities
for the year ended 31 March 2024

	Notes	Unrestricted funds 2024 £	Restricted funds 2024 £	Total funds 2024 £	Total funds 2023 £
Income and endowments from:					
Donations and legacies	3	5,592	-	5,592	12,650
Other trading activities	4	1,521	-	1,521	19,120
Total		7,113	-	7,113	31,770
Expenditure on:					
Raising funds	5	817	-	817	8,836
Charitable activities	6	3,493	3,320	6,813	9,316
Other	7	6,881	-	6,881	4,493
Total		11,191	3,320	14,511	22,645
Net gains on investments		-	-	-	-
Net (expenditure)/income		(4,078)	(3,320)	(7,398)	9,125
Transfers between funds		-	-	-	-
Net (expenditure)/income before other gains/(losses)		(4,078)	(3,320)	(7,398)	9,125
Other gains and losses					
Net movement in funds		(4,078)	(3,320)	(7,398)	9,125
Reconciliation of funds:					
Total funds brought forward		12,710	3,320	16,030	6,905
Total funds carried forward		8,632	-	8,632	16,030

Manju Shahul-Hameed Foundation For Mental Health

Balance Sheet

at 31 March 2024

Charity No. 1176447	2024	2023
	£	£
Current assets		
Cash at bank and in hand	8,632	16,030
	<u>8,632</u>	<u>16,030</u>
Net current assets	8,632	16,030
Total assets less current liabilities	<u>8,632</u>	<u>16,030</u>
Net assets excluding pension asset or liability	8,632	16,030
Total net assets	<u><u>8,632</u></u>	<u><u>16,030</u></u>
The funds of the charity		
Restricted funds	9	
Restricted income funds	-	3,320
	<u>-</u>	<u>3,320</u>
Unrestricted funds	9	
General funds	8,632	12,710
	<u>8,632</u>	<u>12,710</u>
Reserves	9	
Total funds	<u><u>8,632</u></u>	<u><u>16,030</u></u>

Approved by the trustees on 31 March 2024

And signed on their behalf by:



Toni Letts

Trustee

31 March 2024

for the year ended 31 March 2024

1 Accounting policies

Basis of preparation

The financial statements have been prepared in accordance with Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued on 16 July 2014 and the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) and the Charities Act 2011.

Fund accounting

Unrestricted funds These are available for use at the discretion of the trustees in furtherance of the general objects of the charity.

Designated funds These are unrestricted funds earmarked by the trustees for particular purposes.

Revaluation funds These are unrestricted funds which include a revaluation reserve representing the restatement of investment assets at their market values.

Restricted funds These are available for use subject to restrictions imposed by the donor or through terms of an appeal.

Income

Recognition of income Income is included in the Statement of Financial Activities (SoFA) when the charity becomes entitled to, and virtually certain to receive, the income and the amount of the income can be measured with sufficient reliability.

Income with related expenditure Where income has related expenditure the income and related expenditure is reported gross in the SoFA.

Donations and legacies Voluntary income received by way of grants, donations and gifts is included in the the SoFA when receivable and only when the Charity has unconditional entitlement to the income.

Tax reclaims on donations and gifts Income from tax reclaims is included in the SoFA at the same time as the gift/donation to which it relates.

Donated services and facilities These are only included in income (with an equivalent amount in expenditure) where the benefit to the Charity is reasonably quantifiable, measurable and material.

Volunteer help The value of any volunteer help received is not included in the accounts.

Investment income This is included in the accounts when receivable.

Gains/(losses) on revaluation of fixed assets This includes any gain or loss resulting from revaluing investments to market value at the end of the year.

Gains/(losses) on investment assets This includes any gain or loss on the sale of investments.

Notes to the Accounts

Expenditure

Recognition of expenditure Expenditure is recognised on an accruals basis. Expenditure includes any VAT which cannot be fully recovered, and is reported as part of the expenditure to which it relates.

Expenditure on raising funds These comprise the costs associated with attracting voluntary income, fundraising trading costs and investment management costs.

Expenditure on charitable activities These comprise the costs incurred by the Charity in the delivery of its activities and services in the furtherance of its objects, including the making of grants and governance costs.

Grants payable All grant expenditure is accounted for on an actual paid basis plus an accrual for grants that have been approved by the trustees at the end of the year but not yet paid.

Governance costs These include those costs associated with meeting the constitutional and statutory requirements of the Charity, including any audit/independent examination fees, costs linked to the strategic management of the Charity, together with a share of other administration costs.

Other expenditure These are support costs not allocated to a particular activity.

Trade and other debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

Trade and other creditors

Short term creditors are measured at the transaction price. Other creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

Receipt of donated goods, facilities and services

All donated goods, facilities and services received are recognised within incoming resources and expenditure at an estimate of the value to the charity.

2 Statement of Financial Activities - prior year

	Unrestricted funds 2023 £	Total funds 2023 £
Income and endowments from:		
Donations and legacies	12,650	12,650
Charitable activities	9,804	9,804
Total	<u>22,454</u>	<u>22,454</u>
Expenditure on:		
Raising funds	8,836	8,836
Other	4,493	4,493
Total	<u>13,329</u>	<u>13,329</u>
Net income	<u>9,125</u>	<u>9,125</u>
Net income before other gains/(losses)	9,125	9,125
Other gains and losses:		
Net movement in funds	<u>9,125</u>	<u>9,125</u>
Reconciliation of funds:		
Total funds brought forward	6,905	6,905
Total funds carried forward	<u><u>16,030</u></u>	<u><u>16,030</u></u>

3 Income from donations and legacies

Unrestricted	Total 2024	Total 2023
£	£	£
4,522	4,522	2,650
1,070	1,070	10,000
<u>5,592</u>	<u>5,592</u>	<u>12,650</u>

4 Income from other trading activities

Unrestricted	Total 2024	Total 2023
£	£	£
1,521	1,521	17,540
<u>1,521</u>	<u>1,521</u>	<u>17,540</u>

5 Expenditure on raising funds

	Unrestricted	Total 2024	Total 2023
	£	£	£
<i>Fundraising trading costs</i>	817	817	8,836
	<u>817</u>	<u>817</u>	<u>8,836</u>

6 Expenditure on charitable activities

	Unrestricted	Restricted	Total 2024	Total 2023
	£	£	£	£
<i>Expenditure on charitable activities</i>	3,493	3,320	6,813	7,736
<i>Governance costs</i>	<u>3,493</u>	<u>3,320</u>	<u>6,813</u>	<u>7,736</u>

7 Other expenditure

	Unrestricted	Total 2024	Total 2023
	£	£	£
Employee costs	4,120	4,120	-
Motor and travel costs	104	104	-
Premises costs	36	36	183
General administrative costs	2,387	2,387	4,310
Legal and professional costs	234	234	-
	<u>6,881</u>	<u>6,881</u>	<u>4,493</u>

8 Staff costs

No employee received emoluments in excess of £60,000.

9 Movement in funds

	At 1 April 2023	Incoming resources (including other gains/losses) £	Resources expended £	At 31 March 2024 £
Restricted funds:				
Restricted income funds:				
National Lottery Community Fund	3,320	-	(3,320)	-
<i>Total</i>	<u>3,320</u>	<u>-</u>	<u>(3,320)</u>	<u>-</u>
Unrestricted funds:				
General funds	12,710	7,113	(11,191)	8,632
Total funds	<u>16,030</u>	<u>7,113</u>	<u>(14,511)</u>	<u>8,632</u>

Purposes and restrictions in relation to the funds:

Restricted funds:
National Lottery Community
Fund

10 Analysis of net assets between funds

	Restricted funds £	Total £
Net current assets	8,632	8,632
	<u>8,632</u>	<u>8,632</u>

Manju Shahul-Hameed Foundation For Mental Health
Statement of Cash flows
for the year ended 31 March 2024

	2024 £	2023 £
Cash flows from operating activities		
Net (expenditure)/income per Statement of Financial Activities	(7,398)	9,125
Net cash (used in)/provided by operating activities	<u>(7,398)</u>	<u>9,125</u>
Net cash from investing activities	<u>-</u>	<u>-</u>
Net cash from financing activities	<u>-</u>	<u>-</u>
Net (decrease)/increase in cash and cash equivalents	(7,398)	9,125
Cash and cash equivalents at the beginning of the year	16,030	-
Cash and cash equivalents at the end of the year	<u>8,632</u>	<u>9,125</u>
Components of cash and cash equivalents		
Cash and bank balances	8,632	16,030
	<u>8,632</u>	<u>16,030</u>

Manju Shahul-Hameed Foundation For Mental Health
Detailed Statement of Financial Activities
for the year ended 31 March 2024

	Unrestrict ed funds 2024 £	Restricted funds 2024 £	Total funds 2024 £	Total funds 2023 £
Income and endowments from:				
Donations and legacies	4,522	-	4,522	2,650
	1,070	-	1,070	10,000
	<u>5,592</u>	<u>-</u>	<u>5,592</u>	<u>12,650</u>
Other trading activities	1,521	-	1,521	17,540
	<u>1,521</u>	<u>-</u>	<u>1,521</u>	<u>17,540</u>
Total income and endowments	7,113	-	7,113	30,190
Expenditure on:				
Costs of other trading activities	817	-	817	8,836
	<u>817</u>	<u>-</u>	<u>817</u>	<u>8,836</u>
Total of expenditure on raising funds	817	-	817	8,836
Charitable activities	3,493	3,320	6,813	7,736
	<u>3,493</u>	<u>3,320</u>	<u>6,813</u>	<u>7,736</u>
Total of expenditure on charitable activities	3,493	3,320	6,813	7,736
Employee costs				
Staff training	4,120	-	4,120	-
	<u>4,120</u>	<u>-</u>	<u>4,120</u>	<u>-</u>
Motor and travel costs				
Travel and subsistence	104	-	104	-
	<u>104</u>	<u>-</u>	<u>104</u>	<u>-</u>
Premises costs				
Rent	-	-	-	183
Premises repairs and maintenance	36	-	36	-
	<u>36</u>	<u>-</u>	<u>36</u>	<u>183</u>
General administrative costs, including depreciation and amortisation				
Bank charges	74	-	74	-
Equipment expensed	-	-	-	616
General insurances	96	-	96	290
Information and publications	-	-	-	2,035
Postage and couriers	-	-	-	867

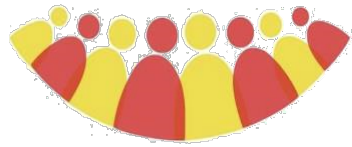
Manju Shahul-Hameed Foundation For Mental Health
Detailed Statement of Financial Activities

Software, IT support and related costs	1,576	-	1,576	-
Stationery and printing	641	-	641	-
Sundry expenses	-	-	-	502
	<u>2,387</u>	<u>-</u>	<u>2,387</u>	<u>4,310</u>
Legal and professional costs				
Consultancy fees	234	-	234	-
	<u>234</u>	<u>-</u>	<u>234</u>	<u>-</u>
Total of expenditure of other costs	<u>6,881</u>	<u>-</u>	<u>6,881</u>	<u>4,493</u>
Total expenditure	11,191	3,320	14,511	21,065
Net gains on investments	-	-	-	-
	<u>(4,078)</u>	<u>(3,320)</u>	<u>(7,398)</u>	<u>9,125</u>
Net (expenditure)/income				
Net (expenditure)/income before other gains/(losses)	<u>(4,078)</u>	<u>(3,320)</u>	<u>(7,398)</u>	<u>9,125</u>
Other Gains	-	-	-	-
	<u>(4,078)</u>	<u>(3,320)</u>	<u>(7,398)</u>	<u>9,125</u>
Net movement in funds				
Reconciliation of funds:				
Total funds brought forward	12,710	3,320	16,030	6,905
Total funds carried forward	<u>8,632</u>	<u>-</u>	<u>8,632</u>	<u>16,030</u>

MANJU SHAHUL-HAMEED FOUNDATION FOR MENTAL HEALTH

England & Wales - Charity number 1176447

Accounts



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

For Mental Health

Transforming Mental Health Stigma

Trustees Report

March 2023

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 organisations, that we have worked with are Croydon Age UK, Mind in Croydon, London Fire Brigade, Croydon Metropolitan Police Service, West Croydon Methodist church, Croydon BME Forum, John Ruskin College and Alzheimer's Society.

EVENTS

FEEDING THE HOMELESS



The Manju Shahul-Hameed Foundation has demonstrated unwavering dedication to addressing homelessness throughout the year, organising multiple "Feeding the homeless" events in Croydon. The charity has extended its compassion during auspicious occasions, ensuring those experiencing homelessness receive nourishment and a comforting taste of celebration during various festive occasions, including the Queen's Platinum Jubilee celebration, Easter, Eid, Onam, Diwali, Christmas, and New Year. Understanding the heightened challenges faced by the homeless during the cold winter months, the MSH Foundation took additional steps to provide essential support. The Manju Shahul-Hameed Foundation extends heartfelt gratitude to Grand Sapphire, and Spice Village, and Smart Stone Interiors for their sponsorship, and recognising the impact of their contributions in making these initiatives possible. The charity remains committed to its mission of promoting the well-being of individuals experiencing homelessness and strives to create a sense of community and support throughout the year.



- **Feeding homeless Easter- 13th April, 11 AM**
- **Feeding homeless Eid- 04th May, 11 AM**
- **Feeding homeless Onam- 31st August, 11 AM**
- **Feeding homeless Diwali- 19th October**
- **Feeding homeless Christmas- 16th December, 11 AM**
- **Feeding homeless New year- 1st February, 11 AM**
- **Feeding homeless Queens Platinum Jubilee Celebration- 01st June, 11 AM**



LOVE NOT HATE FUNDRAISING EVENT #LOVENOTHATE2022



The charity evening, LovenotHate2022, held at the Grand Sapphire London, brought together a diverse group of sponsors, friends, family and volunteers to contribute to a noble cause. This heart-warming and impactful initiative successfully raised £8900. The funds raised during the event was allocated to two significant causes - training individuals to provide immediate aid to those who have attempted suicide in Croydon's schools and communities and providing much-needed support to the homeless population. LovenotHate2022 was a resounding success, featuring notable speakers such as Toni Letts OBE, Sarah Jones MP, Cllr Alisa Flemming, Dr. Ahmed Hankir, Sir Norman Lamb, Professor Mark Watson Gandy, Sanjay Kumar from High Commission of India, London, Jayne Dickinson, Georgee Matthew, Mark Edwards, Colonel Ray Wilkinson, Obi Amadi, and Rev. Andrew Dovey.

- **18th November, 6.30 PM**



SILVER SUNDAY- AFTERNOON TEA



Manju Shahul-Hameed (MSH) Foundation hosted its third annual Silver Sunday event in Croydon. Recognising the potential health risks associated with isolation, particularly in the physical and mental well-being of seniors, the charity organised "Silver Sunday - Afternoon Tea," event with the generous support of the National Lottery Community Fund and Croydon Age UK. The event, held to commemorate and celebrate older adults in the community, and was designed to combat the challenges posed by social isolation among seniors. MSH Foundation sought to create an atmosphere that acknowledged the valuable contributions of older individuals while nurturing their happiness and well-being.

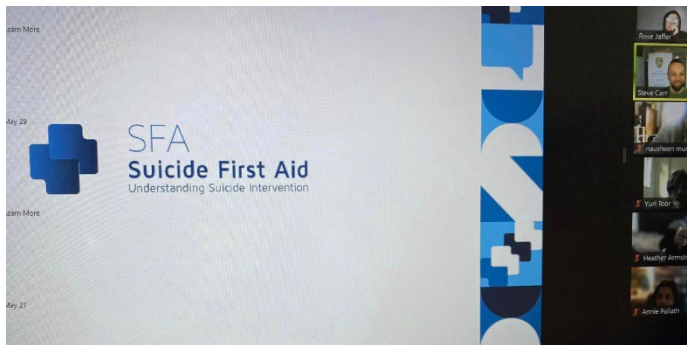


- **2nd October, 2 PM to 4 PM**

SUICIDE FIRST AID TRAINING

In a proactive effort to foster a safer and more supportive community, MSH Foundation had organised a Suicide First Aid Training session on January 27th. The training was generously supported by The National Lottery Community Fund and conducted by seasoned expert Steve Carr. The full-day session, which had been held online, aimed to equip participants with the necessary skills and knowledge to provide immediate aid to individuals experiencing suicidal thoughts. Suicide remains a significant public health concern, and this training seeks to empower community members to effectively respond to such crisis. By the end of the training session, 16 individuals were certified as Suicide First Aiders within the community. These trained individuals will serve as a valuable resource contributing to a more compassionate and supportive environment.

- **27th January, 9 AM to 4 PM (ONLINE)**



CHAKRA DANCE AND CREATIVE MEDITATION

Manju Shahul-Hameed Foundation for Mental Health orchestrated an inspiring Chakra Dancing and meditation session on Friday, June 17th, hosted at the Croydon BME Forum. The event, guided by the talented Shubhaa Srinivasan, offered participants a unique journey of self-discovery and relaxation through the transformative power of Chakra Dancing. The event exemplified MSH Foundation's dedication to offering diverse and inclusive approaches to mental health, recognising the importance of creative expression in fostering overall well-being. The National Lottery Community Fund's support was instrumental in bringing this unique meditation session to fruition, creating an opportunity for individuals to explore the potential benefits of Chakra Dancing.

- **17th June, 12.45 PM to 2 PM**

INTERGENERATIONAL CARE EVENT



SILVER SUNDAY
THE NATIONAL DAY FOR OLDER PEOPLE – 1 OCTOBER 2023

Congratulations to the 5 lucky winners of our early registration competition! Each one receives £100 towards hosting their Silver Sunday events:

- St Helens Walking Football Club, Warrington
- Fillongley Parish Council, Coventry
- Manju Shahul-Hameed Foundation for Mental Health, Croydon
- Lillington and Longmoore Gardens Residents' Association, Westminster
- The Drive Bowling Club, Brighton and Hove

The Intergenerational Care Event organised by the charity, invited both young and older generations to participate, emphasising the importance of bridging the gap between different age groups. The Civic Mayor of Croydon joined the celebration and attendees were treated to an array of performances, adding a cultural and artistic dimension to the event. The Clocktower Cafe provided a delightful afternoon tea, contributing to the overall enjoyment of the day. The activities planned for the day were designed to benefit the well-being of participants across generations. As children and older adults interacted, they exchanged valuable knowledge and skills, leading to a mutual understanding and appreciation of each other's perspectives.

- **01st October, 2 PM- 4PM**



MENTAL HEALTH FIRST AID TRAINING

UNDERSTANDING MENTAL HEALTH FOR THE YOUTH
Do you work with young people? Want to know how to help young people with Mental Health? Become a Youth Mental Health First Aider.

FREE YOUTH MENTAL HEALTH FIRST AID COURSE

ORGANISED BY MANJU SHAHUL-HAMEED FOUNDATION

Sessions will be led by **Christine King, an accredited Mental Health First Aid (MHFA) England Instructor.**

What the course covers:

- An in-depth understanding of young people's mental health and factors that affect wellbeing.
- Knowledge to help a young person recover their health by guiding them to further support – whether that's through self-help sites, their place of learning, NHS, or a mix – engaging with parents, carers and external agencies where appropriate. Ability to support a young person with a long term mental health issue or disability to thrive.

Date: 3rd and 4th May 2022
Where: John Ruskin College, Selsdon Park Rd, South Croydon, CR2 8JJ
Time: 9 AM - 5 PM

There are a limited number of slots available for up to 16 clients.

If you are interested, please contact:
MO: 07850970323
events@msfoundations.co.uk, mo@bestpp.co.uk

Sponsored by NATIONAL LOTTERY COMMUNITY FUND

In recognition of Mental Health Awareness Week, the Manju Shahul-Hameed Foundation for Mental Health organised mental health training for 16 Youth Mental Health First Aiders in Croydon. This initiative reflected charity's commitment to building a supportive community and nurturing mental health awareness among the youth. The training sessions, held at John Ruskin College, provided a valuable opportunity to equip individuals with the skills and knowledge needed to address mental health challenges affecting young people. The National Lottery Community Fund's support played a crucial role in making this initiative a reality.



- **3rd and 4th May, 9 AM- 5PM**

FIVE YEAR ANNIVERSARY

In a momentous celebration of its 5th anniversary, the Manju Shahul-Hameed Foundation for Mental Health hosted a spectacular event at the prestigious UK House of Lords. The occasion, graced by communities and esteemed guests, was hosted by Baroness Manzila Uddin, adding a touch of grandeur to the festivities. Distinguished speakers including Toni Letts OBE, Durdana Ansari OBE, Dr. Ahmed Hankir MBChB MRCPsych, Sarah Jones MP, Shea Williams, Professor Mark Watson-Gandy, Abdul Rauf, and Suleman Raza MBE, shared insightful speeches, reflecting on the foundation's impactful journey and its contributions to mental health awareness. Acknowledging the collaborative efforts and Pappaya's sponsorship that made the event possible, MSH Foundation expressed gratitude to everyone who worked tirelessly to ensure the celebration's success.


○ **29th June 2022, 6 PM**



MANJU SHAHUL-HAMEED FOUNDATION
 THE GREAT GET TOGETHER!

JOIN OUR GREAT WINTER GET TOGETHER! AT

DEMENTIA CAFE



1. Activities - Chakra Dancing and Creative Meditation, Talks
 2. Relax and have fun 3. Tea, Coffee and cakes
 4. Intergenerational theme with Health and Social Care students of John Ruskin College


Tuesday 17th January 2022 | Time 1.30pm to 3.30pm


When:
 Tuesday 17th January 2023

Where:
 Coulsdon Methodist Church,
 83 Brighton Road, Coulsdon CR5 2BE

Contact Details
 Liz Goumas 07706 638559
 Events@msfoundation.co.uk

Quitty D'Souza,
 a certified Counsellor of
 Mind In Croydon will
 be Attendance

Sponsor:  COMMUNITY FUND

Partner:  Croydon ageUK

www.msfoundation.co.uk @msfoundation.co.uk msqshahul MSFoundations Reg Charity No: 1178441

DEMENTIA CAFE

In a collaborative effort to provide a supportive space for seniors facing dementia, the Manju Shahul-Hameed Foundation joined forces with John Ruskin College, Age UK Croydon, London Fire Brigade, and Metropolitan Police Service Croydon to organise a transformative Dementia Cafe. The Dementia Cafe incorporated a range of activities which aimed at promoting creativity, expression, and meaningful engagement for the older generation. One of the highlights of the event was the active involvement of young volunteers, who worked diligently to ensure a safe and supportive atmosphere for the guests. These volunteers not only assisted with the various activities but also played a pivotal role in fostering connections and encouraging the creative expression of the older generation. Sponsored by The National Lottery Community Fund, the event brought together various organisations to create a vibrant and engaging environment for older individuals.

- **First Tuesday of every month**



MEET THE MET



Meet the Met Event
To celebrate Women's International Week have you considered a career in the Met Police.

Join us for an informal evening, light refreshments and a chance to talk to officers and see what a career in the Met could offer you.

Friday 10 March 6.30-8pm
Leonardo Hotel, 26 Wellesley Road, Croydon, CR0 9XY

Did you know that **Only 27%** of officers in the Met Police are women?

If you're between the ages of 17-57, come and challenge perceptions and find out exactly what's on offer. It's a demanding job but the financial rewards, family friendly working and career opportunities are excellent. And, of course, you'll be making the change that London needs.

REGISTER HERE.

SP300 Croydon Commitment LEONARDO

www.croydoncommitment.org.uk

In celebration of International Women's Week, the Manju Shahul-Hameed Foundation for Mental Health foundation orchestrated a ground-breaking event, "Meet the Met," which aimed at promoting inclusivity and encouraging women to pursue careers in the Metropolitan Police Service. The collaboration between MSH Foundation, Soul Purpose 360 CIC, Croydon Commitment, and Leonardo Hotels UK and Ireland highlighted the power of partnerships in driving positive change. By bringing together charitable organisations and private enterprises, the event underscored the collective effort to empower women and promote diversity in traditionally male-dominated fields. The success of "Meet the Met" reflected a shared commitment to building a more inclusive and equitable future for women in the field of policing.

o **10th March, 6.30 to 8 PM**



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 2022 - March 2023.

- The National Lottery Community Fund
- Grand Sapphire
- Spice Village
- Ace Accountancy Services
- Croydon Granite
- Parkview Nursing Home
- Pillai Tutors
- Rowland Brothers Foundation
- Wates Family Enterprise Trust

Feedback

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

"I am grateful for the Suicide First Aid Course, which empowered me with the knowledge and skills needed to respond to crisis situations with sensitivity and understanding, making me feel more confident in offering support."

- SUICIDE FIRST AID COURSE

"This session was a transformative experience for me, providing a unique and joyful way to connect with my inner self, balance my energy centres, and find a sense of inner peace through the power of dance"

- CHAKRA DANCE

"Taking the Suicide First Aid Course was a personal and professional game-changer for me, as it not only enhanced my ability to recognize and respond to signs of distress but also instilled a deeper sense of empathy and connection with those in need."

- SUICIDE FIRST AID COURSE

"Silver Sunday provided a unique opportunity for me to engage with seniors in a fun and meaningful way, breaking down generational barriers and fostering connections"

-SILVER SUNDAY

"Participating in the Intergenerational Care session opened my eyes to the richness of wisdom and experience that older generations bring, making me more appreciative of the diverse perspectives that can enrich our communities and my own life"

-INTERGENERATIONAL CARE

"Participating in the Silver Sunday session was a heartwarming experience, where I not only felt valued and included but also enjoyed the opportunity to share my stories and wisdom with younger members of the community"

-SILVER SUNDAY

"The free counselling session as a part of charity's 5 year anniversary was a lifeline for me, providing a safe space to navigate my thoughts and emotions, and offering valuable insights that have been instrumental in my personal growth and well-being."

-FREE COUNSELLING SESSION

"Dancing, singing and talking with the members of Dementia café helped me accomplish purpose of serving towards a positive impact".

-DEMENTIA CAFE



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 2023.

Signed on behalf of the Charities Trustees:

Signature:

Toni Letts OBE

Full Name:

Toni Letts

Position:

Chair

Date:

18th December 2023



CHARITY COMMISSION
FOR ENGLAND AND WALES

MANJU SHAHUL-HAMEED FOUNDATION FOR MENTAL 1176447

Receipts and payments accounts

CC16a

For the period from	01/04/2022	To	31/03/2023
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Grants and Contracts		10,000	-	10,000	11,685
Donations	2,650	-	-	2,650	150
Income from Activities	1,580	-	-	1,580	800
Fundraising Events	17,540	-	-	17,540	1,610
Just Giving	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	21,770	10,000	-	31,770	14,245
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	21,770	10,000	-	31,770	14,245
A3 Payments					
Rent and Room Hire		183	-	183	331
Activities	2,891	6,332	-	9,223	3,947
Fundraising Costs	8,910	19	-	8,929	2,924
Refreshments and Consumables	296	207	-	502	23
Gifts			-	-	85
Insurance	290		-	290	327
Bank Charges			-	-	109
Equipment Costs	134	481	-	616	114
Printing, Postage and Stationery	210	657	-	867	730
Marketing	894	1,141	-	2,035	1,388
	-	-	-	-	-
Sub total	13,625	9,020	-	22,645	9,978
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	13,625	9,020	-	22,645	9,978
Net of receipts/(payments)	8,145	980	-	9,125	4,267
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	4,565	2,340	-	6,905	2,638
Cash funds this year end	12,710	3,320	-	16,030	6,905

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Cash at Bank	12,710	3,320	-
		-	-	-
		-	-	-
	Total cash funds	12,710	3,320	-
	(agree balances with receipts and payments account(s))	OK	OK	OK

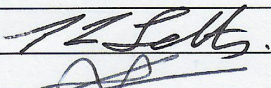

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	Toni Kut LETTS	18.1.24
	MANJU SHAHUL-HAMEED	18/01/2024



**Report to the trustees/
members of**

Charity Name

MANJU SHAHUL-HAMEED FOUNDATION FOR MENTAL HEALTH

**On accounts for the year
ended**

31/03/2023

**Charity no
(if any)**

1176447

Set out on pages

1 and 2

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended **31 / 03 / 2023**.

**Responsibilities and
basis of report**

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

**Independent
examiner's statement**

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

** Please delete the words in the brackets if they do not apply.*

Date: 18-01-2024


Signed:

Nigna Anil

Name: NIGNA ANIL

Relevant professional qualification(s) or body (if any): MSC BUSINESS ANALYSIS AND CONSULTING

Address: 30 FAWN COURT, 12 ARLA PLACE,
SOUTH RUISLIP, LONDON.
PIN: HA4 0FF



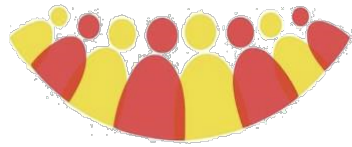
Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose. N/A

MANJU SHAHUL-HAMEED FOUNDATION FOR MENTAL HEALTH

England & Wales - Charity number 1176447

Accounts



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

For Mental Health

Transforming Mental Health Stigma

Trustees Report

March 2022

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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 organisations, that we have worked with are Age UK Croydon, Mind in Croydon, West Croydon Methodist church, Croydon BME Forum and John Ruskin College.

EVENTS

MENTAL MUSCLE






The event will be run by Cameron, a personal trainer from Croydon.

MENTAL MUSCLE

FULL BODY WORKOUT

improve physical, importantly, mental health

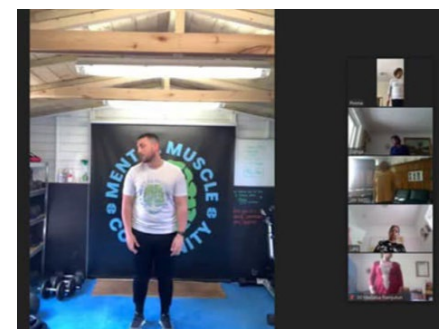
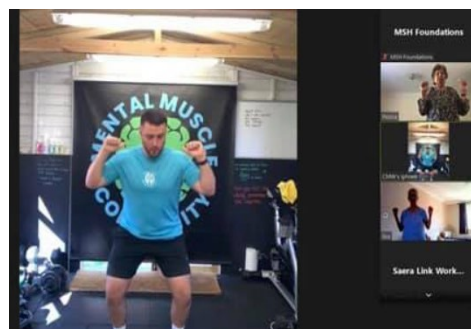
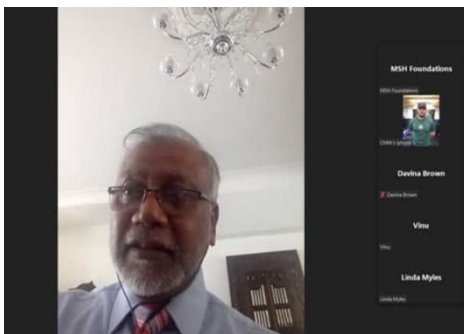
Cameron also runs a company called the Mental Muscle Community, which uses the power of exercise to improve people's physical, and more importantly, mental health. During this event Cameron will be hosting a full body workout to get you guys moving and active! We hope to see you there!

Date: 12/05/21
Time: 12 - 1PM
<https://us02web.zoom.us/j/88206685204>
 Contact: Vinu Babu
events@msfoundations.co.uk

Maintaining physical and mental health are integral factors of an individual's day to day life to engage in their daily activities. Full-body workouts that incorporate compound strength exercises are a super-efficient way of training for functional strength as well as cardiovascular health. MSH Foundation hosted a Mental Muscle event in partnership with Cameron, the session's instructor, who owns a company called the Mental Muscle Community. The event focused on promoting physical and mental wellness through various exercises. The charity hosted this event in association with Age UK Croydon and it was sponsored by the National Lottery Community Funds. Mental Muscle sessions were dedicated to individuals who thrive on engaging themselves in some form of exercises to improve their physical and mental health. The participants benefited in terms of preventing and treating mental conditions such as depression and stress. This event received a lot of positive feedback from the participants. The Mayor of Croydon Cllr Sherwan Chowdhury attended one of the sessions to support the participants.



- **12th May 2021, 12PM -1 PM (ONLINE)**
- **14th July 2021, 12PM- 1PM (ONLINE)**
- **11th Aug 2021, 12 PM- 1.15PM (ONLINE)**
- **8th Sept 2021, 12PM -1PM (ONLINE)**



LOVE NOT HATE FUNDRAISING EVENT #LOVENOTHATE2021



At challenging time of COVID-19, MSH Foundation hosted a virtual fundraising event called Love Not Hate for raising money for Croydon Health Services NHS Trust. The event began with a two-minute silence in memory of His Royal Highness Prince Philip, Duke of Edinburgh. The speakers for the event were Cllr Toni Letts OBE, Steve Reed MP, Sarah Jones MP, Cllr Hamida Ali, Mike Bell, Matthew Kershaw, Cllr Stuart Collins and Cllr Stuart King. The activities included live music, dance performances, and magic show. The fundraiser wouldn't be possible without the support from everyone who bought the 3-course dinner from Spice Village Croydon, volunteers and hosts who delivered the food, and everyone who made their donations to raise £2515 for Croydon Health Services NHS Trust.

- 10th April 2021, 7PM- 8.30PM, (ONLINE)



SUICIDE FIRST AID TRAINING



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. In conjunction with World Suicide Prevention Day, MSH Foundation organised a free virtual suicide first aid training event. This was in the light of hundreds of people that had been getting hurt each year as a result of suicide attempts. Training was delivered by Steve Carr from Mindcanyon. The National Lottery Community Fund supported the charity in hosting this event. MSH Foundation finds it is essential to instil trust in the public that they are being effectively cared for, to reduce suicidal thoughts.

- 8th September 2021, 9AM- 3.30 PM (ONLINE)



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 Goumas
Mobile: 07706638559
Email: events@msfoundations.co.uk

SPONSOR  COMMUNITY FUND

www.msfoundation.co.uk [msfoundation.co.uk](https://www.instagram.com/msfoundation.co.uk) [/manjushahul](https://www.facebook.com/manjushahul) [/MSFoundations](https://www.twitter.com/MSFoundations) Reg Charity No: 1176447

Social isolation and loneliness amongst older generation can lead to high risks of physical and mental conditions. Charity celebrated the second Silver Sunday in Croydon to tackle this amongst older people. An event called Silver Sunday- Afternoon Tea was organized with the support of the National Lottery Community Fund. The event focused on recognizing older adults' contributions to society and also facilitating their happiness and well-being. MSH Foundation spearheaded this initiative to bring generations together and honor seniors through fun and free activities. The event served as a platform for the elderly, including veterans to meet new people, explore new places, try new activities, and connect with their local communities and generations.

- **3rd October 2021, 3PM Onwards**
- **Location: Bellas Tea Store, CR5 2RA**



MENTAL HEALTH AND WELLBEING WEBINAR

RESULTS CONSORTIUM and LONDON PROFESSIONAL COLLEGE are inviting you for an online training session

JOIN OUR
'MENTAL HEALTH AND WELLBEING' WEBINAR
MONDAY 11th OF OCTOBER at 6 PM to 7.30 PM.

In association with Manju Shahul Hameed Foundation for mental health

Training conducted by Mrs Rachel Perera MA, BSc, RGN.

REGISTER FREE NOW

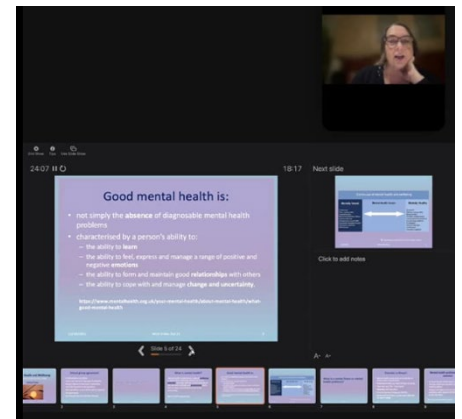
Curriculum manager
Operations manager

MANJU SHAHUL HAMEED FOUNDATION
The Mental Trust

Manju Shahul-Hameed Foundation for Mental Health is a well-established Charity. Reg. Charity No. 1176477, founded in 2017. The charity aims to raising 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 battle their struggles.
Mr. Saran Raj Mob no. 0758658580
events@msfoundations.co.uk

High level of mental health implications are associated with increased learning, creativity, and productivity amongst younger generation. As a part of World Mental Health Day, MSH Foundation hosted a Mental Health and Wellbeing Webinar for the students of London Professional College and Results Consortium. Because of misconceptions about mental health, students often suffer in silence and their conditions go untreated. This ultimately affects their overall academic performance and wellbeing. The event emphasised the 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. During the webinar, young people were keen to learn about improving their mental health and ways to help others in crisis.

- **11th October 2021, 6PM- 7.30PM (ONLINE)**



INTERGENERATIONAL CARE EVENT



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: Shubha Srinivasan
events@msfoundations.co.uk

Sponsored by **COMMUNITY FUND**

www.msfoundation.co.uk | msfoundation.co.uk | manjushahul | MSHFoundations | Reg Charity no: 1176

Young and older generations were invited to take part in Intergenerational Care Event that was organised by the charity, which was held in conjunction with Black History Month as a reminder to take account of where systemic racism persists. The event was organised in partnership with John Ruskin College and Croydon BME Forum which involved various activities, programs, and projects. The National Lottery fund sponsored the event. The participants shared their experiences during this memorable event. Our older people also enjoyed manicures, makeup, hairdressing, and massages by the young people, followed by lunch and a Q&A session. The event aimed at facilitating better societal relationships. These activities benefited wellbeing across generations as children and older adults interacted and exchanged knowledge and skills throughout the event.

- **13th October 2021, 10AM- 4PM**



FREE COUNSELLING SESSIONS



Frustrated? Stressed? Upset? Alone?
Try a free counselling session to help you overcome life's battles!

MANDU SHAHUL-HAMEED FOUNDATION PARTNERSHIP WITH **Mind in Croydon**

Offering FREE 6th Weekly Counselling Sessions to help individuals thrive.
(Maximum limit upto 10 individuals)

Sessions will be led by **Quitty D'souza**, a certified Mind in Croydon counsellor.

"Quitty is a good listener and can offer a warm, confidential and non-judgmental empathic space in which the client will feel safe to express and explore past/present painful issues. She is passionate about the work I do and will always look to work with sensitivity and care, slowly establishing trust. Listening and empowering women is something she also feels passionate about."

Location: Mind in Croydon Office at 26 Pampisford Road, Purley, CR8 2NE
Date: Available on Wednesdays and Thursdays from 12th January, 2022
For more info: events@msfoundations.co.uk

Sponsored by **COMMUNITY FUND**

Unaddressed mental illness can affect an individual's ability to function properly and may even reduce life expectancy. As a result of our intensive and unhealthy lifestyles, people are often hesitant to seek help owing to social stigma. The MSH Foundation offered a six-week free counselling session to support individuals suffering from any type of mental illness. This event was sponsored by the National Lottery Community Fund. Quitty D'Souza, a certified Mind in Croydon counsellor, led the session. From January 12th 2022, free counselling sessions were provided at Mind's Croydon office on all Wednesdays and Thursdays. These sessions allowed participants to express and give voice to internal concerns, worries, and self-talk. The charity emphasised bringing these individuals' to light and encouraging them to seek help for mental illness.

- **12th January 2022, 10AM- 4PM**
- **Location: Mind in Croydon**

MENTAL HEALTH FIRST AID COURSE

Your mental health matters!!
FREE TWO-DAY
VIRTUAL MENTAL HEALTH FIRST AID COURSE

Organized by  **MANJU SHAHUL-HAMEED FOUNDATION**
For Mental Health

Sessions will be led by **CHARMAINE KING**, an accredited Mental Health First Aid (MHFA) England Instructor.

You can join online using your smartphone, tablet, or computer from the comfort of your own home!

Charmaine is strongly committed to raising awareness and educating others to reduce the stigma around mental health. She is an excellent listener and extremely passionate about supporting and empowering people to gain a greater understanding of and responsibility for their own mental well-being.

Online Mental Health First Aid is a blended course that is delivered over two days to allow for both self-paced learning at home via the online learning centre and instructor-led live sessions

Date: 12th and 13th February 2022
Time: 9AM to 5PM

Sponsored by  **COMMUNITY FUND**

Only limited number of places available for up to sixteen people.
If you are interested, please contact: Call: +44 7850 970323
events@msfoundations.co.uk, mo@bestpp.co.uk

- **12th & 13th February 2022, 9AM- 5PM (ONLINE)**

To reassure and support a person in distress, MSH Foundation organised a Mental Health First Aid Course to provide an in-depth understanding of mental health and the factors that can affect wellbeing. The objective of this event was to increase the participants' ability to identify symptoms of mental health conditions within themselves as well as others after they had received mental health training. This enabled them to not only deal with any sort of crisis but also to intervene before any distress becomes an emergency. The National Lottery Community Fund sponsored this event. The Mental Health First Aid Course and its materials intended to educate participants on common mental health illnesses like cyberbullying, trauma, post-traumatic stress, etc., while also making them aware of the social stigma.



CHAKRA DANCING AND CREATIVE MEDITATION



MANDU SHAHUL-HAMEED FOUNDATION
The Islamic Zikir

COME ALONG TO FREE January 20th 2022
Time: 5.15 to 6.15 pm

Chakra dancing and Creative Meditation

Find your inner freedom to dance your heart out to powerful music!
A great way to work out, connect with your body, release tension and stress. Let's shimmy and rock together!
This freestyle dance is suitable for all ages and levels.

By **Shubhaa Srinivasan**
Qualified chakra dancing trainer

MSH Foundations is inviting you to a scheduled Zoom meeting.
Join Zoom Meeting
<https://us02web.zoom.us/j/82038142460>
Meeting ID: 820 3814 2460

Contact: Beena
events@msfoundations.co.uk
07557 769698

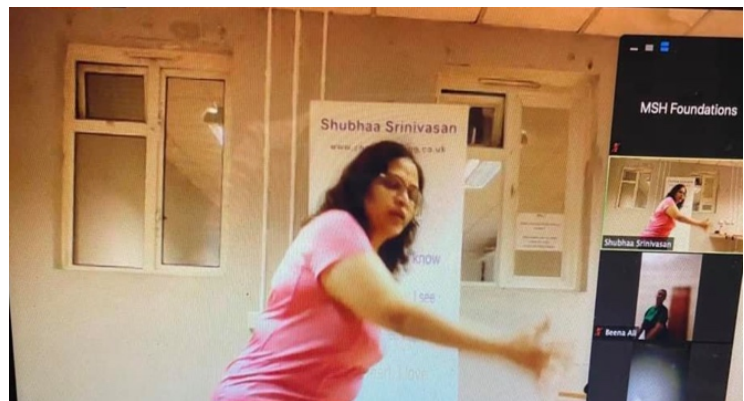
SPONSORED BY

www.mshfoundation.co.uk | www.mshfoundation.co.uk | @msfoundations | #msfoundations | Reg Charity No: 1176447

Today's lifestyle induces stress and tension on a physical and mental level, and the majority of specialists feel that untreated mental stress can also lead to physical ailments. MSH Foundation organised a hybrid Chakra dance sessions with creative meditation, where people joined both the physical session as well as online. The session was conducted by Shubhaa Srinivasan and sponsored by the National Lottery Community Fund. 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. These sessions helped participants deal with this influence and gave them motivation to live a healthy life. Chakra balancing through this dance also facilitated the participants maintain emotional stability and brought them back to their root.



- **4th November 2021, 5.15PM – 6.30PM (ONLINE)**
- **2nd December 2021, 5.15PM – 6.30PM (ONLINE)**
- **20th January 2022, 5.15PM – 6.15PM (ONLINE)**
- **3rd February 2022, 5.15PM – 6.15PM (ONLINE)**
- **3rd March 2022, 12.45PM- 2 PM (ONLINE)**



FEEDING THE HOMELESS PEOPLE



MSH Foundation aims to sustain a high standard of nourishment for the homeless people and help them manage and recover from mental health issues. Food is a basic requirement for everyone, but not everyone is fortunate enough to have it. COVID-19 exacerbated the worldwide hunger crisis, bringing the homeless to the verge of starvation. Grand Sapphire, Ceylon Spice, and The Red House sponsored the charity's "Feeding the Homeless people" sessions and helped in providing nutritious meals to them to combat the impacts of their hunger and malnutrition. Homeless people are susceptible to a variety of ailments, particularly during the winter. The charity feeds approximately 70 homeless people in Croydon each month. In addition, the charity also celebrated Christmas, Easter, Indian Harvest Festival, Onam, Eid, Chinese New Year and Diwali with the homeless people to enable them to experience these celebrations. MSH Foundation believes that sharing and consuming food with the homeless increases their well-being, and will help them feel socially included.



- **7th April 2021, 11AM- 1PM (EASTER)**
- **12th May 2021 11AM- 1PM**
- **2nd June 2021 11AM- 1PM**
- **21st July 2021, 11AM- 1PM (EID)**
- **25th August 2021, 11AM- 1PM (ONAM)**
- **29th September 2021, 11AM- 1PM**
- **20th October 2021, 11AM- 1PM**
- **24th November 2021, 11AM- 1PM (DIWALI)**
- **15th December 2021 11AM-1PM (CHRISTMAS)**
- **19th January 2022, 11AM- 1PM**
- **23rd February 2022, 11AM- 1PM**
- **30th March 2022, 11AM- 1PM**



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 2021 - March 2022.

- The National Lottery Community Fund
- John Ruskin College
- Grand Sapphire
- Spice Village
- Indo Ceylone Spice

Feedback

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

"I don't usually like dancing in front of people. I loved this moving meditation".

– CHAKRA DANCE, 20.01. 2022

"Great training, I feel better skilled in handling a potential suicide situation..."

- SUICIDE FIRST AID COURSE, 08.09.2021

"I felt very relived and fulfilled after engaging with younger kids. It took me back to my school days after getting involved with kids. I would like to take this moment to thank MSH Foundation for organising this event."

-SILVER SUNDAY, 03.10.2021

"I felt good about myself involving in supporting and giving shoulders to the senior citizens"

-INTERGENERATIONAL CARE, 13.10.2021.

"Thank you for helping me forget my pain for the afternoon.."

– INTERGENERATIONAL CARE, 13.10.2021.

"Working with the chakra is amazing; I feel so energetic after the dance; I feel so calm, centred and peaceful."

-CHAKRA DANCE, 03.03.2022

"Excellent – It was so informative and participatory, as well as thought-provoking. I learned a lot of information from this course."

- SUICIDE FIRST AID COURSE, 08.09.2021

"I'm feeling very fresh and energetic after the Mental Muscle event; with its right mix of fun beats, as well as the fast and slow intervals. I have made it a point to not miss out any Mental Muscle events hereafter."

-MENTAL MUSCLE, 12.05.2021

"Great & informative session! Practical real life situations in typical settings!!; which helped me understand more about my mental health and how I could help others who are in distress."

- MENTAL HEALTH & WELLBEING WEBINAR, 11.10.2021

"It really is true on what group exercise and Mental Muscle sessions can do for the soul, I'm coming back for the next event!"

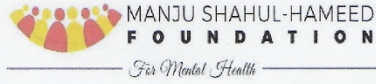
- MENTAL MUSCLE, 11.08.2021

"Excellent course; it has given me the confidence to be direct and ask the question of someone I believe to be contemplating suicide, without fear of it being the wrong thing to do."

- SUICIDE FIRST AID COURSE, 08.09.2021


"Quitty was able to help me think through a lot of thoughts that made me feel extremely stuck and hopeless at the time. I am doing much better and am able to cope with my anxiety and OCD a lot better. "

-FREE COUNSELLING SESSIONS, 12.01.2022





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 2022.

Signed on behalf of the Charities Trustees:

Signature:



Full Name:

Toni Letts OBE

Position:

Chair

Date:

20.01.23



CHARITY COMMISSION
FOR ENGLAND AND WALES

MANJU SHAHUL-HAMEED FOUNDATION FOR MENTAL 1176447

Receipts and payments accounts

CC16a

For the period from	01/04/2021	To	31/03/2022
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Grants and Contracts	1,685	10,000	-	11,685	14,580
Donations	150	-	-	150	220
Income from Activities	800	-	-	800	1,060
Fundraising Events	1,610	-	-	1,610	140
Just Giving	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	4,245	10,000	-	14,245	16,000
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	4,245	10,000	-	14,245	16,000
A3 Payments					
Rent and Room Hire		331	-	331	175
Activities	157	3,790	-	3,947	15,023
Fundraising Costs	1,274	1,650	-	2,924	2,094
Refreshments and Consumsibles		23	-	23	282
Gifts		85	-	85	473
Insurance	327		-	327	322
Bank Charges	109		-	109	47
Equipment Costs	114		-	114	598
Printing, Postage and Stationery	53	677	-	730	710
Marketing	276	1,112	-	1,388	1,091
	-	-	-	-	-
Sub total	2,310	7,668	-	9,978	20,814
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	2,310	7,668	-	9,978	20,814
Net of receipts/(payments)	1,935	2,332	-	4,267	4,814
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	2,630	8	-	2,638	7,452
Cash funds this year end	4,565	2,340	-	6,905	2,638

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Cash at Bank	4,565	2,340	-
		-	-	-
		-	-	-
	Total cash funds	4,565	2,340	-

(agree balances with receipts and payments account(s))

Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
-	-	-
-	-	-
-	-	-
-	-	-
-	-	-


Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	
			-	

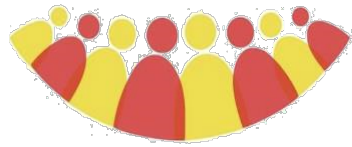
Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	Toni Letsos	20/01/23
	MANJON SHAHULL HAMEED	20/01/23

MANJU SHAHUL-HAMEED FOUNDATION FOR MENTAL HEALTH

England & Wales - Charity number 1176447

Accounts



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

For Mental Health

Transforming Mental Health Stigma

Trustees Report

March 2021

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, Croydon BME Forum and Heartfulness UK.

EVENTS

FEEDING THE HOMELESS



Food is a crucial component of our organisation because we need to ensure that people on the street receive the right nutrition in order to have the energy to face the day ahead as they already have a lot to deal with. By providing them with good food, we can boost their immune system. Sharing and consuming food with them increases wellbeing, and possessing the ability to purchase, prepare, and cook the same foods as those around us will help them feel socially included. Homeless people are susceptible to a variety of ailments, particularly during the winter, and constant access to nutritional food enables students to excel, parents to focus on their careers, and elderly to enjoy healthy lives. The charity feeds approximately 70 homeless people in Croydon each month. 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.



- Wednesday 8th July 2020 @ 11 am
- Wednesday 15th July 2020 @ 11 am
- Wednesday 22nd July 2020 @ 11 am
- Wednesday 29th July 2020 @ 11 am - EID
- Wednesday 5th August 2020 @ 11 am
- Wednesday 12th August 2020 @ 11 am
- Wednesday 19th August 2020 @ 11 am
- Wednesday 26th August 2020 @ 11 am
- Wednesday 2nd September 2020 @ 11 am
- Wednesday 7th October 2020 @ 11 am
- Wednesday 11th November 2020 @ 11 am - DIWALI
- Wednesday 16th December 2020 @ 11 am – CHRISTMAS
- Wednesday 23rd December 2020 @ 11 am– CHRISTMAS
- Wednesday 30th December 2020 @ 11 am– NEW YEAR
- Wednesday 6th January 2021 @ 11 am
- Wednesday 10th February 2021 @ 11 am- CHINESE NEW YEAR
- Wednesday 3rd March 2021 @ 11 am

West Croydon Methodist Church

INTERGENERATIONAL CARE



Intergenerational care is bringing together the young and elderly by organising multicultural events and providing opportunities for different generations to share experiences and learn from one another. These activities have numerous physical and mental health benefits, ranging from reducing loneliness and encouraging laughter to reminding the elderly of their own childhoods and time spent with their children. For the participating children, these moments are thought to boost literacy, language and social skills. To add to the celebration's uniqueness, compared to the previous years, the young children delivered lunch to senior citizens' residences. We advocate for physical and mental health, as well as for socialising, nutrition, and access to food and services. All of this is geared on preventing elders from reaching the tipping point and avoiding or delaying preventable hospitalizations and premature loss of independence. Metropot, 118 Windmill Road, provided meals for these events.



INTRERGENERATIONAL FOOD DELIVERY

- Tuesday 14th July 2020 @ 11.30 am – 1.00 pm
- Tuesday 14th July 2020 @ 11.30 am – 1.00 pm
- Sunday, 19th July 2020 @ 11.30 am – 1.00 pm
- Tuesday 21st July 2020 @ 11.30 am – 1.00 pm
- Tuesday 30th July 2020 @ 11.30 am – 1.00 pm
- Tuesday 4th August 2020 @ 11.30 am – 1.00 pm
- Tuesday 17th September 2020 @ 11.30 am – 1.00 pm

LAUGHTER YOGA SESSION



- Wednesday 16th June 2020 @ 2pm - 3pm (Online)

Our laughing yoga involves a set of movements and breathing techniques designed to encourage deliberate laughter. The more you laugh, the more capable you are of laughing at whatever life brings. The sessions are conducted by a laughter leader or teacher who maintains control of the session, explains the exercises, and provides directions to initiate and complete different laughter exercises. Laughter yoga was designed to educate people how to laugh spontaneously rather than relying on other people or things to bring them joy. The goal is to build a daily habit and bring more laughter into your life. Throughout the majority of Laughter Yoga exercises, group members keep moving, and establish eye contact with others in the group. Laughter Yoga movements are used to foster childish playfulness during the laughter session.

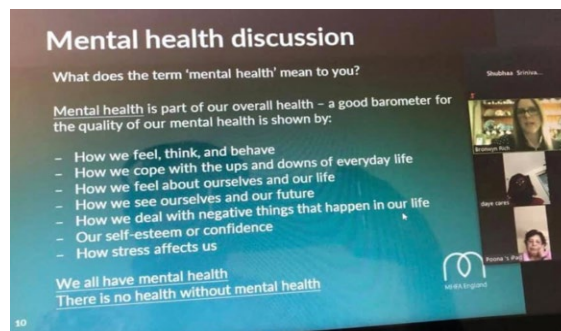


POSITIVE MENTAL HEALTH AND WELLBEING IN THE WORK PLACE



- Tuesday, 19th May 2020 @ 12.00 – 1.00 p.m. (Online)
- Sunday, 23rd November 2020 @ 11.00 a.m. – 1.00 p.m. (Online)

Mental health is a sensitive subject, even more so during these challenging circumstances, when many people's daily lives and jobs have been severely disturbed. It is also a prevalent concern in the workplace, accounting for a significant portion of absenteeism. An essential building block to improve workplace mental health is having the ability to have open authentic conversations about it, individually and on a strategic level. This is even more critical in light of the Covid 19 pandemic's impact. Due to the fact that the epidemic has altered how people work and requires staff to adjust rapidly, it's important to communicate regularly and openly with staff in the workplace. Both the online session was led by Bronwyn Rich.

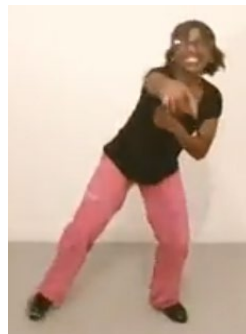


ZUMBA SESSION



- Thursday 9th April 2020 (Online)
- Saturday 30th May 2020 (Online)

(Both the videos were uploaded on YouTube)



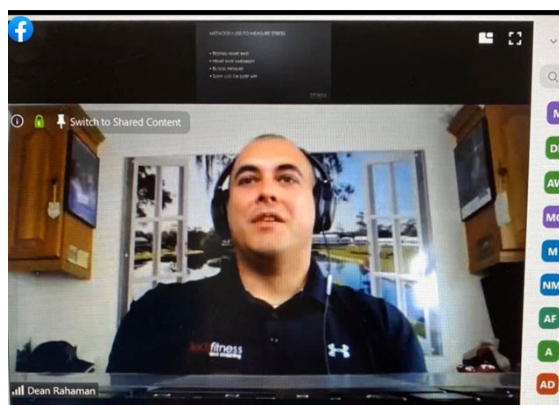
Zumba fitness is proven to improve psychological well-being, reduce stress, enhance cognitive abilities, and avoid cardiovascular disease. The focus of our program places a greater emphasis on self-awareness via exploration of space and emotion than on physical movements. Our dance therapy acts as a means of creative imagination which helps to promote positive moods amongst individuals. It's interesting to note that the emotional component, which was the one with the lowest values at the beginning, was the one with the highest values at the end of our exercise programme. We continue to create inclusive events and safe environments for individuals to reconnect with themselves and practise self-care through social-emotional arts.

STRESS MANAGEMENT



- Tuesday 16th April 2020 @ 1pm – 2pm (Online)

Stress is a natural and unavoidable aspect of life. It has a detrimental effect on both emotional and physical wellbeing and impairs the capacity for clear thinking, effective functioning, and enjoyment of life. That is why it is critical to understand how to manage stress in order to be prepared to deal with it in the long run. Effective stress management enables you to break free from the grip that stress has on your life, allowing you to live a happier, healthier, and more productive existence. The ultimate objective should be a balanced life that includes time for work, relationships, relaxation, and fun—as well as the tenacity to persevere in the face of adversity. Our Stress Management sessions helped participants in experimenting and determining which techniques work best for them.

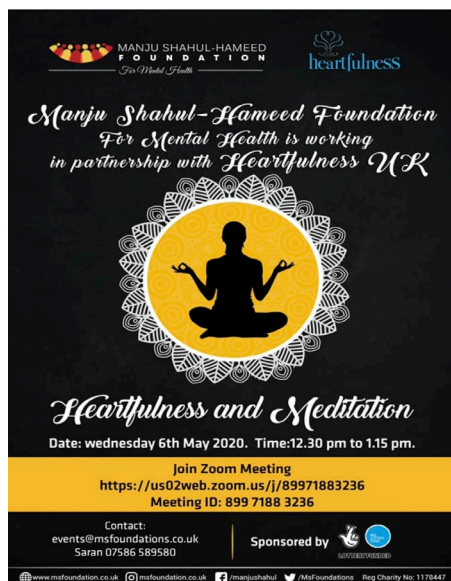


FOOD DONATIONS

There is no greater joy than bringing a smile to someone's face or helping someone in need. Our charity organisation helped residents by donating food to Big Local Broad Green on 15th May 2020 and Age UK on 17th April 2020. The contribution was made to help the destitute with basic food items. We believe that consistent access to nutritious food enables students to excel, parents to focus on their livelihoods & seniors to maintain a healthy life. Thanks to our sponsors and volunteers for their valuable contributions.

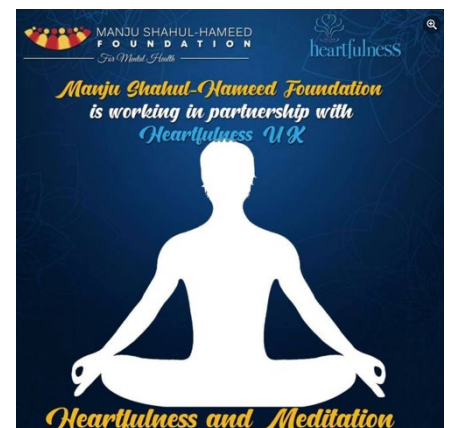
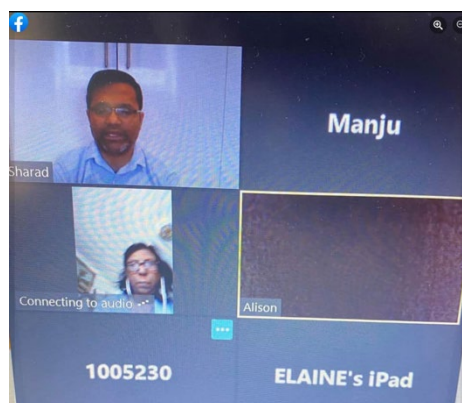


HEARTFULNESS AND MEDITATION



Heartfulness is a key underlying mechanism of mindfulness: it promotes psychological well-being, or optimal human functioning, by fostering a compassionate and attentive attitude toward oneself and others. Our Heartfulness and Meditation session is a sort of all-inclusive meditation that aids in increasing sleep quality, alleviating stress, and strengthening the immune system. It also paves the path for individuals for experiencing their inner self. Following regular Heartfulness and Meditation, it aids individuals in developing an awareness of our heart and the capacity to maintain poise and balance at all times. It teaches us to go deep into our hearts and to be naturally in a condition of love, serenity, and calmness.

- Wednesday 6th May 2020 @ 12.30pm – 1.15pm (Online)
- Tuesday 2nd April 2020 @ 12.30pm – 1.15pm (Online)



SOUND BOWL REST AND RELAXATION



The singing bowls and gong sound harmonise and induce deep relaxation on both sides of the brain. It promotes overall stress alleviation and the removal of toxins from the body. Our organisation held an online workshop led by Angie Sherlock Collins on Sound Bowl Rest and Relaxation. The idea was to conduct a session at Croydon University Hospital, but due to the COVID-19 situation, Angie Sherlock Collins recorded and broadcasted the session.

- Sunday, 5th July 2020- Online

HAPPY HEARTS AND JOYFUL SOULS

MANJU SHAHUL-HAMEED
FOUNDATION
The Mindful One

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

Sponsored by

"Happy Hearts and Joyful Souls" helps with stress management, reduces your risk of illness, and boosts your energy. This course teaches participants the necessary skills for self-care by delving into the theory and consequences of stress, trauma, and poor mental health on the body and mind. It may take some trial and error to determine what method works best, what causes or triggers the mild symptoms, and what coping techniques work to help manage mental health. These abilities are intended to be passed on to others in order to foster the development of healthy and resilient communities and organisations. This course promotes healing and well-being. Bronwyn is an accredited instructor in Youth and Adult Mental Health First Aid, and she has trained a range of organisations including businesses, schools, local governments, and the military forces.

- Thursday, 23rd July 2020 @ 11a.m. – 12 p.m. (Online)

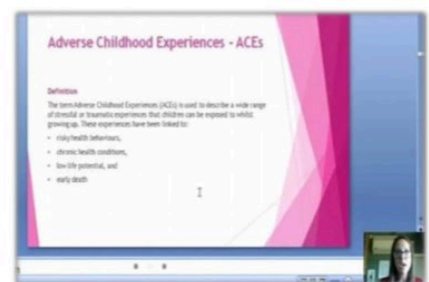


SAFE AND SOUND



Safe and Sound creates a space for individuals to discover things that will benefit and make them happy. It is a safe space to relax and learn to let go of negative thoughts and feelings; and with the techniques we use, it aids in unblocking dislodged tension and trauma, bringing about profound relaxation and healing. We provide a variety of stress management tactics because everyone of us is unique and will benefit from a variety of approaches. This will enable to examine both good and negative stress in the job, develop techniques for recognising when the stress levels are rising and negatively affecting someone, and develop the skills and confidence necessary to manage stress through the use of a variety of time-tested approaches. This session will help in devising a self-help toolkit that can be referred at any time when someone feels the need for stress intervention or diversion. Bronwyn lead this workshop and assisted individuals in understanding and coping with stress and its affects.

- Thursday 20th August 2020 @ 11a.m. – 12p.m. (Online)



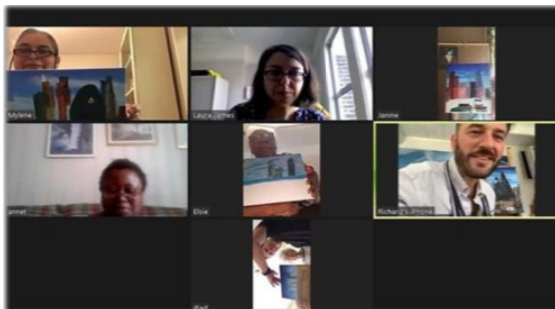
100 FREE MEALS



There are millions of people fighting to provide for their families with the basic necessities that many of us take for granted. Six out of ten poor children live in low-income working homes. We are worried that for far too many families, entering the labour force does not equate to escaping poverty. Our organisation provided 100 free meals during the half-term to local children in need. This was an initiative to abolish child poverty within the constraints of our limited resources.

- 27TH to 30th October 2020 @ 11a.m to 3 p.m

ART LESSON



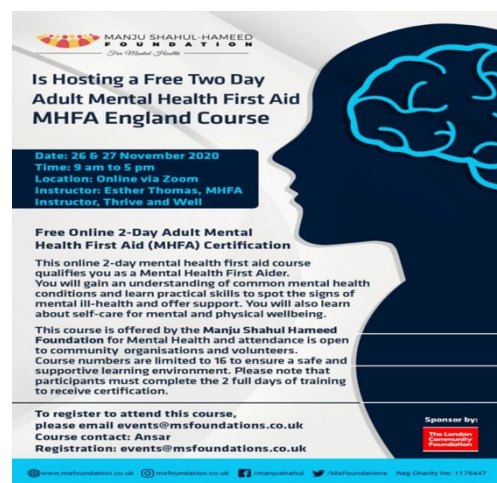
Participating in the Art Lesson session helps to feel more connected and more engaged with others. It is for fewer people who feel lonely in older age and for more people to maintain their friendships and connections through times of life change. Whether as an observer or a creator, the arts can help us feel less isolated in the world. They support us in establishing new social ties and re-establishing those that have been lost. Indeed, the social side of artistic activities may primary benefit to the lonely—particularly the elderly. The first thing elderly participants in art projects frequently describe is how the activity "brought them into contact with new people, made new connections, and helped them feel less isolated." The joy associated with the creation and experience of art most likely explains why art has the capacity to lift the spirits of lonely individuals and possibly boost their ability and willingness to seek out social engagement. Naturally, art has a lot of significant advantages over drugs and other interventions. Perhaps most importantly, they're enjoyable! Richard Tait, a painter and art educator located in London for 28 years presented this session.

- Thursday 20th August 2020 @ 11a.m. – 12p.m. (Online)

MENTAL HEALTH FIRST AID COURSE

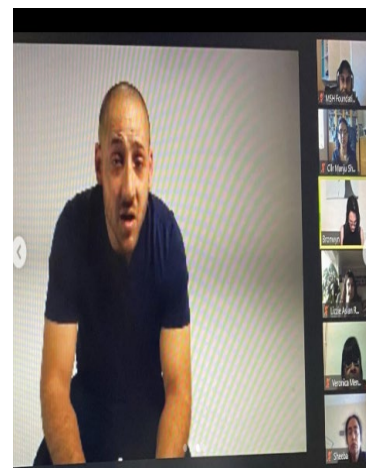
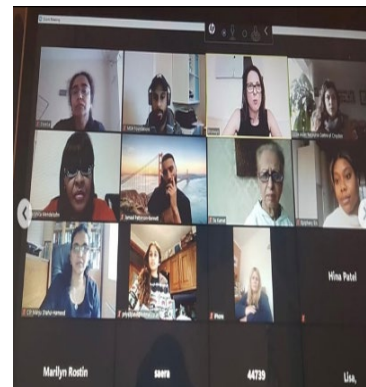
Mental Health First Aid (MHFA) is a globally recognised training course that teaches individuals how to recognise the signs and symptoms of mental illness - and how to provide first aid assistance. Working with small groups as part of our training programme will assist individuals in developing their own cohort of Mental Health First Aiders and help in minimising the impact of mental illness. Participants gained a grasp of mental health and the aspects that can affect an individual's well-being. Our organisation provided complimentary two-day adult mental health first aid programme that certified participants as mental health first aiders at the completion of the two days. Charmaine King, MHFA instructor, presented this workshop.

- Youth Mental Health First Aid Course – Wednesday & Thursday, 23 & 24 September 2020 @ 9a.m. – 5 p.m.
- Adult Mental Health First Aid Course – Thursday & Friday, 26th & 27th November @ 9a.m. – 5 p.m.
- Adult Mental Health First Aid Course- Thursday & Friday, 20th & 21st January 2021 @ 9a.m. – 5 p.m.
- Adult Mental Health First Aid Course- Saturday & Sunday, 13th & 14th March 2021 @ 9a.m. – 5 p.m.

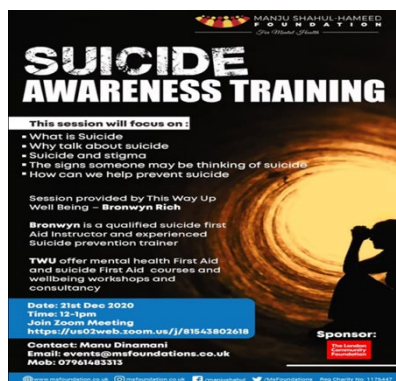


SUICIDE AWARENESS

Suicide Awareness Training is very important for all members of the society to acquire the knowledge, skills, and confidence to support those who are at risk. Through participation in our suicide awareness workshop, individuals gained essential knowledge on suicide prevention, mental health, and self-harm. Along with assisting someone who may be contemplating suicide, the individual can also assist in the reduction of stigma by encouraging open discussions about it. Suicide and poor mental health are intricately related. Each suicide is a tragedy that has far-reaching consequences for families, towns, and entire countries, as well as those left behind. Suicidal sentiments are frequently perplexing, terrifying, and convoluted. This is why suicide awareness can be very important as it trains others to reduce the immediate risk of a suicide and increase the support for a person at risk. Bronwyn Rich, a licenced suicide first aid instructor and seasoned educator in the field of suicide prevention, delivered this course through Zoom.



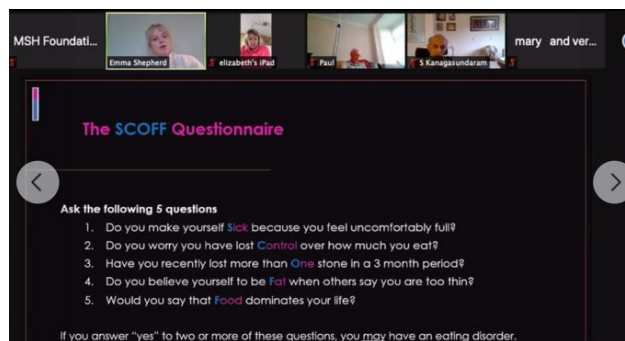
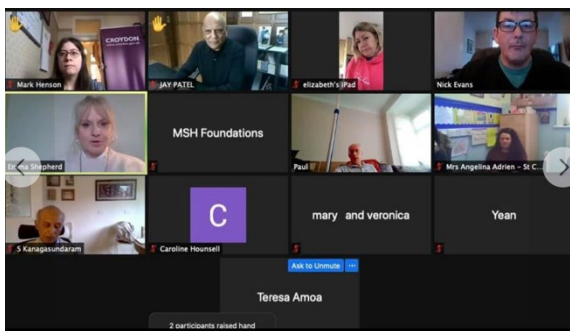
- Monday 21st December 2020 @ 12p.m. – 1 p.m. (Online)
- Friday, 26th February 2021 @ 12p.m. – 1 p.m. (Online)



MENTAL HEALTH & EATING DISORDER

Mental health is a sensitive subject, even more so during these challenging circumstances, when many people's daily lives and jobs have been severely disturbed. If you have an eating disorder and are experiencing depression, irritation, or loneliness, you will likely use food to regulate your emotions. Thus developing an unhealthy relationship with food and your body weight resulting to the consumption of either an insufficient amount of food or an excessive amount. There are different types of eating disorders. The organisation hosted a mental health and eating disorder seminar to raise awareness about the dangers of eating disorders and how to avoid them.

- Monday 15th March 2020 @ 12p.m. – 1 p.m



SILVER SUNDAY



MANJU SHAHUL-HAMEED FOUNDATION
is proud to present
Silver Sunday
in Croydon for the first time

This event is held in partnership with Croydon Veterans as well as the following charities:

Croydon Commitment, Croydon ageUK, SILVER SUNDAY, CROYDON BME FORUM

Silver Sunday is a national event that was instigated by the Sir Simon Milton Foundation and Lady Christabel Flight to celebrate older people and their contribution to society.

Welcome Cllr Toni Letts OBE
Open Cllr Maddie Henson,
Mayor of Croydon.

PROGRAMME:

1 Welcome - Cllr Toni Letts OBE	5 Choir - Dorothy
2 Open - Mayor of Croydon	6 Morris Dance - North Wood
3 Dance Performance - Ayrin	7 Laughter Yoga - Bronwyn Rich
4 Laughter Yoga - Bronwyn Rich	8 Closing - Cllr Manju Shahul-Hameed

HOST - VINU BABU
Date: 04th October 2020 Time: 3PM to 4:30PM

- Sunday, 4th October 2020 @ 3p.m. – 4 p.m. (Online)

Silver Sunday is an effective way of bringing attention to the issue of loneliness among older adults. Celebrating the contribution of older people to society, also increases their happiness and wellbeing and presents an opportunity to bring generations together. The charity held its first-ever Silver Sunday in Croydon as a fantastic example of community collaboration in tackling isolation and loneliness. We organised enjoyable events and activities for senior citizens with the goal of uniting people and tackling the issue of loneliness. Additionally, our programme included dance performances and laughter yoga sessions, bringing people together to appreciate and celebrate this great day. This workshop was co-hosted by Croydon veterans and the following charities: Croydon Commitment, Age UK, Big Local Broad Green, Croydon BME Forum, and the ARCC.



SLEEP HYGIENE



MANJU SHAHUL-HAMEED FOUNDATION
is proud to present
SLEEP HYGIENE

This session will focus on:

- What is sleep hygiene
- Causes of sleep disturbance
- Sleep Cycles
- How to support a good night's sleep
- Action plan

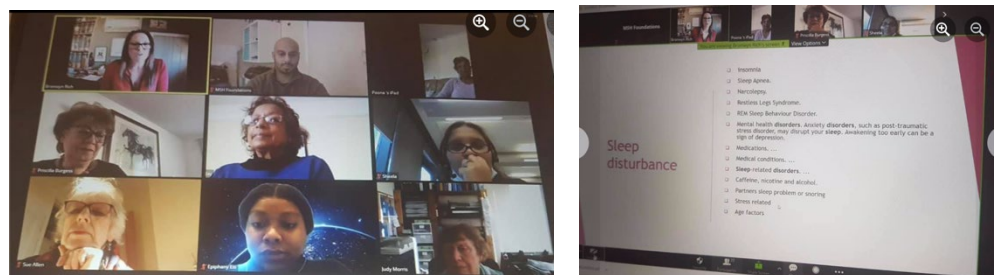
Session provided by This Way Up Well Being – Bronwyn Rich
TWU offer one to one wellbeing coaching and experienced in workshop facilitation and training

Date: 25th Jan 2021
Time: 12-1pm
Join Zoom Meeting
<https://us02web.zoom.us/j/87199535867>
Contact: Manu Dinamani
Email: events@msfoundations.co.uk
Mob: 07761483313

Sponsor: The London Community Foundation

Sleep hygiene is a term that refers to sound sleeping practises. Proper sleep hygiene is important due to the critical nature of sleep for mental and physical health, as well as general quality of life. The purpose of sleep hygiene is to develop a variety of healthy habits that will aid in getting a good night's sleep. A healthy sleep environment, as well as everyday activities that promote regular, uninterrupted sleep, are necessary characteristics of effective sleep hygiene. Maintaining a routine, developing a peaceful night-time ritual, exercising frequently, keeping your bedroom dark and at a suitable temperature, and regulating what you eat and drink can all have an effect on the quality of your sleep. The Way Up Well Being sponsored this workshop, which was presented by Bronwyn Rich.

- Monday, 25th January 2020 @ 12 to 1 p.m.



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 2020 - March 2021.

- London Community Foundation
- Broad Green Big Local
- Red House
- British Malayali
- Wates Giving
- The Nudge Foundation
- Heartfulness UK
- The Lottery Fund
- Indo Ceylone Spice
- Clock Tower Café
- Bombaylicious
- Thulsi Dining

Feedback

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

“The more you enjoy your exercise routine, the more likely you are to stick with it. Helped in distress and making me happy” – ZUMBA, 09.04. 2020

“Practicing deep breathing helped me relax and get good sleep” - STRESS MANAGEMENT, 16.04.2020.

“Met support team from the charity in June, very kind, open and friendly” - LAUGHTER YOGA, 16.06.2020.

“I felt good about myself involving in supporting and giving shoulders to the senior citizens” - INTERGENERATIONAL CARE, 14.07.2020.

"I love joy. It's my favourite 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" - HAPPY HEARTS & JOYFUL SOULS, 23.07.2020

"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" - SAFE AND SOUND, 20.08.2020

"Great & informative! Practice real life situations in typical settings such as home & school!" - YOUTH MENTAL HEALTH & FIRST AID, 23.09.2020

"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."- ART LESSON, 20.08.2020

"I learned what resilience is and how to be assertive and content with the fast pace work life amidst the pandemic. I loved the mental wellbeing session. Grateful for attending it" – POSITIVE MENTAL HEALTH & WELLBEING IN WORKPLACE, 19.05.2020

"It helped me understand the way I think, feel, and act. Also, it helped me in determining how I can manage stress, interact with others, and make good decisions for myself." – ADULT MENTAL HEALTH FIRST AID COURSE, 13.03.2021

"Excellent – I really enjoyed it since it was so informative and participatory, as well as thought-provoking. I learned a lot of information."- SUICIDE PREVENTION TRAINING COURSE, 26.02.2021



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 2021.

Signed on behalf of the Charities Trustees:

Signature:

Full Name:

Toni Eva LETT OBE

Position:

Chairman.

Date:

27. 1. 2022



Receipts and payments accounts

CC16a

For the period from	01/04/2020	To	31/03/2021
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Grants and Contracts	980	13,600	-	14,580	
Donations	220	-	-	220	4,500
Income from Activities	1,060	-	-	1,060	2,513
Fundraising Events	140	-	-	140	10,006
Just Giving	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	2,400	13,600	-	16,000	17,019
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	2,400	13,600	-	16,000	17,019
A3 Payments					
Rent and Room Hire	29	146	-	175	224
Activities	6,109	8,914	-	15,023	6,504
Fundraising Costs	343	1,751	-	2,094	8,463
Refreshments and Consumables	238	44	-	282	854
Gifts	12	461	-	473	540
Insurance	322	-	-	322	331
Bank Charges	-	47	-	47	-
Equipment Costs	-	598	-	598	-
Printing, Postage and Stationery	48	662	-	710	546
Marketing	122	969	-	1,091	523
	-	-	-	-	-
Sub total	7,222	13,592	-	20,814	17,985
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	7,222	13,592	-	20,814	17,985
Net of receipts/(payments)	- 4,822	8	-	- 4,814	- 966
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	7,452	-	-	7,452	8,418
Cash funds this year end	2,630	8	-	2,638	7,452

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Cash at Bank	2,630	8	-
		-	-	-
		-	-	-
	Total cash funds	2,630	8	-
(agree balances with receipts and payments account(s))		OK	OK	OK

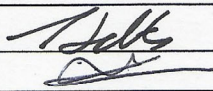
Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	Toni Eva Letts MANJU SITHAL- SIMMOND	27.1.22 27/01/22