



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

For Mental Health

Transforming Mental Health Stigma

Trustees Report

March 2022

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 Age UK Croydon, Mind in Croydon, West Croydon Methodist church, Croydon BME Forum and John Ruskin College.

EVENTS

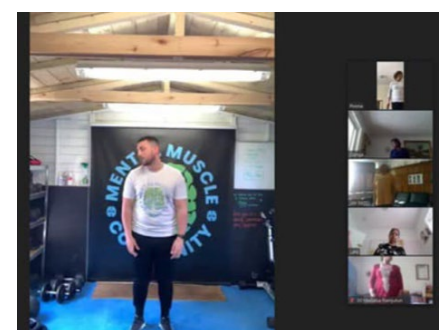
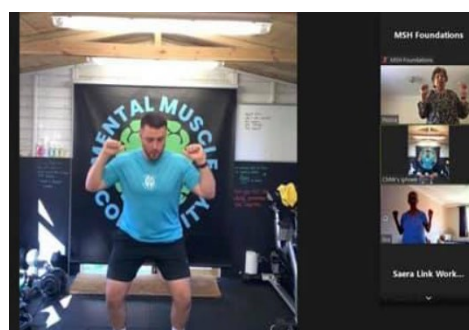
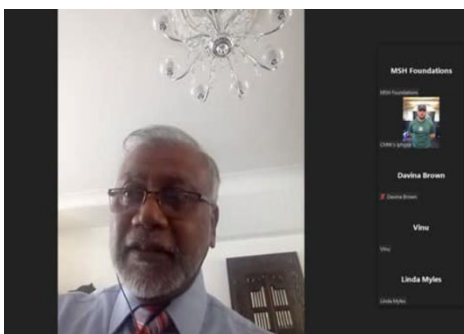
MENTAL MUSCLE



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.msfoundations.co.uk [msfoundations.co.uk](https://www.facebook.com/msfoundations) [msfoundations.co.uk](https://www.instagram.com/msfoundations) [msfoundations.co.uk](https://www.linkedin.com/company/msfoundations) [msfoundations.co.uk](https://www.youtube.com/channel/UC1176447) 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



L.P.C. COLLEGE **RESULTS**

1980.1980.
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

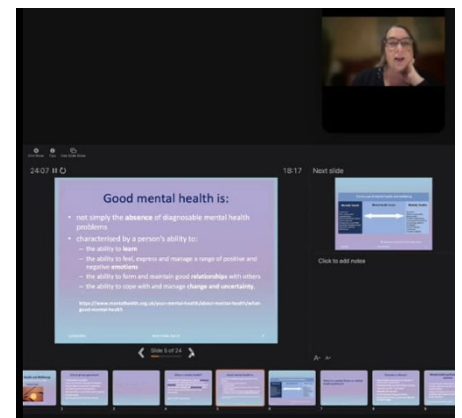
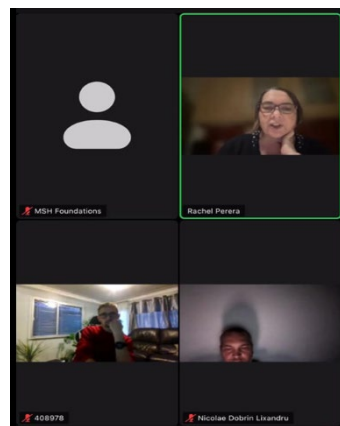
Curriculum manager
Operations manager

**MANJU SHAHUL HAMEED
FOUNDATION**
The Mental Trust

Manju Shahul-Hameed Foundation for Mental Health is a well established charity. Reg. Charity No. 1176847, founded in 2012. The charity aims to raising awareness and combat stigma about mental illness and promote mental health, 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. 07586589580
saran@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

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 | f/manjushahul | /MsFoundations | Reg Charity No: 11716

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!

MANJU SHAHUL HAMEED FOUNDATION PARTNERSHIP WITH **Mind in Croydon**

Offering FREE 6* 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

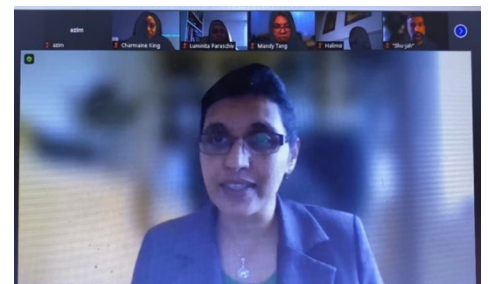
Date: 12th and 13th February 2022
Time: 9AM to 5PM

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

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.

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



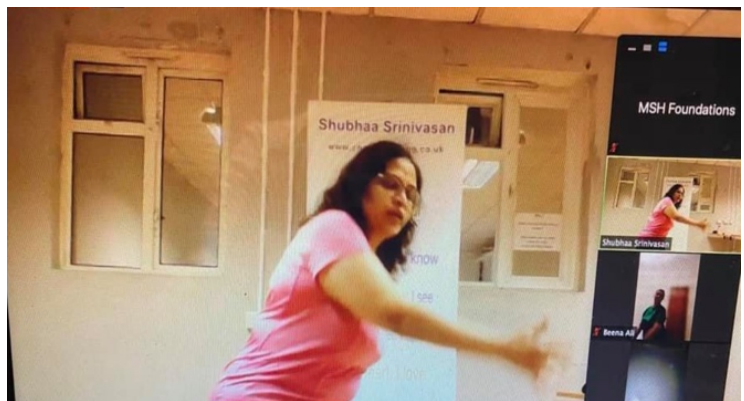
CHAKRA DANCING AND CREATIVE MEDITATION



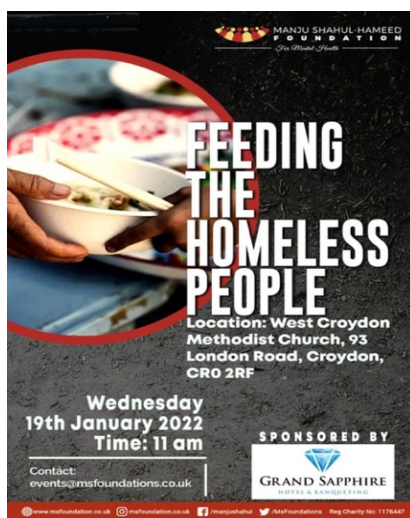
Today's lifestyle induces stress and tension on a physical and mental level, and the majority of specialists feel that untreated mental stress can also lead to physical ailments. MSH Foundation organised a hybrid Chakra dance sessions with creative meditation, where people joined both the physical session 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 (CHRIISTMAS)**
- **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!"

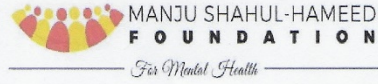
- MENTAL MUSCLE, 11.08.2021

"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 Consumables		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))

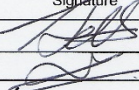
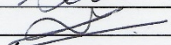
Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-

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

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

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
	Tariq Latso	20/01/23
	MANJIRA SHAHID	20/01/23