



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.



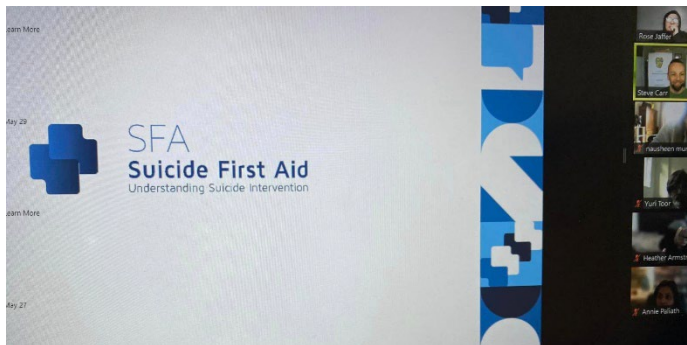
- **2nd October, 2 PM to 4 PM**

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 Shrinivasan, 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
- Lillingdon 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 well-being.
- 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
Time: 9 AM - 5 PM

Where: John Ruskin College, Selsdon Park Rd, South Croydon, CR2 8JJ

The sessions are first come, first served, hence there is a limited number of slots available for up to 16 participants.

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

Sponsored by 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! AT
 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

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

Partner: Croydon ageUK

www.msfoundation.co.uk @msfoundation.co.uk msfoundation.co.uk

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

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.

○ **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 Dec 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

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

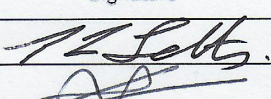
	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

	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
	Toni Kutt 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