



Diwali is a festival of lights. It seems we are finally coming out of a dark Covid19 pandemic tunnel to some sort of normality into light. And we hope that the start of the festive season – from Diwali to X'mas, brings good health, happiness & hope to all. One of the most tragic results of the Pandemic was the loss of lives of loved ones resulting in loneliness – both in our local community and across the miles in India.

Bringing People Together throughout this long, lonely period through digital platforms like zoom was our way to support communities. We bridged the digital divide by training people to stay connected. When second wave of Covid19 hit India in March'21, we launched 'Let India Breathe' campaign. With everyone's support - from individuals to many local organisations, we managed to send vital oxygen cylinders & concentrators to India when they were needed most. And we continue to support families across the miles through our 'Adopt a Family' project.

We are pleased to have a new base in the iconic building of Lakshmi featured on BBC! We continue to spread hope, from the building which is a tribute to Mr. Major Singh who epitomized Success n Joy! From all of us at SNJ, Thank you for all of the support over the last year. Happy Diwali & festive season!



## SNJ UK PROJECTS

### Bringing People Together

**Try a little happiness from the comfort of your own home!**

Covid 19 changed the way that we interact with others and build community. Bringing People Together is an alternative and innovative way of getting people together. Many of us are feeling more isolated or lonely and are looking for safe ways to get to know people in our community.

Many of us can't or don't feel ready to leave our own home. We want to make a real difference to people who are living alone or are vulnerable in other ways. The Chat and Chai Bringing People Together sessions that SNJ provide have been a wonderful success! I've been delighted to work with them, to learn from them and enjoyed celebrating with them the amazing achievement of running a BPT session one now every week day!

Attending a Bringing People Together group means being part of a community, which we know can have positive impacts on your physical and mental health and your wellbeing, including improving confidence and happiness.

*James Henderson, Senior Development Officer (ICT)*



## Zoom Training to Bridge the Digital Divide

I had a lovely opportunity to teach zoom to keen learners. In the process of teaching these amazing students, regardless of their age, backgrounds I became a part of their lives too. I think it was not just learning about Zoom meetings, but me being welcomed and trusted by them to share their feelings, emotions, mental health, medical needs, hobbies and of course yummy recipes too using the language they were comfortable with, whether it's English, Hindi or Panjabi.



The project was very well planned. Some of the trainees were well versed with IT and some needed help even with how to charge and boot a tablet provided by SNJ. Overall, it was a very pleasant and satisfying experience. I could genuinely feel their joy, once they started using zoom either to contact their loved ones or to be a part of group chats, organised by SNJ too. This helped them to be a part of the endless world of technology and to be connected to the wider world. *Harpreet Virk, Zoom Trainer*

## A Session Leader's View

I run a Bringing People Together (BPT) group every week and this is still going strong a year after I started it. Many people found lockdown particularly challenging. I was worried at first about meeting people as a stranger on Zoom. However, I need not have worried as we have all quickly become friends. The group has people from the West Midlands, Scotland, and Hertfordshire.

There are 16 people and much to my pleasure most of them attend at one meeting or another. We share memories & discuss interesting topic. We laugh a lot, support each other, meet if we can for lunch or indeed a cup of tea.

I am proud to be a member of SNJ who gave me the opportunity to meet these lovely people weekly in the comfort of my own home. I believe that SNJ has offered many people a safe place for friendships, laughter, and encouragement, all from the comfort and safety of their own home.

BPT means being part of a community, which we know can have positive impacts on our physical and mental health and our wellbeing, including improving confidence and happiness. We always welcome new members to our group, so please join us one evening and if you like the group then come back for more fun and laughter.

*Jenny Murphy, BPT Session Leader*



## A Participant's View

Bringing people together does exactly what it says. We meet on Zoom and off we go to another world – a world where there is no competition, no rivalry, no rush, no race – just friendship, love, kindness, concern and understanding.

We have a carefree chat for the first half an hour often smiling and laughing – knowing that our smiling faces look much more appealing and beautiful too ! And laughter of course is contagious. There are enough challenges in our daily life so this Bringing People Together 'one hour, one day, one week' with a light hearted discussion , talking about our experiences, choices and limitations is an excellent idea and it works!

*If it wasn't for these sessions, I'd go insane!*





# SNJ PROJECTS IN INDIA

## Breaking the Cycle of Poverty - Education, Training & Employment

Education is a very effective tool in breaking the cycle of poverty. It contributes to good physical & mental health & economic well-being. Education has a direct correlation with income. The higher the level of education, the less likely the person is to fall below the poverty line. It is one of the best long-term investments to fight poverty. But it is also expensive & a big barrier to vocational & professional training.

With your support, many SNJ students are now employed & supporting others. Like Mukul Jain who is now working as an oil explorationist in Milan. Like Rosy D'souza, daughter of a domestic worker now employed as an Associate manager in Real Estate! Other successes include Electrical Engineers, Nurses & Lawyers. Who knows one of the nurses from the leper colony may be looking after you one day!

Each successful journey starts with a small step ..... sometimes on the banks of holy river Ganges! This is where I started a class for 50 children aged 6- 12 living in slum basti in Haridwar. They are keen, eager to learn and wish to have a job to support their families. I am calling this project, "The Beginning -Shuruaat Jeevan Ki". Thanks to Dr. Urmilla Panday & Dr. Ultra Karnik both from Birmingham UK who are donating generously for this noble cause. So, if you want to invest in something worthwhile, invest in a young person's education & training. Give a gift that changes lives.

*Sandeep Malhotra, Education Director, SNJ Team India*



## 'Let India Breathe'

*To breathe is to live.*

A BIG thank you to everyone who contributed so generously to this very crucial cause which saved so many lives & let people breathe. We were able to deliver 100 Oxygen Cylinders & 50 Oxygen concentrators when they were needed most. We were truly touched by your willingness to support & help people across the miles in India!



## Living with Diabetes

Diabetes is a killer disease. It doesn't just need treatment but also education & management of the disease by the patient. DREAM (Diabetes Research Education & Management) Trust, Nagpur, India has been associated with SNJ Trust UK for more than 7 years. We work for the welfare of Type 1 Diabetic children who are economically compromised. We are proud to say that SNJ Trust supports as many as 70 children with Type 1 diabetes. Mrs. Neena Julka & Dr. Akshama Parashar have attended a diabetes education seminar for these diabetic children with their parents held at Nagpur, India in Sept'19.

Last 2 years were difficult due to the global pandemic of covid-19 but more so for Type 1 diabetic children. Most children live in remote areas. They could not reach DREAM Trust in Nagpur to collect their quota of insulin & accessories. We informed families to procure insulin from a local pharmacy & provide the bills for reimbursement whenever they visit. Families were facing severe economic crisis as many small businesses like toy sellers, tea stalls, clothes vendors & salons lost their businesses & jobs in the Lockdown. We gave funding to Covid19 families of diabetic children. Government is also supporting families by providing Rice, wheat, pulses & other grocery items & other possible help.

Since last 3 months, things have been better in Nagpur & nearby districts. All above 18 years are being vaccinated against covid free of cost. DREAM Trust is thankful to all SNJ donors & organizations like SNJ Trust, UK who stood behind DREAM Trust firmly with commitment of every kind of support. **Dr. Sharad Pendsey**



## Leper Colonies – Life for the Most Disadvantaged

Life is hard when you live in a jhuggi. In Covid19, thanks to SNJ Trust, we delivered all these to the families: Monsoon Relief Project, Food, folding beds, masks, sanitizers, New Water Tank & now '**Adopt a Family Project!**' Many families have lost the fathers so the family has no source of income. Through this project we ensure ration is delivered to each family & children get education.

If you'd like to spread success & joy, join us!  
Contact us on 07823891071 or [snjtrust@gmail.com](mailto:snjtrust@gmail.com)

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