



SUCCESS AND JOY

SNJ CHARITABLE TRUST

- Let's spread it around!

SNJ NEWSLETTER ISSUE 4 2023



As I reflect back on 2023, three projects stand out! Get Online campaign, Counselling in the community & inauguration of the Dispensary & Self Care room in the Leper Colony in Haridwar. The UK Centre is fully functional with activities happening every day of the week. We've had visits from our MP to Health Watch W'ton & we've taken part in a number of health research projects. We've celebrated the King's coronation & two X'mases in our Centre now! We've expanded our offer & are now operating from our local Gujarati Centre fixing the Digital Divide – thanks to Parul Patel. Our holistic approach to Mental Health & Well Being is evident in all the activities we offer – from Bringing People Together on zoom, Knitters & Natters, yoga, walking groups & mountain challenges to push oneself & raise much needed funds for on-going activities!



Neena Julka

Projects in UK

Digital Skills Success story from Gujarati Centre



Our learners range from very basic to some wanting to set up Online Banking. Thanks to banking security, one cannot proceed without a correct verification code. But one learner had given a different phone number to receive the code & was getting frustrated by not receiving it. After much persuasion, he called the bank and was able to solve the problem. He had a different mobile registered with the bank so he was asked to go into the bank with his personal identification and register his new mobile number. He is now successfully doing online

banking and has made many transactions. Many learners get disheartened and frustrated when they don't understand the procedures and don't have the patience to see it through. They just need some guidance.

Parul Patel



Let's Get Men Talking

Why do I go to this group? Because it gives me a chance to meet other people. We enjoy, eat out, have good time & support each other with any issues which are bothering us. We play carom, cards & learn new things from each other. It passes time & we have something to look forward to. We certainly are doing more than talking now! We would like more men to join this group.

Naval Khurana



Knitters & Natters:

Every item handmade with love!

Our group is definitely going places! We now have an Online Etsy shop! All our items are on the shop platform & you can place your orders directly from there. Visit Etsy SNJ Charitable Trust shop on line.

Mental Health and Well-Being

Since starting this project only 12 months ago, we have delivered and continue to deliver a lifeline to people in need of mental health and wellbeing support.

There is such a high demand for counselling and support that waiting times are having a further negative impact on people's lives.

Through SNJ - PCNs, local practices, GPs, Social prescribers, other health networks and even people self referring themselves have managed to obtain support through qualified and experienced counsellors. Once a referral is received, an appropriate counsellor is selected based on the needs of the person. To make people as comfortable as possible they have the

choice to have sessions with their counsellor via face to face , phone calls or by digital means like Zoom. We have delivered 150+ counselling sessions to date and the feedback has been excellent. Many of the individuals have gone on to other activities providing them with further support and opportunities to hold on to that life line and enrich their lives.

INVEST
• in your •
MENTAL
- Health -

Mental Health & Well Being Co-ordinator



Projects in India

Adopt a family

We think Adopt a Family is a great project & initiative. The family we are supporting lost their main breadwinner during Covid times leaving behind a young widower, a young boy and a little toddler. By giving a small sum each month we are able to help that family survive. The mother can educate her children to make their futures better. In the long run it also provides a chance for this family to get back on their feet.

We are all aware of how devastating it can be to lose a person in our family. If it is the main breadwinner, the loss is made even greater. Small gestures can make such a big difference to these families.

Each year, we are sent pictures of the family and school reports. We can see our small contribution making a big difference.

We live such privileged lives that we take for granted all the things we are able to access easily - roof over our heads, food and education. But these are the things many struggle to obtain. By making a small contribution we can help to make another life better. I believe it to be the most beautiful thing we are able to do. I would encourage more people to support this project.

Sangita Parmar



Education is breaking the cycle of poverty

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. We have young people who are now engineers, lawyers, doctors & real estate managers – thanks to your sponsorship.

Diabetic Project:

We continue to seek support for this project as need for insulin for children with Type 1 Diabetes is on the rise. It costs £220 per year to sponsor a child for insulin – a gift of life to survive & thrive!

Life is short:

Indeed, it is! We have lost two of our project partners in the last year. Dr. Sharad Pendsey of Dream Trust & Sister Huberta of Ashadeep Association. Both of them dedicated their lives to support most needy children to survive (by providing insulin) & thrive (by providing educational opportunities). Our heartfelt condolences! They will be missed. Our partnership with these organizations will continue.