

Newsletter

Jan-March 2022



Highlights

Jhalong: How to Plan for our Dreams

WHO e-training on Mental Health

Media

Be the Changemaker



We all started 2022, riding the third wave of the pandemic just when our lives were returning to some semblance of normalcy. Armed with previous learnings, we were able to take the necessary, quick and measured steps to adapt to the situation, yet again. We were compelled to postpone our much awaited annual programme, choose the risks we could engage in to ensure quality care to our clients and the safety and well-being of all our clients and staff alike. In January'22, We successfully completed double dose vaccination of all our sheltered homeless clients after a long drawn advocacy with the Corporation health units.

February'22 saw the resumption of our Cafe Crust and Core services—we reopened the outlet to our patrons. Quarterly *Haat* was organised bringing all our livelihood products and well-wishers under one roof. The *Naya Daur* team organised community caregivers' meeting; acknowledging their invaluable contribution to the project.

In March'22, we focused upon planning and strategic activities for the new financial year. Planning meetings were conducted with each of the project teams via innovative activities at *Rabindra Sadan* to break the monotony of routine work and to provide an open space for reflections. A trip to the beautiful *Jhalong* village in the state itself was organised- the first all organisation planning retreat to charge us up for the upcoming year.

With your kind wishes and support we reflect upon these three exciting months as we garner hope and strength to continue onward.

Highlights



The Iswar Sankalpa Haat this quarter was held at Sarbari, the women's shelter. It featured a Valentine's special menu from Cafe Crust and Core, live music by the energetic duo *Rahul* and *Titash* and fun board games! A convergence of the organisation's livelihood initiatives, the Haat presents a platform for responsible buying, revenue generation, social awareness and inclusion. The event was also covered by TV9 Bangla and can be viewed via the following link-
<https://www.facebook.com/TV9BanglaLive/videos/657028805538074>



The clients of Sarbari expressed their intent to celebrate *Saraswati Puja*- marking the arrival of spring. The Functional Literacy Programme team, which is focused upon rebuilding the psychosocial capacities of our clients, conducted an exposure visit for some residents of the women's shelter. They visited the local shops in the neighbourhood to purchase flowers, food, idol and many more items for the celebration. The entire process of making purchases to planning the event was executed by the clients.



The Naya Daur programme team planned community caregivers' felicitation and training programme at Girish Park in late February 2022. It was organised by Sanjay Da, one of the most generous caregivers of the project. Meeting other caregivers, created a sense of community and reinforced the belief in the work they do; facilitating an exchange of ideas and strategies to provide better care to the street clients.

These voluntary caregivers are most often a part of the informal economy themselves and do not enjoy any economic security- the chances of burn out increase as they extend themselves for their own families and our street clients. The platform was used to recognise their support to the project and to psycho-educate them as well, to enable them to provide better services to the clients.



Urban Mental Health Programme celebrated women's day in all its 5 wards of the city by organising awareness activities- postermaking and plays. These initiatives explored women's lived experiences and the cultural meanings inscribed on the female body; strong bonds of friendship and commitment the women have built via the support group; strategies for speaking up and ways of enhancing self-care.

Jhalong: How to Plan for our Dreams

For the very first time, an all-organisation retreat cum residential workshop was organised in March'22 at a quaint village, Jhalong (West Bengal) over a period of 8 days. The employees were taken in two batches to address workplace stress, burnout and to formulate a five-year strategic plan for Iswar Sankalpa.



The intention was to invite a more inclusive approach by encouraging everybody's participation to develop shared organisational goals. It was also directed towards building better self-awareness and a positive self-image for their overall well-being. After almost two years' battle with the pandemic, the retreat cum workshop was a welcome change. The activities focused on discovering internal unresolved conflicts through inner-child work, identification of thoughts & emotions and its impact on individual behaviour and dreaming about the future of the organisation. Work and leisure rejuvenated them all. The participants learnt about each other and about themselves- opening avenues for increased intra and inter team bonding. It gave all of them an opportunity to carve the path for desired change.



Some takeaways from the session:

"For effective outcomes, it is essential for the teams to dream and work together."

"Team bonding."

"Have found my lost inner child and have promised to take care of it forever."

"We should find happiness from small things of our day-to-day activities."

"I loved the natural beauty of the place."

"A spirit to work better."

"A shared dream can be real, tangible and effective, if you can appeal to the child in you- persistent effort to keep the life force alive and thriving is needed. Don't burn out."

"Clear understanding of my targets, reasoning behind them, the connection to the larger dream, and how to move forward."

"Reframing the belief system."

"I will revitalise my spirituality and reconnect with my higher power."

"Shall not undermine my own potentials."

"Have learnt to overcome my fear."



WHO e-training on Mental Health

The WHO QualityRights e-training platform aims to increase understanding about issues related to mental health, human rights, and recovery, and to improve the way in which services and support are provided to people with mental health conditions or psychosocial, intellectual and cognitive disabilities. A QualityRights e-training on mental health, recovery and community inclusion has been rolled out, upon completion of which, a certificate will be issued by the World Health Organization.



WHO QualityRights e-training on Mental Health, Recovery and Community Inclusion

Join over 60.000 learners on this innovative online course and
earn an official certificate from the World Health Organization!

This training will help you:

- improve your own mental health
- learn how to support friends, family and members of the community who experience mental health problems
- gain the knowledge and skills to tackle stigma, abuses and coercion experienced by people with mental health conditions or psychosocial disabilities
- gain valuable expertise and skills to help transform services towards a person-centered, rights-based recovery approach

Whether you are a person with lived experience,
health worker, policy maker, family or community member
- this training is for you!

Sign-up FOR FREE at

<https://www.who.int/teams/mental-health-and-substance-use/policy-law-rights/gr-e-training>

Media



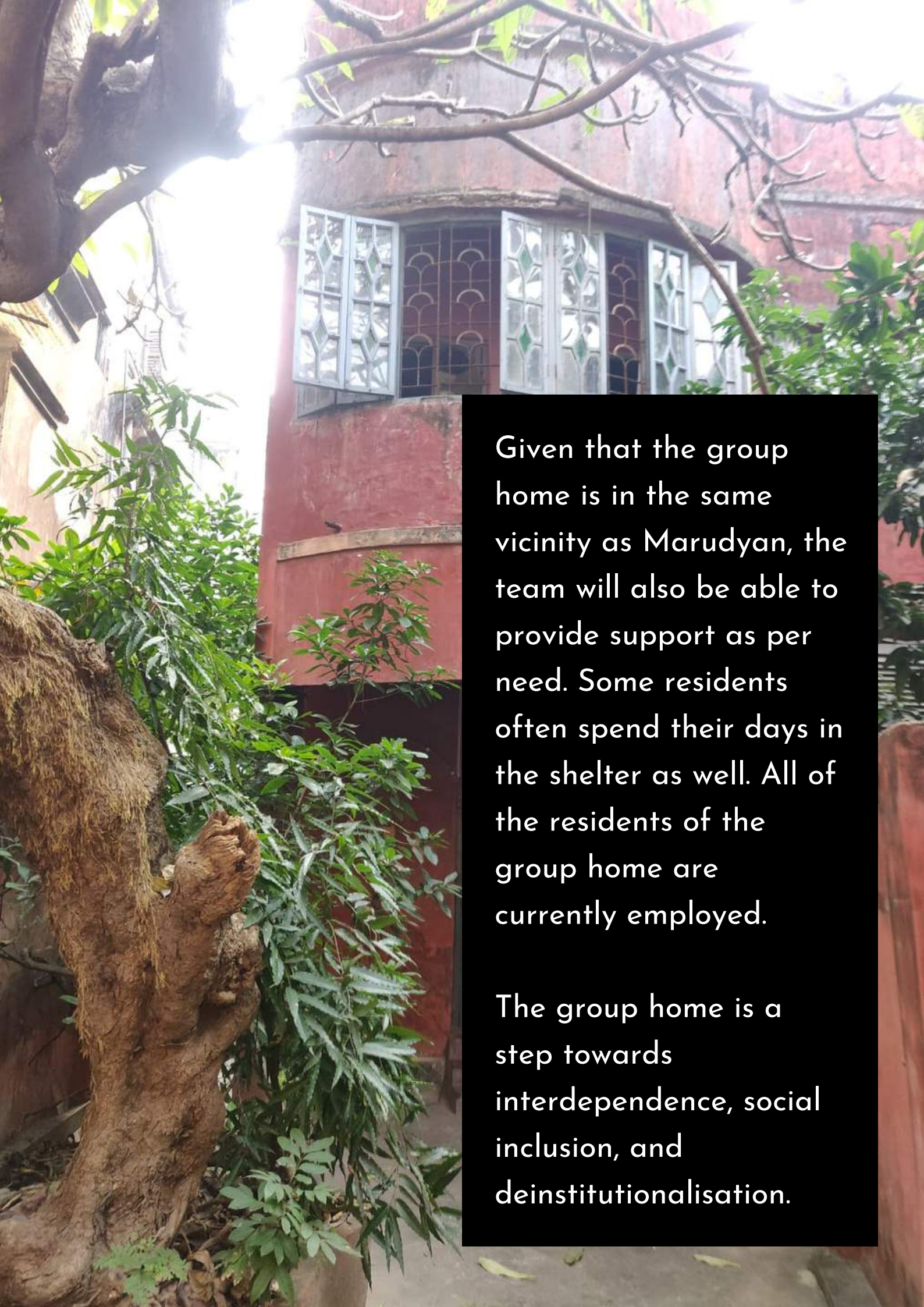
Be the ChangeMaker

Marudyan, the shelter for homeless men living with psychosocial disabilities, was founded in 2015. It acts as a safer space for recovery and rehabilitation and aims to facilitate social inclusion of its residents through supported employment, reunion with respective families and engagement in functional literacy and vocational skills building programmes.

However, not everyone has a family to go back to...

In late 2021, the Group Home was set up as an assisted and an interdependent living space for 5 men from Marudyan as the next step towards looking at avenues for continued recovery of individuals, all the while ensuring continuous psychosocial support with minimal supervision.

This long-standing dream of also providing the men a home away from home was thus realised in the most unexpected times.



Given that the group home is in the same vicinity as Marudyan, the team will also be able to provide support as per need. Some residents often spend their days in the shelter as well. All of the residents of the group home are currently employed.

The group home is a step towards interdependence, social inclusion, and deinstitutionalisation.

The residents of the group home need your support to sustain themselves. The next page introduces you to 2 of the residents and you now have the opportunity to sponsor them in their journey of recovery as they plan to start their lives anew outside the confines of the shelter...



SPONSOR A PERSON FROM GROUP HOME

Monthly Requirements	Support needed (INR)
Rent	700
Medicine	1000
Hygiene	100
Food	500
Maintenance	300
Total	2600

Contact +91 9051496627 for more details

Ravi (name changed) has passed class 10. He likes to study math and grammar. He had taken the Rotary India Literacy Mission (RILM) exam in 2019 via the Functional Literacy Programme at Iswar Sankalpa. He is very responsible and looks after other residents especially during exposure visits. He usually cooks in the shelter and ensures everyone has eaten properly.

Sudesh da (name changed) was initially enrolled in the Naya Daur Programme and has been in Marudyan since 2015. Initially, he used to stay very quiet and keep to himself, but after a few months he started getting more involved in the shelter activities. He is very caring and convinces other residents to be more participative as well. He is involved in shelter activities like cutting vegetables, washing rice and washing clothes.

**A little goes a long way and alot goes on to transform lives
Be the CHANGEMAKER
Change a LIFE**

Donation options	Details
Support Medicines for a Client ₹1200	Covers medicines for one client for 3 months
Meals for Male Shelter Clients ₹10,000	Covers breakfast and dinner for one week for 30 residents
Special Occasion Lunch (Non vegetarian) ₹26,000	Special lunch freshly cooked and served in our shelters for 120 clients in celebration or in memory of an occasion
Festival Dresses ₹36,000	Covers new dress for 120 clients
Supporting a Client towards Independent Living in the Community ₹13,500	Supports living expenses for 3 months for one client working on an organic farm land owned by Iswar Sankalpa
Corpus Fund ₹50,000	Provides financial stability to the organisation and aids in sustaining the projects
<p>Any amount of your choice can be donated through online transfers, cash or cheque, for the cause of supporting homeless persons with psychosocial disabilities. You can also contribute through donations in kind.</p> <p>Contact: wilson@isankalpa.org or +91 8240227124 udisha@isankalpa.org or +91 9051496627 for more details</p>	
<p>Society Registration No. S/IL/42976 Date of Registration : 06.03.2007 IT, Section 12A Registration : DIT(E)/S-27 8E/436/08-09 IT, 80G, Registration : DIT (E)/2997/8E/436/08-09 FCRA Registration : 147120892 PAN : AAAAI1966N</p>	

All Donations are exempted from tax under 80G

*Your support gives us the
courage to move forward!
Thank you.*



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