



Mental Health Training and Workshop at LIC with Sydenham Garden Charity

LIC recognising and supporting local charities

Another important community event with a great turnout at Lewisham Islamic Centre for our Mental Health Training Workshop and Coffee Morning delivered by Sydenham Garden Charity.

As with all Faiths, we are taught that empathy, mercy, kindness and compassion are qualities most beloved to Allah (God) the Almighty, and which everyone should inculcate in themselves.

Prophet Muhammad (peace be upon him) stated the following: "Be merciful to those who are on the Earth and The One who is above, Allah, will show mercy to you."

The above statement encapsulates truly the values of Islam which teaches not to be judgemental, but rather to offer help and support to those who are in need, whoever they are, and in whatever afflicts them, be that mental illness or any other illness.

In fact Prophet Muhammad further declared: "Surely, you are given aid and support from Allah by aiding and supporting the weak and vulnerable amongst you"



Lewisham Islamic Centre is proud to have raised £287.21 for the Sydenham Garden Charity and we would like to thank and extend our gratitude to Dr Jim Sikorski (trustee of the Sydenham Garden Charity), Tom Gallagher (Director of the Charity) and Jermaine Bennett (a member of staff at the Charity) for delivering an excellent, engaging and thought-provoking workshop.

We would also like to thank Taahira Rahmaan, head teacher at the Olive Tree School and her bright and enthusiastic students: Asma, Ayub, Sumayya and Sara for their beautiful presentation on Mental Health.



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