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Bhavna Chaudhary



Newsletter - September 2024

We hope this newsletter finds you in good health and high spirits. Please find the latest news on our initiatives, success stories, and developments in the month of September. These are exciting times for Narthex and for this we thank all our team members, volunteers, funders and partners. Your unwavering support and commitment to our cause continue to inspire us every day.

QOTM

"The simplest acts of kindness are by far more powerful than a thousand heads bowing in prayer."

Mahatma Gandhi

We lost one of our own this month!

It is with deep sadness that we share the news of the passing of our dear Joy Holt.

Joy was an integral part of our team, known for her dedication, kindness, and the positive impact she made on everyone around her. She led the Sparkhill foodbank team at St. John's Church for many years and made sure everyone walking through our doors was greeted with warm smiles and kind eyes. Joy brought passion, talent, and generous spirit to every interaction, leaving a lasting impression on all of us. Her contributions to Narthex and St. John's cannot be overstated. We will always remember her compassion and commitment to excellence. During this time of loss, our thoughts and deepest sympathies are with Joy's family and loved ones. She will be greatly missed but never forgotten. As we mourn her passing, let us also celebrate the legacy she has left behind - one of integrity, warmth, and a deep commitment to the values we cherish as a team.

Funeral for Joy Holt: The service will take place on Friday 18th October at 11:00 am at St John's Church, followed by a crematorium service at Robin Hood Crematorium (B90 3NL). All who knew and loved Joy are welcome to attend. Family flowers only and there will be a collection for charity after the service.

Refreshments: Following the crematorium service, a buffet will be served at St John's at 1:30 pm. If you want to make a contribution (financial or food), please speak to Hyacinth or Doreen at St. John's Church.



Joy at Foodbank





Narthex Community Engagement Team at

Social Value Conference - Together We Grow

A very insightful day for our Community Engagement team at the Social Value Conference organised jointly by NHS Birmingham & Solihull and Birmingham City Council on 16th September 2024. With discussions of social value principles and an opportunity to sign up for Match My Project, an award-winning platform that connects businesses with community organisations and residents to deliver social impact in local communities, this was a truly rewarding day for our team. Organised for the very first time, this was a chance to meet and hear from the local voluntary & community sector about their contributions and current needs, and from BSol suppliers about the support they can offer. Clearly, it was a fantastic



Celebrating World Mental Health Day

Upcoming initiatives: World Mental Health Day

It's World Mental Health Day, and Narthex is organising a wellbeing event. Considering that "Prioritising Mental Health in the Workplace" is the subject for 2024, it is highly appropriate for all of us. Social interaction and conversation improve our mental health. It is also beneficial for us to take time for relaxation, as this aids in stress management, which benefits us on a personal and professional level.

In light of this, we have invited a Yoga expert for a couple of relaxation sessions. This is your opportunity to come have a cup of coffee, some cake or fruit, relax, and socialise with your coworkers. Resources for self-care and mental health will also be available for everyone.

opportunity to connect with leaders from the public, corporate, and third sectors and discuss how we can collaborate to create a more sustainable and equitable future.


*Wednesday 9th October, 2024
Drop In Event - 11.30 - 1.30pm
Church Hall, St John's Church*

A much needed partnership bridging the gaps of public, private and the third sector!
[#socialvaluetgether](#)

#WorkplaceWellbeing

As part of the workplace well-being initiative, Narthex is taking another crucial step for its staff members by organising a De-Escalation Training programme.

Did you know that Conflict is a natural, healthy and inevitable part of life although it can sometimes escalate into something more destructive to human relationships? The Conflict Resolution Training, delivered by an expert trainer for the Narthex team is important for anyone in a front-line people



Life at Narthex

This month, Noor Jahan Begum, one of our senior advisors (originally from Bangladesh), prepared a shared meal for the team that is authentic to her home

country as a way of celebrating our diversity. Her Bangladeshi home cooked cuisine was the talk of the whole day!



Until next time

Thank you for being an integral part of the community. Together, we can continue to bring hope, joy, and opportunity to those who need it most. If you have any questions, suggestions, or want to help out with a current project, please don't hesitate to reach out to us. Our contact details are:

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