



Surrey and Borders Partnership NHS Foundation Trust

OPPORTUNITY TO TURN PERSONAL LOSS INTO SOCIAL BENEFIT AND A GRIEF INTO HOPE: ESTABLISHING A MEMORIAL TRUST OVERSEAS FOR THE PROMOTION OF PHYSICAL & MENTAL HEALTH AWARENESS & EDUCATION

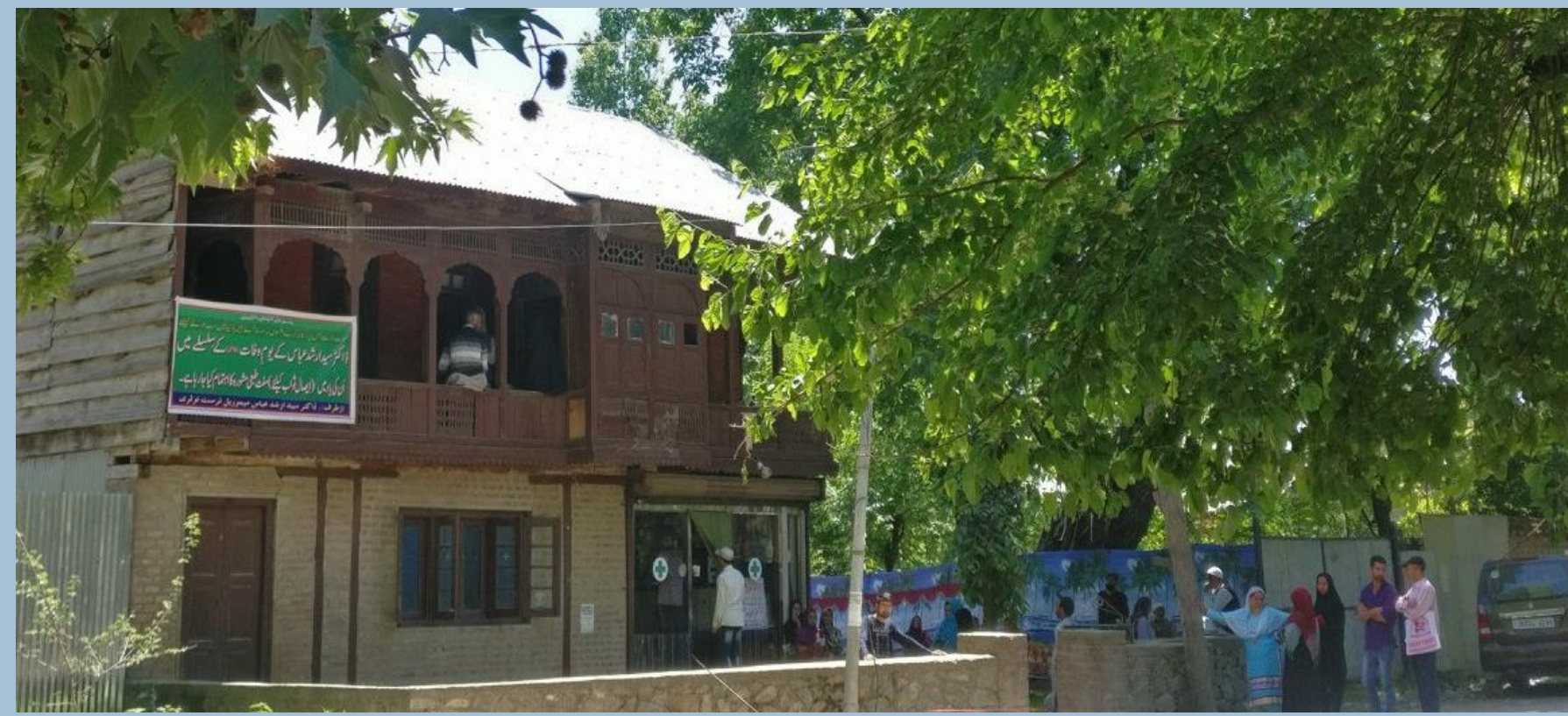


Z. MAJID^{1,2}

1. Surrey & Borders Partnership NHS Foundation Trust, UK
2. Dr. Syed Arshad Abbas Memorial Trust, Kashmir

INTRODUCTION

Establishing a Memorial Trust overseas (Kashmir) for the promotion of health, awareness and education.



AIM

To promote human development through healthcare, educational and community services, and activities.
To award scholarships and provide pecuniary and other assistance to meritorious and deserving students to pursue education, training or research.

BACKGROUND

May 25th, 2011, remains etched in the author's mind. Her brother, Dr Syed Arshad Abbas, had a fatal air ambulance accident while on duty. In 2012 the family established a Memorial Trust. Since then, the following have been provided:

- A free medical health camp twice a year. Patients receive free consultation, free medication and referral to secondary or tertiary services.
- An ambulance service available all times.
- Prevention of diseases by providing safe water.
- Blood donation events in collaboration with Red Cross, Who is Hussain (a charitable organisation) & the Government hospital of Baramulla.
- Sponsorship to students, from primary school to university, with a mentoring scheme for university students.
- Mental Health awareness programme annually in various cluster Universities.

RESULTS

- To date, 3193 patients have received care from the Trust through medical and psychiatric specialist services.
- Depression, Anxiety Disorder and PTSD were the most prevalent disorders. Increased substance misuse in youth has been identified. Polypharmacy is common practice.
- **Ambulance** provided by the Trust has so far catered to 2404 patients. This service alone has saved 8 out of 10 suicide cases. Examples of cases include: stroke, trauma, pregnancy related emergencies etc.
- Provided relief and aid to local families, school and equipment to hospitals affected by the floods .
- During COVID-19 the Trust provided 100 meals to all inpatient units in a Trust in the UK. It also provided food parcels, PPE and medical equipment to families and hospitals in Kashmir.
- Blood donation event helped break the **World Record** of the highest number of blood donations in one day. A data base of regional donors has been set up. Screening identified women with anaemia, which highlighted health inequalities among women, which were reported to local government.
- Sponsoring and **mentoring scheme** for students has been successful. University students who have received mentoring have completed their degrees and secured placements and employment.
- Mental Health awareness programmes identified the need for counselling services in cluster universities and need for more similar programmes.
- Working in partnership with Growing Health Together to facilitate and support groups for elderly and young Asian women in Surrey, UK. This initiative has helped the author utilise the transferable skills she has gained from developing the memorial Trust



A fathers tribute to his beloved son



Health check-up and blood donation camp in collaboration with the Red Cross



Mental Health Awareness talk delivered to students at Baramulla College



Medical Health Camp



Humbled to fulfil the wish of a late father through our sponsorship and mentorship programme



Breaking the World Record in collaboration with Who is Hussain for the most successful blood donations (37,018) in one day, across 27 countries and 6 continents.



Screening for Diabetic Retinopathy



Trust owned Ambulance

CONCLUSIONS

This project has given an opportunity to turn loss into something positive and grief into hope. It will help the family to move on by providing to the local community. Being a medic trained in the UK, the author was able to utilize her skills to serve her home community, put vision into action and fulfil Hippocratic oath.

CONTACT INFORMATION

Zafrina Majid: Zafrina.Majid@sabp.nhs.uk
Dr Syed Arshad Abbas Memorial Trust: drsaaamt@gmail.com

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Dr. Christos Kouimtsidis Consultant Psychiatrist in Addictions, Hon Clinical Senior Lecturer, Department of Medicine, Division of Brain Sciences, Imperial College London, Hon. Senior Lecturer, School of Medicine, University of St Andrew

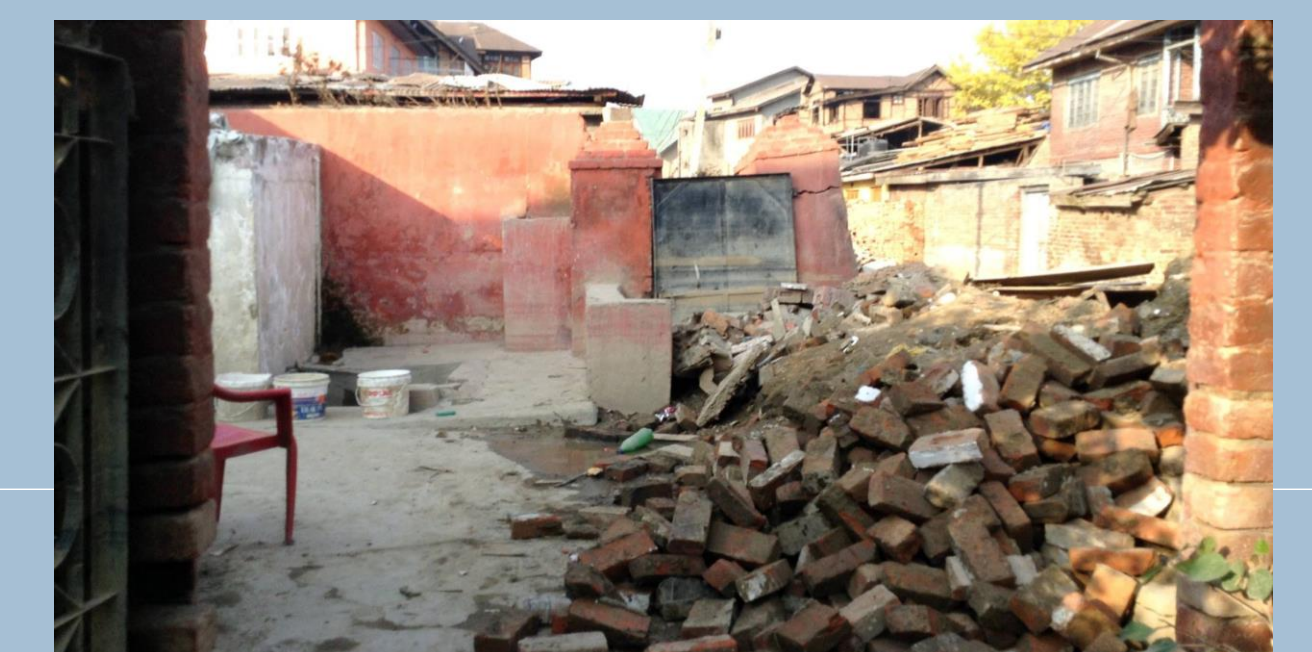
A special thanks to all our patients and carers for permitting us to share above pictures



Dr Syed Arshad Abbas



Patients waiting to be seen by doctors in the free health camp



Trust supported school affected by 2014 Kashmir floods



Trust provided 100 hot meals to Surrey & Borders Partnership NHS Foundation Trust during COVID-19, May 2020



Growing Health England, Asian Women's Wellbeing group