

WFWP Birmingham, UK's Mental Health program received with tears and emotion

Patricia Earle
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Around 90 women shared their hearts, coming from all faiths, races, nationalities and cultures.

We had four speakers: Cllr Shabina Bano from Small Heath ward; Rev Joyce Fletcher, an NHS Mental Health specialist; Maureen Slattery-Marsh, a Clinical Therapist; and Raj Holness, founder of Breaking the Silence.

Many of us responded during the time of sharing, sometimes with tears and deep emotion.

We concluded with a time of heartfelt prayers, readings and music, representing our different faith traditions.

Then we shared food together, renewing our friendships, as well as making new friends, building bridges of peace with one another.

We made a collection for Raj's work, and also, ladies brought items of food and warm clothing which we will donate to St Basil's for the homeless. What a wonderful way to finish the year!

Thank you to each one who made the evening such a wonderful occasion.