

# HELPING IN TIMES OF NEED

UNITED SIKHS makes positive differences in lives of Londoners



As the Covid-19 crisis struck, United Sikhs was there to help, as it is in any crisis. In the London, Ontario chapter alone, they helped those who could not afford basic necessities - due to job loss - by providing groceries, hot meals, and other basic needs.

United Sikhs started by creating project UMEED (HOPE) which targeted those struggling to afford their groceries or other basic necessities. United Sikhs members delivered more than 2 weeks worth of groceries to those who were in need. As their initiative grew, so did the involvement of the community, as the funds surpassed \$7,000.

It was not long after project UMEED was launched that Bombay

Bistro, a local

restaurant, partnered with UNITED SIKHS to prepare hot meals for essential workers. They served pharmaceutical workers all across the city to thank them for their hard work and dedication to the community.



Lastly, United Sikhs decided to begin helping pregnant teens and teen moms by giving them the basic necessities that have been increasingly hard to come by as the result of the current situation. This project is expected to become popular and very successful.

The head coordinator of London, Gurmeet Kaur, talks about the different ways people have helped them, be it monetarily, with groceries, or supporting and assisting



their projects. “I believe that goodness cannot be contained, and because of this, all our projects have been successful,” she adds.

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