HOME

Pillar of Support for Victims: Sikhs Deliver Free & Nourishing Food to UK's Elderly during COVID-19 Outbreak

By bestfolkmedicine · 19/03/2020 · 2 min read



Recently, whenever there's been a crisis, whether the bushfires in Australia, the Indian droughts or the Syrian civil war, the world always had the immense support of the Sikh community.

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They've been essential support to the victims and affected communities and they help in providing water, food, medical help, and other daily essentials.

Today, when we're faced with the COVID-19 pandemic and lockdowns, quarantines, and recommendations to #stayathome, the people from this community are offering their help.

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The Sikhs who live in Slough, England are delivering free and nourishing meals for elderly to their doorsteps.

Mobile Food Support for People in England Aged 65 & above

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Harjinder Kukreja announced on Twitter that the Sikhs from Slough in Berkshire have created a Mobile Food Support intended for people aged 65 or above from this region to deliver them healthy and nourishing food.

> *Are you 65+ plus?*
>
> *In #Coronavirus isolation?*
>
> *Need support to get food?*
>
> *Sikhs in Slough, UK have come up with Mobile Food Support for the elderly & isolated & are Providing FREE HEALTHY & NUTRITIOUS essentials to help them! Pls share! #COVID 19mx #CoronavirusOutbreak #Sikh pic.twitter.com/l0kqpATzk9*
>
> *— Harjinder Singh Kukreja (@SinghLions) March 17, 2020*

After UK, the Sikhs from Melbourne also set up a similar, free food delivery food for the people isolated or in quarantine.

ezstandalone.cmd.push(function () { ezstandalone.showAds(132); });

People on the internet have shown great support and love for this community and praised their humanitarian efforts and wished more people were like them.

Indeed, Sikhs have been at the front of philanthropy worldwide.

This community is regularly involved in social causes and they contribute to change and improvement during crisis.

ezstandalone.cmd.push(function () { ezstandalone.showAds(133); });

> *Sikhs are always leading the way in the midst of crisis. Thank you for your dedication and service!*
>
> *— Hanna (@hanna_meiners) March 17, 2020*

This vibrant group of younger people is cooking and distributing food in the Slough region where reportedly there are 12 confirmed cases of the COVID-19.

The operation is funded by the Guru Maneyo Granth Gurdwara in Slough. In the UK, 71 people have died from the coronavirus. Worldwide, it's spread to more than 160 countries.

Who Are the Sikhs & What's Sikhism?

The Sikh religion was founded in the north of India in the 15th century by Gury Nanak Dev Ji.

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Sikhism is a monotheistic religion which emphasizes on equality for all men and women.

Their three basic principles are meditation in the name of God or praying, earning a living honestly, and sharing our labor fruits with others.

They reject class systems and believe in service to humanity.

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You can recognize men and women Sikhs by their turbans and men's distinctive beards and moustaches. In the world, there are around 25 million Sikhs and they live in different parts of the world.

Sources:

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