



2024

SUPPORTING HUMANITY NEWSLETTER



**FEBRUARY NEWSLETTER 2024
ISSUE 28**

Table Of Contents

01

Announcements & Awards

02

Birthdays & Holidays

03

Highlights & Updates

04

Workshops & Schedule

05

Extras/Reminders

CHARITY AIMS



"YOUR FEELINGS ARE VALID"

Supporting Humanity aims to help empower, support and uplift all members of the community by de-stigmatising mental health and beating loneliness. We aim to address some of the most neglected and overlooked issues including mental health and bereavement.

A problem shared is a problem halved and that is at the heart of what we aim to do; support people by providing a safe place to turn to and providing vital resources to those in need.





ANNOUNCEMENTS

Regarding Supporting Hero of the Month

Vote for SHOTM will be bimonthly (every 2 months) rather than every month.

The next vote for Supporting Hero of the Month will be in **March!**

Volunteers are encouraged to nominate anyone who they feel deserves the recognition by direct messaging:

Tahreem Noor on 07960769888

AWARD ANNOUNCEMENTS

SUPPORTING HUMANITY'S ANNUAL AWARDS 2023



The King's Award
for Voluntary Service



Shaheen Valli



Safiya Seth

VOLUNTEERS OF THE YEAR!

SUPPORTING HUMANITY IS A UK REGISTERED CHARITY: 1193241

Everyone at Supporting Humanity is so proud of you both!

AWARD ANNOUNCEMENTS

SUPPORTING HUMANITY'S ANNUAL AWARDS 2023



Tahreem Noor

OPERATIONS VOLUNTEER OF THE YEAR!

SUPPORTING HUMANITY IS A UK REGISTERED CHARITY: 1193241

Everyone at Supporting Humanity is so proud of you!

AWARD ANNOUNCEMENTS



**Congratulations
SUMAIYA KHODA**

**BRITISH CITIZEN AWARD
MEDAL**

Congratulations, Sumaiya Khoda BCAv, our trustee, colleague and friend, on being awarded the British Citizen Award for your incredible work in the volunteer sector! Your dedication and inspiration to fellow British citizens are truly admirable. Keep shining your light!

SUPPORTING HUMANITY IS A UK REGISTERED CHARITY: 1193241

Everyone at Supporting Humanity is so proud of you!

AWARD ANNOUNCEMENTS



**Congratulations
TAHREEM NOOR**

**BRITISH CITIZEN AWARD
CERTIFICATE OF RECOGNITION**

Congratulations, Tahreem Noor, our volunteer, colleague and friend, on being awarded the British Citizen Award for your incredible work in the volunteer sector! Your dedication and inspiration to fellow British citizens are truly admirable. Keep shining your light!

SUPPORTING HUMANITY IS A UK REGISTERED CHARITY: 1193241

Everyone at Supporting Humanity is so proud of you!

MESSAGES FROM THE SH FAMILY



Congratulations.
Well deserved for
such a selfless,
dedicated
individual!



A fantastic and well
deserved
recognition for all
the hard work you
put into SH



A sincere well done
to all volunteers and
thank you!



Well done to all SH
volunteers you are
all amazing, selfless
individuals with
such big hearts



BIRTHDAYS & IMPORTANT DATES

Birthdays

1st Feb – Mariam Hussain

7th Feb – Liaqat Mir

8th Feb – Yunus Patel

10th Feb – Sid Dadabhai

13th Feb – Imran Ibrahim

24th Feb – Sara Khan

26th Feb – Shahana Khan

26th Feb – Idris Patel

A very happy birthday to all from Supporting Humanity!

Religious Holidays

8th Feb – Israa wal M'iraaj

10th Feb – Chinese New Year

14th Feb – Ash Wednesday

Mental Health Days

1st Feb – Time to Talk Day

5th – 11th Feb – Children's Mental Health Week

27th – 5th March – Eating Disorders Awareness Week

HIGHLIGHTS AND UPDATES



A big welcome to our new Volunteers

Welcoming our new Supporting Humanity volunteers!

Sadia Nooreen – We are so excited that she will be helping with our Elders group

Mohamed Gasim Ali – He is joining our IT team as our Systems Administrator

Samim Siraz – We are so excited that she will be also helping with our Elders group

Thank you and goodbye to our Volunteers:

Ayo Fayano one of our Data Protection specialists who is having to leave because of his work commitments, we wish him well for the future from everyone at SH!

Moeen Razaqq, who is leaving us, and we would like to thank him for all of his help and support whilst he has been with us and wish him all the best for the future.

Hafsa Patel, DBS Manager and Trips lead on snacks, has been with Supporting Humanity since it's inception. She has supported us on various things including BEING one of the first to organise and lead the first ever SH beach trip in 2021.

A irreplaceable loss to the SH team. You will all be missed!

SH OPPORTUNITIES



Volunteers for Community Day 2024

If you are able to support on Tuesday 13th February 2024 (8:45AM – 5PM – Saffron Kitchen), please get in touch with Farah!

It will be a very fun day where you get the opportunity to sit and support a table of Over 65's with quizzes/raffles/entertainment and help serve food. You will also be fed delicious Saffron food!

SUPPORTING HUMANITY IS A UK REGISTERED CHARITY: 1193241

 As part of Supporting Humanity's aim to empower, uplift and support the community, our day trips help mental wellbeing and tackle loneliness



SUPPORTING HUMANITY'S

COMMUNITY DAY

TUESDAY 13TH FEBRUARY 2024





 **Tuesday 13th February 2024**

 **Saffron Kitchen, 300 Lea Bridge Rd, E10 7LD**

 **Anyone over the age of 65 residing in the Boroughs of: Barking and Dagenham, Hackney, Havering, Newham, Redbridge, Tower Hamlets and Waltham Forest**

 **A hot lunch and snacks will be provided**

 **Activities, entertainment and food at Saffron Kitchen from 10.00AM until 16:00PM**

 **Actual ticket price £47!!
Book tickets at the heavily subsidised price of £19 per person (+£1 booking fee)**

**FOR MORE INFORMATION OR TO BOOK
TEXT OR WHATSAPP US ON
07498 154 424**

SPONSORED BY

Date and itinerary are subject to change and cancellation. Please refer to our website for full details and policies

WE WILL RESPOND WITHIN 48 HOURS



CHECK OUT OUR WEBSITE

WHAT'S COMING UP IN FEBRUARY?

FEBRUARY SCHEDULE



OVER 60'S CLUB

- Every Thursday
- 10:30am to 12:30am
- Location: Belgrave Community Centre



RELAX & HEAL FITNESS SESSION (LADIES)

- Every Saturday
- 10am to 11am
- Location: Ilford Islamic Centre



BEREAVEMENT SUPPORT CIRCLE

- Second Tuesday of each month
- 7pm to 8pm
- Location: Hidden Space, Gants Hill
- Date: Tuesday 13th February 2024



MAKING MENOPAUSE MAGICAL!

- Third Wednesday of each month
- 6.30pm to 8pm
- Location: My Shish Restaurant
- Date: Wednesday 28th February 2024



MEN'S JANAZAH GHUSL WORKSHOP

- 1pm to 3pm
- Location: Primrose Road, South Woodford
- Date: Sunday 18th February 2024



WOMEN'S JANAZAH GHUSL WORKSHOP

- Last Sunday of each month
- 1pm to 3pm
- Location: R2R Wellbeing Centre
- Date: Sunday 25th February 2024

WORKSHOPS

Over 60's club



SUPPORTING HUMANITY IS A UK REGISTERED CHARITY: 1193241



OVER 60'S SOCIAL CLUB

'I always look forward to these social mornings'

Free Every Thursday
10:30 am – 12:30pm

**285 – 291 Wanstead Park
road, IG1 3TR**



WORKSHOPS

Weekly Yoga for Mental Health



SUPPORTING HUMANITY IS A UK REGISTERED CHARITY: 11193241



with San'Ra @vibeyogacoach



YOGA

For better Mental Health and Wellbeing

Ladies only yoga. Every Thursday.
1:00pm-2:00pm. Walk-ins welcome!



Flexibility is not just about
the body; it's about the
mind and soul too.



SCAN FOR UPDATES



BELGRAVE COMMUNITY CENTRE
285 - 291 WANSTEAD PARK ROAD
ILFORD IG1 3TR



WORKSHOPS

Relax & Heal Fitness Session



SUPPORTING HUMANITY IS A UK REGISTERED CHARITY: 1193241

ILFORD ISLAMIC CENTRE

The King's Award for Voluntary Service

SUPPORTING HUMANITY

Join our weekly session and strengthen your core muscles via stretch focused exercises and breathing techniques!

Please bring your own yoga mats!

RELAX & HEAL

Ladies Only FREE Sessions

Day: Every Saturday

Time: 10am - 11am

Location: Ilford Islamic Centre 50-58 Albert Road, Ilford, IG1 1HW

SCAN FOR UPDATES



WORKSHOPS

Bereavement Support Circle

SUPPORTING HUMANITY IS A UK REGISTERED CHARITY: 11193241



JOURNEY THROUGH GREIF

DROP IN TO OUR BEREAVEMENT SUPPORT CIRCLE

**HIDDEN SPACE, 374
CRANBROOK RD, GANTS
HILL, ILFORD IG2 6HW**

**TUESDAY 13TH FEBRUARY 2024
SECOND TUESDAY OF EVERY MONTH
7PM TO 8PM**



SCAN FOR UPDATES:



For more info email:
tahreemnoor@supportinghumanity.org

WORKSHOPS

Making Menopause Magical

SUPPORTING HUMANITY IS A UK REGISTERED CHARITY : 1193241

MAKING MENOPAUSE MAGICAL!



*Join our free monthly session on **Wednesday 28th February 2024** and engage with others in making menopause magical!*

Let's celebrate the wisdom, strength, and beauty that comes with embracing this new chapter of life!

*Delivered by experienced and accredited menopause clinician
Veerpal Sandhu @themenopauseclinician*

SCAN HERE TO BOOK



**WEDNESDAY 28TH FEBRUARY 2024
6:30PM TO 8PM
@MY SHISH RESTAURANT**

20 Woodford New Road E17 3PR



For more info contact Tahreem Noor on:
tahreemnoor@supportinghumanity.org

Scan for our website

WORKSHOPS

Men's Ghusl Workshop

SUPPORTING HUMANITY IS A UK REGISTERED CHARITY: 1193241

BROTHERS GHUSL & SHROUDING WORKSHOP

**"VERILY, WE BELONG TO ALLAH, AND IT IS
TO HIM THAT WE ARE DESTINED TO
RETURN." – QURAN 2:156**

PRIMROSE ROAD,
SOUTH WOODFORD,
E18 1DD

SUNDAY 18TH FEBRUARY 2024
1PM TO 3PM

BOOK HERE



WORKSHOPS

Women's Ghusl Workshop

SUPPORTING HUMANITY IS A UK REGISTERED CHARITY: 1193241



بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Purity in Practice

A REWARDING DIVE INTO WOMEN'S JANAZAH GHUSL WORKSHOP

Sunday 25th February 2024
1PM – 3PM



R2R Wellbeing Centre
Hennessy Court, Lea Bridge
Rd, London E10 6AW

SCAN TO BOOK:



For more info email:
tahreemnoor@supportinghumanity.org

WORKSHOP FEEDBACK

Testimonial from January Women's Janazah Ghusl Workshop:

Jazak'Allah for the Ghusl workshop today. It was a real eye opener, very emotional! I would highly recommend it to everyone I know. I learnt so much Subhan'Allah! You all did an amazing job at explaining each detail and answering all the questions. It was covered perfectly.

Please do keep me informed of any Ghusls, I'd love to partake - Mariam

Thank you for today's workshop. It was the perfect balance of knowledge and you all delivered it in a sensitive compassionate way. - Nosheen



WHAT'S COMING UP IN FEBRUARY?

FEBRUARY EVENTS



The King's Award
for Voluntary Service

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SUPPORTING HUMANITY'S COMMUNITY DAY

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07498 154 424

We will respond within 48 hours

SPONSORED BY



SH Meme of the Month



when you try to get the hair off
your screen but realise it was
actually a part of the meme



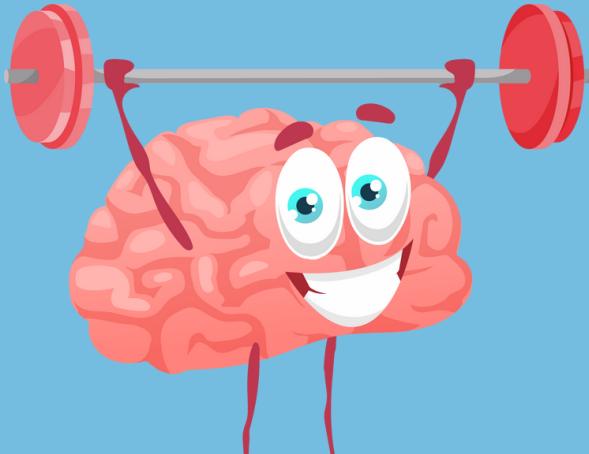
BRAIN TEASER



I have a neck,
but no head.

I have 2 arms,
but no hands.

What am I?



ANSWER: A shirt

Reminders



Supporting Humanity

Volunteers Winter Social: Dinner & Awards Night

Sunday 11th February

Saffron Kitchen

12:30 – 15:30