



# 2024

# **SUPPORTING HUMANITY NEWSLETTER**



**JANUARY NEWSLETTER 2024  
ISSUE 27**

# Table Of Contents

01

**Team Updates/Messages**

02

**Highlights & Updates**

03

**Announcements & Awards**

04

**Workshops**

05

**Reflections /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.



# CEO STATEMENT

Dear volunteers,

Hope you and your loved ones are all well and in the best of health.

I would like to take this opportunity to express my heartfelt gratitude for your incredible dedication and hard work throughout 2023. Your unwavering support has made a significant difference in the lives of countless individuals as we strive to uplift humanity.

I am thrilled to announce that our exceptional efforts have not gone unnoticed. We have been honored with the prestigious KAVS Award 2023 (Kings Award for Voluntary Service), which is equivalent to receiving an MBE for local voluntary groups in the UK. This recognition is a testament to the lasting impact we have made and serves as a testament to our commitment to service.

Since our inception in 2020, we have consistently delivered exceptional work, and 2023 was no exception. Together, we have continued to raise the bar and make even greater strides in creating positive change through our workshops and services. Whether it be our funeral services, trips, various workshops, or weekly sessions for the over 60s, the list of the incredible work we've accomplished is truly endless.

Our progress and transformation are evident not only in the outcomes we achieve but also in our website, recruitment efforts, and governance of the charity. External auditors and visitors alike have commended our work, shining a spotlight on the remarkable impact we are making.

With over 300 volunteers now part of our charity, it is impossible for me to express my gratitude adequately for your unwavering commitment, hard work, time, and passion. Each and every one of you plays an indispensable role, embodying the essence of our motto, "No I in Team." It is through your collective dedication that we have achieved what we have so far, and without you, we would be nothing.

Looking ahead to 2024, I am thrilled to continue our journey together. We have exciting plans and a clear vision to break down the barriers surrounding mental health through various activities. Our goal of furthering the progress of Supporting Humanity remains steadfast, and I cannot wait to see what we will accomplish in the coming year.

Additionally, let us extend our thoughts and deepest sympathies to those battling health challenges. It is a reminder that amidst our own achievements and progress, humanity continues to face adversity and suffering. It is our duty to stand together. Let us carry the memory of those we have lost in our hearts, and let it inspire us to make a difference in the lives of others. Together, we can be a force for change, working towards a world where suffering is alleviated, and every individual is offered the compassion and support they deserve.

Furthermore, we cannot ignore the innocent lives lost throughout the world due to various circumstances. Their absence leaves a void that can never truly be filled. It serves as a stark reminder of the work that remains to be done, and the importance of striving for a future marked by compassion, empathy, and understanding.

Once again, thank you all for your incredible efforts throughout 2023. Your passion, drive, and unwavering commitment have been instrumental in the success we have achieved. Together, we will continue to make a lasting impact on the lives of those we serve.

Many thanks,

Idris Patel

# MESSAGE FROM THE OPS

Dear amazing volunteers,

As a loving Ops team, deeply intertwined with your dedication and support, we wanted to express our immense gratitude to each of you. Your selfless contributions and unwavering commitment to Supporting Humanity fill our hearts with joy and gratitude. Your generosity and time have not only elevated our charity's mission but have also filled the lives of countless communities and individuals with love and hope.

Your contributions have been instrumental in our success, and we are deeply moved by the impact you have made. Your dedication has brought our initiatives to life and has inspired others to join our cause. We are humbled by your continuous efforts, knowing that your ongoing support will further shape the future of those we aim to help.

Thank you for being an incredible team of volunteers. Your choice to share your time and talents with us is a profound gift, and your impact resonates with boundless love and appreciation.

With heartfelt thanks and love,  
Ops Team



# SUPPORTING HUMANITY ANNUAL AWARDS 2023

*Congratulations to our amazing Volunteers of the Year 2023, who have won Hero of the Month once or more in 2023!*

**Shaheen Valli**



**Safiya Seth**



# SUPPORTING HUMANITY ANNUAL AWARDS 2023

*Supporting Humanity Top Ops of the Year*

## **Tahreem Noor**



***A massive congratulations to all the selfless and amazing volunteers who have been nominated for your hard work and dedication! Supporting Humanity appreciates you!***





# BIRTHDAYS & IMPORTANT DATES

## Birthdays

9th Jan - Aya Razzaq

14th Jan - Jill Savager

29th Jan - Ruquyya Vankad

30th Jan - Nazifa Valli

***A very happy birthday to all from Supporting Humanity***

## Religious Holidays

7th Jan - Orthodox Christmas

21st Jan - World Religion Day

## Mental Health Days

26th Jan - Great Mental Health Day

27th Jan - Parent Mental Health Day

# HIGHLIGHTS AND UPDATES



## New Volunteers

*Welcoming our new Supporting Humanity volunteers!*

**Nilofar Patel** – She has been a carer and is very keen to support the elderly and joined our Seniors group

**Altaf Baig** – He is a very experienced IT professional and is joining our IT team as a Data Analyst

**Humaira Patel** – She has been an honorary volunteer SH for almost 2 years and is now joining our SMM team

**Safiyyah Amejee** – She is passionate about mental health and will be helping with our Seniors group





# 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!

# WHAT'S COMING UP IN JANUARY?

# JANUARY SCHEDULE



## RELAX & HEAL FITNESS SESSION (LADIES)



- Every Saturday
- 10am to 11am
- Location: Ilford Islamic Centre
- Starting: 6th January 2024

## BEREAVEMENT SUPPORT CIRCLE



- Second Tuesday of each month
- 7pm to 8pm
- Location: Hidden Space, Gants Hill
- Starting: 9th January 2024

## LADIES ONLY YOGA



- Every Thursday
- 1pm to 2pm
- Location: Belgrave Community Centre
- Starting: 25th January 2024



## MAKING MENOPAUSE MAGICAL

- Third Wednesday of each month
- 6.30pm to 8pm
- Location: My Shish Restaurant
- Starting: 17th January 2024



## WOMEN'S JANAZAH GHUSL WORKSHOP

- Last Sunday of each month
- 1pm to 3pm
- Location: Various\*
- Starting: 28th January 2024



## ART THERAPY WORKSHOP

- 2pm – 3:30pm
- Location: Frenford Club – The Jack Carter Centre
- Starting: 28th January 2024



# WORKSHOPS

## Over 60's club

SUPPORTING HUMANITY IS A UK REGISTERED CHARITY: 1193241

### Location:

285 – 291 Wanstead Park Road, IG1 3TR



EXERCISES AND PHYSICAL GAMES



ARTS AND CRAFTS



SNACKS AND TREATS

## OVER 60'S SOCIAL CLUB

**You are never too old to make friends, and have some fun!**

Each week, we challenge you to learn something new, have a laugh and relax with your fellow club members... all are welcome!



PUZZLES AND WORDSEARCHES



DISCUSSIONS AND DEBATES



TEAM BUILDING EXERCISES

Free for men and women from all backgrounds over the age of 60

**Every Thursday**

**10:30am – 12:30pm**



SCAN ME:  
Join our WhatsApp groupchat for updates!

# WORKSHOPS

## *Weekly Yoga for Mental Health*



SUPPORTING HUMANITY IS A UK REGISTERED CHARITY: 1193241



with San'Ra @vibeyogacoach

# YOGA

For better Mental Health and wellbeing

Walk-ins welcome

LADIES ONLY

Every Thursday

1:00PM-2:00PM

Its free!

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

SCAN FOR UPDATES



# WORKSHOPS

## Art Therapy

SUPPORTING HUMANITY IS A UK REGISTERED CHARITY: 1193241

### Supporting Humanity presents

# ART THERAPY

with a creative and successful artist and trained emotional support volunteers.



The King's Award  
for Voluntary Service



£5  
refundable  
deposit

*Join us for an art therapy session focused on bereavement, loss and mental wellbeing*



**Sunday, January 28th, 2024**



**14:00 - 15:30 GMT**



**Frenford Club- The Jack Carter  
Centre, IG1 3PS**



**Everyone over the age of 16**



**Book now**



**LIMITED TICKETS SO BOOK EARLY TO AVOID  
DISAPPOINTMENT**

<https://www.tickttaillor.com/events/supportinghumanity/1082536>

For enquiries email [Sumaiyakhoda@supportinghumanity.org](mailto:Sumaiyakhoda@supportinghumanity.org)

# WORKSHOPS

## *Making Menopause Magical*

Registered Charity No: 1193241



# MAKING MENOPAUSE MAGICAL!

Starting **Wednesday 17th January 2024**, join our free monthly session on the third Wednesday of every month and engage in making menopause magical!

Delivered by experienced and accredited menopause clinician  
Veerpal Sandhu @themenopauseclinician

BOOKING FORM:



**3RD WEDNESDAY EVERY MONTH  
6:30PM TO 8PM  
@MY SHISH RESTAURANT**

20 Woodford Road E17 3PR



Drinks and snacks provided

For more info contact Tahreem Noor on [tahreemnoor@supportinghumanity.org](mailto:tahreemnoor@supportinghumanity.org)

check our website

# WORKSHOPS

## *Relax & Heal Fitness Session*

SUPPORTING HUMANITY IS A UK REGISTERED CHARITY: 1193241

Ladies Only



### **Relax and Heal Fitness Sessions**

**STRETCH**

**BREATHE**

**REPEAT**

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

**Day:** Every Saturday

**Time:** 10am – 11am

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



SCAN FOR UPDATES



IT'S FREE!

# WORKSHOPS

## *Bereavement Support Circle*

SUPPORTING HUMANITY IS A UK REGISTERED CHARITY: 1193241



# YOU'RE NOT ALONE, WE'RE WITH YOU

**DROP IN TO OUR BEREAVEMENT SUPPORT CIRCLE**

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

**TUESDAY 9TH JANUARY 2024  
SECOND TUESDAY OF EVERY MONTH  
7PM TO 8PM**

SCAN FOR UPDATES:





# SH Memes Section!



# REFLECTION OF THE MONTH

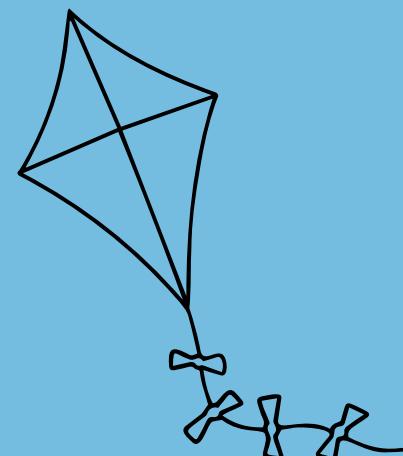


## ***If I Must Die***

*Refaat Alareer*

*If I must die,  
you must live  
to tell my story  
to sell my things  
to buy a piece of cloth  
and some strings,  
(make it white with a long tail)  
so that a child, somewhere in Gaza  
while looking heaven in the eye  
awaiting his dad who left in a blaze –  
and bid no one farewell  
not even to his flesh  
not even to himself –  
sees the kite, my kite you made, flying up  
above  
and thinks for a moment an angel is there  
bringing back love*

*If I must die  
let it bring hope  
let it be a tale.*



# Reminders



## *Message from Rukshana:*

*I am in the process for collecting unwanted gifts for our raffle for the Luncheon Event on Tuesday 13th February. If we could have roughly 20 gifts, that would equate to 10% of attendees to a reasonable proportion.*

*If you do have anything that's suitable and would like to donate to the charity raffle then please do contact me and I can arrange a pick up/drop off.*

*Thanking you all in advance!*

Rukshana