



# 2024

## SUPPORTING HUMANITY NEWSLETTER



APRIL NEWSLETTER 2024  
ISSUE 30

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# 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



The King's Award  
for Voluntary Service

This year we teamed up with Help Yateem and Save One Life to help our brothers and sisters in Palestine and Yemen...

WE HAVE RAISED  
**£106,556.44**



**As ramadan comes to a close, we  
want to thank you for all your  
generosity and support for our  
fundraising campaign**

Including all the little children who  
worked so hard!



SH charity NO: 1193241

# HIGHLIGHTS

**Supporting Humanity's very own Volunteers of the Year 2023, Shaheen Valli and Safiya Seth attended the awards ceremony to receive the King's Award for the Volunteer Sector on behalf of SH**



*The King's Award for Voluntary Service is the highest award given to volunteer groups across the UK*



# RAMADAN FUNDRAISER HIGHLIGHTS

Saturday March 30th 2024

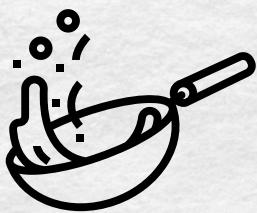


# DATE DECORATING WORKSHOP HIGHLIGHTS



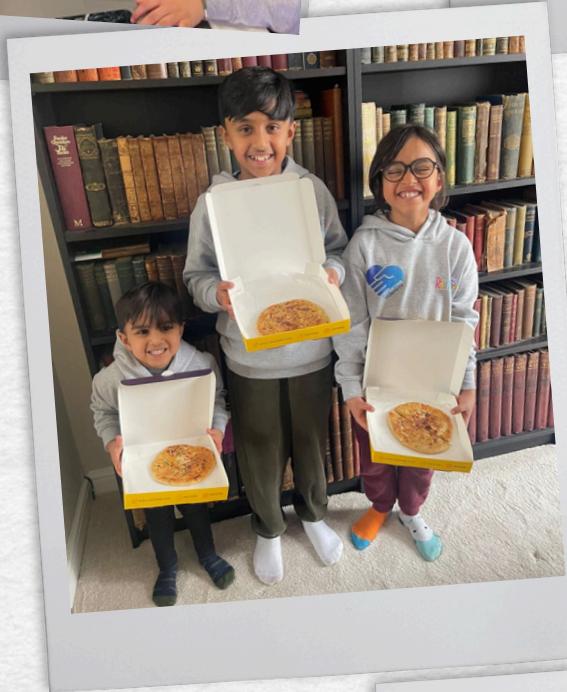
# RAMADAN KIDS HIGHLIGHTS

## Cooking at Saffron Street



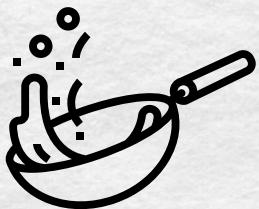
# RAMADAN KIDS HIGHLIGHTS

## Cooking at Naan Staap



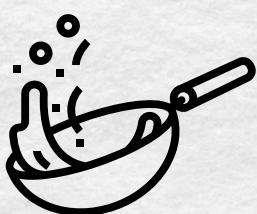
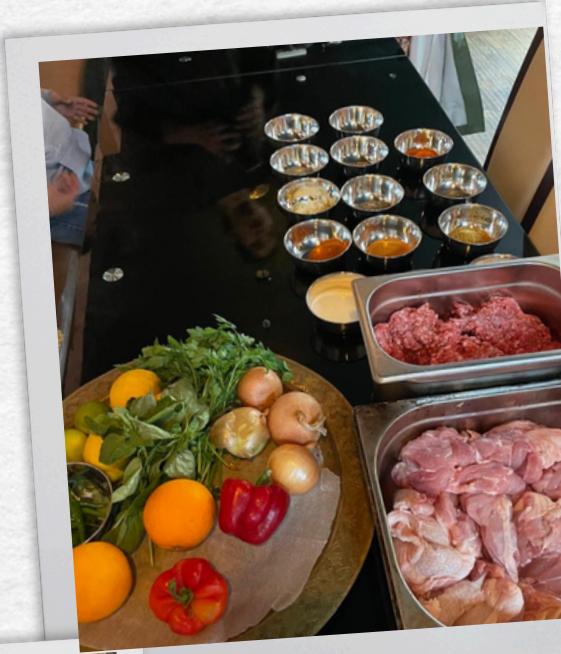
# RAMADAN KIDS HIGHLIGHTS

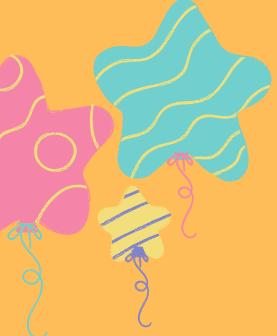
## Cooking at The Halal Guys



# RAMADAN KIDS HIGHLIGHTS

## Cooking at HS&Co.





# BIRTHDAYS & IMPORTANT DATES

## April Birthdays

Illyas Ibrahim

Tahreem Khan

Nasim Abraham

Safiya Sheth

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

## Religious Holidays

**9th – 12th April\*** – Eid al Fitr

**21st April** – Ridvan

**22nd – 30th\* April** – Passover

## Mental Health Days

**April 2024** – Stress Awareness Month

# HIGHLIGHTS AND UPDATES



## A big welcome to our new Volunteers:

*Welcoming our new Supporting Humanity volunteers!*

- **Nathan Birch** - He is joining our IT team as a Microsoft PowerApps specialist
- **Bheemarayappa Hanabar** - He is also joining our IT team as a Microsoft PowerApps specialist
- **Shirin Kothia** - She is joining our Trips team to help with the snacks and lunches
- **Demi Akintola** - She will be joining our IT team as a WordPress administrator, keeping our website up to date

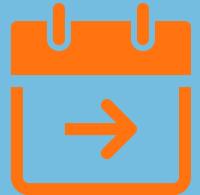
## Thank you and goodbye to our Volunteers:

- **Adam Garner** - He is unfortunately unable to continue volunteering due to other commitments



# WHAT'S COMING UP IN APRIL?

## APRIL SCHEDULE



### OVER 60'S CLUB

- 10:30am to 12:30am
- Location: Belgrave Community Centre
- Location: 67 Plashet Grove, E6 1BX
- 17th and 18th April



### RELAX & HEAL FITNESS SESSION (LADIES)

- 10am to 11am
- Location: Ilford Islamic Centre
- Saturday 13th April



### BEREAVEMENT SUPPORT CIRCLE

- Second Tuesday of each month
- 7pm to 8pm
- Location: Hidden Space, Gants Hill
- Date: Tuesday 16th April 2024



### MAKING MENOPAUSE MAGICAL!

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



### WOMEN'S JANAZAH GHUSL WORKSHOP

- 2pm to 4pm
- Location: Belgrave Community Centre
- Date: Saturday 6th April 2024



### MEN'S JANAZAH GHUSL WORKSHOP

- 1pm to 3pm
- Location: Hidden Space (Hall under Naan Staap Gants Hill)
- Date: Sunday 21st April 2024

# WORKSHOPS

## Over 60's club



SUPPORTING HUMANITY IS A UK REGISTERED CHARITY: 1193241



**"There is always a sense of community and belonging"**

**Over 60's Social Club  
Free Every Thursday  
10:30 AM – 12:30 PM**

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



# WORKSHOPS

## Over 60's club



SUPPORTING HUMANITY IS A UK REGISTERED CHARITY: 1193241



## OVER 60'S SOCIAL CLUB



By popular demand, our Over 60's Club has expanded!!!

**Date:**

Free Every **Thursday**  
10:30 am - 12:30pm



**Location:**

285 - 291 Wanstead Park road,  
IG1 3TR

**Date:**

Free Every **Wednesday**  
10:30 am - 12:30pm



**Location:**

167 Plashet Grove, E6 1BX  
(Rear Entrance- Katherine Road)

For updates on BOTH social events, scan **BOTH** QR codes!



# WORKSHOPS



## Relax & Heal Fitness Session

SUPPORTING HUMANITY IS A UK REGISTERED CHARITY: 1193241

ILFORD ISLAMIC CENTRE

**RELAX & HEAL**

**Ladies Only FREE Sessions**

Don't forget your yoga mats and water bottles!

**Day:** Every Saturday  
**Time:** 10am - 11am  
**Location:** Ilford Islamic Centre 50-58 Albert Road, Ilford, IG1 1HW

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

SCAN FOR UPDATES

**THE KING'S AWARD FOR VOLUNTARY SERVICE**

**SUPPORTING HUMANITY**

# WORKSHOPS



## ***Bereavement Support Circle***

SUPPORTING HUMANITY IS A UK REGISTERED CHARITY: 1193241



**GRIEF CAN BE ISOLATING,  
DON'T DEAL WITH IT ALONE.**

**DROP IN TO OUR BEREAVEMENT SUPPORT CIRCLE**

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

**TUESDAY 16TH APRIL 2024  
7PM TO 8PM**

SCAN FOR UPDATES:



For more info email:  
[tahreemnoor@supportinghumanity.org](mailto:tahreemnoor@supportinghumanity.org)



# WORKSHOPS



## ***Making Menopause Magical***

CHARITY REGISTRATION : 1193241



# **Menopause Does NOT Make You “Old!”**

Let's learn to embrace this new chapter in our lives!



Join our free monthly '**MAKING MENOPAUSE MAGICAL**' session!

*Specialist advice delivered by experienced and accredited menopause clinician  
Veerpal Sandhu @themenopauseclinician*

**WEDNESDAY 17TH APRIL 2024  
6:30PM TO 8PM  
@MY SHISH RESTAURANT**

20 Woodford New Road E17 3PR



SCAN HERE TO  
BOOK YOUR SEAT



Scan me to visit  
our website!



# WORKSHOPS

## Women's Ghusl Workshop

SUPPORTING HUMANITY IS A UK REGISTERED CHARITY: 1193241



بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

# Unravel The Journey Of Ghusl

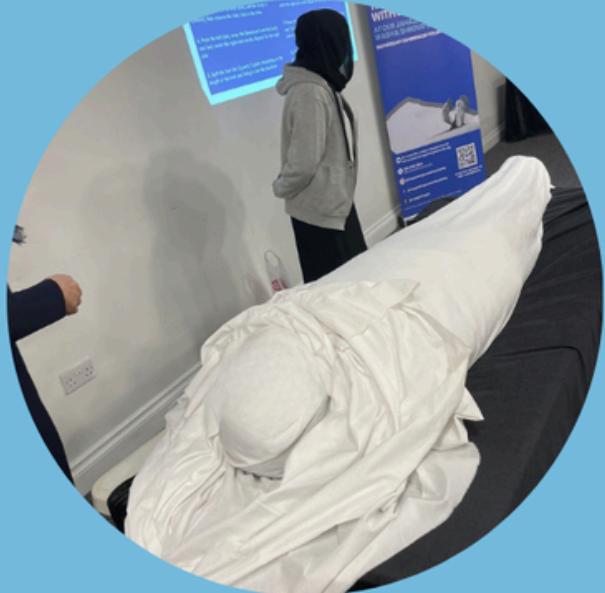
A REWARDING DIVE INTO WOMEN'S JANAZAH GHUSL WORKSHOP

Saturday 6th April 2024  
2PM – 4PM



Belgrave Community Centre  
285-291 Wanstead Park Rd,  
Ilford IG1 3TR

SCAN TO JOIN:



For more info contact Tahreem Noor:



tahreemnoor@supportinghumanity.org



07404 570592

# WORKSHOPS

## ***Men's Ghusl Workshop***

SUPPORTING HUMANITY IS A UK REGISTERED CHARITY: 1193241



# **Journey to Inner Purity**

**EMBARK THE JOURNEY OF MEN'S JANAZAH GHUSL WORKSHOP**

**Sunday 21st April 2024**  
**1PM – 3PM**



**Hidden Space (Under NaanStaap in Gants Hill)**  
**374 Cranbrook Road, Ilford, IG2 6HW**

**SCAN TO BOOK:**



For more info contact Tahreem Noor:

 [tahreemnoor@supportinghumanity.org](mailto:tahreemnoor@supportinghumanity.org)  07404 570592

# SH Riddle of the Month



**I have cities, but no houses  
I have mountains, but no trees  
I have water, but no fish**

**What am I?**

