

2024

SUPPORTING HUMANITY NEWSLETTER



APRIL NEWSLETTER 2024
ISSUE 30

Table Of Contents

01

Announcements & Awards

02

Birthdays & Holidays

03

Highlights & Updates

04

Ramadan Fundraiser

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



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

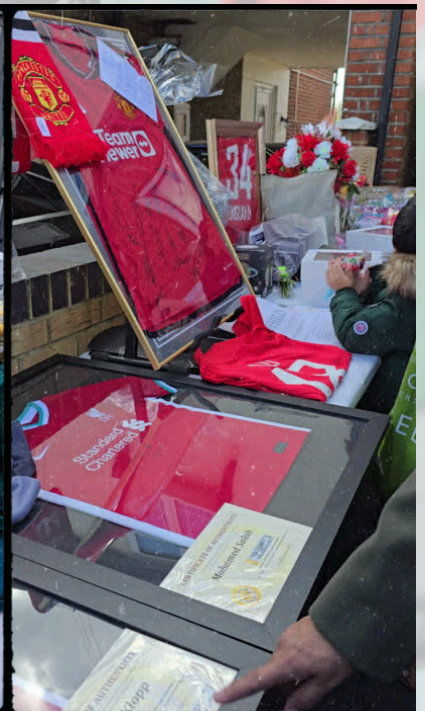


The King's Award for Voluntary Service is the highest award given to volunteer groups across the UK



RAMADAN FUNDRAISER HIGHLIGHTS

Saturday March 30th 2024

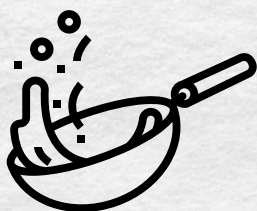


DATE DECORATING WORKSHOP HIGHLIGHTS



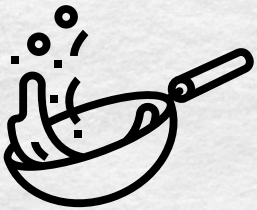
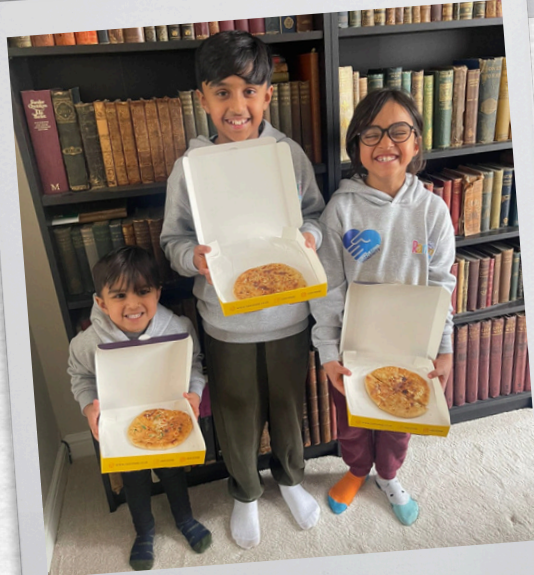
RAMADAN KIDS HIGHLIGHTS

Cooking at Saffron Street



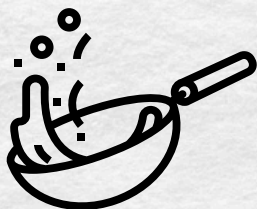
RAMADAN KIDS HIGHLIGHTS

Cooking at Naan Staap



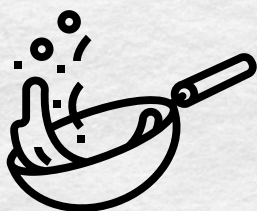
RAMADAN KIDS HIGHLIGHTS

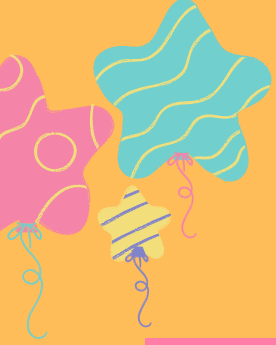
Cooking at The Halal Guys



RAMADAN KIDS HIGHLIGHTS

Cooking at HS&Co.





BIRTHDAYS & IMPORTANT DATES



April Birthdays

Ilyas 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

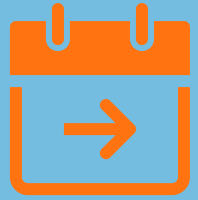
Thank you and goodbye to our Volunteers:

- **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

A background image showing a group of women in a fitness class, performing a stretch on a wooden floor. They are wearing blue and white athletic wear.

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!

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

A QR code located at the bottom right of the poster, which likely links to the event's updates or registration page.

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



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



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?



Answer: A map