

2024

# SUPPORTING HUMANITY NEWSLETTER



JUNE NEWSLETTER 2024  
ISSUE 32

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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.





# BIRTHDAYS & IMPORTANT DATES



## June Birthdays:

Sofia Ali

Mohammed Kothia

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

## Religious Holidays

**14th – 19th\* June** – Hajj

**17th – 20th\* June** – Eid Al-Adha

## Mental Health Days

Men's Health Month

**21st June** – International Father's Mental Health Day





# NEWS & ANNOUNCEMENTS



*Earlier this month, Tahreem visited Buckingham Palace with Syed Musa as SH was a previous recipient of the Covid Response award at the London Faith and Belief Community Awards*





# NATIONAL VOLUNTEER WEEK



*An appreciation post for all of our SH volunteers!*

*Your time and dedication to SH is invaluable!*







# NEWS & ANNOUNCEMENTS



Our 2023 Volunteers of The Year Winners (Tahreem, Shaheen and Safiya) would have been recipients of the additional reward that was secured for all annual winners: (R2R – Room to Reward)

*Tahreem & Shaheen's rewards will be awarded to the Runners Up:*

***Rukshana Ugradar***  
***Fatima Azeem***



**Rukshana Ugradar**  
**Runner up**  
**VOTY 2023**

**Fatima Azeem**  
**Runner up**  
**VOTY 2023**



# HIGHLIGHTS AND UPDATES



## A big welcome to our new Volunteers:

*Welcoming our new Supporting Humanity volunteers!*

**Jo Fegen** – She will be supporting us to develop our SH Strategy

**Azam Javaid** – He will be joining our IT team as a PowerApps specialist

**Zarey Chowdhary** – Will be joining our Trips team

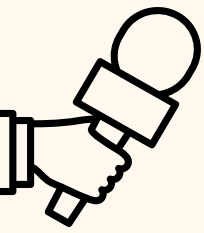
**Nazia Nawaz** – She will initially be supporting our Over 60s club

**≡Welcome≡**

**Lisa Quigley** – Our new MH lead who has unfortunately left us due to an unforeseen change in her circumstances



# 60 seconds with ...



## Shaheen Valli



**Q: What is your role at Supporting Humanity?**

A: L & D Volunteer

**Q: What motivated you to join the charity?**

A: Make a difference to others, be there for someone

**Q: What is your favourite memory of SH so far/A highlight?**

A: Moonwalk, so much fun, loved the glow glasses

**Q: Tell us a fun fact about yourself!**

A: Love a party!

**Q: Are you Team Apple or Team Android?**

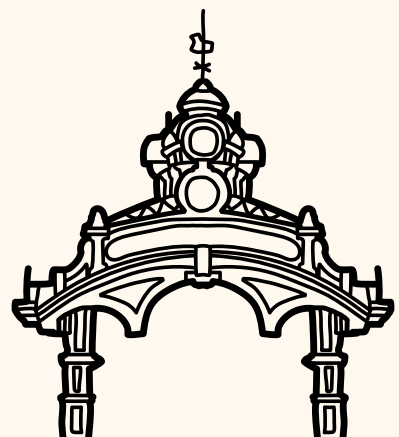
A: Team Android!

**Q: Recommend your favourite movie, series or book!**

A: Family Upstairs - Coleen Hoover

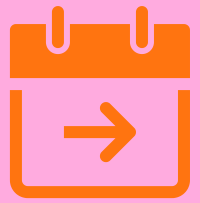
**Q: What would be your dream SH trip?**

A: Disneyland Paris



# WHAT'S COMING UP IN JUNE?

## JUNE SCHEDULE



### OVER 60'S CLUB

- 10:30am to 12:30am
- Location: Belgrave Community Centre
- Location: 67 Plashet Grove, E6 1BX



### RELAX & HEAL FITNESS SESSION (LADIES)

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



### BEREAVEMENT SUPPORT CIRCLE

- Second Tuesday of each month
- 7pm to 8pm
- Location: Hidden Space, Gants Hill
- Date: Tuesday 11th June 2024



### WOMEN'S JANAZAH GHUSL WORKSHOP

- Stepney Sisters Circle
- 10am - 12pm
- Location: Stepney Shahjalal Masjid
- Date: Wednesday 12th June 2024



### MAKING MENOPAUSE MAGICAL

- Third Wednesday of each month
- 6.30pm to 8pm
- Location: My Shish Restaurant
- Date: Wednesday 19th June 2024



# ZOO TRIP HIGHLIGHTS





# WORKSHOPS

## *Over 60's club*



SUPPORTING HUMANITY IS A UK REGISTERED CHARITY: 1193241



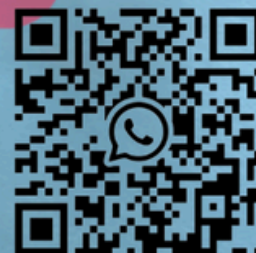
# **OVER 60'S SOCIAL CLUB**

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

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



**'I always look forward to  
these social mornings'**



# WORKSHOPS

## *Relax & Heal Fitness Session*



CHARITY REGISTRATION : 1193241



## Relax & Heal Ladies Only FREE Sessions

Join our weekly session to strengthen your core muscles via stretch-focused exercises & breathing techniques to heal your mind, soul and body.

Don't forget your yoga mats and water bottles!



Disconnect and breathe

### WHERE

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

### WHEN

Every Saturday

### TIME

10am - 11am



SCAN FOR  
WHATSAPP UPDATES





# WORKSHOPS

## *Bereavement Support Circle*



CHARITY REGISTRATION: 1193241



DEALING WITH **LOSS** CAN BE  
**DIFFICULT** LET US HELP YOU

**DROP IN TO OUR BEREAVEMENT SUPPORT CIRCLE**

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

TUESDAY 11TH JUNE 2024  
7PM TO 8PM

SCAN FOR UPDATES:



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



# WORKSHOPS



## Women's Janazah Ghusl

MUSLIMAAT UK

*Stepney Sisters Circle*

### SISTERS' FUNERAL GHUSL WORKSHOP

Join us in this  
practical workshop  
with the team from  
Supporting Humanity  
on how to wash and  
shroud your loved ones.

**WEDNESDAY 12th JUNE 2024**  
**10am - 12pm**

**STEPNEY SHAHJALAL MASJID**  
Duckett Street, London E1 4TD  
Women's side entrance

**FREE | Registration Required**

**Eventbrite: [ssc-ghusl-workshop.eventbrite.co.uk](https://ssc-ghusl-workshop.eventbrite.co.uk)**

**OPEN TO WOMEN ONLY**  
**STRICTLY NO CHILDREN**



[stepneysisterscircle@yahoo.com](mailto:stepneysisterscircle@yahoo.com)



[muslimaat\\_london](https://www.instagram.com/muslimaat_london)





# WORKSHOPS

## *Making Menopause Magical*



CHARITY REGISTRATION : 1193241



### Who says menopause can't be a magical journey?

Come along to our free monthly **MAKING MENOPAUSE MAGICAL** workshop! Let's support each other and turn the challenges of menopause into an empowering and transformative experience!

*Workshop led by specialist menopause clinician Veerpal Sandhu, offering valuable guidance to assist you in managing those symptoms.*

SCAN HERE TO BOOK YOUR SPOT



**WEDNESDAY  
19TH JUNE**

**MY SHISH  
RESTAURANT**  
20 Woodford New Road,  
E17 3PR

**6:30PM - 8PM**

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



Scan me to visit  
our website!





# Motivation of the Month



YOU CAN  
DO IT! ♥

**"June is the  
gateway to  
summer."**

Jean Hersey

YOU CAN  
DO IT! ♥

# Important Reminder



*Thank you to all those that have already completed the survey, we have had around 40 responses, but we have a total of 86 volunteers so we need quite a few more of you to respond please to make the survey meaningful. Please have your say we really do want to know what our volunteers think.*

*Having just celebrated our 3rd anniversary of becoming a charity we thought it was a good time to ask you our volunteers, and our most precious asset, what it is like to be a volunteer at Supporting Humanity. We have created a short survey that we would like you to complete, the survey is anonymous.*

*The survey aims to find out what we do well as well as areas where we need to improve.*

*Please use the link below to complete the survey and thank you in advance for taking the time to help us learn from your experiences.*

**<https://form.jotform.com/222634503232041>**

# Brain teasers



Unscramble the following:

**ahtunyim**

**mrmesu**

**entorleuv**

*Answers: humanity, summer, volunteer*