



The King's Award
for Voluntary Service



2024



SUPPORTING HUMANITY NEWSLETTER



**JUNE NEWSLETTER 2024
ISSUE 32**

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CHARITY AIMS

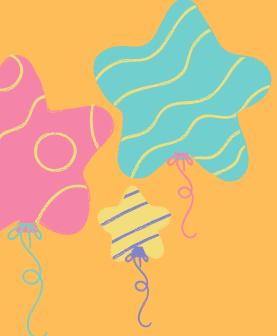


"YOUR FEELINGS ARE VALID"

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



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

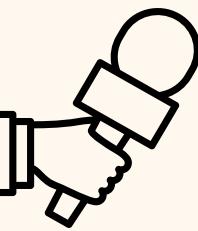
Nazia Nawaz - She will initially be supporting our Over 60s club

=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?

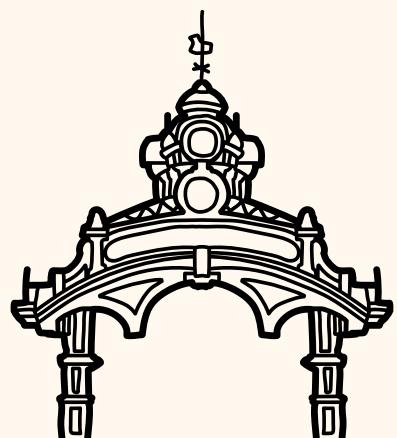
A: Team Android!

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



SCAN FOR
WHATSAPP UPDATES



WHEN

Every Saturday

TIME

10am - 11am



WORKSHOPS

Bereavement Support Circle

CHARITY REGISTRATION: 1193241



DEALING WITH LOSS CAN BE DIFFICULT LET US HELP YOU

DROP IN TO OUR BEREAVEMENT SUPPORT CIRCLE

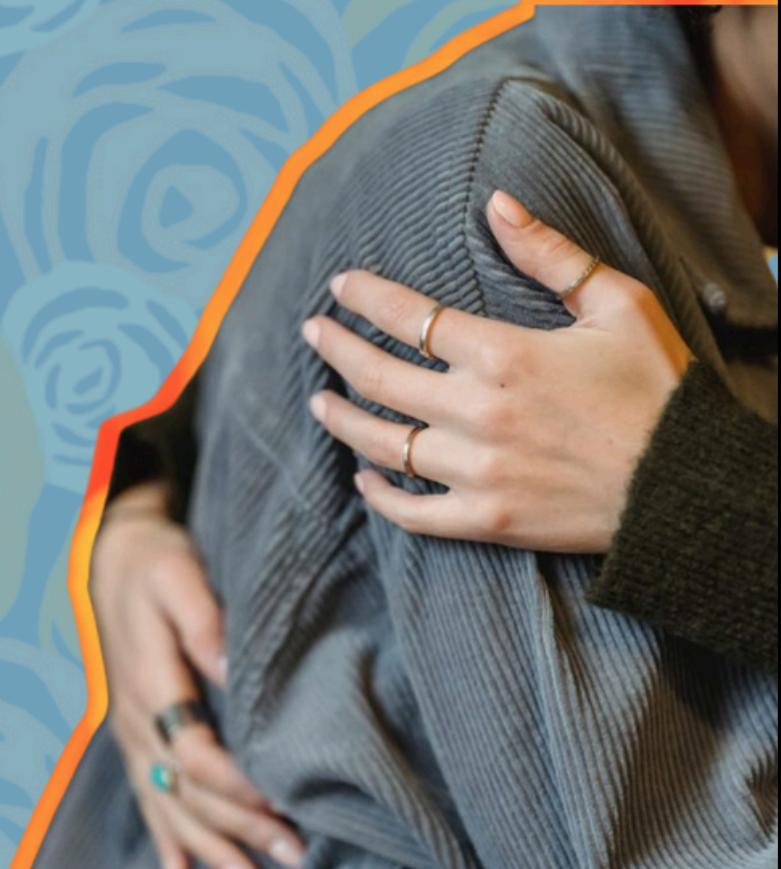
**HIDDEN SPACE, 374
CRANBROOK RD, GANTS
HILL, ILFORD IG2 6HW**

**TUESDAY 11TH JUNE 2024
7PM TO 8PM**

SCAN FOR UPDATES:



For more info email:
tahreemnoor@supportinghumanity.org





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://www.eventbrite.co.uk/e/stepney-sisters-circle-women-s-janazah-ghusl-workshop-tickets-27401000000)

OPEN TO WOMEN ONLY

STRICTLY NO CHILDREN



✉ 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.

**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