



The King's Award
for Voluntary Service



2024

SUPPORTING HUMANITY NEWSLETTER



**MARCH NEWSLETTER 2024
ISSUE 29**

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.

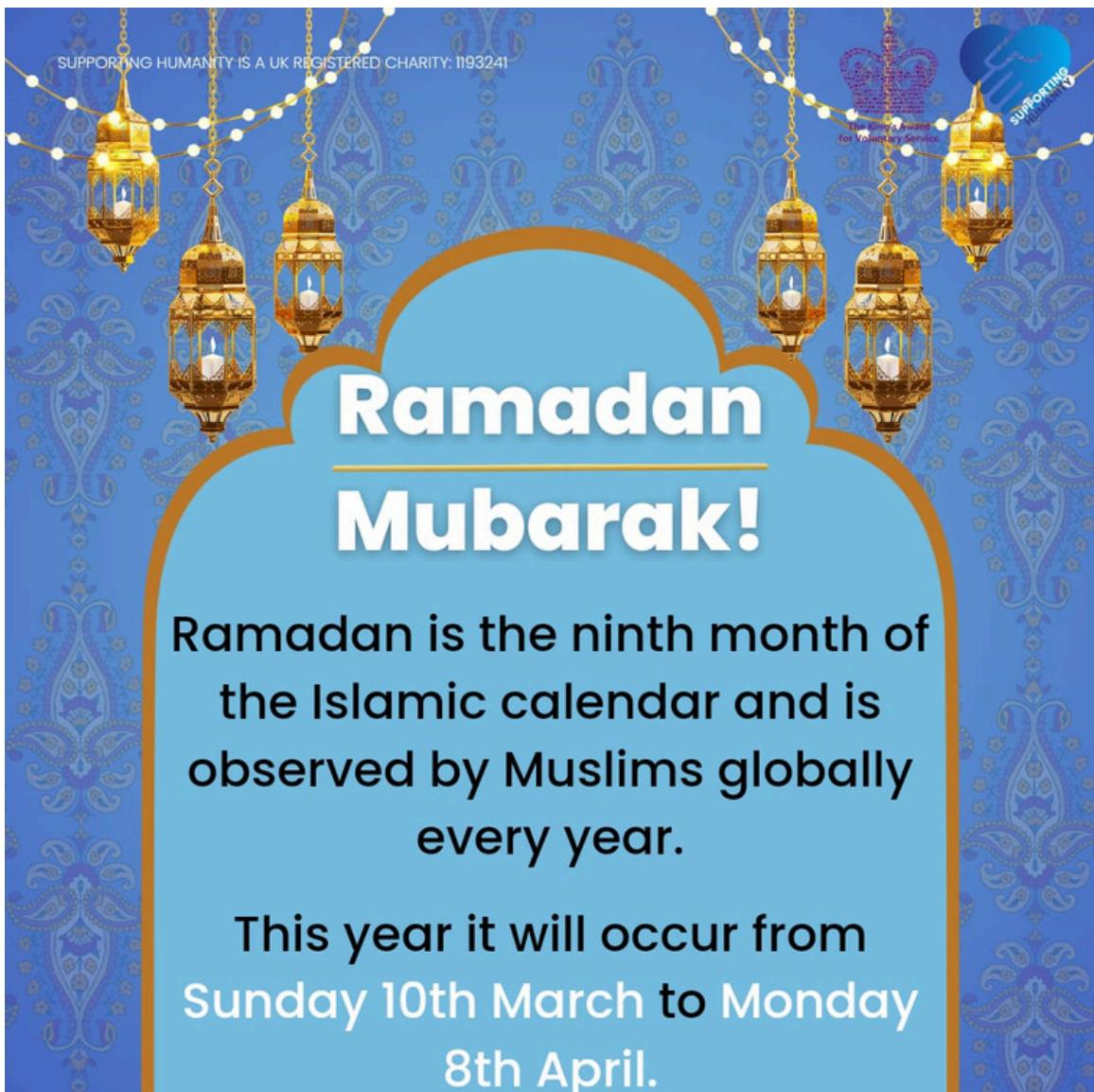
A problem shared is a problem halved and that is at the heart of what we aim to do; support people by providing a safe place to turn to and providing vital resources to those in need.





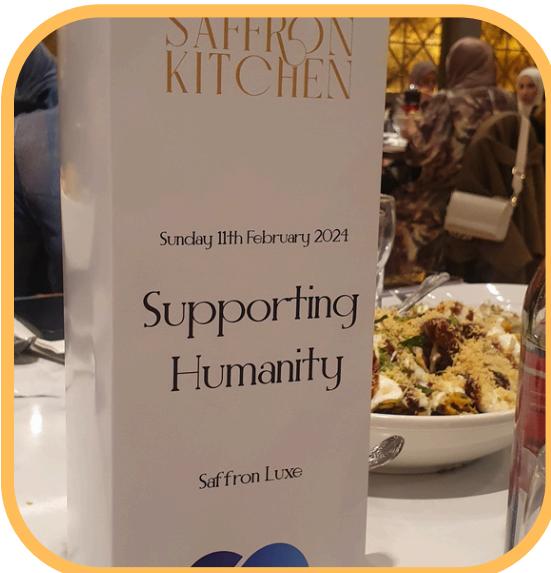
ANNOUNCEMENTS

There will be NO wellbeing services throughout the month of Ramadan



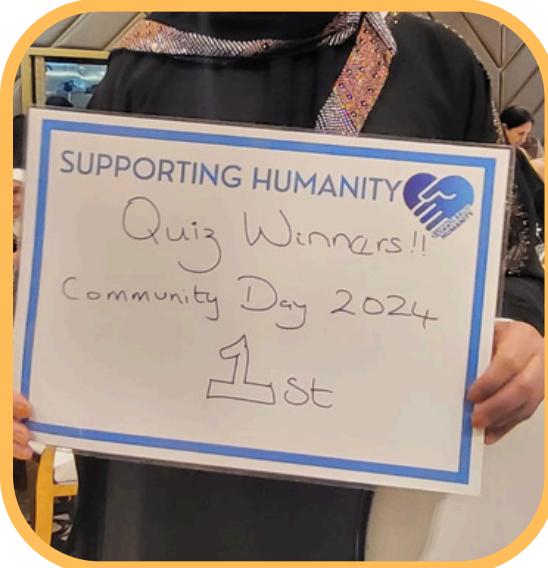
VOLUNTEERS AWARD LUNCH HIGHLIGHTS

February 11th 2024



COMMUNITY DAY HIGHLIGHTS

February 13th 2024





BIRTHDAYS & IMPORTANT DATES

March Birthdays

Sarfaraz Ameen

Ambreen Farooq

Habiba Aklis

A very happy birthday to all from Supporting Humanity!

Religious Holidays

11th March* – Ramadan

21st March* – Nowruz

24th March – Palm Sunday

25th March – Holi

29th March – Good Friday

31st March – Easter

Mental Health Days

1st March – Self-Injury Awareness Day

14th March – University Mental Health Day

30th March – World Bipolar Day

HIGHLIGHTS AND UPDATES



A big welcome to our new Volunteers:

Welcoming our new Supporting Humanity volunteers!

- **Saima Razzaque** - She will be helping with our Over 60's Group
- **Taiwo Akapo** - Doing a Masters in Law, is joining our Data Protection team
- **Aamna Malik** - Joining our fantastic social media team
- **Roland Chang** - An IT specialist in Microsoft PowerApps, is joining our IT team

Thank you and goodbye to our Volunteers:

- **Zainub Patel** - Whose increased commitments outside the charity have meant she is leaving us

SH OPPORTUNITIES



We have several volunteer vacancies detailed below, if you are interested or know anyone that might be, please ask them to contact **recruitmentandtraining@supportinghumanity.org**

- *Mental Health Lead*
- *Social media and marketing creators*
- *Trips Sponsors & Donations Lead*
- *Trips Lunch & Snacks Lead*

CHARITY REGISTRATION: 1193241

Be Our Social Media & Marketing Volunteer

JOIN OUR TEAM!

APPLY NOW AT:
RECRUITMENTANDTRAINING@sUPPORTINGHUMANITY.ORG

CHARITY REGISTRATION: 1193241

We're after a TRIPS SPONSOR and DONATIONS LEAD volunteer

Let's do it together!

JOIN OUR TEAM!

APPLY NOW AT:
RECRUITMENTANDTRAINING@sUPPORTINGHUMANITY.ORG



REMINDERS

REMINDER to all volunteers to please complete the volunteer survey as soon as possible, this is your chance to have your say in what it is like to be an SH volunteer, let us know what is working and what isn't. It is completely anonymous

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

REMINDER to all volunteers when you are going for away for a break or holiday please can you notify both your lead and *recruitmentandtraining@supportinghumanity.org* This is important so that we have sufficient volunteers to cover the services we offer.



WHAT'S COMING UP IN MARCH?

RAMADAN FUNDRAISER

Partnered with:



Belgrave
Community
Centre



HIRE A STALL FOR SUPPORTING HUMANITY'S Ramadan Fundraiser



**Belgrave Community Centre,
285-291 Wanstead Park Road
IG1 3TR**

100%



**Saturday 30th March
12pm - 5pm**

DONATION
SADAQA ELIGIBLE AND ZAKAT
DONATIONS TAKEN

Last year, we raised a substantial amount for the orphans of Turkey and Syria.

This year, we are teaming up with **Save One Life** and **Help Yateem** in supporting **Palestine and Yemen** with teams on the ground!

Don't miss the chance to be a part of this meaningful day, which promises to be a success!



£70 per stall

Stalls taken are for non-food items



Contact sumaiyakhoda@supportinghumanity.org or 07958 487 032 now for sponsorship or stall opportunities and be a part of this incredible event!



**Supporting Humanity's Ramadan 2024 campaign for
Yemen and Palestine! | Supporting Humanity**

Help Tahreem raise £12,500 for Supporting Humanity's Ramadan 2024 campaign for Yemen and Palestine!

[Give Brite](#)



SUPPORTING HUMANITY's



RAMADAN KIDS CAMPAIGN IS BACK!

Where children take over the kitchen!

JOIN US!

DONATE

Raising £10,000

LINK IN BIO

ZAKAT ELIGIBLE

UK REGISTERED CHARITY: 1193241



RAMADAN HAMPER

GHOST BURGERS AND SUPPORTING HUMANITY SPECIAL!

**2 x Ghost Burgers
1 x Strawberry
Mocktail
1 x Passion Fruit
Mocktail**
PRICE: £35



Saturday 30 March

**LIMITED
QUANTITY
ONLY!**

DELIVERY OR PICK UP

For delivery=£5

For pick up:

Belgrave community centre,
Wanstead park road **IG1 3TR**
between **14:30 and 16:30**

Delivery Postcodes

**IG1, IG2, IG3, IG10, E6, E7, E12, E15,
E10 and E11**

**100% DONATION
To**



Proceeds of sale from hamper will be sadaqa

Book Yours NOW! 07958 487 032

**Charity
Partners**



**Belgrave
Community
Centre**



Sponsors





Workshop Feedback

Testimonial from February Men's Janazah Ghusl Workshop:

100% of participants feel their knowledge of Ghusl has improved after attending this workshop

95% of participants felt that the training was easy to understand

"I think everything was conducted beautifully, May Allah bless and reward you all Ameen"

"I signed up for the workshop to be prepared and be able to perform Ghusl for members of my family"



SH Meme of the Month

