

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***

SUPPORTING HUMANITY IS A UK REGISTERED CHARITY: 1193241

Supporting Humanity

The King's Award for Voluntary Service

## Ramadan Mubarak!

Ramadan is the ninth month of the Islamic calendar and is observed by Muslims globally every year.

This year it will occur from Sunday 10th March to Monday 8th April.



# VOLUNTEERS AWARD LUNCH HIGHLIGHTS

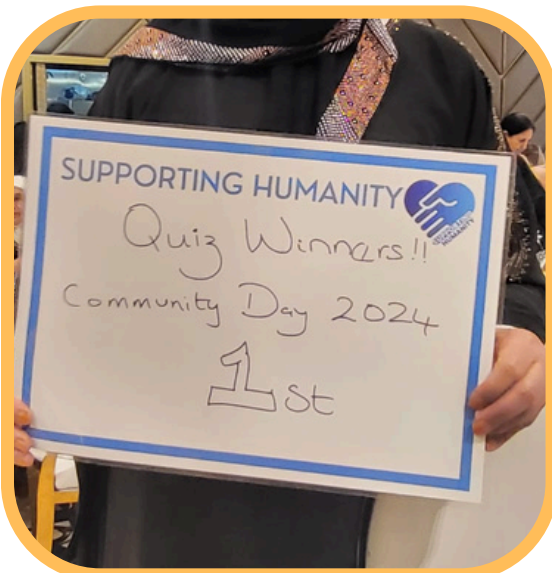
February 11th 2024



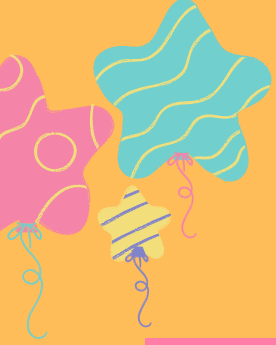


# COMMUNITY DAY HIGHLIGHTS

February 13th 2024







# BIRTHDAYS & IMPORTANT DATES



## March Birthdays

Sarfraz 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](mailto:recruitmentandtraining@supportinghumanity.org)**

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



# 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](mailto: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:

help yateem



Belgrave  
Community  
Centre



## HIRE A STALL FOR SUPPORTING HUMANITY'S Ramadan Fundraiser



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



**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!**

**DONATE** 

**Raising £10,000**

**LINK IN BIO**

**ZAKAT ELIGIBLE**

**JOIN US!**



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

### 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**



**Saturday 30 March**

**LIMITED  
QUANTITY  
ONLY!**



YEMEN



PALESTINE

**VIA TEAMS ON THE GROUND**

*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

