



The King's Award
for Voluntary Service



2024

SUPPORTING HUMANITY NEWSLETTER



**MAY NEWSLETTER 2024
ISSUE 31**

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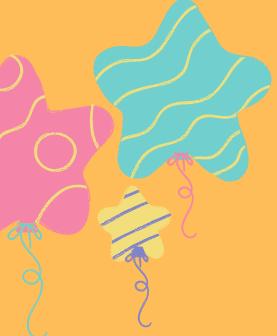


"YOUR FEELINGS ARE VALID"

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

May Birthdays:

Tasnim Choudhury

Rumana Kabir

Sarifa Patel

Tahera Patel

Farah Azeem

Najma Younis

A very happy birthday to all from Supporting Humanity!

Religious Holidays

9th May – Ascension Day

Mental Health Days

3rd May – World Sun Day

6th – 12th May – Dying Matters Awareness Week

13th – 19th May – Mental Health Awareness Week

NEWS & ANNOUNCEMENTS



Last week 2 of our trustees were invited to attend the first Royal Garden Party of 2024 on behalf of Supporting Humanity



NEWS & ANNOUNCEMENTS



We are looking for a new **Trips Sales Manager**. Please apply if you are interested in this role. Alternatively, please share on your social media. Thank you

Supporting Humanity Volunteer Role Description



Supporting Humanity (SH) is a mental health and wellbeing charity that aims to combat the stigma around mental health and support the wellbeing of the communities we serve.

Volunteer role title: Trips, Events, Fundraiser Sales Manager

Work Location: Homeworking

Division/Department: Trips, Events, Fundraising (TEF)

Reports to: Trips, Event, Fundraising Lead

Full-time
 Part-time
 Volunteer

Hours Required: 10-15 Hours per month

Essential Duties and Responsibilities:

The TEF Sales Manager will be responsible for promoting the sales of the events programme – developing a strategy in delivering a range of events that maximises income, drives supporter engagement and raises the charity profile.

The TEF Sales Manager will work closely with the TEF Lead, TEF Operations Manager, Central Trips team and other necessary SH teams to develop and deliver trips, special events that drive major funder engagement, cultivates opportunities and maximises income.

The TFF Sales Manager will be required to lead on promoting the annual programme of TFF and build long term highly

HIGHLIGHTS AND UPDATES



A big welcome to our new Volunteers:

Welcoming our new Supporting Humanity volunteers!

Saima Juneja - She is a trained counsellor and life coach and will be joining our Emotional Support Helpline

Syed Adeel - He will be joining our team as a PowerApps and WordPress specialist

Avtar Sandhu - He will also be joining our team as a PowerApps and WordPress specialist

Lisa Quigley - She is joining as our new Mental Health lead

=Welcome=

WHAT'S COMING UP IN MAY?

MAY SCHEDULE



OVER 60'S CLUB

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



ART THERAPY

- 2pm to 3:30pm
- Location: Frenford Clubs
- Sunday 12th May



BEREAVEMENT SUPPORT CIRCLE

- Second Tuesday of each month
- 7pm to 8pm
- Location: Hidden Space, Gants Hill
- Date: Tuesday 14th May 2024



MAKING MENOPAUSE MAGICAL

- Third Wednesday of each month
- 6.30pm to 8pm
- Location: My Shish Restaurant
- Date: Wednesday 15th May 2024



WOMEN'S JANAZAH GHUSL WORKSHOP

- 1pm to 3pm
- Location: Hidden Space, Gants Hill
- Date: Saturday 27th May 2024

UPCOMING EVENT



Day trip to London Zoo



The King's Award
for Voluntary Service

REGISTERED CHARITY NO: 1193241

As part of Supporting Humanity's aim to empower, uplift and support the community, our day trips help mental wellbeing and tackle loneliness



SUPPORTING HUMANITY'S TRIP TO LONDON ZOO

WEDNESDAY 29TH MAY 2024



Wednesday 29th May 2024



London Zoo



Anyone over the age of 65 residing in the Boroughs of: Barking and Dagenham, Hackney, Havering, Newham, Redbridge, Tower Hamlets and Waltham Forest



A hot lunch and snacks will be provided



Pick up and drop off from Frenford Clubs, IG1 3PS. Trip from 08.30am until 4.00pm*



Actual trip cost £50!!!

Book tickets at the **heavily subsidised price of £19 per person** (plus a £1 booking fee)

SPONSORED BY:



Date and itinerary are subject to change and cancellation. Please refer to our website for full details and policies

FOR MORE INFORMATION OR TO BOOK
TEXT OR WHATSAPP US ON
07498 154 424

We will respond within 48 hours



CHECK OUT OUR WEBSITE

WORKSHOPS

Over 60's club



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

Art Therapy



SUPPORTING HUMANITY IS A UK REGISTERED CHARITY: 1193241

Supporting Humanity presents **ART THERAPY**

with a creative and successful artist and trained emotional support volunteers

More info

- Sunday, May 12th, 2024**
- 13:45PM – 15:30**
- £5 refundable deposit**
- For anyone over the age of 16**



Join us for an art therapy session focused on bereavement, loss and mental wellbeing

LIMITED TICKETS SO BOOK EARLY TO AVOID DISAPPOINTMENT

<https://www.tickttaillor.com/events/supportinghumanity/1082536>

For enquiries email Sumaiyakhoda@supportinghumanity.org

Book now



WORKSHOPS

Making Menopause Magical



CHARITY REGISTRATION : 11193241



LET'S MAKE MENOPAUSE MAGICAL

Let's uplift and support each other through this new chapter in our lives!
Join our free monthly '**MAKING MENOPAUSE MAGICAL**' workshop!

*Specialist advice delivered by experienced and accredited menopause
clinician Veerpal Sandhu @themenopauseclinician*

**WEDNESDAY 15TH MAY 2024
6:30PM TO 8PM
@MY SHISH RESTAURANT**

My Shish

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



SCAN THE QR
CODE TO BOOK
YOUR SPOT!

Scan me to visit
our website!



WORKSHOPS



Relax & Heal Fitness Session



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!

Day: Every Saturday
Time: 10am - 11am
Location: Ilford Islamic Centre 50-58 Albert Road, Ilford, IG1 1HW

Join our weekly session and strengthen your core muscles via stretch focused exercises and breathing techniques!

SCAN FOR UPDATES

THE KING'S AWARD FOR VOLUNTARY SERVICE

SUPPORTING HUMANITY

A QR code is located in the bottom right corner of the pink box.

WORKSHOPS

Bereavement Support Circle



CHARITY REGISTRATION: 1193241



SEEK SUPPORT AND AVOID FACING IT BY YOURSELF

DROP IN TO OUR BEREAVEMENT SUPPORT CIRCLE

**TUESDAY 14TH MAY 2024
7PM TO 8PM**

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

SCAN FOR UPDATES:



**For more info email:
tahreemnoor@supportinghumanity.org**



WORKSHOPS

Women's Janazah Ghusl

SUPPORTING HUMANITY IS A UK REGISTERED CHARITY: 1193241



كل نفس ذائقه الموت
EVERY SOUL WILL TASTE DEATH

A SPIRITUAL
DIVE
INTO

WOMEN'S JANAZAH GHUSL WORKSHOP



Hidden Space -
374 Cranbrook
Road, Ilford
IG2 6HW

SCAN TO BOOK:



SUNDAY

**27th
MAY**

1PM - 3PM



For more info email:

tahreemnoor@supportinghumanity.org

Motivation of the Month



YOU CAN
DO iT

"The month of May is the gateway to summer."

- Jean Hersey



YOU CAN
DO iT!

Brain teasers



**Until I am measured, I am not known.
Yet you miss me, when I have flown.
What am I?**

What rocks but does not roll?

Yuor brian is so pfweroul,
taht it can raed scntenees
wtih mxied up wrods as
Inog as the fsrit and lsat
letetrs are in the rgiht
palce. Tihs is bcuseae the
huamn mnid deos not raed
ervey lteter by istlef, but
the wrod as a wlohe.