

2024

SUPPORTING HUMANITY NEWSLETTER



Supporting
Humanity
2024

AUGUST NEWSLETTER 2024
ISSUE 34

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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



August Birthdays:

Ayesha Begum

Isha Chowdhury

Nafisa Dadabhoy

A very happy birthday to all from Supporting Humanity!

Religious Holidays

August 15th – Assumption of the Blessed Virgin Mary

August 25th – Arbaeen

Mental Health Days

August 30th – National Grief Awareness Day



NEWS & ANNOUNCEMENTS



Holiday & absence reminder

Can all volunteers please remember to email **recruitmentandtraining@supportinghumanity.org** when they go on holiday or are going to be away for any other reason.

This is to make sure we have sufficient volunteers to run our services. Thank you



UPCOMING EVENT



CHARITY REGISTRATION: 119241



SUPPORTING HUMANITY'S MOON WALK

across London key sights for mental health

Essential Info:

WHEN: Saturday 28 September 2024

Arrival Time: 5:30PM **Start Time:** 7PM

WHAT: Walk 10K across London

MEET: Outside Tower Hill Station, Trinity Square Gardens

Age: All ages, families are welcome but under 18s must be accompanied by an adult.

COST: £5.00 registration fee

REGISTER NOW!

[HTTPS://WWW.EVENTBRITE.CO.UK/E/SUPPORTING-HUMANITY-LONDON-MOONWALK-2024-TICKETS-936527929247?AFF=ODDTDCREATOR](https://www.eventbrite.co.uk/e/supporting-humanity-london-moonwalk-2024-tickets-936527929247?AFF=ODDTDCREATOR)

More details on eventbrite link

Donate now!



Donate on givebrite to Help us reach our £10,000 target! Your support will aid in destigmatising mental health, beat loneliness, empower and uplift the community spirit and provide trips for the elderly.



HIGHLIGHTS AND UPDATES



A big welcome to our new Volunteers:

Welcoming our new Supporting Humanity volunteers!

Haniya Tanveer – She will be helping with our over 60's clubs and Yoga

Sydney Conteh – He will be joining our Podcast team

Arzoo Jilani – She will be supporting our burial & bereavement services

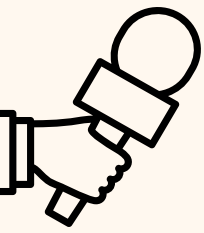
≡Welcome≡

Thank you and goodbye to:

Avtar Sandhu – From our IT team who is having to leave due to family commitments



60 seconds with ...



Till Savager



Q: What is your role at Supporting Humanity?

I am a Trustee and HR Lead

Q: What motivated you to join the charity?

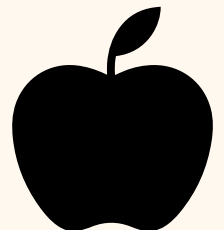
Idris nagged me! Seriously, I wanted to give back to the community and help people

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

That's really hard to answer but think the first trip I went on, which was to Cambridge was when I realised how much joy volunteering gave me, seeing the happy, smiling faces of the attendees!

Q: Tell us a fun fact about yourself!

I have appeared on the front cover of a magazine.

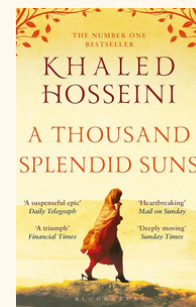


Q: Are you Team Apple or Android?

Apple

Q: Recommend your favourite movie, series or book!

I can't pick one, these are my favourite books -
Memoirs of a Geisha, Arthur Golden & A thousand
splendid suns, Khaled Hosseini



Q: What would be your dream SH trip?

A trip on the Orient Express

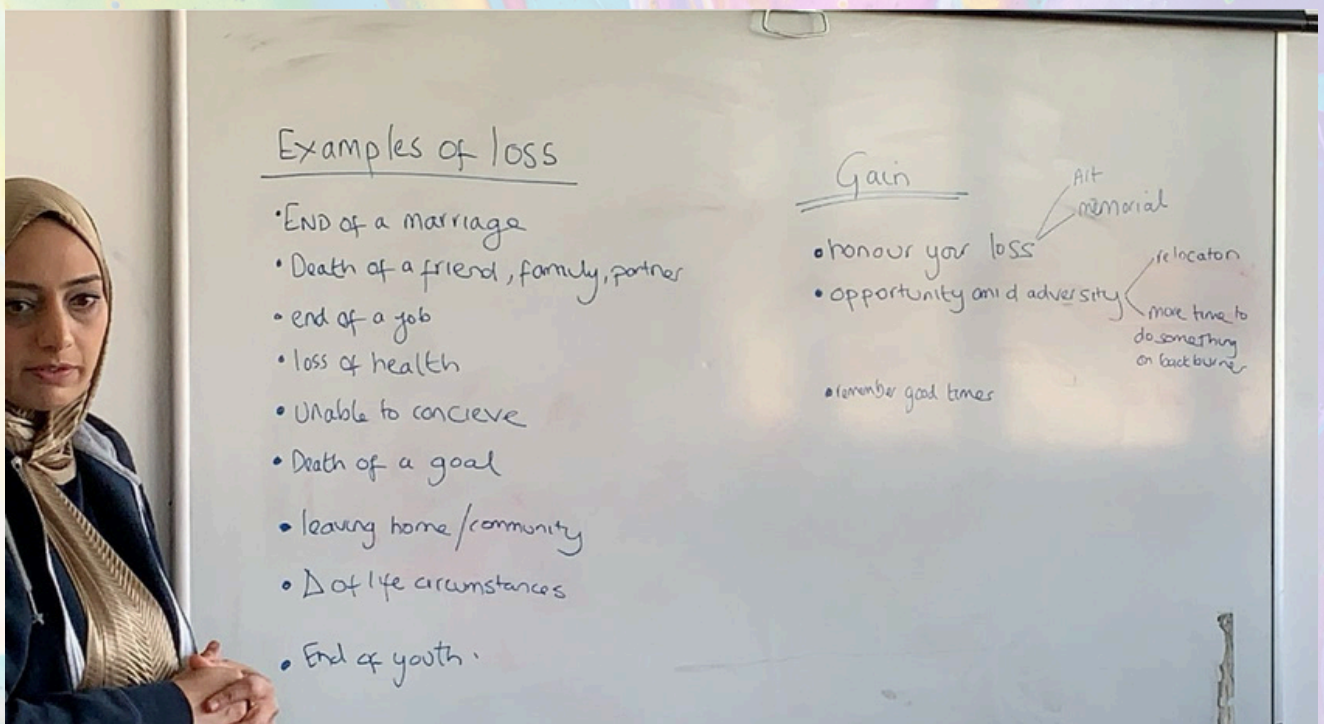
Q: If you could have any superpower, what would it be and why?

I know how corny this sounds, but it would be to create peace in the world. With my magic wand I would want people to focus on the things we have in common, rather than our differences.

ART THERAPY JULY 2024 HIGHLIGHTS



ART THERAPY JULY 2024 HIGHLIGHTS

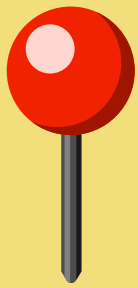


SH CAMBER SANDS 2024 HIGHLIGHTS



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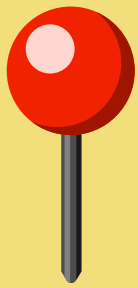




GHUSL WORKSHOP TOUR 2024 HIGHLIGHTS

Derby/Birmingham/Luton





GHUSL WORKSHOP TOUR 2024 HIGHLIGHTS

Derby/Birmingham/Luton



WHAT'S COMING UP IN AUGUST?

AUGUST 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 13th August 2024



LADIES ONLY YOGA

- 1pm to 2pm
- Location: Belgrave Community Centre
- Every Thursday



MAKING MENOPAUSE MAGICAL (FOR MEN)

- Third Wednesday of each month
- 6.30pm to 8pm
- Location: Hidden Space, Gants Hill
- Date: Wednesday 28th August 2024

WHAT'S COMING UP IN SEPTEMBER?

SEPTEMBER 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 10th September 2024



LADIES ONLY YOGA

- 1pm to 2pm
- Location: Belgrave Community Centre
- Every Thursday



MAKING MENOPAUSE MAGICAL

- Third Wednesday of each month
- 6.30pm to 8pm
- Location: Hidden Space, Gants Hill
- Date: Wednesday 18th September 2024

WORKSHOPS

Over 60's club



SUPPORTING HUMANITY IS A UK REGISTERED CHARITY: 1193241



"FUN, GAMES, AND SNACKS... WHAT MORE COULD YOU WANT"

OVER 60'S SOCIAL GROUP
FREE EVERY THURSDAY
10:30 AM - 12:30 PM

285 - 291
Wanstead Park
Road, IG1 3TR



WORKSHOPS

Ladies only Yoga



with San'Ra @vibeyogacoach

YOGA

Ladies only yoga. Every Thursday.
1:00pm-2:00pm. Walk-ins welcome!

BELGRAVE COMMUNITY CENTRE
285-291 WANSTEAD PARK ROAD
ILFORD IG1 3TR

Free!

REGISTERED CHARITY: 1193241



SCAN FOR UPDATES



WORKSHOPS

Relax & Heal Fitness Session



SUPPORTING HUMANITY IS A UK REGISTERED CHARITY: 1193241



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

Don't forget your yoga mats and water bottles!



RELAX & HEAL **Ladies Only FREE Sessions**

Day: Every Saturday

Time: 10am – 11am

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



WORKSHOPS

Bereavement Support Circle



CHARITY REGISTRATION: 1193241



NEED SUPPORT? COME HEAL WITH US

DROP IN TO OUR BEREAVEMENT SUPPORT CIRCLE

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

TUESDAY 13TH AUGUST 2024
7PM TO 8PM



SCAN FOR UPDATES:



For more info email:

tahreemnoor@supportinghumanity.org

WORKSHOPS



Making Menopause Magical **FOR MEN!**

UK REGISTERED CHARITY : 1193241



Making MENopause Magical

For Men!

This month, our FREE Making Menopause Magical workshop is exclusively for men!

Join us for a session featuring male & female speakers who will provide valuable insights on supporting your partner through menopause. Gain knowledge on assisting your partners during this phase and have your questions answered to navigate this new life stage with empathy and understanding.

WHEN

WEDNESDAY 28TH AUGUST
6:30PM – 8PM

WHERE

**HIDDEN
SPACE**

374 Cranbrook Road,
Gants Hill, IG2 6HW
(under Naanstaap)

SCAN HERE TO
BOOK YOUR SPOT



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

Meme of the Month



UK right now 🤔
#heatwave

