



The King's Award  
for Voluntary Service



# 2024

# SUPPORTING HUMANITY NEWSLETTER



**AUGUST NEWSLETTER 2024  
ISSUE 34**

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# CHARITY AIMS

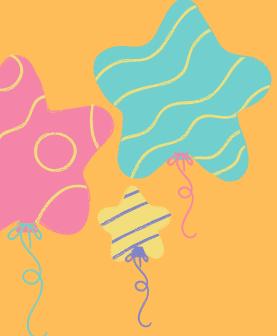


"YOUR FEELINGS ARE VALID"

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

 The King's Award  
for Voluntary Service

 SUPPORTING  
HUMANITY

**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-MONWALK-2024-TICKETS-936527929247?AFF=ODDTOTCREATOR](https://www.eventbrite.co.uk/e/supporting-humanity-london-moonwalk-2024-tickets-936527929247?aff=oddtotcreator)

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

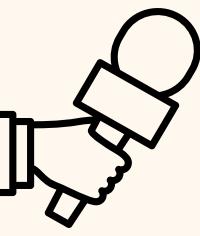
# =Welcome=

## Thank you and goodbye to:

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



# 60 seconds with ...



## Jill 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.

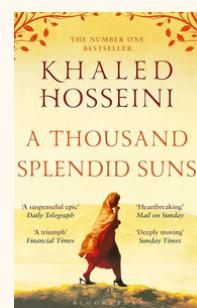


### Q: Are you Team Apple or Android?

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

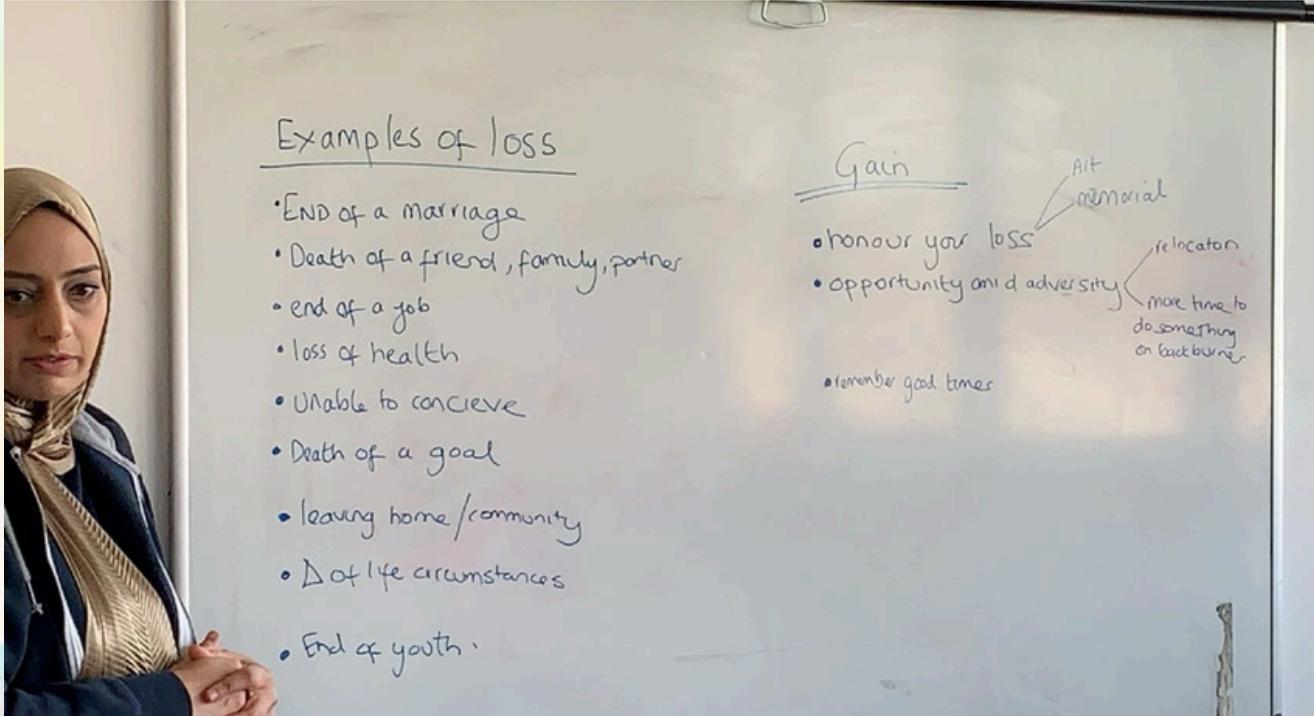
### Q: If you could have any superpower, what would it be and why?

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



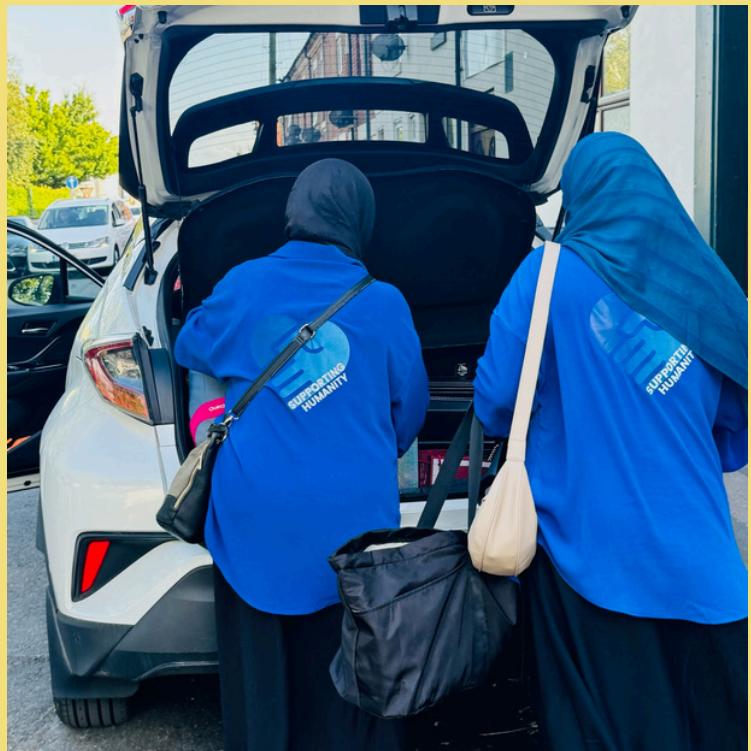
# SH CAMBER SANDS 2024 HIGHLIGHTS





# 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



SCAN FOR UPDATES





# WORKSHOPS

## *Relax & Heal Fitness Session*



SUPPORTING HUMANITY IS A UK REGISTERED CHARITY: 1193241



### **RELAX & HEAL**

**Ladies Only FREE Sessions**

**Day:** Every Saturday

**Time:** 10am - 11am

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



The King's Award  
for Voluntary Service



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!





# 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

For more info email:

[tahreemnoor@supportinghumanity.org](mailto:tahreemnoor@supportinghumanity.org)

SCAN FOR UPDATES:





# 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 28<sup>TH</sup> 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](mailto:tahreemnoor@supportinghumanity.org)

# Meme of the Month



UK right now 😅  
#heatwave

