



The King's Award
for Voluntary Service



2024

SUPPORTING HUMANITY NEWSLETTER



SEPTEMBER NEWSLETTER 2024
ISSUE 35

Table Of Contents

01

Announcements & Awards

02

Birthdays & Holidays

03

Highlights & Updates

04

Workshops and Services

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.





BIRTHDAYS & IMPORTANT DATES

September Birthdays:

Saeed Musa

Saidia Sultana Shah

Zubeda (Zubi) Quddos

Dr Zuzana Winter

A very happy birthday to all from Supporting Humanity!

Religious Holidays

September 15th* – Mawlid an-Nabawi

Mental Health Days

September 10th – World Suicide Prevention 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

SH HAPPY HEADLINES



GOOD NEWS!



Two Supporting Humanity volunteers are tying the knot this month of September! And no, not to each other. We would like to send a heartfelt congratulations to Jill and Ikra for marrying their respective fiancés!



Supporting Humanity was nominated at East London Community Heroes Award 2024 for Community Champion Category. The event was held at Rotary Stratford International and although we did not bring it home, it was an honour to be one of the finalists!



Volunteer Tahreem Noor was nominated at East London Community Heroes Award 2024 Under the “John James Memorial good neighbour” category and proudly took the award home for SH well-being services that she implements, manages or facilitates for the SH community.



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 

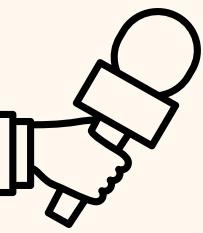
Donate now!



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.



60 seconds with...



Kadija Seth



Q: What is your role at Supporting Humanity?

I am a part of the Social Media and Marketing team, with a focus on the Over 60's club and the podcasts!

Q: What motivated you to join the charity?

My sister was the previous SMM team manager and a few members of my family have been a part of the charity for a long while. When my sister needed some help, I was on hand with the posts and reels that you see, and so I decided to make it official and join. Haven't looked back since!

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

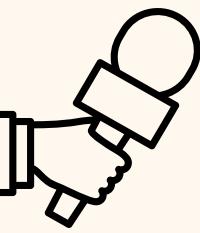
Visiting the parliament last year, and meeting other volunteers was definitely a memorable experience! I am usually behind my laptop editing, so it was nice to meet people and put faces to names.

Q: Tell us a fun fact about yourself!

I have been known to collect hats...you will probably see me wearing one more often than not. My collection is currently at 19!



60 seconds with ...



Kadija Seth

continued...



Q: Are you Team Apple or Android?

Team Android all the way, and no-one can convince me that Apple cameras are better than Samsung!

Q: Recommend your favourite movie, series or book!

My favourite movie of all times is *Crazy Rich Asians*!! But I have also watched over 100 kdramas, so if you need any recommendations or want a good watch, just let me know!

Q: What would be your dream SH trip?

A movie marathon. Can't go wrong with a bag of popcorn and a great show!



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

Have the ability to understand and speak any language. Not just because you're less likely to get scammed when visiting other countries, but I think verbal communication would solve so many issues in the world. Being able to connect with people and understand them, when they feel unheard, is what I would consider a superpower!

WELLBEING SERVICES: SEPTEMBER EDITION



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



WOMENS GHUSL WORKSHOP

- 2pm
- Location: Hidden Space, Gants Hill
- Date: Sunday 29th September 2024

WELLBEING SERVICES: OCTOBER EDITION



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 15th October 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 16th October 2024



WORKSHOPS

Over 60's club

UK REGISTERED CHARITY: 1193241

'I always look forward to these social mornings'



OVER 60'S SOCIAL 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)





WORKSHOPS

Ladies only Yoga



REGISTERED CHARITY: 1193241

The King's Award
for Voluntary Service

with San'Ra @vibeyogacoach

YOGA

Letting my body calm and relax.

Walk-ins welcome

SCAN FOR UPDATES



Ladies only
Every Thursday 1PM-2PM
BELGRAVE COMMUNITY CENTRE
285 - 291 WANSTEAD PARK ROAD
ILFORD IG1 3TR

Free!



WORKSHOPS

Relax & Heal Fitness Session

SUPPORTING HUMANITY IS A REGISTERED CHARITY: 1193241

 The Royal Islamic Charitable Foundation

RELAX & HEAL Sessions

Ladies Only

"I didn't know what the meaning of 'relax' was up until yesterday's session!"

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!

SCAN FOR UPDATES



FREE

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





WORKSHOPS

Bereavement Support Circle

CHARITY REGISTRATION: 1193241



FINDING COMFORT IN GRIEF, JOIN OUR SUPPORTIVE COMMUNITY

DROP IN TO OUR BEREAVEMENT SUPPORT CIRCLE



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

**TUESDAY 10TH SEPTEMBER 2024
7PM TO 8PM**

SCAN FOR UPDATES:



For more info email:
tahreemnoor@supportinghumanity.org

WORKSHOPS

Making Menopause Magical



UK REGISTERED CHARITY : 1193241

Making Menopause Magical



Mood swings, hot flushes, aching joints, let's talk about it all!

Join us this September for our **FREE Making Menopause Magical** workshop. Expert clinician Veerpal will provide invaluable advice and support to help you manage your menopause with confidence.



HIDDEN SPACE

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

**WEDNESDAY
18TH
SEPTEMBER**

6:30PM – 8PM

SCAN HERE TO
BOOK YOUR SPOT



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

Brain activity!



Supporting Humanity Wordsearch

M	G	N	I	T	R	O	P	P	U	S	L	B	S	A	F	R	W	H	B
C	H	F	J	Y	H	W	F	X	V	O	L	R	G	W	H	W	P	W	X
Y	O	T	V	Y	T	K	I	T	A	D	Z	O	S	Y	X	G	F	D	S
X	K	M	G	M	Y	T	S	H	E	A	L	T	H	G	N	R	I	U	F
A	S	J	M	U	W	S	R	J	E	X	V	P	W	Z	H	E	G	E	W
X	S	K	T	U	R	E	E	T	N	U	L	O	V	W	V	M	E	V	U
F	E	I	S	Z	N	N	L	N	F	Y	Q	S	O	R	W	M	U	U	W
F	R	U	X	C	I	I	O	L	X	S	G	O	A	O	M	U	A	E	Y
A	T	F	R	H	R	P	T	Z	B	S	Y	A	E	X	H	S	X	X	T
T	S	K	S	S	J	H	Q	Y	S	E	T	M	O	C	O	N	E	R	I
S	V	N	E	J	I	A	K	E	Y	F	I	P	G	Z	Z	N	N	O	R
P	U	Z	Y	Q	D	P	J	N	L	S	F	N	M	U	O	P	E	N	A
S	T	N	N	T	C	P	T	F	R	O	O	P	G	G	S	I	O	F	H
L	R	K	N	S	I	I	S	R	E	N	R	M	I	J	O	G	C	V	C
J	D	V	Q	W	L	N	P	G	D	Z	Q	E	K	V	T	C	P	C	Q
O	E	D	N	H	A	E	A	T	L	B	U	E	T	O	Q	S	S	Z	G
W	U	U	G	T	N	S	R	M	E	S	V	K	M	N	A	Z	S	P	M
H	T	W	Q	M	F	S	J	D	U	L	R	O	F	A	I	O	D	Y	K
T	L	P	G	B	R	Y	I	D	U	H	G	B	S	Q	H	W	O	U	P
D	D	Y	X	A	O	S	A	W	I	Z	E	G	O	T	Y	Z	N	E	R

SUPPORTING
COMMUNITY
STRESS
VOLUNTEER
SUNSHINE

HUMANITY
ELDERLY
HEALTH
SUMMER

CHARITY
HAPPINESS
WELLBEING
WINTER