

2024

# SUPPORTING HUMANITY NEWSLETTER



SEPTEMBER NEWSLETTER 2024  
ISSUE 35

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# CHARITY AIMS

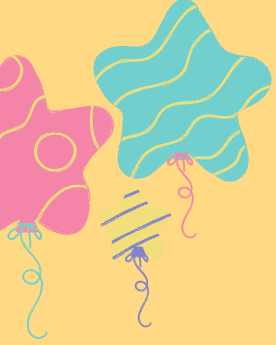


"YOUR FEELINGS ARE VALID"

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



## 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](mailto: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



## 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!

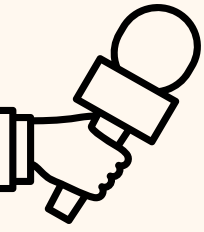


Donate on givebrite to Help us reach our £10,000 target! Your support will aid in destigmatising mental health, beat loneliness, empower and uplift the community spirit and provide trips for the elderly.





# 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?

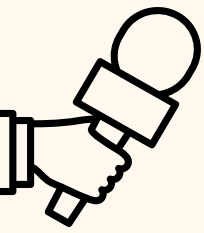
Visiting the parliament last year, and meeting other volunteers was definitely a memorable experience! I am usually behind my laptop editing, so it was nice to meet people and put faces to names.

### 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?

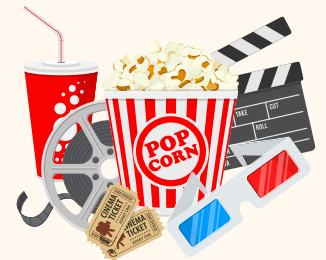
Team Android all the way, and no-one can convince me that Apple cameras are better than Samsung!

### 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
-

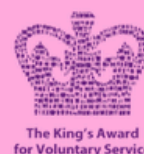
# WORKSHOPS

## 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*

A photograph of a yoga class in progress. A woman in a grey hijab and black outfit is in the foreground, performing a yoga pose with arms extended. Other participants are visible in the background, also in various poses. The room has large windows and blue carpeting.

REGISTERED CHARITY: 1193241

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*

A photograph of a group of women in a large hall, performing a yoga or stretching exercise. They are in a low lunge position with one arm raised. The room has a tiled floor and fluorescent lights on the ceiling. Some women are wearing hijabs.

SUPPORTING HUMANITY IS A REGISTERED CHARITY: 1193241

**RELAX & HEAL**  
Ladies Only Sessions

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!

**FREE**

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

SCAN FOR UPDATES

A square QR code with a small circular icon in the center, located in the bottom left corner of the poster.



# WORKSHOPS

## *Bereavement Support Circle*



CHARITY REGISTRATION: 1193241



# FINDING COMFORT IN GRIEF, JOIN OUR SUPPORTIVE COMMUNITY

**DROP IN TO OUR BEREAVEMENT SUPPORT CIRCLE**

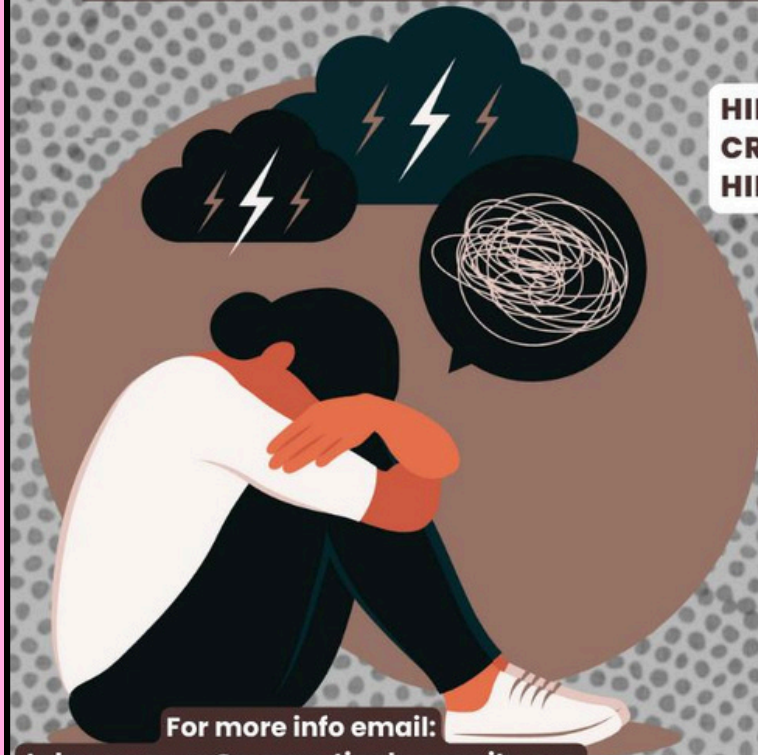
HIDDEN SPACE, 374  
CRANBROOK RD, GANTS  
HILL, ILFORD IG2 6HW

TUESDAY 10TH SEPTEMBER 2024  
7PM TO 8PM

SCAN FOR UPDATES:



For more info email:  
[tahreemnoor@supportinghumanity.org](mailto: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**  
**18<sup>TH</sup>**  
**SEPTEMBER**

**6:30PM – 8PM**

For more info, contact Tahreem Noor on:  
[tahreemnoor@supportinghumanity.org](mailto:tahreemnoor@supportinghumanity.org)

SCAN HERE TO  
BOOK YOUR SPOT



# 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