



# 2024

# SUPPORTING HUMANITY NEWSLETTER



**JULY NEWSLETTER 2024  
ISSUE 33**

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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

## July Birthdays:

N'yahh Crooks

Shaheen Valli

Shehnaaz Patel

Sofia Bhatti

***A very happy birthday to all from Supporting Humanity!***

## Religious Holidays

July 7\* – Hijri New Year

July 21 – Asalha Puja

July 24 – Pioneer Day

## Mental Health Days

July 25 – National Schizophrenia Awareness Day

# NEWS & ANNOUNCEMENTS



## **Making Menopause Magical**

Looking for volunteers (men and women) to help make menopause a positive experience via our educational workshops!

Commitment: 2 hours per month

Meetings: Third Wednesdays of each month.

Venue: Gants Hill

DM Tahreem if you are interested



# NEWS & ANNOUNCEMENTS



Looking for volunteers!

Annual Supporting Humanity Moonwalk -

Save the date

Sat 28th September - Central London

DM Sumy if you would like to help support

# HIGHLIGHTS AND UPDATES



## A big welcome to our new Volunteers:

*Welcoming our new Supporting Humanity volunteers!*

**Ishmal Rathore** - She is joining the SMM team and is excited about the opportunity to join SH!

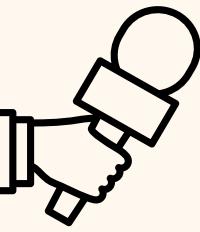
# =Welcome=

## Thank you and goodbye to:

**Saima Juneja** - Due to other commitments Saima can no longer volunteer for SH and we wish her the best for the future!



# 60 seconds with...



# Fatima Azeem



## Q: What is your role at Supporting Humanity?

I love my role at SH, I initially joined as photographer and content creator for the social media team. And now I'm the social media team manager Alhamdulilah, I remember Tahreem asking me to take the role and me being too afraid to accept. But I'm really glad I did, because I have a wonderful team I get to lead!

## Q: What motivated you to join the charity?

I joined because I wanted to pursue my passion for photography in a way that benefitted others. Apart from that, I just wanted to have something to do to keep me busy during university.

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

I don't really have any favourite memories because I love all of my time spent with the charity. Though I think a defining moment for me was when I came to realise people loved me for who I am, even if I am shy and quiet.

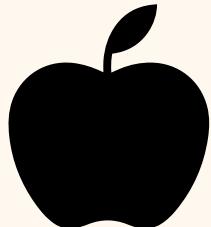
SH is one big family and they've made me feel like I'm an important part of it. They always give credit where it is due, and always make me feel more confident about myself and my photography. I always say this but they were the first people to really support me towards my dreams of being a photographer.

# Fatima Azeem



## Q: Tell us a fun fact about yourself!

I'm addicted to coffee.

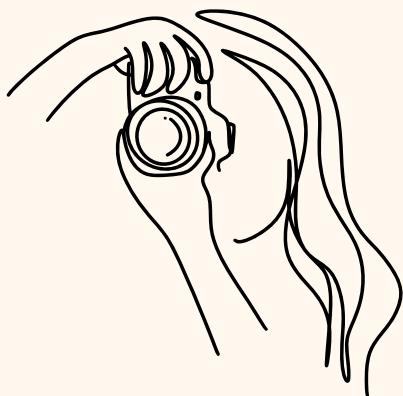


## Q: Are you Team Apple or Android?

This is tricky... I own a Samsung right now but tbh I've always been an apple fan. Will probably go back to apple after this.

## Q: Recommend your favourite movie, series or book!

I love reading so I couldn't tell you my favourite series or book without listing 10 different ones. But one of my favourite series is The Infernal Devices and one of my favourite books is Signs on the Horizons.



## Q: What would be your dream SH trip?

Probably to a trampoline park or adventure course and see everyone turn into a bunch of kids having a lot of fun. I think that would get everyone laughing. I'd love to go anywhere abroad with SH, somewhere I can take lots of photos.

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

I'd want to be able to teleport anywhere in the world. That way I could see my family and friends whenever I wish.

# WHAT'S COMING UP IN JULY?

## JULY 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 9th July 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 17th July 2024



### ART THERAPY

- 1:45pm – 3:30pm
- Location: Frenford Club
- Date: Sunday 28th July 2024



# WORKSHOPS

## Over 60's club



SUPPORTING HUMANITY IS A UK REGISTERED CHARITY: 1193241

The King's Award for Voluntary Service

**OVER 60'S SOCIAL CLUB**

**Learning new skills is lots of fun!**

**Free Every Thursday**  
**10:30 am - 12:30pm**

**285 - 291 Wanstead Park road, IG1 3TR**

**Scan me**

**QR code**



# WORKSHOPS

## *Ladies only Yoga*

SUPPORTING HUMANITY IS A UK REGISTERED CHARITY: 1193241



with San'Ra @vibeyogacoach



# YOGA

## For better Mental Health and Wellbeing

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



Yoga teaches you how to  
listen to your body

SCAN FOR UPDATES



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

It's free!



# WORKSHOPS

## Relax & Heal Fitness Session

SUPPORTING HUMANITY IS A UK REGISTERED CHARITY: 1193241

Ilford Islamic Centre



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!

## 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



# FACING LOSS? YOU'RE NOT ALONE, LET US HELP YOU

**DROP IN TO OUR BEREAVEMENT SUPPORT CIRCLE**

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

TUESDAY 9TH JULY 2024  
7PM TO 8PM

For more info email:

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

SCAN FOR UPDATES:



# WORKSHOPS



## *Making Menopause Magical*

CHARITY REGISTRATION : 1193241



### ★ Making Menopause Magical ★

Join us for our free monthly **MAKING MENOPAUSE MAGICAL** workshop! Connect with other women on a similar journey & gain valuable advice and guidance from an expert clinician on how to manage symptoms.



#### HIDDEN SPACE

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

**WEDNESDAY  
17<sup>TH</sup>  
JULY**

**6:30PM – 8PM**

SCAN HERE TO  
BOOK YOUR SPOT



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



# WORKSHOPS

## Art Therapy

SUPPORTING HUMANITY IS A UK REGISTERED CHARITY: 11193241

### Supporting Humanity presents ART THERAPY

with a creative and successful artist and trained emotional support volunteers

#### More info

- Sunday, July 28th, 2024**
- 13:45PM – 15:30**
- £5 refundable deposit**
- For anyone over the age of 16**
- Frenford Club, IG1 3PS**



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

**LIMITED TICKETS SO BOOK EARLY TO AVOID  
DISAPPOINTMENT**

*Non-attendance/Cancellation 48 hours in advance is non-refundable*

<https://www.ticktaylour.com/events/supportinghumanity/1082624>

For enquiries email [Sumaiyahkoda@supportinghumanity.org](mailto:Sumaiyahkoda@supportinghumanity.org)

**Book now**





# WORKSHOPS

## **Ghusl Workshop Tour**

As part of Supporting Humanity's Ghusl Workshop Tour across the UK, SH toured different cities: Derby/Birmingham/Luton

supporting Humanity is a UK registered charity: 1193241



# GHUSL WORKSHOP TOUR

Scan to book:



كل نفس ذائقه الموت

EVERY SOUL WILL TASTE DEATH

**SISTERS ONLY**

Saturday 27th July 2024 - 6pm

Derby - Jame Masjid & Madrasah Salafiah: 7-7a, 6A  
Hastings St, Derby DE23 6QQ

Sunday 28th July 2024 - 11am

Birmingham - Jami Masjid & Islamic Centre: 521-527  
Coventry Rd, Birmingham B10 0LL



# Meme of the Month



# Brain teasers



Try to decipher this rebus puzzle!

**GIVE GET**

**GIVE GET**

**GIVE GET**

**GIVE GET**

