

2024

# SUPPORTING HUMANITY NEWSLETTER



OCTOBER NEWSLETTER 2024  
ISSUE 36

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# CHARITY AIMS

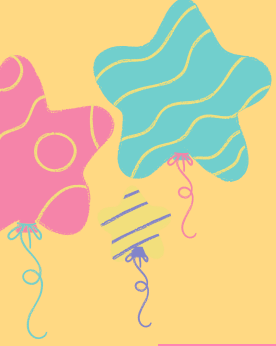


"YOUR FEELINGS ARE VALID"

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



## October Birthdays:

Ayesha Begum

Davide Ponzo

Safiyyah Amejee

Sid Dadabhai

Zara Idris

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

## Religious Holidays

October 3 – Navratri

October 12\* – Yom Kippur

October 17 – 23 – Sukkot

October 31 – November 4 – Diwali

## Mental Health Days

October 10th – World Mental Health Day

October 9th – 15th – Baby Loss Awareness Week

October 13th–19th – OCD Awareness Week

October 28th – World Menopause 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



# ANNUAL MOONWALK 2024 HIGHLIGHTS





# ANNUAL MOONWALK 2024

## HIGHLIGHTS



# SH HAPPY HEADLINES



**GOOD NEWS!**



Supporting Humanity's Mental  
Health Moonwalk 2024 raised  
above the target and a grand total  
of...

**£5,598.12**



*Thank you to our amazing  
supporters and volunteers*



# SUPPORTING HERO'S OF THE QUARTER 2024 WINNERS



## **Q1 – Shehnaaz Patel**

Diligently assumed inventory role. Always supportive, co-operative and team player



## **Q2 – Shaheen Valli**

Exceptional support and organisation of GDPR training



## **Q3 – Zubi Qudoos**

An outstanding volunteer within our organisation. Zubi has consistently demonstrated exceptional dedication across all areas of our charity, particularly in organizing trips, supporting our over 60's programs, and enhancing our wellbeing services.

# SUPPORTING HERO'S OF THE QUARTER

## 2024 SHOUT OUTS

**Farah Khoda** for always keeping everything organised and going above and beyond for trips organisation. Without her they wouldn't be possible

**Khadija** who is always helpful and on it at SH events and never misses a deadline or needs reminding. She's fab.

**Shahana** who is always there to support SH and willing to help on any aspect. Always with a smile

**Salma Patel** as she always so kind and is always the first to say yes to do stuff

**Nasim** and the rejuvenation she tirelessly brings the attendees on Saturday's relax and heal. We ALL love her for what she shares

**N'yahh** who is very proactive and really has improved the IT services

**Fatima Azeem** for being the best SMM manager!

**Ikra** for being full life and zest

**Tahreem**

# FUN QUESTION:

**If you could swap a day in your volunteering life with ONE Supporting Humanity Volunteer, who would it be and why?\***

*(\*Trustees are exempt and cannot be a choice/option)*

Muhammad from SMM because I want to see why he takes 2 months to deliver one reel 😂

It would have to be Irfan Khoda. All I see him doing is standing around looking pretty 😂

N'yahh – I would respond to everyone's IT issues with "turn it off and on again" :)

Rukshana so they can go on cool holidays like her to Australia



**Tahreem!**

The happiness spreader, she sends waves of joy and sound wherever she goes

# LONDON DANGOOR AWARDS!

**A special congratulations to SH as we have been nominated for the London Dangoor Awards**

## **For our Ghusl workshop:**

A special mention of Tahreem & core ghusl team, who been organising, managing and running this programme for 3 years now.



To date we have trained over 2000 sisters on how to wash and shroud, building the SH ghusl team from a handful of sisters to over 300 trained sisters!

## **Making Menopause Magical:**

Shout out for Tahreem and Veerpal, our accredited menopause clinician

An incredible and rewarding journey of educating and changing mindsets has been immensely successful.

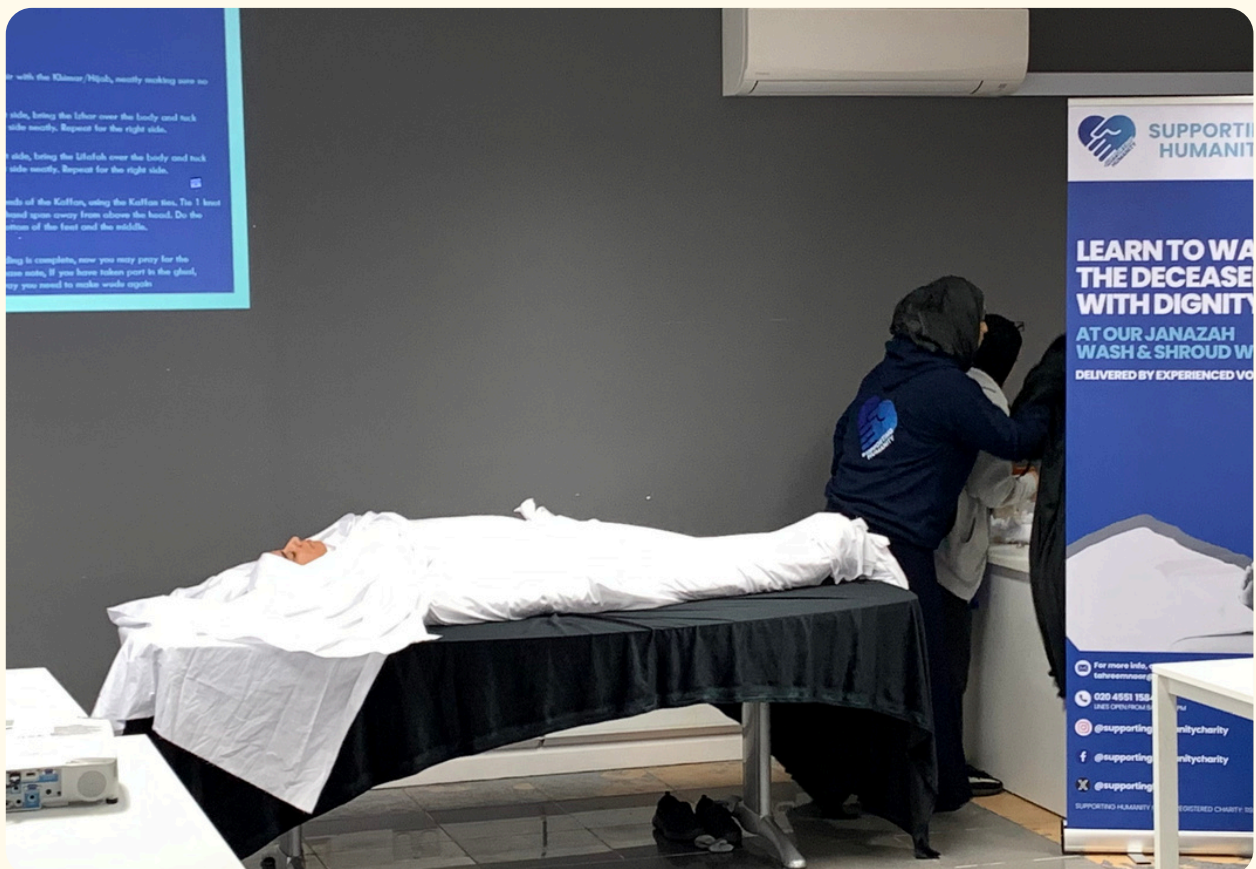
## **Supporting Humanity**

Honoring Idris the visionary for being supporting & our incredible trustees, the core supporters of this vision, who have given their support and investment of time and finances.

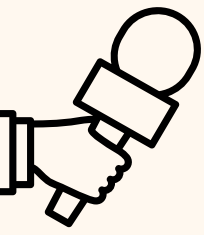


**WE ARE FINALISTS!!!**

Supporting Humanity has been nominated for our **Ghusl Workshops** in the Health & Wellbeing category for the London Dangoor Awards



# 60 seconds with ...



## Sumaiya Khoda



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

I am a Chair of Trustees. My role is to organise the fundraising events and also run the governance team.

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

My friend Jill!!!

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

Saving someone who had climbed up a bridge. I got the police to him and they got him to safety.

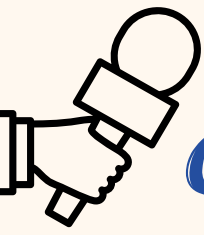
Another is the first ever trip to Cambridge! That was also a major fun memory for me for so many reasons.

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

I find it very difficult to do one thing at a time! I have to multitask or else I get distracted.



# 60 seconds with ...



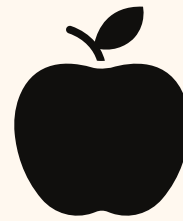
## Sumaiya Khoda



continued...

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

Team Apple!!!



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

Book – A Thousand Splendid Suns

Series – Queen of the South

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

It would require no responsibility, so no dream there!!!

If I was over 65 and joining I would say the lakes.

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

I wish, wish, wish I could save the people of Palestine and end the war.





# UPCOMING TRIP



## SUPPORTING HUMANITY



As part of Supporting Humanity's aim to empower, uplift and support the community, our day trips help to promote conversations about mental health and tackle loneliness.

## VICTORIA & ALBERT MUSEUM and CHRISTMAS LIGHTS TOUR DAY TRIP



Wednesday 18th December 2024\*



Victoria & Albert Museum and Christmas Lights Tour\*



Anyone over the age of 18\* residing in the Boroughs of: Barking and Dagenham, Hackney, Havering, Newham, Redbridge, Tower Hamlets and Waltham Forest



A hot lunch and snacks will be provided



Pick up from Frenford Clubs, Ilford, IG1 3PS  
Trip from 10.30am until 7:30pm



Actual trip cost £35!!!  
Book tickets at the heavily subsidised price of  
£19 per person (plus a £1 booking fee)

FOR MORE INFORMATION OR TO BOOK,  
TEXT OR WHATSAPP US ON: **07498 154 424**

We will respond within 48 hours

\*Date and itinerary are subject to change and cancellation. Please refer to our website for full details and policies  
\*exception for children over 12 accompanied with a guardian

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SUPPORTING HUMANITY IS A UK REGISTERED CHARITY: 1193241

CHECK OUT OUR WEBSITE



# 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 8th 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
- 



## ART THERAPY SESSION

- 1.45pm to 3:30pm
  - Location: Frenford Club. IG1 3PS
  - Date: Sunday 20th October
- 



## WOMENS JANAZAH GHUSL WORKSHOP

- 1.00pm to 3:30pm
- Location: Hidden Space, Gants Hill
- Date: Sunday 27th October

# WELLBEING SERVICES: NOVEMBER EDITION



## OVER 60'S CLUB

- 10:30am to 12:30am
  - Location: Belgrave Community Centre
  - Location: 67 Plashet Grove, E6 1BX
- 



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## MAKING MENOPAUSE MAGICAL

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-

# WORKSHOPS

## Over 60's club



CHARITY NO: 1193241



**SUPPORTING HUMANITY CHARITY**

# FREE OVER 60'S SOCIAL CLUB

No registration  
required!

### DATE:

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

### LOCATION:

167 Plashet Grove,  
**E6 1BX** (Rear Entrance-  
Katherine Road)

### DATE:

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

### LOCATION:

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

### FOR MORE INFO, CONTACT:



020 4551 1584



info@supportinghumanity.org  
sofiabhatti@supportinghumanity.org

Snacks and Treats



Discussions and Debates



Arts and Crafts



Team Building Exercises



Exercises and Physical Games!

Taking place at various  
locations on different days



# WORKSHOPS

## *Ladies only Yoga*



SUPPORTING HUMANITY IS A UK REGISTERED CHARITY: 1193241



I bend so I  
don't  
break.

Walk-ins welcome

SCAN FOR UPDATES



Ladies only Yoga

Every Thursday 1PM-2PM

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

It's free!



# WORKSHOPS

## *Relax & Heal Fitness Session*



CHARITY REGISTRATION : 1193241



## Relax & Heal Ladies Only FREE Sessions

Join our weekly session to strengthen your core muscles via stretch-focused exercises & breathing techniques to heal your mind, soul and body.

Don't forget your yoga mats and water bottles!



Disconnect and breathe

### WHERE

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

### WHEN

Every Saturday

### TIME

10am - 11am



SCAN FOR  
WHATSAPP UPDATES



# WORKSHOPS

## *Bereavement Support Circle*



CHARITY REGISTRATION: 1193241



### GRIEF CAN BE OVERWHELMING

**DROP IN TO OUR BEREAVEMENT SUPPORT CIRCLE**

TUESDAY 8TH OCTOBER 2024  
7PM TO 8PM

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



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

Let's chat, learn and **support** each other!  
Join our **FREE** workshop with a fabulous expert clinician, who is eager to address your questions about menopause and will help you to gain confidence through the gift of knowledge.

**WEDNESDAY 16TH OCTOBER 2024**  
**6:30PM TO 8PM**  
**@HIDDEN SPACE**

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



**SCAN THE QR CODE  
TO REGISTER YOUR  
FREE SPOT**

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

# WORKSHOPS

## Art Therapy Session



SUPPORTING HUMANITY IS A UK REGISTERED CHARITY: 1193241



### Supporting Humanity presents **ART THERAPY**

with a creative and successful artist and trained emotional support volunteers

#### More info

- ✓ **Sunday, October 20th, 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*

**Book now**

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

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

<https://www.tickettailor.com/events/supportinghumanity/1082628>

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





# WORKSHOPS



## ***Womens Janazah Ghusl Workshop***