



# 2024

# SUPPORTING HUMANITY NEWSLETTER



**DECEMBER NEWSLETTER 2024  
ISSUE 38**

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# MESSAGE FROM THE CEO



*As we come to the end of another remarkable year, I want to take a moment to express my deepest gratitude to all of you—our incredible team of over 500 volunteers. It is your unwavering commitment, passion, and generosity that make our work possible. Without you, none of this would happen.*

*This year has been truly special, with outstanding achievements that reflect the hard work and dedication of everyone involved. From delivering vital services to transforming lives, each one of you has contributed to creating a meaningful impact.*

*I'm thrilled that we'll have the opportunity to celebrate these milestones together at the Supporting Humanity Dinner on 20th December at Saffron Luxe. I hope to see all of you there as we honour the incredible work we've done and reflect on the difference we've made. If you haven't already done so, please RSVP to confirm your attendance.*

# MESSAGE FROM THE CEO



*This message is not just a thank you from me, but also from our trustees and, most importantly, the countless families and individuals whose lives you have helped transform. Your work matters deeply, and the difference you make is felt far and wide. As we look ahead to 2025, I'm excited about what's to come. We plan to continue our growth, transformation, and evolution to expand our impact even further. This will include a major emphasis on mental health workshops in partnership with schools, aimed at educating children, teachers, and parents on mental health awareness and well-being, alongside additional workshops to meet community needs. Additionally, we're thrilled about the upcoming launch of our new Supporting Humanity office and community space in Forest Gate, which is currently being beautifully renovated.*

*Together, I know we'll continue to make a lasting difference in the lives of so many. Thank you for being the heart and soul of Supporting Humanity, and here's to an even brighter year ahead.*

**Idris Patel**

# 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



## November Birthdays:

Fatima Azeem

Hana Khan

Hanifah Abdul-Qadir

Salma Patel

Sofia Bhatti

Zulfi Ali

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

## Religious Holidays

November 25th – Day of the Covenant

November 1st – All Saints Day

November 30th – St. Andrew's Feast Day

## Mental Health Days

November – Men's Mental Health Awareness Month

November 2nd – National Stress Awareness Month

November 11 – 17th – Anti Bullying Week



# BIRTHDAYS & IMPORTANT DATES

## December Birthdays:

Fatima Yusuf

Homayra Munshi

Parvez Sharif

Saima Razzaque

Salma Chaud

Shabeda Patel

Shoaib Merchant

Azam Javaid

Syed Adeel

Zarey Chowdhary

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

## Religious Holidays

December 6th – Saint Nicholas Day

December 8th – Buddhist: Bodhi Day

December 25th - Christmas

December 26th – Jan 2nd 2025 – Hanukkah

# HIGHLIGHTS AND UPDATES



## A big welcome to our new Volunteers:

*Welcoming our new Supporting Humanity volunteers!*

**Nafisa Dadabhoi** – She will be supporting our Making Menopause Magical workshops and trips

**Rizwana Patni** – She will be supporting the Over 60's Club

**Madeeha Chowdhury** – She will also be supporting the Over 60's Club

**Zahidah Patel** – She will be supporting our Over 60's Club

**Isma Master** – She is part of the Ghusl workshop core team

**Salman Patel** – He is already a SH burial volunteer but will now also be joining the SMM team

# =Welcome=

***We also have to say thank you and goodbye to some leavers Ayesha Begum, Ishmal Rathore, Kurt Saliba, Firoza Randera & Parvez Sharif.***

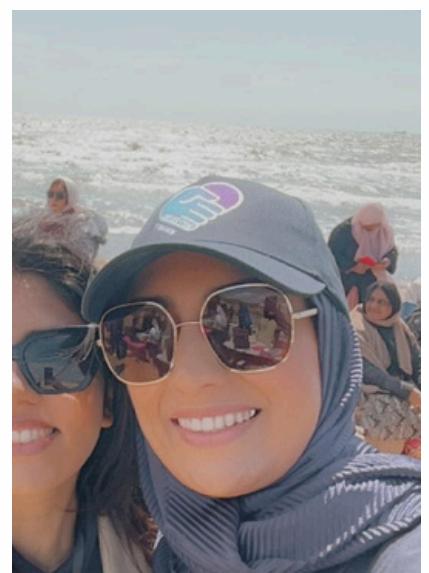


# LEADERSHIP SHOUT OUTS

*Sumaiya keeps the Trustees on their toes, and chairs the regular meetings. She is also governance lead, manages the Art Therapy workshops every quarter and organises the annual Ramadan food sale and Moonwalk.*

*Additionally, she also keeps an eye on the ES line!*

*Plus much much more!*



# LEADERSHIP SHOUT OUTS

*N'yahh and the wider IT team have made an enormous contribution to the charity. Under N'yahh's leadership the IT of the organisation has been transformed and no challenge is too small for the team. Amazing, continuous, consistent contributions.*

# MESSAGE FROM TOP OPS

*We want to extend our heartfelt gratitude to each of you for your unwavering dedication and hard work.*

*Your commitment to Supporting Humanity and the countless hours you invest make a profound difference in the lives of those we serve. So thank you for your continued support and for being the driving force behind our success.*

# SUPPORTING HERO OF THE QUARTER 4



*Congratulations to our Supporting Hero of the Quarter!*

## Salma Patel



*Thank you for frequently helping out across both over 60's club locations and continuously coming up with interesting and engaging activities to do with the elderly!*

# SPECIAL SHOUT OUTS

Zubeda Qudos she always delivers the chair exercises so well, also she always volunteers in other areas of the charity where help is needed

All the volunteers Rukshana, Safiyah S, Shahana, Saimas, new volunteers: Madeeha, Zahida that help out when there's been limited volunteers they truly dedicate time, effort to Over 60s at Katherine Road.

Rukshana - She's always the first to volunteer for snacks canvassing Dry runs 60s and if nothing more her journey of trauma to volunteer genuinely

Sofia Bhatti for going over and beyond without complaining and for her passion dedication and her time for the Over 60s clubs.

Saima , not easy to come in last minute but she's happy take the effort . Always happy to help

Over 60's leads!

N'yahh so helpful he keeps SH ticking

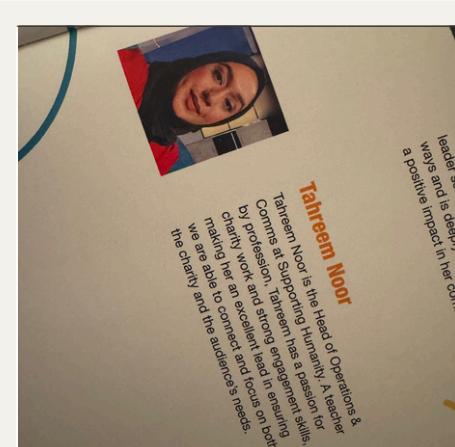
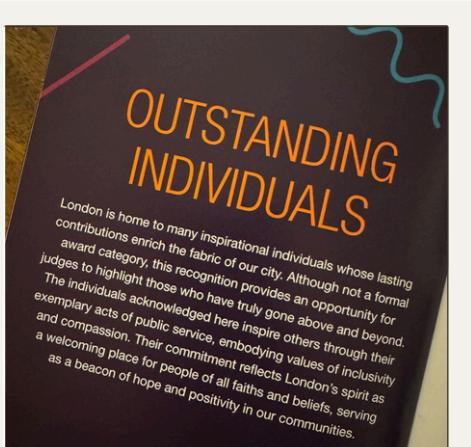
Shahana, she's always helping out at the Over 60s and always down to help at the Katherine Road site when they're short of volunteers. Always such a kind and generous soul!

# SH HAPPY HEADLINES



# GOOD NEWS!

*Tahreem Noor has been selected out of 100+ nominations to receive an outstanding individual award at the London Dangoor Awards*  
*Congratulations Tahreem!*



leader...  
ways and is deeply involved in her community.  
a positive impact

# 60 seconds with...



## *Hanifah Abdul Qadir*

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

I work at the Over 60s Club, where I engage with our senior community members, ensuring they have a supportive and enjoyable environment.

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

My initial motivation was to participate in washing mayats, but as I became involved, I found a deep connection with the community and decided to expand my role.

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

My favourite memory is the night at Wazir, where we had some truly memorable and lively conversations that brought us closer together as a team.

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

How about I write this as two truths and one lie:

- One of my favourite foods is shark
- I can do special effects makeup
- I know how to ride a motorcycle

# 60 seconds with...



## *Hanifah Abdul Qadir*

**continued...**

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

I have an iPhone but I'm not Team Apple

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

I can only recommend a movie, series or book based off of what the person I'm talking with is into.

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

It'd be fun if we went to an escape room together as a trip or Umrah.

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

My superpower of choice would be the ability to do anything I think of. This power would allow me to help others in limitless ways and adapt to any situation instantly.

# OVER 60'S CLUB ANNOUNCEMENT

*Our very own Mr. & Mrs. Over 60's are delighted to announce that the Over 60's Club is moving to a new venue and will now be held every Tuesday instead of Wednesday!*



*Stay tuned for news of a third Over 60's Club opening very soon!*

# UPCOMING EVENT



YOU\* ARE INVITED TO  
*Supporting Humanity's*  
ANNUAL  
VOLUNTEER  
DINNER

FRIDAY

20

AT 18:00

DECEMBER 2024

Saffron Luxe  
300 Lee Bridge Road  
E10 7LD

Mandatory RSVP to Shehnaaz by  
Tuesday 10th December  
07753965239

\*You + an additional guest (age 12+)

# UPCOMING TRIP



The King's Award  
for Voluntary Service

## 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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CHECK OUT OUR WEBSITE



SUPPORTING HUMANITY IS A UK REGISTERED CHARITY: 1193241

# WELLBEING SERVICES: DECEMBER EDITION



## OVER 60'S CLUB

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

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## RELAX & HEAL FITNESS SESSION (LADIES)

- 10am to 11am
- Location: Ilford Islamic Centre
- Every Saturday

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## BEREAVEMENT SUPPORT CIRCLE



- Third Wednesday of each month
- 6.30pm to 8pm
- Location: Hidden Space, Gants Hill
- Date: Wednesday 18th December 2024
- In person and Online

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## WOMENS JANAZAH GHUSL WORKSHOP

- Location: Hidden Space, Gants Hill
- 1pm to 3:30pm
- Date: Sunday 15th December



# WORKSHOPS

## Over 60's club

CHARITY NO: 1193241



**SUPPORTING HUMANITY CHARITY**

# FREE OVER 60'S SOCIAL CLUB

No registration required!

**DATE:**

Free Every **Tuesday**  
11:00 am - 13:00pm

**LOCATION:**

*Katherine Road  
Community Centre  
254 Katherine Road,  
E7 8PW*

**DATE:**

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

**LOCATION:**

*Belgrave Community  
Centre  
285 - 291 Wanstead  
Park road, IG1 3TR*

**FOR MORE INFO, CONTACT:**

 020 4551 1584

 [info@supportinghumanity.org](mailto:info@supportinghumanity.org)  
[sofiabhatti@supportinghumanity.org](mailto:sofiabhatti@supportinghumanity.org)



*Taking place at various  
locations on different days*



# WORKSHOPS

## *Relax & Heal Fitness Session*

SUPPORTING HUMANITY IS A REGISTERED CHARITY: 1193241

Ilford ISLAMIC CENTRE

## 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

**Ilford Islamic Centre**  
The King's Award  
For Voluntary Services

# WORKSHOPS

## *Bereavement Support Circle*



CHARITY REGISTRATION: 1193241



# LOSING SOMEONE CAN BE LONELY

**JOIN OUR BEREAVEMENT SUPPORT CIRCLE**

TUESDAY 10TH  
DECEMBER 2024  
7PM TO 8PM

**FREE!**

**ONLINE  
AND  
IN PERSON!**

FOR MORE INFO  
ABOUT ONLINE



For more info email:  
[tahreemnoor@supportinghumanity.org](mailto:tahreemnoor@supportinghumanity.org)

# WORKSHOPS



## Women's Janazah Ghusl Workshop

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# THE RITUAL OF GHUSL

DISCOVER THE SACRED CLEANSING OF  
FEMALE GHUSL

SCAN ME  
TO BOOK!



Sunday 15th December 2024

1pm to 3.30pm



Hidden Space  
374 Cranbrook Road  
Ilford, IG2 6HW







# Brain teasers



**What occurs once in a minute,  
twice in a moment and never in  
1,000 years?**

Answer: The letter 'm',

# Motivation of the Month



“Every time you tear  
a leaf off a calendar,  
you present a new  
place for new ideas.”

—CHARLES KETTERING,  
ENGINEER AND BUSINESSMAN

YOU CAN  
DO IT!