

**EVERY  
HUMAN**  
RAMADAN 2022  
WEEK 3

# RAMADAN 2022 >

## The difference a year makes

How your donations last  
Ramadan transformed  
Niaz's life

## The lives you've saved this Ramadan

You helped us to raise  
money for 11 people who  
need urgent medical  
attention. Meet them here!

**Hi**  
HUMAN  
APPEAL



# EVERY HUMAN LITE WEEK 3

As we round off the third week of Ramadan, we've all been kicking our worship up a gear as we seek out the blessed night of Power.

**The Messenger of Allah, peace be upon him, said, The Night of Decree is better than a thousand months. The angels and the Spirit descend therein by permission of their Lord for every matter. Peace it is until the emergence of dawn. (Quran 97:3-5)**

It's easy to get caught up in the big picture, so let's remember to value the small blessings in our day – moments of joy shared with loved ones, that excited rush in the minutes before iftar, and the serenity of sujud.

Our third Ramadan lite edition of Every Human is back to bring you all the latest insights and information from our Ramadan work around the world from our first week of Ramadan.

We'll be updating you on all our Feed the Fasting distributions – a live, unfolding look into how your donations have helped the most vulnerable to stay nourished in Ramadan. We'll also introduce you to Ahmed, our Communications Officer in Yemen who'll explain how our distributions have been going, and you'll also meet Hind, a volunteer who's been working on events in the UK this Ramadan.

It's a chance to meet some of the people you helped to raise funds for last Ramadan – you'll hear how Niaz is getting along. And we'll hear from Muhammad, a 70-year-old who found great comfort in the food parcel you provided this year.

A big thank you to our staff at Al Imaan Hospital in Syria, who successfully delivered triplets to parents Sana and Hassan, who had been hoping for children for six long years. May your new bundles of joy bring you blessings upon blessings.

So come, join us in these final merciful days of Ramadan, and get to know our projects, staff, and those we help a little better.

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Distributing boxes of goodness in Syria

## RAMADAN LIVE

Since our last edition of Every Human in the second week of Ramadan, we've been busy distributing food parcels and carrying out projects across nine countries.

- In Gaza, we've provided **61** families with food vouchers to last two weeks, as well as a further **103** families with vouchers, with a focus on families with orphans or a member with Down's syndrome.
- We also opened a desalination plant at a centre in Gaza that supports children with Down's syndrome, providing **1,189** children with safe drinking water.
- We distributed **750** family food parcels in Tehsil Dhrikot, Pakistan-administered Kashmir.
- In Somalia, we distributed **10** wheelchairs to children and elderly people.
- We continued our daily hot meals to **200** day labourers in Pakistan, across different locations in Lahore and Islamabad. That's **7,000** hot meals since our last update!
- In preparation for Eid, we've distributed Eid gifts to **259** children in Pakistan.
- We also provided food parcels to **48** Afghan refugees in Bagh, Pakistan-administered Kashmir.
- In Kabul, Afghanistan, we distributed **350** family food parcels and **700** hot meals.
- Our UK volunteers arranged litter pick-ups in Bradford, Glasgow and Manchester.
- And in Syria, we've provided **329** displaced families in camps across five areas with nutritious food parcels to last the entire month – helping a total **1,974** people.





Providing the gift of clean water

We're also responding to the recent escalations in Palestine, distributing food to injured people, and medicine to hospitals treating casualties.

Last Ramadan, your charity allowed us to provide **178,627** people with iftar across **10** countries – that's **43,725** more people than the previous Ramadan.

You provided **21,535** nutritious food parcels to last the entire month, **18,520** hot meals, and **21,558** people received food vouchers.

This year, even more people around the world are going hungry, so we're working harder than ever to help the most vulnerable to have enough food for Ramadan and Eid.

Keep an eye on our social media platforms and newsletter for all the latest updates from our Feed the Fasting campaign.



Delivering iftar parcels in Pakistan

# HOW ARE DISTRIBUTIONS IN YEMEN GOING?

**Ahmed Alyazli** is our communications officer in Yemen, he's been with Human Appeal for a year and a half. Let's hear from him how distributions are going in Yemen.



The Ramadan food parcel distributions have been running smoothly – we doubled our distribution staff to make it faster and easier for people to receive what they need. By the end of Ramadan, we'll have distributed food parcels weighing over 100 kilograms to 2,096 families, helping 14,672 people to eat well throughout the holy month.

While we were distributing, I saw people thanking Allah swt for sending food for their children during Ramadan. Some of them said that this food came at a time when there was absolutely nothing available for their families to eat. Hearing them utter duas during distribution makes my day and keeps me motivated to keep helping people, alhamdulillah.

But there is still a great need for more donations to Yemen, we are going through the worst humanitarian crisis - more than half of Yemenis don't have a stable source of income. We're talking millions of people who have been affected by war, losing their jobs, displaced, with vulnerable people becoming poorer in a way that needs a complete humanitarian response – in terms of food security, health, education and livelihood projects for the communities to become more resilient.

For me, there have been so many touching moments this Ramadan – this year my work has spread so much happiness. I met this one woman at a distribution. She was sitting

on the floor looking exhausted so I started talking to her. She told me she lives with her son who has learning difficulties and that since she doesn't have a source of income she walked the entire way to the distribution because she couldn't afford a bus.

She told me that some days their meals are just bread and tea twice a day so with this distribution she felt like her prayers were answered. I took her to the distribution desk and helped her receive her food parcel, and then we dropped her at home. She was really emotional that she and her son would have enough food for the whole month.

So when you see a person, you might not notice anything remarkable about them, but everyone hides a struggle, and I was really grateful to be able to help her, and I hope we can help more like her this Ramadan and throughout the year, inshallah.

This Eid, I'm looking forward to being able to spread relief through our Eid al-Fitr projects. I wish everyone could spend Eid with food on their table, never having to worry about their children sleeping hungry. Inshallah, together we can make that a reality one day.



Delivering essential food packs and vouchers to vulnerable children in Yemen



# LIVE TV APPEALS: HOW YOU SAVED LIVES

In this blessed month, we've hosted seven live appeals on Islam Channel and ARY News. While we raised money for our long-term projects that transform lives with clean water sources, education, hospitals, and livelihoods, we also were raising funds for a few urgent health cases that will save the lives of some of the people we're helping.



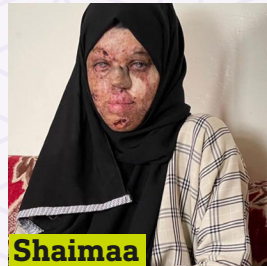
**Aisha**

Ten-year-old Aisha from Syria, who has an autoimmune disease and needs specialised testing and treatment.



**Hisham**

Five-month-old Hisham from Yemen who needs scans and urgent surgery.



**Shaimaa**

Shaimaa, a twenty-year-old Yemeni who needs treatment for skin cancer.



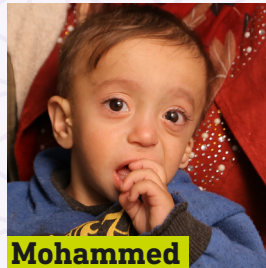
**Haitham**

Nine-year-old Haitham from Yemen who has been waiting for cancer treatment since he was diagnosed at just two months old.



**Sarfaz and Tania**

Siblings Sarfaz (13) and Tania (11) from Pakistan who have Thalassaemia, a blood disorder.



**Mohammed**

One-year-old Mohammed from Syria who needs multiple surgeries on his ear for a condition that could become terminal.



**Doa'a**

Doa'a, a 10-year-old from Yemen who has Down's syndrome and needs surgery to treat a heart condition.



**Rayan**

Two-year-old Rayan from Gaza who needs eye surgery to restore his vision.



**Bushra and her sons Saad and Hannan**

Bushra, who has breast cancer, her older son who has heart perforations, and her younger son, who has a germ cell tumour.

Every single one of these people will now receive treatment for their life-threatening health conditions thanks to your generous support.

May Allah swt reward your generosity, and heal all of them from their sicknesses.

# A MONTH WITHOUT WORRY

Sadly many who live in Syria's camp for displaced people are elderly. Muhammad is 70 years old and lives in a tent with his wife, Warda, 60, and their eight children, in Abnaa Soran camp in Idlib.



Light relief this Ramadan

"I have eight children and we live together in a very small tent that can hardly accommodate us. Four of them suffer from epileptic fits and I feel great pain for them and fear losing them. I am in agony whenever they feel pain. I suffer from many illnesses, but I only worry for my children. There is no rest at all. They ask me for so much that I can't provide. What hurts me the most is their demand for food, because I can't provide any.

"But today was a different story. The Human Appeal field team visited our camp and provided us with food parcels with

vital items, such as flour, sugar, grains, bulgur and cooking oil. The essentials that help us prepare a basic meal, which is essential during Ramadan.

"This food parcel can meet my family's needs for a month. A whole month where we can be confident that we'll have food to break our fast. Thank you. These parcels mean that I don't have to worry about securing food for a full month. Thank you. Thank you to everyone who contributes to this generous support. I ask God to double your reward."





Hind in action cleaning up the streets of Glasgow

# TRANSFORMING YOUR COMMUNITY THROUGH VOLUNTEERING

**19-year-old Hind has been volunteering with Human Appeal for three years. This Ramadan, she's been volunteering in Glasgow cleaning up the streets and helping our events to run smoothly. Let's hand over to Hind!**

I've helped with two clean-ups, including one this Ramadan. On the last clean-up we focused on the central masjid, and then the area around it, which is actually my local neighbourhood. Cleanliness is half of our faith, as our beloved Prophet (PBUH) said, so it was nice to reflect this back to the community during Ramadan. Everyone is also supportive of one another during this time, and we still manage to enjoy ourselves because of the tight-knit community we've managed to create for the past few years.

We managed to collect 3-4 bags of rubbish, and taking before and after pictures of the environment showed us the difference we made. People on the street would smile at

us, and I think part of the reason is because it was a little unexpected for them to see young people volunteer for tasks like this, and I think it made them happy to see it.

This Ramadan, I co-organised a trivia and iftar night for volunteers for around 30 volunteers. Some of them came a few days early to decorate the office and put up lights. On the night, each person brought a dish from home which gave it a very personal vibe. The winners of the trivia game won some sweets to take home, and although we volunteer to be able to contribute to good causes, it's also nice to have small events for us to get together and have a good time.

Soon, I'll be travelling to Birmingham for the Mufti Menk conference, which I know many other volunteers are excited to attend too. It's a great opportunity and gives us a chance to have an important experience that we'll all look back on one day.

# THE DIFFERENCE A YEAR MAKES



Niaz and family in their new home

Last Ramadan, we introduced you to Niaz. After his father passed away, one by one, Niaz and his sisters developed disabilities, and Niaz felt an immense responsibility to provide for his sisters, but had no way to earn a living.

One year on, and you have helped to transform Niaz's life, providing him with a new home with a toilet, water tank, and a solar-powered light and fan. You also provided him with a pair of goats and cows which produce milk to provide an income, allowing Niaz to pay for his family's needs.

"My heart is overjoyed, I am at peace," he said. "Before, we even used to worry about affording tea. We used to be in a much worse condition, without any water source and sleeping in a mud house."

"This house we have now has everything. When it used to rain, it would wake us in our sleep, and we'd always be thinking about getting wet. Now it's not a big deal, even if it rains heavily. In order to live, I still work. Now we have a pair of goats and cows, which I'm very happy about.

"We manage our household expenses through some help and my work. We're happy that Human Appeal thought about us. And we pray that Allah blesses you so that you can continue helping everyone."



# SHARED BLESSINGS

Don't forget to seek out the blessings of Laylatul Qadr in these last nights of Ramadan.

The Messenger of Allah (PBUH) said:



*"Whosoever spends the night of Laylat al-Qadr in prayer out of faith and with the hope of reward, all of his previous sins are forgiven." (Bukhari, Muslim)*

