

EVERY HUMAN

EID AL-FITR 2024



Your mercy in action

All the latest from our distributions across 13 countries.





Reading the Quran in Pakistan.

EVERY HUMAN RETURNS! EID AL-FITR AND THE LAST DAYS OF RAMADAN

Every Human is back to bring you all the insights and information from our work during the last days of Ramadan and throughout Eid. It's a peek into our food distributions, long-term projects, and the people who get your donations to where you intended, every single day.

We'll be updating you on our Feed the Fasting distributions from the last 10 days of Ramadan, – a look into how your donations helped the most vulnerable to stay nourished in Ramadan.

May Allah accept your duas and reward all your worship throughout Ramadan and Shawwal.

So come, take a peek behind the curtain of Human Appeal's work throughout the last Ashra and Eid, and get to know our projects, staff, and those we help a little better.

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On the last day of Ramadan, Human Appeal continued to distribute food parcels.

RAMADAN LIVE

Here we share some snapshots of our work across 13 countries, as well as updates on our distributions across the final nights of Ramadan and the days of Eid.



Gaza

In Gaza, we distributed **333,120** hot meals, and **8,529** food parcels.



Iraq

In Iraq, our team completed the second round of food parcel distributions to orphan children in Mosul, and distributed hot meals to Syrian refugees in Iraq.



Pakistan

In Pakistan, we provided **120** food parcels in Kashmir and Mansehra, and cash assistance to **718** orphan families in Pakistan-administered Kashmir, as well as **250** Eid gifts to the children of flood-affected areas in Sindh.



Somalia

In Somalia, we distributed over **764** food parcels to families in Deynile and Kahda districts, and actively provided medical nutritional services to children in Somalia.



SOMALIA

Mother and child at a nutrition clinic run by Human Appeal.



Syria

In Syria, we distributed **590** hot meals to orphans and in Sarmada, and **745** food baskets in the areas of Harem, Sarmada and Maarat Misrin. We additionally continued to distribute cash vouchers to **325** families monthly, as well as over **599** cash vouchers to assist families in the Sarmada region with purchasing food over Eid.



Yemen

In Yemen, we distributed **366** food parcels to families from vulnerable communities in the city of Taiz, and distributed cash assistance to vulnerable families to help them buy food over Eid.



Over Eid Al Fitr

During Eid, we delivered joy to children in Gaza by distributing toys, boxes of cookies, care packages, Eid gifts, and cake, benefiting **5,000** individuals. Additionally, we provided essential food parcels to support over **30,000** people across Gaza.

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



SYRIA

93 food baskets were distributed in Al-Walid camp in Sarmada, Syria.



IRAQ

Brothers at a distribution event in Iraq.



PAKISTAN

Ramadan food parcels being carried back to families in Lebanon.



Children being entertained over Eid



Eid gifts being handed out to children



Children being entertained over Eid



Children in Gaza who have just received Eid gifts.



A young girl, injured in Gaza, is given a doll for Eid.



Zakat al-Fitr donations being distributed in Gaza.



Zakat al-Fitr donations being distributed in Gaza.



Children in Gaza who have just received Eid gifts.



Child receiving treatment via our mobile clinic in Gaza during Eid.



Al Zohoor Town

BATOOL'S PROTECTION TEAM IN SYRIA ELEVATES AND EMPOWERS WOMEN

Batool is a protection officer for Human Appeal, based in Al Zohoor Village, one of Human Appeal's purpose-built towns in Syria, where we've so far provided **10,000** people with long-lasting homes. Working across the towns, Batool runs protection activities, focusing on equipping women, children, and parents with the tools to identify, prevent and take action against vulnerabilities – such as exploitation, mental health crises, and gender-based violence. Batool tells us about one case where her protection team helped to change a life.

"Sister Iman caught my attention when I was giving a presentation one day. I noticed that she was suffering. She was experiencing a great deal of psychological pressure, and I asked her if she would like to talk to someone in private.

"We provided Iman with special counselling sessions, and she was eventually able to overcome her challenges.

"Since then, she's joined our women's protection committee in order to help other women.

"She's a very special person. She lost her husband, three children, brother, and her father in the war. She had almost no one left. First we provided her with a long-lasting home in Al Zohoor town, close to

her uncle. Yet she still struggled with deep trauma having lost so many loved ones.

"Everyone in the camp received protection services, including counselling sessions. Iman is beginning to form a new life, and has become a role model to the women around her.

"She is helping others and her goal is to work with children. She's a very active member of the community and I am honoured to know her.

"I'm proud to work at this camp with the help of the protection department team at Human Appeal."

Thank you for helping us to deliver quality, well-rounded care to people who have fled violence, and left their entire lives behind.

THE MOBILE CLINIC SAVING LIVES IN GAZA

Human Appeal's mobile clinic moves to a different UN school shelter each week, providing displaced Palestinians with vital medical services.

"This clinic is being implemented by al-Awda Association and Human Appeal," Dr Mohammed Barhoum explained. "It provides primary healthcare for displaced people in shelters. This school shelter hosts more than **2,600** people. Almost half of them are children."



"May Allah reward the doctor for treating me and helping us to survive. The medical team here provide all the patients with what they need. Alhamdulillah."

Huda, patient at our mobile clinic



"I'd like to thank everyone involved in this clinic and the donors. Every school shelter should have a clinic like this one."

Ahmed, patient at our mobile clinic



"This service is alleviating a lot of suffering. We were struggling to access the overcrowded health centres. Thanks to all and to Human Appeal."

Hamza, patient at our mobile clinic



Child having just received medicine for a cold



Prescription being provided at the mobile clinic.



Patient being examined.



Infant provided with oxygen at the mobile clinic.

Human Appeal is one of the only charities in Gaza supporting the urgent daily health needs of Palestinians in Gaza. Our medical clinics are a lifeline to thousands of displaced people, in an area where health facilities have been decimated.



DAY 21

We distributed a total of 33,720 hot meals, and 1,000 food parcels to displaced families.

| 1 MILLION MEALS IN GAZA

We've pledged to deliver 1 million meals to Palestinians in Gaza this Ramadan and beyond.



Since the start of Ramadan, with your generous support, we've provided **551,726** hot meals in Gaza, including **15,000** in northern Gaza, as well as a total of **12,747** family food parcels.



DAY 22

We distributed **22,975** hot meals and **1,578** food parcels in Deir Al Balah and South Gaza.



DAY 23

We distributed **30,110** hot meals and **238** food parcels in Deir Al Balah and South Gaza.



DAY 24

Our Emergency Response Team distributed **31,126** hot meals and **811** food parcels to displaced families inside Gaza.



DAY 25

We distributed **32,168** food parcels to vulnerable families in the south and middle areas of the Gaza Strip.



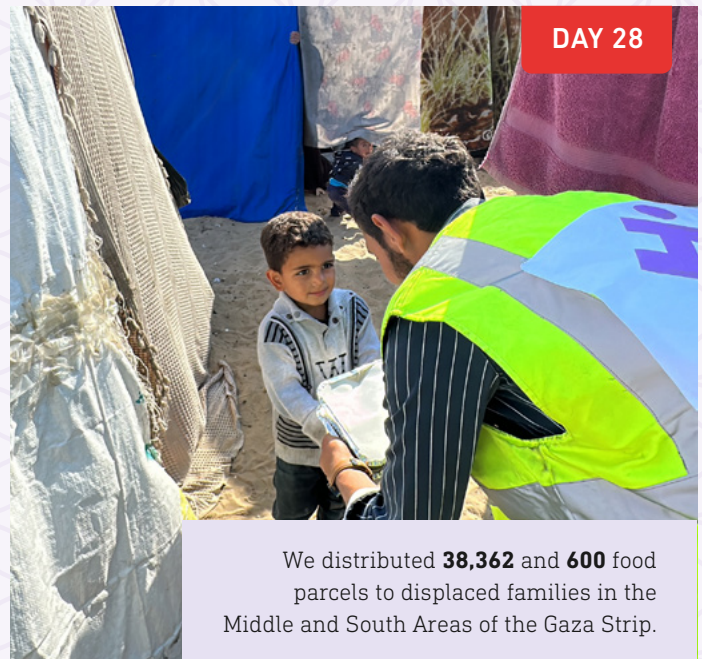
DAY 26

We were able to deliver **22,100** hot meals and **1,020** food parcels to displaced families in Gaza who are experiencing hunger and displacement.



DAY 27

You helped us provide **40,257** hot meals and **987** food parcels to displaced families in Gaza.



DAY 28

We distributed **38,362** and **600** food parcels to displaced families in the Middle and South Areas of the Gaza Strip.



DAY 29

We continued to provide hot meals and food parcels to displaced families in Gaza.



DAY 30

On the final day of Ramadan, Human Appeal continued to distribute hot meals to displaced families.

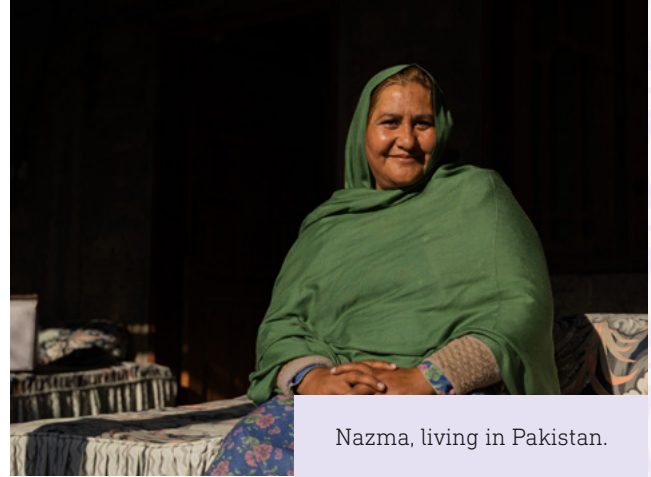
RAMADAN FOOD PARCELS: A LIFELINE FOR WIDOWS IN PAKISTAN

A tragic accident left 38-year old **Nazma** a widow with four children to care for. She works as a maid, earning around £17/\$21 per month and depends on relatives to survive.

During Ramadan, Human Appeal provided Nazma with a nutritious food parcel to last the entire month, providing suhoor and iftar for the whole family. The contents would have cost Nazma three months wages to afford.

"The accident that took my husband left us devastated, but I had to gather the strength to care for my children," Nazma said.

She is determined to ensure her children receive an education, seeing it as a pathway to a better future.



Nazma, living in Pakistan.

"I want my children to have a better life than mine and I know they need education for that."

"I was overwhelmed with gratitude when we received the food pack, it was a blessing that came just in time. I will pray for those who helped us in our difficult time, May Allah bless those who donated and those who brought this to us. I pray that Allah gives you strength to help more people like us."



The food parcel being provided to Nazma.



Makhtoor, living in Pakistan.

Makhtoor faced a similar situation to Nazma during Ramadan. Her husband died several years ago, leaving her to care for six children all on her own. Her eldest daughter was forced to leave school because Makhtoor couldn't pay the fees, and her younger children depend on others for their school supplies.

Human Appeal's generous supporters provided Makhtoor with a nutritious food parcel to last the entire month.

"Because of this food pack you have given us, I can use the money I am given to buy new clothes for my children. They are happy because before now we could not afford rice. Now, I can cook rice for them whenever they ask me.

"I just pray to Allah for my children to be able to get an education, and for the family to have good food."



Makhtoor and her children, unpacking a food parcel.



Zainabah at her home in Pakistan.

Zainabah lost her husband over a decade ago, leaving her to care for her four sons alone. She works to make ends meet, despite the heart problems and leg issues she suffers from. During Ramadan the family struggle to pay rent and afford food.

But with the assistance of our donors, they received a much-needed food pack whose contents would have cost them £190/\$240 - eight months of rent.

"We are a big family but there's no source of income. We barely meet our needs with what we have.

"This food pack will help us ease our burden. With the money we will save from buying food, we can buy new clothes for the children and we will have a good Ramadan.

"We pray for those who helped us. We will have a good Ramadan now."

Zainabah's story is testament to both the strength of single mother's facing great difficulties, and to the role of compassion and support, uplifting hearts during the holy month of Ramadan, reassuring them as to the brighter future ahead.



Zainabah and her children opening the food parcel.



Zainabah, one of her sons, and her food parcel.

200 DAYS INTO THE WAR ON GAZA, FEELS LIKE 200 YEARS



Father-of-three Mahmoud is the acting Country Director at Human Appeal Palestine, based in Gaza. Like the majority of Palestinians in Gaza, the bombing forced him to take his family and flee to safety in the south. Reflecting on over 6 months of war, Mahmoud shares his story.

“Two hundred days into the war on Gaza, Human Appeal has been working in Gaza since day one, and we are continuing to tirelessly provide everything necessary to help our displaced people throughout northern and southern Gaza.

“Despite the many challenges we face, we will not stop extending a helping hand to everyone who needs it.

“The Human Appeal team hears the call for relief, feels all the pain of the displaced, the victims, and those injured due to this painful war.

“We were with them from the first moment of their displacement until this day, and we are making every effort to help them.

“We saw people in tents, having to move again and again, away from the warmth of their homes and the memories they left behind.

“Even our steadfast staff in northern Gaza were among those displaced. We did not leave them alone in the difficult conditions they faced as a result of the siege: hunger, and the lack of food and medical supplies. We did not hesitate to stand by them and provide them with food and health assistance.

“Even those of us working in the relief sector left our homes against our will. We have lost our homes and many family members, friends, and loved ones because of this devastating war.

“We were forced to move to several places in search of safety.

“Unfortunately, there is no safe place, and no matter where we go, we feel extreme danger and fear due to the continuous bombing.

“Despite the risks and difficulties surrounding us, it will not deter us from continuing our work.



"We at Human Appeal have provided assistance to all segments of society, whether they are children or adults, women, men, and the elderly as well.

"Over the course of 200 days, we have provided the following:

- **Clean drinking water**
- **Food parcels**
- **Hygiene kits**
- **Hot meals**
- **Building tents for the displaced inside shelter schools to protect them from the summer heat and winter cold**
- **Winter clothes and blankets**
- **We implemented an event for children to entertain them and relieve the psychological pressure they are exposed to because of the war. We put joy on their faces and gave them gifts.**

"On the first day of Eid, we celebrated with the displaced children and their families and distributed toys to them.

"We designed and implemented a prayer hall inside the shelter schools to hold Eid prayers and to benefit from it at all prayer times, away from the heat of the sun and the cold of winter.

"We spoke with the displaced people inside the shelter schools to know their illnesses and provided them with medicine through mobile clinics that traveled to several shelter schools full of displaced people.

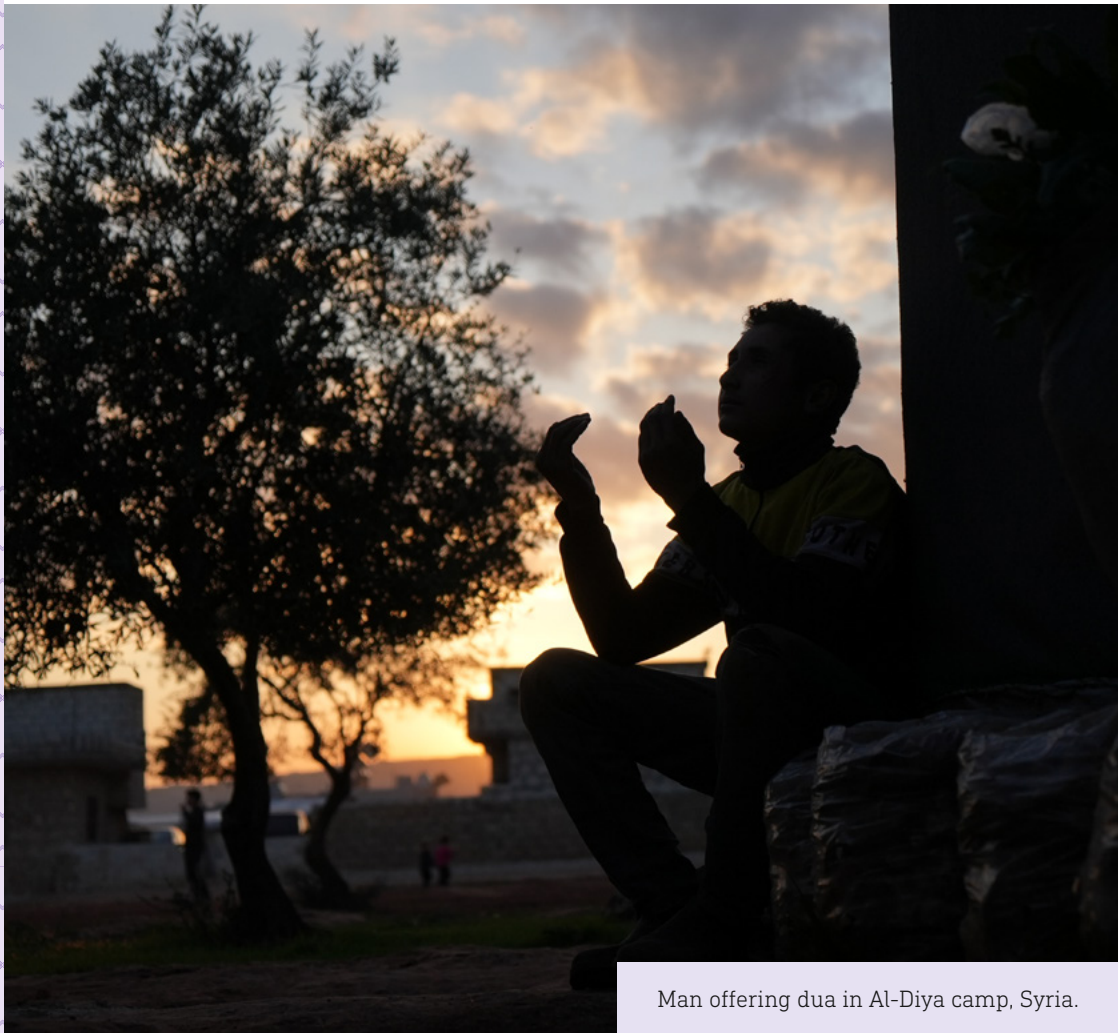


The Human Appeal team continues and will continue to perform its humanitarian mission in extending a helping hand and relief to all the people of the Gaza Strip.



SHARED BLESSINGS

In this month of Shawwal, we pray that Allah subhanahu wa ta'ala allows us to carry the good habits we picked up through to the rest of the year, that he accepts our ibadah, and that we live to witness another Ramadan, inshallah.



Man offering dua in Al-Diya camp, Syria.