

# EVERY HUMAN

RAMADAN 2022  
WEEK 2



## RAMADAN 2022

**Kicking our distributions up a notch**

All the latest from our distributions across the world

**Changing lives in the UK**

A spotlight on our three impactful projects here in the UK



# EVERY HUMAN LITE WEEK 2

As we enter the second half of the blessed month, it's easy to get caught up in the day-to-day of the busy month, but let's take a moment to value each day for the power and mercy that it holds.

**The Messenger of Allah, peace be upon him, said, "The gates of Paradise are opened and none of its gates are closed. A caller announces: O seeker of good, come near! O seeker of evil, stop short! Allah will save them from the Hellfire and that is during every night of Ramadan." (Al- Tirmidhi, reported by Abu Hureira)**

Let's renew our intention to make the most of every minute; whether we're working to provide for our families, standing in qiyam, or cooking iftar for our loved ones, let's make our intention to obey Allah and seek his endless mercy.

Our second 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 second 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 Shahid, our Livelihoods Manager in Pakistan who'll explain how our distributions have been going, and you'll also meet Abid who's been working on life-changing projects here in the UK this Ramadan.

It's a chance to meet some of the people you help too – you'll hear from Maryam, who you've helped with a food parcel, as well as learning the story of Rubina, a widow who you've helped to become self-sufficient through orphan sponsorship in Pakistan.

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

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## RAMADAN LIVE

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

- In Gaza, we've provided **500** families with hot meals containing **2** chickens, rice, drinks and yoghurt, helping a total of **3,000** people.
- We also provided **604** families with food vouchers, providing a total of **3,624** families with iftar for the entire month of Ramadan,
- We've also registered **157** families whose homes were destroyed during the escalation last Ramadan in Gaza. With your help, we'll be rebuilding their homes over the coming months.
- In Pakistan, we've distributed **4,475** hot meals containing chicken, rice, samosas, dessert, fruit, dates, and a drink. We also delivered a further **647** food parcels containing around **40** kilograms of flour, rice, chickpeas, sugar, tea, dates, oil, and rose syrup.
- We also provided food parcels to **50** Afghan refugees in Islamabad, Pakistan, as well as delivering your Fidya and Kaffarah to **750** orphan families in Pakistan.
- In Iraq, we provided **670** families in Mosul with nutritious food including flour, rice, sugar, lentils, milk powder, pasta, grains, eggs, beans, bulgur, salt, oil and dates.
- Our UK volunteers arranged a litter pick-up in Bradford.
- And in Syria, we've provided **1,710** displaced families in camps across **13** areas with nutritious food parcels to last the entire month – helping a total **1,975** people.

We're also responding to the 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.

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



These food parcels are a lifeline to families in Pakistan this Ramadan

# HOW ARE DISTRIBUTIONS IN AFGHANISTAN GOING?

**Shahid Nazir** is our livelihoods programme manager in Pakistan. This year, his team has been working across the border in Afghanistan, delivering nutritious food parcels to last families the entire month. Let's hand over to Shahid to learn how our Ramadan distributions have been going in Afghanistan.



We distributed hot meals and food parcels in Jalalabad, Afghanistan at the start of Ramadan, and we're planning on returning shortly to deliver more. We decided to extend our work to Afghanistan this Ramadan since families there are facing the worst drought in 27 years on the back of intensified conflict and the withdrawal of international forces. More than half the country needs help accessing food and up to 131,000 children could die this year if more help isn't provided.

Even though we're working across borders, the principles of distributions remain the same, and we worked with a local partner in Afghanistan to ensure that we were helping the most vulnerable and had proper access.

This Ramadan, I've sadly witnessed extreme demand for food packs in Afghanistan. One family that we helped hadn't eaten any meat since last Eid. Young girls and boys spend their days polishing shoes at the roadside, while day labourers sit with their tools nearby hoping to find work. Although

the war is over in Afghanistan, the struggle for food, livelihoods, and healthcare continues.

The distributions so far have gone smoothly, and we accommodated anyone who had accessibility issues by delivering to them directly.

One thing that has really stood out for me this Ramadan is the hot meals in Afghanistan. We arranged kalbi pulao and mutton curry which is a popular dish in the area. Being able to witness the iftar dinner, and the blessings it brought was incredibly touching – people were joyous, and it was a pleasure to see their happiness after a long day of patient fasting.



Shahid delivering a lifeline to thousands of vulnerable families in Afghanistan this Ramadan



Our Ramadan food parcels provide a month of relief to families like Maryam's.

## THE RELIEF OF A FOOD PARCEL

In the first week of Ramadan, we met Maryam from Saqarib, Syria.

I was displaced four years ago, from the Abu al-Duhur area, in the countryside of Saraqib and came to this camp in northern Idlib. I live alone, in a dilapidated tent without any breadwinner. My husband died a long time ago. I suffer from many diseases, such as cirrhosis of the lung and a disability in my limbs which means that 70% of the time, I can't even move."

"I always need medication, but I don't have any income to help me

bear my difficulties. Sometimes I get donations from charitable people and from organisations. Today, Human Appeal provided me with a food parcel containing my most important daily needs, such as sugar, grains, flour and oil, which are very difficult for me to obtain.

"There are a lot of people like me, who live in pitiful conditions and live on the donations of people who do charitable work. All thanks to the Human Appeal team for their assistance in this holy month, and for their efforts while they fast. I ask Allah to reward you with good.

# CHANGING LIVES IN THE UK

**Abid Shah** is Human Appeal's UK programme manager. Let's hear from him about the importance of our projects supporting survivors of domestic violence, food support, and our helpline for men in mental health crises.



The rise in living costs this year has put incredible strain on millions across the UK, making our UK food parcels more impactful than ever. Families are having to pick between heating their homes and having enough food to eat, and parents are skipping meals so that they can feed their children.

Our food parcel project is helping to ease the strain on some of the most vulnerable families in the UK. Each parcel contains pasta, tuna, soup, canned foods, and enough other long-life food items to last a struggling person a week.

We're also working with a charity that supports victims of domestic violence. Your support provides them with cash grants so that they can buy essentials – blankets, hygiene items, and clothes. Many women escaping domestic violence leave with nothing but the clothes they are wearing, and are completely dependent on charities to help them with food, accommodation, and basic essentials, all while still in fear of their lives.

Our third project in the UK this Ramadan is supporting the Meridian Centre, a

phone line supporting men from ethnic minorities who need mental health support.

Unfortunately, many men, especially men from ethnic minority backgrounds, are reluctant to open up about their mental health struggles, as it goes against cultural perceptions of masculinity. The Meridian Centre's project – called Breaking the Silence – supports men in accessing counselling by trained specialists, and has helped to turn lives around.

This Ramadan, my team is working to help people in crisis in the UK through three impactful different projects that address important social concerns. There has been a drastic increase in financial hardship, domestic violence, and mental health conditions during the pandemic, and their effects continue until today.

With your help in this month of mercy, we pray that we're able to continue helping the most vulnerable in our own communities for many months and years to come, inshallah.



The future is looking brighter for Rubina and her family

## FROM WIDOW TO BUSINESSWOMAN

Rubina from Mansehra, Pakistan-administered Kashmir was widowed seven years ago. It's been a struggle ever since.

My eldest son was in hospital for 15 days – he was very sick... I thought God would take my son as well. I asked for help from Allah, and Allah helped.

"I thank Human Appeal for supporting me. They sponsored my children, and they supported me as well. Because of them, my children are able to study today and their future is secure.

Since then, we are eating well and wearing well, alhamdulillah!

"Samra and Fahad's are able to go to school because of the sponsorship. Human Appeal supports us well, and encouraged me to save my money and invest it. I opened a shop, and once I saved some money... I bought a goat. It provides milk to my children, and I also sell some to cover some of our expenses, alhamdulillah.

"I am thinking of buying a cow if I can save enough money, so that I can sell its milk to have money for my household and to cover my son's medical expenses.

"I have big plans, but let's see what Allah has planned for me.

# SHARED BLESSINGS

The Messenger of Allah (PBUH) said:



*Almighty Allah says, "All the deeds of the son of Adam are for him, except fasting, which is for Me and I shall reward for it." (Sahih Al-Bukhari)*

