

**EVERY  
HUMAN**  
APRIL 2022



**Thank you for  
your mercy**

Find out how your  
mercy transformed  
lives last Ramadan.

**Meet Do'aa  
and Sibtain**

Our Global Communications  
Team in Palestine and  
Pakistan transforming lives.

**H.**  
HUMAN  
APPEAL

# WELCOME TO OUR EVERY HUMAN PRE-RAMADAN SPECIAL EDITION

**Every month, we bring goodness to your inbox with an update on our work, news from our teams on the ground and a greater insight into what your donations are achieving for those most in need.**

This month we bring a special pre-Ramadan edition, with a special focus on the fantastic things you made possible last Ramadan.

We bring you along as our teams at home here in the UK, and abroad, gear up for Ramadan, while also providing an update on key projects including our Water Desalination Plant in Gaza.

We share an extremely special story of one of our staff members in Syria who gave birth to a healthy little girl, Sema, at our Al Imaan Hospital, which you help to support.

Keep reading for interviews with our team members in Palestine and Pakistan, as well as some of the children whose lives you have helped to transform.

We hope you enjoy getting to know our team better and feel more connected to those who are benefiting from your donations every single day. From Every Human here at Human Appeal, a heartfelt thank you. We look forward to supporting even more people in need with you, and are constantly blown away by your generosity, kindness and humanity.

We hope you enjoy getting to know us a bit better, and from Every Human here at Human Appeal, thank you.

## In this issue

### A Ramadan of real change

4

We spotlight the fantastic projects you supported last Ramadan, and the lives and communities we have transformed together

### Meet some of the children & families we've helped since last Ramadan

6

This month we share the stories of two children and 1 family who you cared for as if they were your own

### Meet Shazia, she protects and safeguards 18,495 children

9

We explain how safeguarding and protection of children centres the way we care for orphans

### Gaza water desalination plant update

11

Find out where we've reached with constructing a water desalination plant in Gaza that you helped fund

### The arrival of baby Sema

13

The heart-warming and beautiful story of Sema's birth at our Al Imaan Hospital

### Break the Silence

15

Find out about our brilliant campaign championing men's mental health

### Preparing for Ramadan

16

We spoke to Human Appeal team members as they gear up for another powerful Ramadan

### Share Your Mercy

18

An uplifting Islamic reminder as we prepare for Ramadan





Ramadan food parcels kept families nourished during the month of mercy

## A RAMADAN OF REAL CHANGE

The Prophet (PBUH) said: "This month has come to you, and in it there is a night that is better than a thousand months. Whoever is deprived of it is deprived of all goodness, and no one is deprived of its goodness except one who is truly deprived." (Ibn Majah)

Last Ramadan, you helped transform impoverished communities and uplifted vulnerable people around the world. As always, change starts with us all, as the power of our Zakat and Sadaqah is unparalleled. Your donations in the holy month helped 457,850 vulnerable people across 10 countries – Bangladesh, Iraq, Lebanon, Pakistan, Palestine, Sudan, Somalia, Syria, Yemen and here at home in the UK.

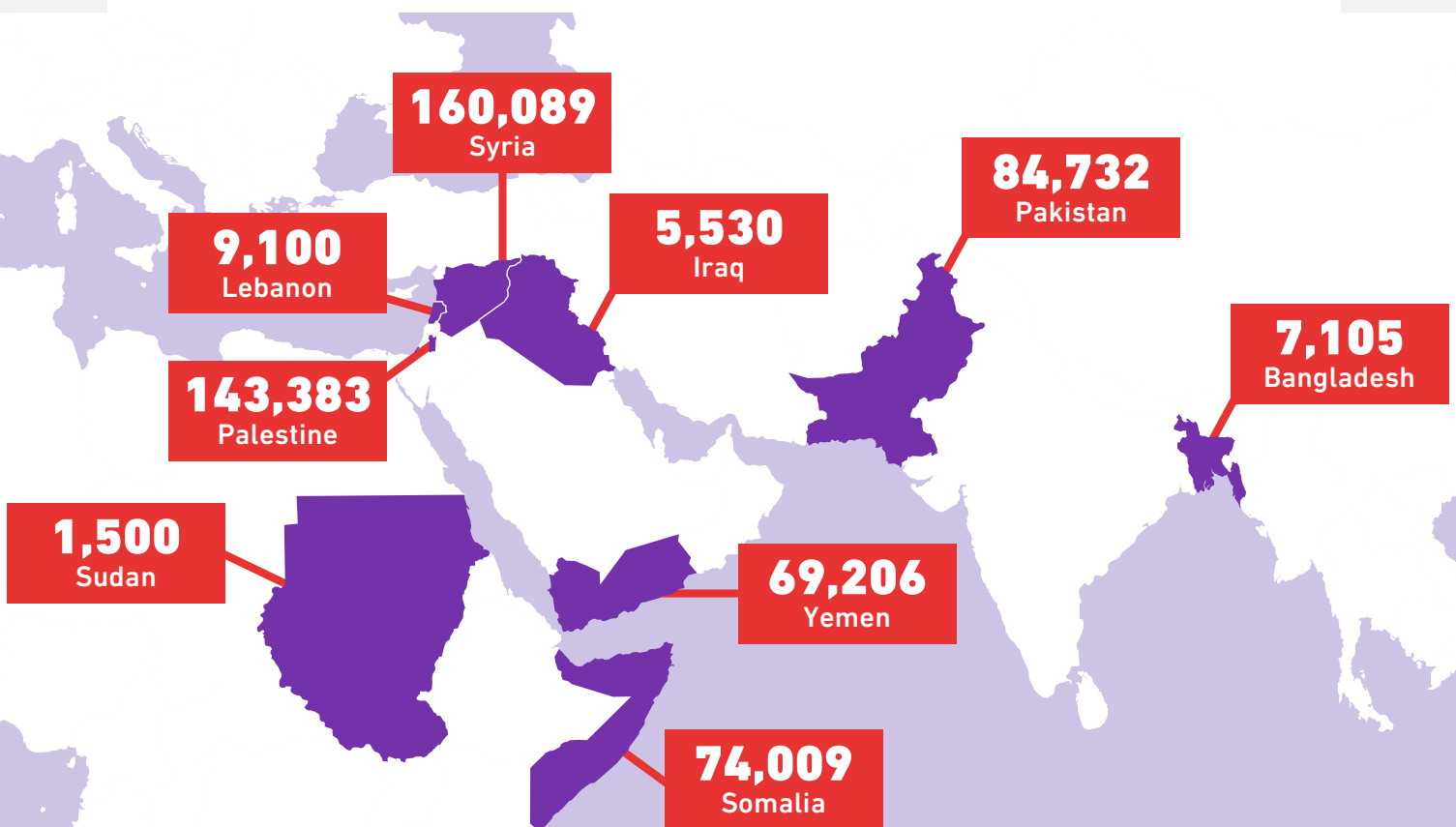
You helped tackle hunger worldwide and ensured nobody went hungry by supporting our Feed the Fasting programme as well as longer term food security initiatives. You helped build 633 water wells and raised enough funds to help us build a water desalination plant in Gaza, which will help to provide clean water to 60,000 people every single day. In Syria, you helped build 282 safe, secure homes as well as providing food and quality healthcare at the Al Imaan Hospital and through mobile health clinics. In Yemen you provided food, medical support and cataract eye surgeries helping to save sight in a country devastated by conflict and famine. In the UK, you helped

women fleeing domestic violence by supporting cash grants, and in Palestine you supported our Welfare Centre and planted olive trees offering sustenance, livelihood and hope.

Human Appeal has been delivering your Zakat and Sadaqah for the last 30 years, and together we have transformed communities and helped people escape the claws of poverty. Your donations are a source of mercy to those in need, and this year we look forward to bringing about greater change to ease the suffering of millions more around the world.

- **245,034 vulnerable people were able to break their fasts and celebrate Eid.**
- **Last year, your Zakat helped over 457,850 vulnerable people.**
- **Completed fundraising for a water desalination plant in Gaza, which will serve 60,000 people.**
- **31,090 vulnerable people in Tharparkar provided with water, lighting, livelihood opportunities and training.**

Thank you for your mercy last Ramadan





Hanaa has had her life changed for the better by your donations

## MEET SOME OF THE CHILDREN & FAMILIES WE'VE HELPED SINCE LAST RAMADAN

### You looked after 8-year-old Hanaa as if she was your own daughter

When Hanaa was just a baby, her mother tragically died, leaving her an orphan. Living in the midst of the devastating conflict and famine in Yemen, Hanaa suffered as no child ever should. Without the care of family, she was left starving. At 2 years old, she was found by her aunt and uncle, on the verge of dying. She had suffered so severely from malnutrition that her body was shrunken and weak, and she had resorted to eating parts of her own body to survive. Alhamdulillah, Human Appeal have been able to provide

Hanaa with transformative medical care including plastic surgeons who have been able to help her heal and repair. She was provided with regular psycho-social support sessions to overcome the trauma she has experienced. Her family have been provided with cash assistance and food. Now, aged 8, Hanaa's life has been completely transformed. She has physically healed from years of neglect and starvation, while also thriving as any child should, playing, making friends and learning.



## Your mercy transformed Niaz's life

Niaz, born with a disability, has been the sole provider for his mother and three sisters, all of whom have a disability too. They are all unable to walk, and are unable to fully use their arms and hands. Niaz's father passed away a few years ago, and the family were shunned and excluded from the community, leaving them alone and unable to provide for themselves. Niaz is determined to work and finds labour jobs in the local area, bringing home small amounts of money so the family have something to eat. When we met them, they didn't have a proper home, food, water or a stable source of income. They were living in unimaginable hardship, with no sense of peace, contentment or joy. Human Appeal

has been able to transform the lives of Niaz's family. Thanks to your donations, we built them a new home with a toilet, a water tank, solar panels, a fan and lights. We also provided them with wheelchairs to support their movement and activities, and provided the family with a milking cow and goat. These animals give the family milk to drink each day as well as a source of income as they sell milk to others nearby. They now have access to more nutritious food, promoting better health and strength. The family are now living with hope, better income and happiness and security in their home. Sadly, Niaz's younger sister passed away and was not able to fully enjoy a better quality of life in their new home.



Niaz and his family now have a roof over their head thanks to your mercy



Sajawal is one step closer to his dreams of becoming a pilot

## Sajawal is one step closer to his dream of becoming a pilot

When Sajawal's father fell ill with cancer, his parents sent him to live with his grandparents as they could not provide for him. Sajawal's grandparents were also financially struggling, barely making ends meet. Therefore, Sajawal needed to work in their small shop cooking chips and selling groceries to help, instead of going to school and playing with friends. Two months after we first met him, Sajawal's father sadly passed away, leaving him an orphan. Human

Appeal has been sponsoring Sajawal's education, and have provided the family with a milking cow through which they are now earning a sustainable livelihood. While Sajawal misses his father dearly, he is working hard at school in hopes of one day becoming a pilot. Your donations have helped us provide Sajawal with hope and support during the most difficult time in his life. Thanks to you, he is now thriving.



# MEET SHAZIA, SHE PROTECTS AND SAFEGUARDS 18,495 CHILDREN

Meet Shazia, Orphan and Child Welfare Protection Manager. At Human Appeal, we are dedicated to supporting vulnerable people everywhere, and especially children.



Through our Orphan Sponsorship Programme, you help care for 18,495 children who have lost their father, or both their parents. Through our programme, we offer hope and support to provide an environment where the children can truly thrive and enjoy the happy childhoods they deserve.

A key aspect of our work is protection and safeguarding. We make sure that children are always safe, and that our projects do not cause any harm.

Every donation you make includes a small admin fee which enables us to develop high quality systems, policies and procedures to ensure children are protected to the highest degree. In every country, we have dedicated Child Safeguarding Coordinators, like Shazia in Pakistan, who focus solely on the child's wellbeing and protection.

Shazia explains what she does and why her role is so important:

I work with orphaned children directly, and I write policies, procedures and strengthen safeguarding standards so that every child is protected and not exposed to further risk. Right now, I'm rolling out safeguarding programmes, policies, and processes, and these updates are being rolled out across the entire Human Appeal family.

At Human Appeal, we conduct a thorough risk assessment of all our programmes before we even start. We have a mitigation plan to help staff implement programmes

with care. During recruitment, we check staff police records and references, and introduce them with thorough training on safeguarding, child protection, whistleblowing, and compliance.

In Pakistan, we have introduced an impartial, confidential complaint response mechanism in every household that we work in, so that they always know how to raise concerns. Each project has a clearly visible complaints number that beneficiaries can use.

We also take into consideration safeguarding during aid distributions, ensuring that the most vulnerable people don't have to travel far to benefit from our project.

We hold regular staff safeguarding sessions, as well as child protection training for widows. We also provide child-friendly information packs to each sponsored orphan's caregiver so that they are

empowered to understand protection issues and child rights.

This all helps us to change an orphan's life, without putting them at risk. It's the most rewarding part of my job when I see a sponsored orphan, or their mother, not only living a happier, safe life, but empowered to be independent thanks to our careful programming.





We've raised enough funds to build a water desalination plant in Gaza

## DROPS OF MERCY

Last Ramadan, you helped us complete our fundraising aim to build a water desalination plant in Gaza, Palestine. This huge project will provide 60,000 people in Gaza with clean and safe drinking water every single day, for years to come. Alhamdulillah, we are overjoyed to report that the first phase of this project is complete, and we are significantly closer to providing people with clean water in Gaza.

There are over 2 million people living in the besieged Gaza strip, who have been facing decades of conflict. They are now experiencing unprecedented levels of unemployment and inflation, living in an area where 97% of all water is undrinkable. This means people are forced to buy water with their meagre

wealth and income. Human Appeal is determined to fulfil the right of the people of Gaza with regards to water. Clean water will help stop the spread of disease and will save lives. It will also promote the economic wellbeing of thousands of households, as they no longer need to buy water – something we all take for granted.

In the first phase of construction, we have completed all drilling work, installed pipelines, constructed a water tank and upgraded existing systems, pumps and electric panel boards. In this way, we have created a fantastic foundation for the next stage of construction which will lead us to completion in mid-2023 insha'Allah



## Meet Amjad, Programmes Officer in Gaza

I have worked for Human Appeal for the last two years, and I love being able to provide some ease and support to my people in Gaza. I have been actively involved in the Desalination Plant project, and I am very pleased with the progress we have been able to make, despite all the challenges due to COVID-19 and other circumstances.

The situation in Gaza with regards to water is highly alarming. People simply do not

have water to drink, and water in Gaza is worryingly below international standards and is threatened by pollution. When the desalination plant is complete, 60,000 people will be able to lead better and healthier lives.

I want to remind our brothers and sisters everywhere that all of life equals to just one drop of water.





It's a bustling kitchen in Gaza where a huge operation saw the team prepare and deliver 2,674 hot iftar meals.

## THE BIRTH OF BABY SEMA AT AL IMAAN HOSPITAL

Syria has faced over 11 years of relentless war resulting in tragic loss of life, destruction of homes, livelihood, schools and hospitals.

Almost half of all health facilities in Syria are either partly operational, or completely out of service. This has led to millions of Syrians being made even more vulnerable, and has proven fatal during disease outbreaks, such as during the COVID-19 pandemic.

Our Al Imaan Hospital provides specialised services for maternal and paediatric health as well as treatment for malnutrition, protection services, winter support, and emergency surgery. It also has an ambulance service, and we also carry out mobile clinics which serve 2,000 displaced people.



Asmaa Abdulraheem, Communications and Public Relations Officer at Human Appeal recently gave birth to her baby girl, Sema, at our Al Imaan hospital. This is her story:

## The day I gave birth to Sema was the best day of my life.

I used to visit Al Imaan Hospital as part of my work with Human Appeal, and I would conduct interviews with patients and coordinate filming to highlight the fantastic way the hospital is helping those in need. I was keen to explore how vulnerable people found the services offered, and decided to use the hospital myself when giving birth.

I felt there was real cleanliness and a peace in the hospital. I was very happy with the good care and manners the medical staff showed and the quality of their services. They work with love to save the vulnerable people and they save many lives. They took

good care of me during my pregnancy and even when I met my first child, Sema.

Little Sema is now in the best health, Alhamdulillah. What increases my comfort and happiness is that the services provided by Al Imaan Hospital supported by Human Appeal are really great and useful services to the people who need them. Thank you to every supporter who contributes to the continuity of the work of this wonderful hospital. You save many lives and contribute to the happiness of many.



Baby Sema and Asmaa, Communications and PR Officer in Syria





## | BREAKING THE SILENCE

Human Appeal is working with the Meridian Centre, based in Bradford to offer specialist therapeutic services to men of Black Asian and Minority Ethnic (BAME) backgrounds, predominately. Under the Breaking the Silence scheme, we have engaged over 1,000 men in therapy and now work with men all over the UK.

Breaking the Silence has also been involved in working with policy makers to highlight the importance of men's mental health. We advise the Ministry of Justice on how childhood experiences can impact mental health as adults.

Over 73% of our users have said that their main reasons for choosing to trust our service is our understanding of cultural sensitivities and circumstances, and our establishment in the mental health field.

83.7% of our clients with a neurotic condition such as anxiety and depression, have never spoken to anyone about their problems before, or asked for help. 78.6%



**In the UK, suicide is the single biggest killer of men under the age of 45.**

of our clients have experienced abuse before the age of 10, yet, over half did not talk about it until they were over 25 years old. This highlights the need for more initiatives which create safe spaces for men to talk about their traumatic experiences and how they are feeling.

Adam\* said that before a traumatic incident occurred in his life, he was outgoing and bubbly. He then went through a very dark period in his life when he felt alone and isolated. Now, having received support from Breaking the Silence, he says:

"I have my spark back!"

Human Appeal is supporting the Breaking The Silence campaign to help men improve their mental health and get the support they need to heal.

# PREPARING FOR RAMADAN

As Muslims all over the world prepare for the arrival of the best month of the year, our teams at home and abroad are also busy getting ready. Ramadan is a very busy and important time for Human Appeal as we know that many of our supporters rely on us to distribute their Zakat, Fidya, Kaffarah and Zakat-al-Fitr.

## Meet Doaa, Media & Communications Officer in Palestine

This Ramadan is Doaa's first Ramadan with the Human Appeal family in Gaza.

Here are some reflections from her:



I believe that Ramadan is the month of good, mercy and blessing of all the year. It's important to understand that Ramadan is a time where many of the Human Appeal staff members are blessed to give more during the beloved month. Our humanitarian scope of work in the holiest month of the year encourages me to increase my productivity.

I also tend to work harder to support a boost in donations and to connect with our local community. It is a great opportunity to engage more with our beneficiaries as Ramadan is proven to be the most positive time in the year spiritually.

I usually spend time in the field, as a part of my role is working to document any updates in the implementation of ongoing projects. I am also in charge of uploading content and I attend a range of meetings. In Ramadan, Human Appeal will be

organising community Iftars for vulnerable families and orphans. I will be helping in the distribution of nutritious meals for Iftar, food vouchers and food parcels to vulnerable families for the whole month. I will also be documenting these activities.

This will be a remarkable Ramadan for me – my first with Human Appeal, and also the first time I will be living with two of my sons during the holy month. I look forward to breaking fast with my children, but also I will be honoured to share iftar with our beneficiaries.

I love the family gatherings of Ramadan the most, alongside nutritious meals, Ramadan treats "Qataiyf" and "Knafeh", reading the holy Quran and Taraweeh prayers, which gives me so much calmness and peace.

I really love my job. One particular time I was most touched was during a field visit.

I met a mother and her children, and I was busy capturing their story as their children were around. I was not aware of the mother's little daughter who was observing me closely. The little girl then said, "I love you Aunty", I smiled and looked at her face while she continued,

"I wish to be like you when I grow up to help people as you do." Her innocent words and reaction overwhelmed me and made me feel twice as proud, as I was able to offer hope and inspiration to others."



## Meet Sibtain, Media & Communications Coordinator in Pakistan

This year is also Sibtain's first Ramadan with Human Appeal. He tells us how he is getting ready for the holy month:

I lead the Media and Communications Unit at Human Appeal in Pakistan so I oversee both digital and print communication materials. I produce videos, photos, stories and print communication materials including reports, banners and other visibility products. For filmmaking and photography, I often travel to the field to capture the work Human Appeal does on the ground and also collect stories of need so we can raise the necessary funds to transform lives.

For Ramadan, the workload has increased as I am now editing more videos that will be run to raise funds for future projects in Pakistan so that we are able to deliver more and reach more people. I have also been traveling extensively to shoot these videos in different parts of Pakistan.

My favourite thing about Ramadan is that it provides us with an opportunity to reconnect with our religion and with Allah.

Also, it brings everyone together and increases the potential for doing good.

I recently met seven siblings in Thatta, Sindh, who all lived with disabilities and none of them could walk. I cannot forget how one of them, Mola Bakhsh, with tearful eyes, told us how he misses the time he was able to play cricket. I also cannot forget him saying he has never seen meat in his life. Their story was so heart-breaking.

I thank each and every supporter who has donated any amount of money at all. I can assure them that the money they are giving is bringing significant change in the lives of the people we work for, mainly in our development projects. I would urge them to continue supporting Human Appeal because there is still a long way to go to pull people out of poverty so that they can live happy, dignified lives.



# SHARING YOUR MERCY

Ramadan is a beautiful time for us to reap the endless blessings and mercy of Allah (swt). It is also a time for us to share our mercy with those most in need, helping to uplift communities. Ramadan is a time for community, for family and for coming together in faith, spirituality and goodness.

Abdullah ibn Amr reported: The Messenger of Allah, peace and blessings be upon him, said:



*The merciful will be shown mercy by the Most Merciful. Be merciful to those on the earth and the One in the heavens will have mercy upon you. [Tirmidhi]*

