

# EVERY HUMAN

RAMADAN 2021



**Your Ramadan  
charity in action**

All the latest from our  
distributions across  
nine countries.

**Bilan fled conflict  
in Somalia**

How your donations  
helped her to eat well  
in Ramadan.



# EVERY HUMAN *IS BACK*

**“It is the month of patience, and the reward of patience is Heaven. It is the month of charity, and a month in which a believer’s sustenance is increased.” (Ibn Khuzaymah)**

Ramadan Kareem! May it continue to be a month of blessings, mercy, and change for all of us. Our latest edition of Every Human is bringing you all the latest information from our Ramadan work around the world.

In this bitesize issue, 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. You’ll also hear from Shahid, our Programmes Manager, who’s distributing your nutritious food parcels in Pakistan.

So come, join us this Ramadan, and get to know our projects, staff, and those we help a little better.

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

## In this issue

### Ramadan Live

The latest information about our distributions around the world.

4

### Bilan fled Somalia's violence with her children

Your donations this Ramadan provided her with a month-long food parcel to keep her children nourished.

5

### What does a food distribution look like?

Shahid, our Programmes Manager in Pakistan guides you through a day of distributions.

6

### A beautiful pair of twins born at our hospital

Mum Abeer shares her experience at Al Imaan Hospital.

8

### Feeding 8,000 people

A look into our kitchen in Gaza preparing hot iftar meals for 2,674 families.

9

### Shared blessings

Our monthly charitable Islamic reminder.

10



5



6



8





Here's a smiling face from some of the children you have helped support this Ramadan through the delivery of nutritious food parcels.

## RAMADAN LIVE

Since our Feed the Fasting campaign began, we've been busy distributing food parcels across nine countries.

- In Pakistan, we've delivered **2,970** family food parcels to last a month in Bagh and Rawalpindi. We've also delivered **500** hot meals, every single day of Ramadan.
- In Somalia, we've provided **616** families in displacement camps in Mogadishu with a food parcel to last a month, helping over **7,000** people.
- In Iraq, **1,860** people have received nutritious food to last a month in Erbil and Mosul.
- In Aden, Yemen, **1,400** people have received nutritious food to last a month.
- In Al Baraka camp in Idlib, Syria, we provided **516** families with food parcels to last a month.

- In Palestine, we've provided food vouchers to **2,674** people, and hot iftar meals to **8,000** people in Gaza.
- In Sudan, our team is distributing **250** food parcels in Khartoum and Omdurman.

And in the UK, we've provided **475** vulnerable people with a food parcel to last an entire week.

Last year, you helped **201,309** people during Ramadan and Eid al-Fitr, across seven countries. You provided **23,793** families with nutritious food parcels lasting the entire month – that's over **142,000** people – and provided an incredible **9,760** hot meals.

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



Bilan is all smiles as she receives her family food parcel for Ramadan.

## BILAN FLED SOMALIA'S VIOLENCE WITH HER CHILDREN

34-year-old Bilan is a mother of five living in Daynile, Mogadishu. In 2017, she fled violence at her home in the lower Shabelle region, escaping with three of her children.

"I walked for 15 kilometres (9 miles) before I boarded a bus to the camps for displaced people in Daynile. This was after having already endured drought which caused a lot of people to lose their cattle and flee to the camps too.

"There are no hospitals in the camp, so we face a lot of problems when trying to get medical care."

Bilan gave birth to three more of her children in the camps, but now

she's raising them alone, which isn't uncommon in displaced communities. She says that she gets strength and hope from her children.

This Ramadan, your donations provided Bilan with a nutritious food parcel to last her and her five children the entire month of Ramadan. Each food parcel distributed in Somalia contains over **65** kilograms of food, including flour, rice, sugar, dates, and cooking oil.

It has been a relief and comfort to Bilan, "I am able to cook my children's favourite iftar meals which makes me happy. I am thankful for the donations. One day, I hope to move to my old village and live a normal life."



# WHAT DOES A FOOD DISTRIBUTION LOOK LIKE?

**Shahid Nazir** is Human Appeal's programmes manager for food security and livelihoods in Pakistan. This Ramadan, he's busy working on distributing food parcels. Let's hear from him about how it has been going.



Ramadan always fascinates me, it's unimaginably spiritual and comes with many blessings. It teaches us tolerance, patience and sympathy. And now, with COVID-19, the need for compassion and humanitarianism is greater than ever.

Here in Pakistan, we started our Feed the Fasting campaign on the first day of Ramadan, distributing month-long food parcels in District Bagh and Rawalpindi. So far we've distributed **2,970** family food parcels, supporting around **17,820** people for the whole month of Ramadan.

## A day of distribution

For group distributions, we find a suitable distribution point where we can maintain social distancing. Or, if that's not possible, we

distribute directly by going house to house while ensuring we strictly follow COVID-19 safety measures.

On the day, we randomly inspect some food packs, and get consent from the family for any photos we take.

Our main focus is families led by widows, or that contain orphans, older people, and people with disabilities.



Shahid delivering nutritious food parcels to those most in need in Pakistan.

## I'll never forget the day...

I remember, on the first day of Ramadan, I met a mother, Sakina Bibi, and her 15-year-old daughter, Muqaddas. After her husband died, she sought help from her brothers but was unfortunately kicked out by her nephew. After pressure from her brothers, she remarried, but her new husband refused to accept Muqaddas, so Sakina Bibi returned to her brothers. They still refused to support her.

Since then, Sakina Bibi has had no choice but to live in an abandoned house that was heavily damaged in the 2005 earthquake. When I met

her, she had absolutely no food in the home, she and her daughter had collected leaves from trees to eat for iftar. Muqaddas told me that she often went to school without breakfast, and sometimes would faint from hunger.

When I gave Sakina Bibi and Muqaddas the food parcel they were so happy and amazed by the quality and quantity of food. It was an emotional experience to see her smiling, but also crying a little. Only Allah knows how she was feeling at that moment.



Shahid delivering nutritious food parcels to those most in need in Pakistan.

## Working at Human Appeal

For me, I feel a sense of achievement by bringing change to communities, whether it's through food, or through our life-transforming livelihood projects. Human Appeal isn't just another charity, it's a family of passionate, determined, and enterprising people, and every single member believes in real change for the people we help.



Twins born at our Al Imaan Hospital peacefully rest.

## A BEAUTIFUL PAIR OF TWINS BORN AT OUR HOSPITAL

Just six days into Ramadan, Human Appeal's Al Imaan Hospital in Idlib, Syria welcomed a pair of sweet twins, born to parents Omar and Abeer.

Abeer explained, "Al Imaan Hospital provides a lot of care to the women giving birth here. I had a caesarean and they looked after me very well. I was afraid at first, but the doctors put me at ease. Alhamdulillah it was a success. When they told me the twins were delivered and in good health, I was very happy.

"Al Imaan Hospital offers free caesareans and natural births, all without a cost to the patient. Allah bless them, even milk, nappies, and vaccines are provided for free.

"Nobody wants to live in a camp, but we're thankful to be out of Ghouta."

One of the doctors at Al Imaan explained the needs that Al Imaan still faces.

"I wish we had more support so that we're able to provide better care that suits their needs. The camps aren't equipped to deal with any health needs. They are over-crowded with an unfit environment.

"For newborns, it's a big issue. We are often sadly surprised when the babies we deliver return to us after 2-3 days with a cold or lack of nutrition. Such as mothers unable to breastfeed. She's unable to produce milk. That's one of the problems that really gets to me."

Without your support, we cannot continue our life-saving work at Al Imaan Hospital.





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

## COOKING FOR 8,000 PEOPLE

On Sunday, 25 April, we worked with **30** Palestinian chefs in Gaza, preparing **2,674** family-sized meals.

In partnership with Islamic Zakat Foundation, we selected the most vulnerable families, who came directly to the kitchen to collect their food. We safely delivered the meals to those who weren't able to collect their food.

Our chefs worked hard throughout the day to cook up a delicious and nutritious hot meal of rice and chicken.

Thank you for helping us to feed **8,000** people in Gaza last Sunday!

# SHARED BLESSINGS

Narrated by Ibn Khuzaymah.



*Oh people! A great month has come over you; a blessed month; a month in which is a night better than a thousand months; month in which Allah has made it compulsory upon you to fast by day, and voluntary to pray by night. **Whoever draws nearer (to Allah) by performing any of the (optional) good deeds in (this month) shall receive the same reward as performing an obligatory deed at any other time**, and whoever discharges an obligatory deed in (this month) shall receive the reward of performing seventy obligations at any other time. It is the month of patience, and the reward of patience is Heaven. **It is the month of charity**, and a month in which a believer's sustenance is increased. **Whoever gives food to a fasting person to break his fast, shall have his sins forgiven**, and he will be saved from the Fire of Hell, and he shall have the same reward as the fasting person, without his reward being diminished at all.*

