

**EVERY
HUMAN**
RAMADAN 2022
WEEK 1

RAMADAN 2022 >

**Your Ramadan
charity in action**

All the latest from
our distributions
across the world

**A new home
for Ramadan**

Abu Muhannad and
his family moved out
of their tent and into
a permanent home

Hi
HUMAN
APPEAL

EVERY HUMAN LITE IS BACK

“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)

Subhanallah, it feels like only yesterday that we were entering the first night of Ramadan, and already a week has passed. This year, Muslims across the globe are blessed to be able to observe Ramadan more openly without pandemic restrictions. It's given us a renewed appreciation for the mercy of Ramadan, and the beautiful opportunity that Allah affords us each year.

Our first 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, looking into how your donations have helped the most vulnerable to stay nourished in Ramadan. We'll also introduce you to Fatima, our Communications Officer in Somalia who'll explain how our distributions have been going, and you'll also meet Lambat, who's been answering your calls during our live appeals.

It's a chance to meet some of the people you help too – you'll hear from Abu Muhannad, who moved into his new, permanent home in Syria on the first day of Ramadan, as well as learning the story of 10-month-old Ahmed who was malnourished before our mobile team visited him.

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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All smiles in Gaza as nourishing hot iftar meals are distributed

RAMADAN LIVE

Since Ramadan began last weekend, we've been busy distributing food parcels across nine countries.

- In Somalia, we distributed **1,550** family food parcels weighing around **66** kilograms, and helping a total of **9,300** people to eat well throughout Ramadan.
- In Gaza, we've provided **558** families with hot meals containing **2** chickens, rice, drinks and yoghurt, helping a total of **3,348** people.
- We've also provided **85** vouchers in Gaza, providing fresh nutritious food to **510** to last the entire month.
- In Pakistan, we've distributing **800** hot meals every single day since Sunday – that's a total of **4,800** hot meals we've provided so far.
- Our Pakistan office has also distributed month-long food parcels to **50** families, as well as hot iftars to **150** people in Jalalabad, Afghanistan, consisting of rice, beef curry, fruit fritters, and drinks.
- In Yemen, we've provided **750** families with food parcels weighing **100** kilograms to last **5,250** people the entire month of Ramadan.
- And in Syria, we've provided **562** displaced families in al Jeb and al Zeitoun camps with nutritious food parcels to last the entire month – helping a total **2,810** people.

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.



800 hot iftar meals being distributed daily in Pakistan



558 hot meals distributed in Gaza



750 nutritious Ramadan family food parcels delivered in Yemen, helping **5,250** people to eat well



750 nutritious Ramadan family food parcels delivered in Yemen, helping **5,250** people to eat well



Your Ramadan donations in action



Muhammad, 10 month's old

A LITTLE BODY WASTING AWAY TO MALNUTRITION

10-month-old Ahmed's little body has been exhausted by malnutrition. He lives in a tent in a camp for displaced people in Sarmada, northern Syria, with his three sisters, his parents, and grandparents.

His father, Muhammad, said, "Every day I go out to work but I only make 20 Turkish lira (£1) a day, which is just about enough to buy bread for my family.

"Ahmed's mum was very tired during her pregnancy and didn't get enough food to eat, which affected Ahmed when he was born. He became severely malnourished.

"You can't imagine the difficulties we live in. I don't think anyone can live like this."

On the third day of Ramadan, our mobile clinic visited Ahmed and his family, providing Ahmed with the nutritional medication he needs to get better.

We'll also be revisiting the family in the coming days to provide them with a nutritious food parcel to last an entire month.

"Thank you to everyone who helps us, even if just a little," said Muhammad, "It means a lot to me and my children."

HOW ARE DISTRIBUTIONS IN SOMALIA GOING?

Fatima Abshir is our communications officer in Mogadishu Somalia. She's been working with Human Appeal for over four years. Let's hand over to Fatima to learn how our Ramadan distributions have been going in Somalia.



Ramadan has been really good for me. I wake up for suhoor with my family, it's a way for me to bond with my family. We then pray together then I prepare to start the day of distributions. Ramadan is a very special month for me and it helps me purify myself and renew my intention to abstain from worldly pleasures. It helps me to have more self-control over negative emotions and to cleanse my body from any bad things I have eaten over the last 11 months.

We started Ramadan distributions on the first day of Ramadan, distributing **300** family food parcels, and in the first week, we've delivered a total of **1,550** in Mogadishu. It has been really positive, people were very relieved and glad to have food parcels. Some of the families we helped we visited at home and they had no food.

People in Somalia are facing multiple struggles: food insecurity, drought, conflict, so these food parcels make a big difference.



Alhamdulillah - our Ramadan food pack distributions have begun in Somalia and just look at this sister's smile.

How the distribution works

The first step is meeting as a team, coordinating and assigning tasks. Some of the team register beneficiaries based on their need, ensuring each person receiving the parcel has a distribution card. Once we have our lists and any equipment we need, we drive to these centres in the displacement camps, which are about 8 miles from the office, where the food is delivered and then packed. Then we distribute the food at centres in the displacement camps. We make make sure every beneficiary signs off the list and put a stamp on their distribution card. Once all the food parcels are distributed we all head home, and begin again in a new location on the next day! That's how the first five days of Ramadan went.

This year, we focused on helping newly-displaced people who came from the Lower Shabelle and Bay regions.

The best part about my job is being able to help my community. In our projects, we don't just distribute food, we also have long-term projects, like our orphan sponsorship programme. This sponsorship helps the mother or guardian of these children to afford to pay for their food, shelter, clothing , healthcare, and school supplies so that they can have brighter futures. Some of these orphans had never been to school until receiving their sponsorship.

I'd love to wish every supporter of Human Appeal a Ramadan Kareem, may your prayers be answered and their wishes become true in this blessed month.



Fatima, Communications Officer in Somalia

GREETING RAMADAN WITH A NEW HOME

On the blessed first day of Ramadan, Abu Muhannad and his family- as well as **272** other families - moved out of their tent and into their new, permanent home in Azaz, northwest Syria. We spoke to him a few weeks ago as he was preparing to make the move.

Scorpions, poisonous insects, and stray dogs would enter through the gaps in our tent every day. It made our lives into an unbearable hell.

“You can't live in a tent – it's true that we are living in one, but it isn't a decent life, and we lack all the basic necessities of life.

“This building will provide us with privacy... water, lighting, a bathroom and a toilet. It has two rooms... and it includes the furnishings in the kitchen and toilet... there are four walls and a roof that protects you from the snow and rain.

“We won't be afraid to use a heater at night. In the tent, you get electrical shorts, or a match might burn the tent down. This is a change that will make us feel safe.

“The houses are made of stone with doors and windows that you can close, unlike a tent. It's high quality.

“I pray for Human Appeal and everyone who helped - thank you for this help. And I pray also for our displaced brothers who are living in tents, may Allah bless those still living in tents.

Abu Muhannad and his family spent the first day of Ramadan in their new home. Finally a place to call home after four displacements and five years living in tents in Aleppo.

We couldn't have done it without your generous donations and mercy. From the **272** families, Abu Muhannad, and from all of us who have worked on this life-changing project – thank you.



A new blessing for Abu Muhannad this Ramadan

FROM TEMPORARY STAFF MEMBER TO LEADING THE WAY IN DONOR CARE

Mohammad Lambat joined Human Appeal as a temporary Donor Care Advisor four years ago. Today, he's a Donor Care coach and head of Donor Care training overseeing more than 70 staff. If you've called to donate during any of our live appeals in the last four years, you might have spoken to him – including if you called in during our most recent Ramadan live appeal!



This is my fifth Ramadan at Human Appeal and it's one of the things I most look forward to about the month. Our department works from sunset until sunrise on the donation line taking calls from our donors in support of our Ramadan projects. It is a blessing to be able to spend the night with your colleagues, praying and having iftar together. The ambience is always full of energy and excitement. It's honestly an amazing experience.

One moment that sticks out for me is when we had to increase the cost of orphan sponsorship two years ago to meet inflation. I called one donor to explain this to her and she told me she was struggling financially. I told her not to worry and that we would find a way to cover the amount she couldn't increase so that the orphan she supported wouldn't be affected.

Later that night she emailed me the most heartfelt message and, despite her financial struggles, decided to meet the increased sponsorship costs because whatever she spends would be recompensed by Allah, one way or another. It was really touching and has stayed with me ever since. I'll never forget it.

One project that I'm particularly passionate about is our Syria housing project. It's not just a quick fix, it's a long-term sustainable project that will, inshaAllah, transform the lives of families that have endured a decade of brutal war. For many of these families, it will be the first time in 10 years that they have had adequate shelter. For others, it will be the first time in years that they have privacy. And for some, it will be the first time they have a real bed to sleep in at night since the start of the war.

One of my favourite aspects of this project is that we aren't just building houses; they'll have access to a mosque, educational facilities and health facilities. We're building a community!

This Ramadan, I'm really looking forward to the Light upon Light event we're hosting with Mufti Menk. It will be during the final odd nights of Ramadan. The night of the event could fall on Laylatul Qadr - what a beautiful way to spend it – iftar together, then prayer and gathering in the remembrance of Allah subhana wa ta'ala.

A big Ramadan Mubarak to all our supporters. May Allah accept your worship, efforts, and charity in this beautiful month. Ameen.

SHARED BLESSINGS

The Messenger of Allah (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)



Boxes of goodness this Ramadan for Syria refugees in Lebanon