

**EVERY
HUMAN**
RAMADAN 2024
FIRST ASHRA



**RAMADAN
2024** >

Your mercy in action

All the latest from our
distributions across
13 countries.

H.I.
HUMAN
APPEAL

EVERY HUMAN IS BACK! THE FIRST 10 DAYS

Every Human Ramadan is back to bring you all the latest insights and information from our Ramadan work around the world. It's a peek into our food distributions, day-to-day work, and the people who get your donations to where you intended, every single day 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 Mahmoud, our acting country director in Gaza who'll share with you a personal, touching account of how he tries to lift the spirits of those around him.

It's a chance to meet some of the people you help too – you'll hear from Syrian mother-of-seven Amira who gave birth at Al Imaan Hospital, and we'll pass the mic to Pakistani orphan Maryam, whose dream of becoming a doctor are coming true as she attends medical school in China.

A PRAYER FOR THE FIRST 10 DAYS

The Messenger of Allah (PBUH) said,



It (Ramadan) is the month, whose beginning is mercy, its middle, forgiveness and its end, emancipation from the fire (of hell).



Muhammad, peace and blessings upon him, said that the first 10 days of Ramadan are for seeking mercy, and in the first Ashara (ten days) we are advised to make the dua:



O! My Lord forgives and have Mercy and You are the Best of Merciful



[Quran 23:118]

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



Visiting Al Kauthar Masjid in Islamabad.

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Much needed hot meals being distributed in Gaza.

RAMADAN LIVE

Here we share some snapshots of our work across 13 countries, as well as updates on our distributions so far.



In **Gaza**, we've provided **47,835** hot meals in the first ten days of Ramadan, in addition to **3,631** family food parcels to support **17,005** people, helping them to eat well for an entire month. Over **9,000** hot meals have been distributed in northern Gaza, where residents are facing starvation and struggle to access food.



In **Lebanon**, you helped us to provide **1,104** family food parcels to Syrian refugees and vulnerable Lebanese families in Saida, Akkar, and Arsal, Lebanon.



In **Somalia**, your charity provided **296** family food parcels to displaced people and orphan families in Mogadishu.



In **Pakistan**, we've provided **365** food parcels to vulnerable families, including those with orphans in the Bagh district, Dhirkot, Barakhahu, and Murree. We also provided **465** hot meals in Dhirkot, Mansehra, and Batagram.



In **Yemen**, **1,733** nutritious family food parcels have been provided to families facing hunger and malnutrition this Ramadan.



In **Nigeria**, we've been distributing month-long food parcels to orphan and widows in Remo-Sagamu.



In **Syria**, we've been providing daily bread distributions to **1,000** families, and our mobile clinics continue to support displaced communities. A GP treats **80** patients a day, and our pharmacy, health worker, and gynaecology clinic support even more people.



Our health centre in **Al Zohoor village** – where we've rehomed **5,000** people in long-term housing – provides **5,000** people with healthcare each month, including first aid, paediatrics, gynaecology, lab work, dental care, and a pharmacy. Treating about **250** people a day, it's one of the only free clinics in the area.



In the first week of Ramadan, we completed the **1,000** long-lasting homes for displaced Syrians in **Al Yasameen town**. We also finished installing a town water well and we're currently building a water tank in each home to support the **1,000** families that will soon move in.



In **Syria**, we're providing **325** families in Qurqania with cash vouchers this Ramadan, and for the next **4** months, allowing them to buy the items that meet their individual needs.

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



Food parcels containing essential foods are being distributed in Nigeria.



Delicious fresh bread being distributed in Syria each day.



Ramadan food parcels being carried back to families in Lebanon.



Food parcels supporting children and families in Iraq.



Distributing food parcels in Somalia, helping orphan families to eat well during Ramadan.



Distributing food parcels in Yemen.



Pakistani children with the distributed food parcels and cooking oil.



Food parcels being distributed in Lebanon for Ramadan.



Distributing food parcels in Somalia, helping orphan families to eat well during Ramadan.



Child standing with food parcel and cooking oil in Pakistan.



Food parcels supporting children and families in Iraq.



Inauguration of Mosab Ibn Omais school, Yemen.

YOUR MERCY IN ACTION = CLASSROOMS FOR 5,900 CHILDREN

Last year, our supporters generously donated to help rehabilitate schools in Yemen. So how have your donations changed lives in the last year?

Damage, targeting, and neglect have left **2 million** Yemeni children out of school, with another **4 million** at risk of dropping out. In the last nine years, **2,916** schools have been destroyed, damaged or appropriated for another use – that's one in every four schools.

But your charity allowed us to rehabilitate five schools, helping a total of **5,900** children to stay in safe, accessible schools, which will continue to benefit children year after year.

New, safe, and well-equipped classrooms encourage the enrolment of children. We also supported education for disabled children by making corridor doors wider as well as adding ramps and disabled toilets with wall bars.

Our renovations included building **six** new classrooms, and rehabilitating classrooms with new doors, locks, desks, as well as adding pavements, and a new roof.

Let's hear from Sondos, the twelve year old with big dreams that your charity last year is helping her to achieve.

I wake up, eat my breakfast, wear my uniform and then go to school with my friends. We line up and enter the classroom.

"I was displaced from Al Bayda governorate because of the war. War causes a lot of fear and damage. I'm afraid for my life, and for my mother, my father, my brothers and my sisters. We moved to Taiz because it is safe.

"In our old classrooms, I found it difficult to understand my lessons. The ceiling was broken, the blackboards were broken and there weren't enough chairs.

"In the new classrooms, I can understand my lesson well and concentrate on the teacher. The blackboards are new, there are plenty of new chairs, and the ceiling isn't broken.

"I want to be a doctor in the future so that I can treat people at an affordable price. My mum and dad work at the school but they haven't



Young Yemeni children enjoy learning in their new classroom.

received their salaries in a while so we lack some basic necessities at home, such as flour and sugar.

"When I get to school and enter class, I feel happy and comfortable because there are many chairs, a blackboard, and windows that protect us from the dust, cold, and wind.

"Last year, I got first place among all the students. I love mathematics because I can solve problems quickly and help my classmates understand theirs.



Yemeni children play during the inauguration of Ali bin Abi Taleb School after it's rehabilitated.

THE POWER OF A SMILE IN GAZA

Father-of-three Mahmoud is the acting Office 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. Through it all, he's been carrying out daily distributions to ensure the most vulnerable people get the help they need, at great risk to himself. Let's hear his reflections on the past six months.

When the war started, I was in my small house with my wife and children. We heard bombs everywhere, until the sounds were coming from so close to my home, and many neighbouring homes were destroyed. The only way we could flee was in a large truck with many other people. Since then, my house has been completely destroyed. I no longer have anywhere to live, so I'm sheltering with my mother-in-law.

All dreams, big and small, have been destroyed. Because of fear and extreme exhaustion I barely manage four or five hours of sleep a night. We eat once a day because of the massive food shortages. Since the war broke out, we have only eaten meat twice, and even that is a miracle.



Mahmoud checking aid shipments in Gaza.



Mahmoud bringing cheer to a shelter school.

Daily aid distributions

From the outbreak of the war, Human Appeal was among the first organisations to provide aid to people whose homes had been destroyed, before we were all forced to flee to the south. Even those first days were very extreme, and people were suffering greatly because shops closed and people were being killed.

We knew that at any moment we could lose our lives, but we remained focused on helping people, without a thought to our own safety. We provided everything that we could – water, food, hygiene kits, medicine and medical supplies, vegetables...

But we faced huge challenges too – especially the lack of electricity and internet, which would cut us off from colleagues at Human Appeal headquarters. A lack of fuel, which we need to deliver aid to families, the difficult locations we had to visit, and,

of course, the bombs, which never stop and continuously threaten our lives.

Right now, the most urgently requested aid is chicken, meat, nappies (for children and for the elderly), formula milk, and tents that are suitable for the situation that we're in. We also get requests to adapt spaces to be suitable for disabled people, who are living in tents built randomly on sand or the beach, and in areas where there are no services for them and it's very difficult for them to move around.

Fasting through hunger

People don't attend mosques like they used to, partly because so many have been destroyed, and partly because mosques have a history of being targeted. A very large percentage of people are fasting this Ramadan, despite the circumstances because of the huge blessings from Allah Subhanahu Wa Ta'ala.



Mahmoud distributing hot meals in Gaza, brightening the day of children.

Glimmers of hope

When we were distributing hot meals, there was a woman with her small daughter standing next to a wall nearby, unable to move, just crying. I went over to her to ask what was upsetting her and she said her daughter wanted to eat rice, it had been so long since she has eaten it. I brought them hot meals and she sat crying, tears just pouring. Her daughter hugged her and said that I had given them what they wanted, so why are you crying? Her mother said, "the world is still ok, alhamdulillah." I saw them two days later and gave them another hot meal. I saw her child laugh, it made me so happy. There are so many touching things that make me happy.

I can't describe the depths of the pain I feel. We have lost everything. We have lost our memories. We have lost our families. We have lost our homes. We have lost our close friends. All of my family have had their homes destroyed. My daughter cries and tells me she

wants to die. How can I be okay? I want to be strong so that my children are okay. I have so much anxiety about their futures. This life has nothing left to make us think about a future. This wound in my heart is exactly what drives me to keep laughing – so that my children see me happy, so that my laughter gives them a glimmer of hope for the future, so we can continue this harsh life.

For me, it's very rewarding when people recognise me from my smile. They see me and say, "This is the man we see on social media who is always laughing." I am proud of myself and of my organisation, and very proud of my team at Human Appeal.

I could fill a book with the suffering I have lived through, which continues to this day. It is terrible to live with this fear, but I will continue to be strong for the people who need my help, because when I see them smile it gives me the strength to continue.



Distributing hot meals across North and South Gaza.

1 MILLION MEALS IN GAZA

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



With your generous support, we've already provided **176,216** meals in Gaza, including at least **9,704** in northern Gaza.



In all, we've provided **47,835** hot meals, and **3,631** family food parcels.



Distributed 6,204 hot meals and 200 food parcels in Deir El Balah and Rafah.



We distributed 750 hot meals in Deir El Balah, South Gaza.



We distributed 700 hot meals and 451 food parcels in the middle areas of Deir El Balah, Al Nusairat, Al Zawaida.



Provided 5,297 hot meals and 230 food parcels to families in Rafah and Deir El Balah.



We distributed 3,340 hot meals in Deir El Balah, Al Nusairat, Al Zawaida.



Distributed 7,659 hot meals in Deir El Balah.



Distributed 6,385 hot iftar meals & 900 food parcels in Deir El Balah, Al Nusairat, Al Zawaida.

TURNING CHARITY INTO HOMES OF THE FUTURE

Last Ramadan, our supporters generously donated to provide durable long lasting homes in Syria and Pakistan.

One year on, how have these homes changed lives?

In Syria, we're rehoming **10,000** displaced people from **2,000** families in homes across three towns. Each family receives a flat in a building, containing two bedrooms, a kitchen, a bathroom and a living space. Each flat also has a small outdoor space and a water tank, and is connected to water, sewage, and electricity

networks. We've completed the community school, mosque and primary healthcare centre in **two** villages, and the community buildings, and water tanks in the third town are under construction. Soon, these **1,000** families will move into their new homes in Al Yasameen town. With your help this Ramadan, we'll then begin construction on a fourth town to house more displaced families.



Homes under construction by builders.



After the earthquake, when we fled to several places without any possessions; we were hoping for a tent to take shelter in because many people slept in the streets for several nights, but after coming to [Al Zohoor], we felt stable, like we owned a palace.

This house is warm, especially [when we moved in and] the weather was cold, but we felt warm, safe, and stable in this house.

I want to thank all the donors who contributed to build this village to house many people who, if they had not lived here, would have gone to live in camps that do not protect them from the cold of winter or the heat of summer.

- Rewaa, Syria





Human Appeal's third town in Syria, completed.

In Pakistan, working with survivors of the 2022 floods – which destroyed or damaged **2.1 million** homes - we built **324** flood-resistant homes, providing new homes to **2,106** people. We also installed two solar-powered deep water wells nearby to allow these families to have sustainable access to clean water.

Each home contains one or two rooms, a kitchen, and a toilet, and is built with bricks, beams, and steel, and is raised at least five feet off the ground. The reinforced structure, as well as the raised level, will protect families from cyclical flooding in the area, and give the homes a minimum lifespan of **20 to 25** years.



Family standing in front of their newly constructed home in Pakistan.



When we lived in a tent, we had nothing to protect us. But now we live in a house made of concrete and steel girders. Now we are safe from any kind of weather.

If we could, we would give those who donated this house flowers, hugs, and prayers. They have made us so happy by providing this home that we will load them with our prayers and if we see them in front of us we will surely give them garlands.

- Ameer, Pakistan



Your support last Ramadan transformed lives for thousands of displaced families. This year, what will your Ramadan charity achieve?

FROM SPONSORED ORPHAN TO MEDICAL STUDENT

Maryam always dreamed of becoming a doctor, even as a child.

[My father] used to say he would help me to become a doctor and that I would go to medical school... My father had the same wish for me.

"I was seven years old when my father passed away. He used to work in an airport and he died from a heart attack. No one supported us, I couldn't afford the school fees.

"When I came back to my hometown, someone told us about Human Appeal and their orphan support. This charity supported us a lot, ever since I was eight. Our classmates never knew we were orphans. We had everything we needed, including stationery and uniforms. Our school fees were always paid on time."

A generous sponsor supported Maryam throughout her childhood, and continues to provide her support today.



"Today, I'm a third year medical student at a university in China. I'm so far away from my family, but I'm working hard and studying so that I can return home successful.

"Life is busy here, we have classes all day long. From eight in the morning to five or six in the evening, sometimes even until 9 p.m. but it is going well and I'm enjoying it. I like to study. After my residency placement, I want to return home. Inshallah, I will open a hospital there. I want to help the poor who can't afford to get healthcare. I'll treat them for free.

"I could not believe it when the university accepted me. I had a dream of becoming a doctor, and my dream is coming true.



Our orphan sponsorship programme helped Maryam pursue her dream of education.

Our sponsorship programme gives orphans the opportunities that all children deserve, the security and safety to build brighter futures. We're so grateful for all of the orphan sponsors who give each month to help children who have lost their father or both parents to grow into thriving, passionate young adults like Maryam.

CARE AND COMPASSION AT AL IMAAN HOSPITAL

Widow Amira lives with her seven children in a camp for displaced people in northern Syria. Before losing her husband, she had three children while living in this camp. Here, Amira tells us about her experience of care at Al Imaan Hospital.

The children sleep on top of each other, kicking each other all night because of the narrow space. My mother sleeps at the door of the tent.

“When I was first displaced here, I had four children and was pregnant with my son, Rakan. Someone told me about Al Imaan Hospital, which I went to. The nurses and doctors were wonderful. They did everything to take care of me. I gave birth there, alhamdulillah.

“Al-Iman Hospital is famous. All the camp residents go there because the healthcare is free.

“When I gave birth to my next son, he needed an incubator and monitoring.

“The team vaccinated him. The childcare at Al Imaan Hospital is excellent and there’s a paediatrician.

“Whenever one of my children gets sick, we take them immediately to be examined by the paediatrician – he’s present at the hospital day and night. No matter if it’s employees, guards, medical staff, they make us feel welcome.

“No matter how much I praise Al Imaan Hospital, I could never describe how wonderful it is.



Doctor at Al Imaan examining one of Amira's children.

SHARED BLESSINGS

As we enter the second Ashara, we should seek Allah's forgiveness with the following dua:



I ask forgiveness of my sins from Allah who is my Lord and I turn towards Him.



May Allah accept your duas and reward all your worship this Ramadan.



A young girl in Syria offers du'a.