

EVERY HUMAN

RAMADAN 2024
SECOND ASHRA



RAMADAN 2024 >

Your mercy in action

All the latest from our
distributions across
13 countries.



EVERY HUMAN RETURNS! THE SECOND 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 Insaf, our global finance lead, who'll tell you how she strives to support the most vulnerable both in her career, and in her community work. You'll also hear from Sherine, our orphan and child welfare officer in Gaza, who has continued working through displacement, hunger, and the destruction of her home.

It's a chance to meet some of the people you help too – you'll hear from Ibrahim, whose cataract surgery last year helped him to regain his independence and support his family. We'll tell you all about Sehar, whose training and sewing machine helped her to support her family when her husband lost his sight.

A PRAYER FOR THE SECOND 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 second 10 days of Ramadan are for seeking Allah’s forgiveness, and in the second Ashra (ten days) we are advised to make the 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.

So come, take a peek behind the curtain of the second Ashra of Ramadan at Human Appeal, and get to know our projects, staff, and those we help a little better.



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We distributed food parcels in Afghanistan.

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 distributed **194,118** hot meals across Gaza – including in northern Gaza - in the second Ashra of Ramadan alone, providing nutritious food to families facing starvation.



In **Afghanistan**, we distributed **100** food parcels to families facing food insecurity in Parwan province.



In **Senegal**, you helped us to provide **437** food parcels to Senegalese families in Dakar, Thies, Diourbel and Sidhiou.



In **Pakistan**, we've distributed **300** food parcels, including **200** to vulnerable families in Rahim Yar Khan, and **100** to children at the Aminah Centre for street children in Lahore. We also distributed **250** hot meals to students and labourers in Islamabad and Shinkiari and **250** cash vouchers to orphans living in the Bagh district of Pakistan-administered Kashmir.



In **Somalia**, we distributed **33** food parcels to sponsored orphan families, helping them throughout the month of Ramadan.



In **Sudan**, we distributed **610** food parcels in the city of Damazine, providing displaced families with disabled members a secure food source this Ramadan.



In **Syria**, we provided **1,288** hot meals to displaced people living in camps in Al-Emdad, Khaled Bn, Al-Walid and Sarmada. We distributed cash vouchers worth \$65 to **325** families living in Qorqania and the surrounding displacement camps. Each family will receive a voucher every month for five months, helping them to buy essential foods.



In **Yemen**, we provided support to **637** families in Taiz with food parcels, with a focus on displaced or orphan families.

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



PAKISTAN

We continued to distribute hot meals and food parcels across Pakistan.



GAZA

We continued to distribute hot meals and food parcels in Gaza.



SENEGAL

We distributed Ramadan food parcels in Senegal.

RAMADAN FOOD PACKS FOR ORPHANS

SOMALIA
2024

SOMALIA



You helped us support orphan children with month-long food parcels.

SUDAN



We provided 610 Ramadan food parcels in Sudan

SYRIA



Distributing hot meals in Syria.

YEMEN



Child pushing a wheelbarrow with a food parcel in Yemen.

YEMEN



We continued to distribute Ramadan food parcels in Yemen.



Giving the gift of sight

YOUR MERCY = EYE CARE FOR 6,000 PEOPLE IN SOMALIA

Last year, our supporters generously donated to reverse treatable blindness in Somalia.

This project, which launched last Ramadan has since provided over 6,000 eyecare consultations, more than 1,000 cataract surgeries, and provided training to more than 60 eyecare health workers.

One person who has had lifechanging eye surgery is Ibrahim. He lives in Luuq with his wife, six daughters and four sons.

He had lived with poor eyesight for many years, with cataracts that eventually made it impossible for him to see anything.



Ibrahim, before and following his surgery



“This project and the surgery to remove the cataracts was the first time I received any treatment for my eyes. My recovery was relatively quick and without complications...within a few weeks, I could already notice a significant improvement to my sight.

“The cataract eye surgery has transformed my life, granting me newfound independence and confidence. I can now enjoy everyday activities, and read and work more effectively. This surgery has also lightened the load on my family, allowing them to worry less about my visual impairment. Overall, it has opened doors to better job opportunities and vastly improved

my overall quality of life. I can read, write, cook, and enjoy the beauty of the world around me. My independence has returned.

“To those who donated, I want to express my deepest gratitude. Your generosity and compassion have given me a new lease on life. Without your support, I wouldn't have been able to see the world again. Your donations can change the lives of many others who are in a situation similar to what I experienced. Your contributions can help more people regain their independence and experience the joy of seeing the world around them.”



This Ramadan and beyond, we'll be working to provide cataract surgery in Bangladesh, Pakistan and Yemen.

A DEADLY NIGHTMARE WE WANT TO WAKE FROM

Mother-of-four Sherine joined Human Appeal two years ago. She's our orphan and child welfare (OCW) officer in Gaza, where she oversees the welfare, access to healthcare, education and essential services for the children we work with.

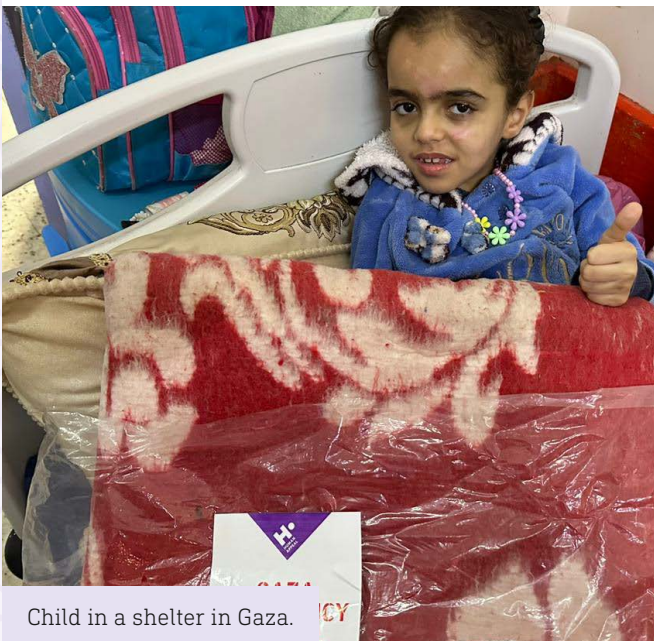


Like so many, Sherine was forced to flee her home with her family, leaving everything behind. Despite the unimaginable difficulties of circumstances, she has continued to work each day to help others in Gaza.

We are now living in a deadly nightmare that we want to wake up from. We've been through, and are still going through, the toughest of trials. On the third day of this aggression, our building was threatened with bombardment. My terrified children ran out of the building, and I ran after them to protect them, leaving

everything behind. We evacuated in just a few minutes.

The shelling was extremely intense, and we had no idea where to go. We walked into the streets, unsure where to go, as shelling was happening in every direction. We didn't know what routes to avoid being hit by shrapnel or direct bombardment.



Child in a shelter in Gaza. **OCW**



Children still smiling in Gaza.



Siblings holding a hot meal in Gaza.

Gaza is currently experiencing various forms of death in different ways. Every family is at risk of death, whether from hunger, thirst, bombing, or suffocation under the rubble of their homes. I have witnessed many massacres around where we're staying now - houses collapsing without any prior warning, and many people, mostly children and women, still trapped under the rubble.

A family hosted us for the night, and then I decided to head to my family's house in the Bureij camp, in the centre of Gaza. We stayed there for a month, then moved to a shelter centre, where we stayed for another month until we were asked to evacuate the area. We headed to Rafah in the south, and stayed in a tent for 50 days, before moving to Deir al-Balah in the central region when the shelling intensified. Now my children and I have been hosted by a kind family for around 40 days.

When my colleague, Noor, called me to check on me and heard about our situation, we received food parcels and hygiene kits from Human Appeal. Since then we have received more food parcels, a clothing package and hygiene kits.

Locating all sponsored orphans

The greatest challenge for us in the Orphan and Child Welfare programme is the disruption of communication with the families of the sponsored orphans. We haven't given up. We have over 4,500 orphans sponsored here, we've managed to locate 3,500 of them and we're doing our best to reach the other children too.

Human Appeal has been one of the first and most impactful charities on the ground since the beginning of the bombing, providing aid to displaced families. We've had so many people asking for food parcels, tents and hygiene kits.



Hot meals being distributed in Gaza, providing children with warmth and food.

Ramadan in Palestine

This year's Ramadan is completely different from the previous years. It is devoid of joy, and we can't do activities we've done every previous Ramadan, like Taraweeh prayers in the mosques, visiting relatives, or gathering around the table with the family for iftar, because every family in Gaza has members martyred, missing, or wounded.

One family I remember while I was in the field, checking on displaced families in the camps. They were from Beit Hanoun and had evacuated to Rafah. The journey from the north to the south was terrifying, but the orphans were happy to see us, and the OCW team helped to forget their trauma for a while, lifting their spirits with toys, food parcels, hygiene kits and games.

A message from Gaza

I would like to say to our supporters - thank you so much for your generosity and compassion. It's made a huge difference. Please continue giving. Your assistance is a lifeline for every single displaced family in Gaza.

DAY 11



Day 11 - We distributed 15,982 hot Iftar meals to displaced families in Deir al Balah and South Gaza.

| 1 MILLION HOT MEALS IN GAZA

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



Since the start of Ramadan, with your generous support, we've already provided 238,354 hot meals in Gaza, including 12,000 in northern Gaza.



In all, we've provided 238,354 hot meals, and 4,196 family food parcels.



DAY 12

Day 12 - We distributed 9,416 hot meals to displaced families in the area of Rafah & Deir al Balah, helping them to have enough nourishing food to eat this Ramadan.



DAY 13

Day 13 - We distributed 8,704 hot meals to displaced families in the area of Deir al Balah, Gaza as part of our 1 million meals for Gaza campaign.



DAY 14

Day 14 - We provided 22,614 hot meals to our Palestinian brothers and sisters in Deir al Balah, Rafah, and North Gaza.



DAY 15

Day 15 - We distributed 10,088 hot iftar meals to displaced families in Gaza who are struggling to access food amid the on-going bombardments.



DAY 16

Day 16 - We provided 17,668 hot meals to vulnerable Palestinian families seeking shelter in the middle and south areas of the Gaza Strip.



DAY 17

Day 17 - We provided 21,431 hot meals to our brothers and sisters in Gaza.



DAY 18

Day 18 - We provided 14,096 hot meals to families who are enduring hunger, displacement, and bombardments in Deir al Balah, Gaza.



DAY 19

Day 19 - On the 19th day of Ramadan, we continued to deliver 6,000 delicious hot meals to displaced families in Gaza.



DAY 20

Day 20 - We distributed 25,980 nutritious iftar meals to displaced families in Gaza.



Sehar with her sewing machine

SEHAR TURNED HER LIFE AROUND WITH A SEWING MACHINE

Hear from Sehar, a mother-of-four in Lahore, Pakistan. Her family was thrown out of their home at night because they couldn't afford the rent. Her husband struggled to earn a living as his cataracts worsened. But Human Appeal supporters stepped in to help Sehar to turn the family's life around.

“Four years after we got married, my husband told me he can't see well, and then one day he lost his sight completely. He works on a donkey cart and he earns 200 (55p / 69 cent) or 300 (85p / \$1.07) Rupees a day, sometimes maybe 1,000 (£2.8 / \$3.54).

“I've been going to Human Appeal's Aminah Centre for five months, and I've learnt a lot about sewing – how to make bans, cuffs, and collars, how to sew lace, I've learnt everything. I feel good when I learn, my mind is fresh and all my worries go away. I really like going there. My teacher and classmates are so nice, they love me a lot.”

Now, Sehar has the skills and equipment to earn a living and support her children.

“When I first started earning, I bought new clothes for my children for Eid. It made me so happy to see them wearing new clothes. First, I want to move to a better house, and then I'll get my belongings back.”

By providing women in Pakistan with sewing machines and livelihood training, we're helping women to empower themselves to be able to build brighter futures for themselves, and for their children.

SUDAN'S ADVOCATE

Shining a spotlight on Sudan Insaf Abbas is the Finance Lead at Human Appeal's head office based in Manchester. With over 14 years of experience at Human Appeal, Insaf is responsible for international and UK payments amongst other vital responsibilities. Let's hear about her experience with Ramadan and with raising support for the crisis in Sudan.



"In Ramadan, I break my fast with my family when they visit, or sometimes with friends or at my local mosque. Otherwise, I break my fast at home by myself. Ramadan is my favourite month of the year, bringing me closer to God and the chance to go every day to the mosque to pray, and donate" whatever I can to help other charities.

Raising awareness and support for Sudanese families

"I set up a JustGiving page linked to Human Appeal, to raise funds to help the vulnerable people inside Sudan as soon as the emergency began, and worked with the community to raise awareness of the war. I personally support all the campaigns that aim to

feed the people in Sudan, or that provide them with medicine. I'm also talking to my friends that own small businesses about arranging a bazaar to raise money for Sudan after Ramadan, as well as providing hospitals in Sudan with badly needed hospital beds.

"I don't think there's enough support or attention on the crisis in Sudan. The war in Gaza has been much more visible, and information about Sudan has been pushed to the back, though both countries contain casualties and vulnerable people. To highlight the need in Sudan, I tell people to share news from a reliable source, and show people the loss of life and livelihoods, as well as the terrible situation and the trauma the people affected by the war experience.

In the office

"I enjoy all my responsibilities, but I always feel blessed when I send transfers to the countries we have projects in. It makes me feel like I'm helping all our beneficiaries around the world, in a way. Finishing all the tasks needed, and meeting deadlines can be very stressful, though. The Human Appeal office in Sudan moved quickly to help people, but with the spread of the war, the office faces difficulties. In spite of that, they're still doing a great job, wherever they can."



Insaf speaking at a meeting.

SHARED BLESSINGS

As we enter the third Ashra, we should ask to be saved from hellfire with the following dua:

اللَّهُمَّ أَجِرْنِي مِنَ النَّارِ

Allahumma Ajirni minan naar

O Allah, save me from the fire.

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



Children celebrating Ramadan in Al-Diyaa camp in Sarmada, northwestern Syria.