













# NO CHILD SHOULD SUFFER FROM LONG TERM EFFECTS OF HUNGER, WHICH CAN CRIPPLE WHOLE COMMUNITIES.

#### **SYRIA**





#### **ROHINGYA**

Since August 2017, close to 1 million Rohingya refugees are living in camps in Bangladesh and continuing to rise.

#### **YEMEN**



The people of Yemen are staring famine in the face as 17 million people have been left food insecure and 20.7 million people are in dire need of humanitarian aid.

#### Let's get started:



- 1 Raise a minimum of £150 individually or £300 as a family of 4. Sadaga & Zakat donations welcome.
- 2 Spread the word Ask your friends and family to sign up.
- 3 Complete the walk with hundreds of people across the UK.

## MAKE A DIFFERENCE THIS RAMADAN!

Raise a minimum of £150 individually or £300 as a family of 4 for your sponsored 5km Walk for the Children of War. Here is how your fundraising will help children in Syria, Yemen and the Rohinya. Share with your family and friends to help you reach your target.

£150

Family Food Parcel



£150

Community Iftaar for 200 people



£375

Community Iftaar for 500 people



#### **FUNDRAISING IDEAS**

### 'And whoever saves the life of one person, it is as if he has saved the whole of mankind.' - Qur'an 5:32

Set up a JustGiving page

Visit: <a href="https://mhuk.ngo/childrenofwarwalk">https://mhuk.ngo/childrenofwarwalk</a> and ask your friends and family to donate.

Get Sponsored

Make the most of your fundraising pack and ask people to sponsor you using your Sponsorship Form.

Skip the Treats

Why not give up that daily cup of coffee or chocolate bar and give the proceeds to reach your target?!

Post on Social Media
Utilise your social media platforms and keep your followers updated by sending emails,
Whatsapps and posting images about the walk to keep those donations coming in!

Set up a Bake Sale

Tickle those taste buds and organise a cupcake sale at work.

Sell your unwanted clutter

Sell any unwanted clothes or household items either at a car boot sale or online.

Embrace your Creativity

Get creative and use a skill in return for a fee – e.g. mehndi, face painting, making cards, bunting etc.

Set up Donation Boxes

Ask your local supermarket to put a donation box in their store to encourage donations from their customers.

Involve your local Mosque

Ask your local Masjid if they can make a Jummah/Taraweeh announcement for you.

Raise money at home!

Better yet, organise a delicious iftar at home and get your loved ones to sponsor you.