

A CHILD'S INNOCENCE SHOULD NEVER BE DESTROYED WITH THE MEMORIES OF WAR, PSYCHOLOGICAL SCARS AND MALNUTRITION.

But this is the reality in Gaza. The violent conflict, the loss of loved ones and an ongoing blockade has taken its toll on the children in Gaza – both physically and psychologically.

- Thousands of children in Gaza suffer from psychological scars and malnutrition, which has held these children back from reaching their true potential.
- The number of impoverished families is increasing dramatically each year.
- 20% of the population in Gaza suffer from mental health issues



Charity Reg No. 1105056



muslimhands.org.uk | 0115 911 7222



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WE NEED YOUR HELP TO ENSURE THAT THE CHILDREN OF GAZA RECEIVE THE MEDICAL CARE THEY NEED TO PROVIDE THEM A PROMISING CHANCE OF RECOVERY...

GAZA MOBILE HEALTH CLINIC

Provides free medical and dental care to children in Gaza for 1 day.



£200

GAZA PSYCHO-SOCIAL CLINIC

Offers a range of therapies and activities to ensure engagement and fun as any child deserves



£300

GAZA AGRICULTURAL PROJECT

Our livelihood programme provides a source of income to help farmers and their families sustain themselves



£500

Lets get started

- Raise a minimum of £200 - Sadaqa & Zakat donations welcome
- Spread the word - Ask your family and friends to sign up
- Complete the walk with hundreds of people in the UK

Join us as we brave the cold and walk 5 miles for the children of Gaza!

FUNDRAISING IDEAS



Set up a JustGiving page by visiting <https://mhuk.ngo/gazawinterwalk> and ask your friends and family to donate



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



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



Fill a jar with cookies and sweets and get everyone to pay to guess how many there are. Whoever's closest gets to walk away with the goodies.



Tickle those taste buds and organise a cupcake sale at work



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



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



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



Why not bucket in your local supermarket or get council permission to go in your local streets and make sure the children's voices of Gaza are heard.



With the winter coming, why not organise a coffee/tea morning and get loved ones or colleagues to sponsor you.



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HOW YOU'VE HELPED...

Ziad Ayyad a 63 year old father of nine, lost all his beloved olive trees during the latest Gaza conflict. Struggling to support his family - he had little hope with what the future held. But thanks to your generous donations, Ziad and his family now have a brighter future.

"The Muslim Hands donors have placed their healing hands on a wound I thought would never heal. They have restored a smile to my wife's face and for the first time since I lost my trees, I can face life's obstacles head on because I have my independence and my dignity back. May Allah (swt) bless you all and reward you well for your kindness."



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