

On the authority of Abu Musa (ra) who said, 'the Messenger of Allah (saw) said, "The relationship of the believer with another believer is like [the bricks of] a building, they strengthen each other". He [saw] illustrated this by interlacing the fingers of his hands'. [Al-Bukhari and Muslim]



# THE LATEST FROM MUSLIM HANDS



## HOW YOU KEPT PEOPLE WARM THIS WINTER

When temperatures drop below zero, those that lack the basic items they need to protect themselves are vulnerable to serious sickness and even death. Thanks to your donations, over 31,000 people were kept warm and alive this winter. Whether they were refugees in flimsy tents, victims of war in bombed-out houses, or poverty-stricken families unable to afford essential winter items, your generosity was a lifeline to them during the worst of the cold season.

To find out more about how you helped people this winter, visit [muslimhands.org.uk/appeals](http://muslimhands.org.uk/appeals)

### HOW YOU HELPED

You provided **4,200** beneficiaries in AFGHANISTAN with food parcels and other winter essentials.



You ensured that **5,145** people in YEMEN received family food parcels which included staples such as rice, flour, vegetables, sugar and cooking oil.



You provided **5,000** ROHINGYA refugees with warm clothes, blankets and other winter essentials.



### OUR RESPONSE: VITAL RELIEF FOR SYRIAN REFUGEES



In the **Bekaa valley** alone, at least **847** refugees were **forced to relocate** due to the severe flooding that damaged their shelters. 

This winter brought storms, rain and heavy snowfall to Lebanon, affecting over 70,000 Syrian refugees living in camps. When Storm Norma struck Lebanon in January, these refugees only had tarpaulin tents to protect them from its force.

Storm Miriam brought further snowfall, exposing vulnerable families to freezing conditions. Your donations provided them with vital items such as food and heating oil, protecting them from the worst of the cold season.

You helped **7,440** beneficiaries in Lebanon, providing family food parcels, heating oil and winter packs.





## Indonesia Tsunami Emergency: Update

Less than three months after the terrible 7.5 magnitude earthquake of September 2018, tragedy struck Indonesia again. On Saturday 22nd December, a deadly tsunami triggered by the eruption of Anna Krakatau devastated the islands of Sumatra and Java. More than 430 people were killed and over 1,400 were injured. Giant waves crashed into islands still recovering from the 2004 tsunami, destroying everything in their path, including the homes of 16,000 people.

In the wake of the disaster, our teams were on the ground providing emergency aid to nearly 4,000 people. Your donations provided them with vital items such as food parcels, cooked meals and tents, helping them through the initial crisis.

Muslim Hands has been providing relief in Indonesia since the Aceh Tsunami in 2004. With your support, we are rebuilding communities affected by the recent tsunamis, with initiatives such as the Community Kitchen and the Dongala School Project.



## Rawalakot Housing Project

After landslides caused by heavy rains destroyed their homes, families living in the village of Akhorban in Rawalakot, Pakistan were left with nothing. Unable to afford new homes, they were living in makeshift shelters on the side of a mountain. In 2016, Muslim Hands provided the families with emergency winter relief, but there was a great need for a long-term solution. In December 2018, we completed the building of 11 new houses (consisting of one room, one bathroom and a veranda) and the reconstruction of two existing houses. This project was funded entirely by Tyler Hoffman Solicitors, whose generous donation allowed us to provide 13 families with safe shelter, improving their living conditions and restoring their dignity. Thank you for supporting the needy families of Rawalakot.

For more information visit:  
[muslimhands.org.uk/major-giving](https://muslimhands.org.uk/major-giving)



## The Open Kitchen: Join the Ansar Club!

Do you know of anyone who is struggling to put food on the table, or a rough sleeper with no plan for their next meal? If so, please direct them to our Open Kitchen in Hounslow, where they can enjoy a free, nutritious meal in a warm, safe environment.

This winter, Muslim Hands launched our Open Kitchen for homeless people and low-income families in Hounslow, West London. The Open Kitchen is providing them with a safe, warm and friendly place to enjoy hot, nutritious meals all-year round.

When the Prophet Muhammad (saw) migrated to Madinah with his companions, they were welcomed with exceptional hospitality by the Ansar (the Helpers). The Ansar opened up their homes and hearts without hesitation, offering them food, clothing, shelter, land and livelihoods.

The Open Kitchen is funded by your donations and we welcome volunteers. By helping out your needy neighbours here in the UK, you can keep the legacy of the Ansar alive.

**'They (the Ansar) love those who emigrated (the Muhajirun) to them and don't find any want in their chests for what the emigrants were given but give [them] preference over themselves, even if they themselves are in need. And whoever is protected from the stinginess of his soul - it is those who will be the successful'.**

[Qur'an, 59:9]

If you'd like to volunteer for/donate to the kitchen, head over to our website, [muslimhands.org.uk](https://muslimhands.org.uk) or call us on 0115 911 7222.

**'I used to eat only lunch. I couldn't feel hungry at dinner time because there was nothing to eat. Now, I feel hungry at 6:00 because I know my dinner is secure'.**

-Open Kitchen regular

### WHERE TO FIND US

The Open Kitchen  
 514 Great West Road, Hounslow, TW5 0TE



Meals are served:

**EVERYDAY**  
 12PM - 2PM  
 6PM - 8PM

➔ To find out more about the Islamic importance of Yemen, head to our Yemen appeal page on [muslimhands.org.uk](http://muslimhands.org.uk) and download our free Hadith collection. #IamYemeni #YemenCantWait

The Messenger of Allah (saw) said,

**'THE BEST OF MEN ARE THE MEN OF YEMEN, BELIEF IS YEMENI, AND I AM YEMENI'.**

(Ahmad)

# YEMEN: ON THE BRINK OF FAMINE

## 8 million people on the brink of starvation

Our team is on the ground distributing urgently needed food to the families of Yemen, including essentials such as rice, kidney beans, vegetables and oil. Your donations have provided emergency food parcels to the worst-affected areas in Sana'a, Aden, Hadhramout and Ta'iz.



Your support has provided **735 households** with the means to survive.

Yemen is a blessed land, and the Prophet (saw) called its people the best of people, praising their virtues on

several occasions. Muslim Hands is implementing several long-term projects to provide vital relief to the people of Yemen:



### School Meals

Targeting children aged 6-12 years old in Ta'iz, providing them with on-site meals and take-home rations.

### Water Well

Digging new wells or rehabilitating existing ones to providing clean water to families in Abyan.



### Medical Clinic

10 fully-equipped health clinics will be set up in rural areas, including physicians and paramedics.

### Food Parcels

Each family will receive a monthly food pack consisting of essentials such as flour, rice, kidney beans, oil, vegetables, salt and sugar.



## BAKHRI'S STORY

Bakhri is 18 years old, and he lived with his widowed mother, Aisha, in Ta'iz, until shelling forced them to flee their village. They walked for miles across mountains to reach safety. During their escape, a rocket landed near Bakhri, driving a piece of shrapnel into his back and paralysing him from the waist down. He will be confined to a wheelchair for the rest of his life.

As a healthy young man, Bakhri worked in the local farm to provide for his elderly mother. They had a home, an income and a community. Their lives were normal and stable. Now, Aisha and Bakhri rely on charity just to survive. When this isn't enough, they fast, praying that tomorrow will bring a meal.

This winter, your donations provided Bakhri and his mother with much-needed emergency food supplies. The food parcels you sent them contained essentials such as flour, kidney beans and vegetables, allowing them to satisfy their hunger. We pray that Allah (swt) eases their burden.



Photo: Aisha and Bakhri in Al-Baytra camp, Lahj. They live in a small tent which can't possibly protect them from rain, wind or cold, and they have no toilet. To provide food to the starving people of Yemen, visit [muslimhands.org.uk](http://muslimhands.org.uk) today.

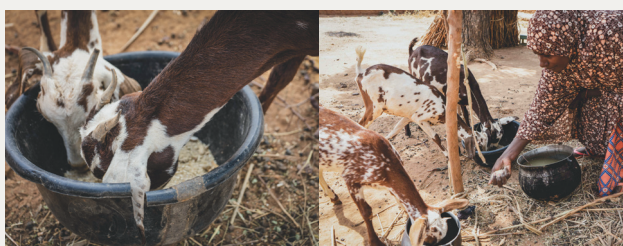
# Empowering the Women of Niger

Your donations are empowering the women of Mali and Niger to provide for their families. From running free sewing courses to helping widows set up their own businesses, your generosity is providing women with a sustainable source of income.

At just 28 years old, Ramafou is a widow with eight children. Before Muslim Hands gave her three goats in November 2018, she had no stable source of income.

Her husband used to work as a trader and was the only breadwinner in the family. Her relatives were too poor to help her after he died, and she struggled to provide her children with even simple foodstuffs like cassava (a type of basic porridge). Ramafou's family live in a small mud-brick house, and share two beds, one of which is outside because of the lack of space. Ramafou has few possessions, the most valuable of which is a copy of the Holy Qur'an.

Ramafou's life has been completely transformed by the simple gift of three female goats. Not only can she now provide her children with nutritious milk every day, she can also sell surplus milk to buy them food and other necessities. Each goat will produce two kids per year which she can either sell or keep to produce more milk. Ramafou is full of hope for the future.



It took less than £400 to give Ramafou a sustainable source of food and income to provide for her children. She is immeasurably grateful to our donors for helping her and her children.

Find out more about our livelihood projects at [muslimhands.org.uk](http://muslimhands.org.uk)

## LOOK OUT FOR...

**CHILDREN OF WAR**

6PM - 9PM

- 18<sup>TH</sup> MAY ○ MANCHESTER
- 19<sup>TH</sup> MAY ○ BRADFORD
- 25<sup>TH</sup> MAY ○ BIRMINGHAM
- 2<sup>ND</sup> JUNE ○ LONDON

## Walk for the Children of War

Don't miss out on our amazing sponsored walk and delicious iftaar! This Ramadan, join us on a 5km walk to raise money for Yemeni, Syrian, Gazan and Rohingya children. Their lives have been torn apart by conflict, and many of them don't even know where their next meal is coming from. With your help, we can provide them with urgently needed food and clean water - basic necessities that no child should have to live without.

Register at [muslimhands.org.uk/events](http://muslimhands.org.uk/events) to get your free fundraising kit!



## GAZAWINTER WALK

THANK YOU FOR BRAVING THE COLD!

Muslim Hands has been running the Gaza Winter Walks for 11 years now to help raise money for our various projects in Gaza. This winter, thousands of people braved the cold in nine cities across the UK, walking five miles to raise money for the Al-Nasir Pediatric Hospital.

We caught up with Asya Kidan on the day, who told us about how her school is fundraising for Gazan children.

Afifah school has been involved in the Gaza Winter Walks since 2016, and this year 69 children and adults attended the walk. They were enthusiastic about exceeding the £1000 amount the school raised last year.

**'Walking in the cold as a group made me feel that I am actually making a difference in the world and especially in Gaza and this is the most beautiful feeling ever'.**

- Asya, participant

The school even involved younger children who couldn't attend, organising a 1-mile sponsored walk at the school. The children learnt about the difficulties Gazan children face and how important it is to raise money for better medical equipment.

The funds raised during the walks will provide life-saving medical equipment such as incubators and ultrasound machines for newborn babies and children. The money will also be used to support our psycho-social projects in Gaza - tragically, 95% of Gazan children show deep psychological stress, and our projects aim to restore their mental health, hope and dignity. **To find out more about how you can help the people of Gaza, visit our website at [muslimhands.org.uk](http://muslimhands.org.uk)**



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