



THE TRIUMPHANT COPE TEAM AT THE PEAK OF SNOWDON

Surviving and thriving in Snowdonia

With blood, sweat and tears, we made it!

On the 18th of August, our dedicated supporters took on Mount Snowdon. It was a day full of many emotions: fulfillment, fatigue, motivation and teamwork. Knowing we were all together, fighting every muscle in our bodies, made all pain and exhaustion worth it.

The trip was summarised in a beautiful message by, Ruphsana Nahar-Qayyum:

“Thank you all and bless you all for your efforts; personal and physical struggles. For each and every one, I can feel how profound the experience was. Yes, it was a journey to overcome the physical self by pushing the mind and body to places it has not been before. For others it was both physical and spiritual. The energy I’m picking up from everyone is amazing. The trek was definitely an individual and collective journey and it is evident everyone achieved what they intended to achieve. Well done and may Allah’s blessings and mercy continue to rain down on you as you all heal and repair.”

In total, we raised an unbelievable £15,000. This money is being used to fund our first water filtration plant in Karachi.



Above: The COPE TEAM ready to conquer Snowdon

SPECIAL THANKS...

An honourable mention is due to one of our valued volunteers, Gul Rana. Despite being unable to attend the Snowdon trek, Gul set herself her own personal challenge: to walk the equivalent number of steps at home. Demonstrating dedication and resilience this wonderful lady, despite her poor health refused to give up. Gul undertook the same number of steps that the Snowdon trekkers walked and managed to raise a whopping £800 all on her own. A massive well done to Gul. We are very proud of you!



COPE News

Issue 4-October 2019

EDITOR: MARYAM AYUB

TEAM BUILDING

Volunteers are a charity’s biggest asset! At COPE we understand the value of our team and work hard to ensure our volunteers are happy, healthy and involved. A content fulfilled volunteer is a productive volunteer! With this in mind, throughout the previous quarter we have arranged multiple events where our volunteers have had the opportunity to relax and enjoy ourselves.

A FUN-FILLED DAY AT BARRY ISLAND

On the 3rd of August, we organised a trip to Barry Island, the perfect way to kick off Summer. An enjoyable day was spent on the beach getting to know one another better as well as spending time with loved ones and their families.

AN INSIGHTFUL TALK

COPE arranged an inspirational Islamic talk delivered by Dr Sadia Ahmed who is also a medical researcher and a UKIM Volunteer. One of the aims of the session was to renew our commitment to charity work and ensure that we purify our intentions and get the most out of it. The evening was very well attended and was a great way for us to connect and gain an understanding of the benefits of our work.

EID PARTY

A spectacular garden party was hosted by COPE to celebrate Eid-ul-Adha. A variety of delicious dishes were brought in by volunteers. It was a fun-filled evening with great company and a lot of fun. We work extremely hard and party even harder!

COLLABORATION WITH OTHER CHARITIES

Collaboration and joint working with other charities is valued highly at COPE. It makes sense for charities with similar aims to mutually support one another and share good practice. After all, we share the common value of making a difference to improve people's lives. By 'rowing in the same direction', we can reach our destination faster and smarter. In the last quarter, COPE has networked and supported Surraya Foundation, provided mentoring support to the Haroon Tariq Jahaan Foundation, as well as facilitated a platform for Helping Little Angels to raise funds for their charity on our Snowdon Trek.

PROJECTS AND ACHIEVEMENTS

WATER FILTRATION PLANT

The funds raised from the Snowdon Trek will be used to build COPE's first Water Filtration plant in the area of Karachi. This is our biggest project to date and will benefit around 5000 people a day! The Filtration Plant will have a capacity of 10,000 litres a day and will take approximately 7-10 months to complete. We will keep you updated on our progress and would like to thank everyone that sponsored and participated in the Snowdon Fundraiser.

BALOCHISTAN MOSQUE IS COMPLETE

We are super excited to announce the completion of our Balochistan Mosque located in the Khuzdur District of Balochistan.



The estimated number of households that will benefit are 100-150 and each household has

around 10-15 family members. The mosque is small but compact, and has an ablution area, 3 toilets and a prayer hall. Imagine the reward and satisfaction the donors will get every time someone prays in the mosque that they funded!

QURBANI

It was COPE's first year of facilitating the distribution of Qurbani (Sacrifice) which is an integral part of the Islamic festival Eid-ul-Adha. A total of 68 Qurbanis were distributed in the areas of Cameroon, Bangladesh (among Rohingya Refugees) and Balochistan in Pakistan. In areas of high poverty, this is the only time of the year where some poor people have the opportunity to eat meat.

Below: Qurbani distribution in Cameroon



THE BIRTH OF COPE VILLAGE

The picture below marks the birth of our COPE



Village in Balochistan. The heart of the village has already been constructed through the much-needed Water Source which has drastically cut down the journey time for hundreds of people that had to previously walk for miles to fetch water. Complemented beautifully by the Mosque next to it, bringing people together and uniting them in prayer. Our vision is to continue developing the area in the form of housing, a school and anything else that is needed to revive the local economy. This is a wonderful way of witnessing the impact of the hard work that we do as a charity.

WOMEN EMPOWERMENT PROJECT

We are proud to be a 'women led' charity. In empathy of our counterparts in poor areas of Balochistan, we aim to set up a project to work with and empower local women. More details to follow after Trustees return from their forthcoming field visit in the area.

YOUTH CORNER

Contribution by Maryam Zaman, Age 13

Our charity COPE is truly a great blessing to be a part of. Everyone works hard as a team and makes the impossible possible. The amount of money we raise for kids in need is extraordinary and the thought of putting smiles on other people's faces is touching. I love helping kids/adults who aren't as fortunate as me as I believe everyone deserves a happy, healthy life. COPE has really helped make a difference and that makes me so proud. The events/functions are memorable and special, and everyone works exceptionally well with one another. Every single person on our team shows perseverance and determination and together, we help those in need. No matter what the issue may be, we still find a way to succeed and every penny we earn makes such an impact to those suffering in the world today.

FORTHCOMING EVENTS

- 1) Ladies Night –21 December 2019
- 2) Karachi field trip- Nov 2019
- 3) Charity Football Match- Jan 2020

Stay in touch....

Tel: 07857734122

Website: <http://www.copeuk.org>

Facebook: copeukcharity

Instagram: cope_uk

YouTube Channel: COPE UK CHARITY