



COPE TRUSTEES NASRAT & SOFIA MEET THE VILLAGERS IN GADAP, SINDH

A fulfilling trip to Pakistan

One week, 8 places, hundreds of smiling faces

8 days of excitement, hard work, early starts and late finishes. Nothing could have prepared Trustees, Nasrat Rafiq and Sofia Tariq for the Field Trip that they undertook at the end of October 2019 to visit COPE projects.

SINDH



On the first day, a trip to Balochistan had been scheduled. Two hours from their destination, the Trustees found themselves stuck in a road blockade, sweltering in the 37-degree heat for 3 hours. Eventually, they turned back and headed to Gudap in Sindh, which miraculously held the solar power water station of Nasrat's parents.

The living conditions of the locals left a lot to be desired and extreme poverty was evident; mud huts with straw roofs, with no sanitation apart

from two toilets and a Solar Water Station that COPE built. Treats were taken for the children, who were delighted but so disciplined and well behaved. Clothing was also given to the ladies.

Above: the children lining up waiting for their treats of sweets, biscuits and candies

The dignified and hospitable welcome that was given to the visiting Trustees left them moved beyond words. It was ascertained after conversations with the locals that they need a school for girls in the village so that their daughters can have a better start to life. In addition, they asked for help in funding weddings of the young girls whose families could not afford to get them married. Although the villagers were skeptical about their requests being fulfilled, we are proud to announce that both these requests were taken very seriously and the work on the school has already started! The Trustees will return to Pakistan to officially open the school and oversee the wedding project where a mass wedding for 30 couples will be conducted with COPE in attendance.

COPE VILLAGE

The village of Semaan in Khuzdar is the heart and soul of COPE as this is the area of Balochistan, where we concentrated our efforts in adopting the first COPE Village. The area was identified as being the most in need although it is located in a hard to reach mountainous region. Travelling mainly off road, through ditches and on rocks; the most challenging journey of the trip. Once the Trustees reached Khuzdar, they were able to visit

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the Mosque and Solar Water Station that have already formed the heart of the village. It was an emotional and touching experience, seeing the fruits of COPE's efforts. Children recited the Quran and they were able to feel the joy of praying in their own masjid. A distribution of clothes, flour, chicken and sweets, was carried out personally by the Trustees among several villages that they visited.

KARACHI WATER FILTRATION PLANT INAUGURATION

The proceeds of the Snowdon Mountain Climb fundraiser have been used on making COPE's very first Water Filtration Plant which will benefit around 5000 people. Sofia and Nasrat proudly laid down the foundation stone for this and work is underway. We expect the Filtration plant to be complete by March 2020.

LASBELLA AND HYDERABAD

After a testing journey, the Trustees visited the manual water wells in Lasbella. It was well worth the trip, as they were able to meet the brilliant team on the ground, as well as see an especially

monumental water well, funded by Alfona Sood, COPE volunteer who ran the Paris Marathon.

In Hyderabad, they visited water pumps and were pleased to see first-hand, the benefit to people. At just £120, waterpumps are installed in the homes mainly of widows and the very poorest people in society.

After a draining but fulfilling week, Sofia and Nasrat felt completely delirious: it did not quite sink in for days. It was immensely motivating and inspiring to see the results of our work as it changes lives of people on a daily basis. Clips and pictures from the trip can be found on all of COPE's social media. To relive the journey with them please visit our YouTube channel by searching for COPE UK Charity.

LADIES NIGHT

The COPE Ladies Night returned for the second time on the 22nd December, exceeding every expectation. A dazzling night full of glamour, ecstasy and entertainment, it was something for the history books. Consisting of various performers, a best dressed parade, an auction and much more, the room was filled with a buzz like no other; everyone enjoyed themselves thoroughly.

The auction was a memorable moment. Among a luxury car ride and exquisite cake, a brooch purchased for the equivalent of 50p from Balochistan was auctioned. The touching story of the hardship and history behind the material object was revealed, instantly getting the crowd going. Bought for 50p from Pakistan, raising £200 at our event; the Balochi Brooch will continue to be a symbol of the struggles of the people we have set out to help with our charity.

We raised £5600 in total. This money will be going towards a number of our upcoming projects.

COPE'S CURVY CUTIES ARE BACK!

Following the tremendous success, the previous year, COPE's CURVY CUTIES began this worthy fundraiser at the beginning of January 2020. 15 women took on the challenge to lose 1 stone in 8 weeks whilst raising money for the charity. Supported mutually via a Whatsapp Group, recipes are exchanged, and the ladies encourage and motivate each other to reach their goal. A

weekly weigh in reveals the progress made. This is not just a great fundraiser for the charity but an excellent health promotion tool.

COLLABORATION

MMI

We value working with other charities in order to achieve a common goal of doing good and taking baby steps towards achieving the bigger picture of helping people. We recently forged links with Melody Masters International (MMI), who support the local community through entertainment and human interaction.

Charity Football Match



COPE organised a charity football match against MMI on 1st February 2020. A fabulous day of fun, laughter and adrenaline at The Pavillion in Aston. Sadly, COPE lost 5-2 but were delighted at raising £1500 from the event. COPE strongly advocates joint working and collaboration with other charities through sharing resources and ideas for mutual benefit.

Keynote Speech

The chairwoman of COPE, Nasrat Rafiq, delivered a Keynote Speech at Samosa Saturday, a business network for women professionals and entrepreneurs. Nasrat shared her entrepreneurial and humanitarian journey with a view to inspiring women and encouraging them to follow their dream as it is Ordinary Women that make and Extraordinary Difference! COPE is proud to be a women run, women led charity.

VOLUNTEERS: ALWAYS ON THE GRIND

KILAMANJARO

Mount Kilimanjaro, the tallest mountain in Africa is an iconic structure, of which half the people who attempt to climb it fail. They say the journey up there is equivalent to walking from the equator to Antarctica. We are unbelievably honoured to say that COPE supporter Mohammed Tahir, will be climbing the mountain and half of his sponsorship proceeds will go to COPE. It is a blessing to have such active and generous supporters, all who want to consistently do the very most they can to support our cause. It will not be an easy journey, but with his dedication and motivation, we have no doubt that Mohammed Tahir will make COPE proud. Please do sponsor him to show your support for his amazing effort.

JOIN OUR EVER-GROWING TEAM...

Our volunteer base is continually growing, and we encourage new people to join us. As a 100% charity we rely on the good will of volunteers to donate their time for the cause. If you are interested in joining us to help those in the poorest provinces of Pakistan, contact any of our socials below.

FORTHCOMING EVENTS

- 1) Trustees Second Field Trip – March 2020
- 2) Ramadan Event – 2nd May 2020
- 3) Dholki Night Fundraiser – Summer 2020
- 4) Ben Nevis Mountain Climb

Stay in touch....

Tel: 07857734122

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

Facebook: copeukcharity

Instagram: cope_uk

YouTube Channel: COPE UK CHARITY