



ALFONA SOOD GEARED UP TO RUN THE MARATHON

## Alfona Runs the Paris Marathon for COPE

Article by Rupsana Nahar-Qayyum

### *Mother of 3, smashes the finishing line in style*

A huge congratulations to COPE's vibrant volunteer Alfona Sood for successfully completing the Paris Marathon on Sunday 14th April 2019. The race started on Champs-Élysées just a few blocks from the Arc de Triomphe. Running through the iconic sights of Paris, Alfona finished her spectacular charity run for COPE.

It is recommended that runners commit to 6 months of training 3 times a week. Despite Alfona's spinal injury and training coming to a halt for the last 2 months, her persistence and positive mental attitude saw her through to the finish line. Alfona is a mother to 3 daughters and works part time. Outside of her busy schedule she dedicates her time in a range of ways to help the local community and on an international level. Locally, Alfona inspires women through mentoring and supporting them through her weekly walk/ run sessions at Cannon Hill Park. She has mentored many women of all abilities and various physical and health levels and has supported them into

several 10k runs and half marathons. As a wonderful role model Alfona aims to inspire her daughters and other women to have fun and get fit whilst doing something amazing for charity.

### **WATER PROJECT LAUNCH**

We are delighted to announce the launch of our Water Project which will provide access to clean drinking water to thousands of people in the provinces of Sindh and Balochistan in Pakistan, where there is a dire shortage of water. Providing water is a great form of charity which benefits people long after the deed, and the rewards continue every time the water source is utilized.

A water pump through COPE costs £120 and will ease the hardships faced by poor communities that have to walk for miles to obtain a bucket of water. In addition to water pumps we provide other larger water sources such as manual wells, solar powered wells and much more. If you wish to contribute to our water project please contact us on 07703410575.

### **VOLUNTEERING OPPORTUNITIES WITH COPE**

We need your support! If you have a few hours a week to spare and would like to volunteer, please contact us via email: [info@copeuk.org](mailto:info@copeuk.org) We support students on the Duke of Edinburgh scheme and would be glad to provide you with references.



## COPE News Issue April 2019

EDITOR: NASRAT RAFIQ

### **COPE'S CURVY CUTIES HELPED ME GET FIT**

Article by Samina Rahman

I joined COPE's Curvy Cuties (CCC) WhatsApp group and the motivation and inspiration of the girls that ran the group pushed me to make the changes that I should have made years ago but being a weak sugar addict, I could never break the cycle. Whenever a new picture of a healthy meal pinged on my CCC WhatsApp group, I was spurred to Google recipes to keep up with the rest of the group. I started to follow a healthy eating plan and amazingly within 1 week I noticed my pain had decreased by about 40%! I was less stiff and able to walk a couple of miles without agonising pain. I felt the fog lift as I discovered a new energy and all of this was thanks to the girls motivating me and each other through encouraging words, positive attitude as well as posting pictures of amazing healthy meals. Well done to CCC for achieving your goals and helping me to achieve mine as well as raising money for those in need.



Above: Cope's Curvy Cuties celebrate weight loss achievements over Afternoon Tea at Pirlo's

## RAMADAN CHARITY DINNER SOLD OUT IN 6 DAYS!

COPE was bowled over by an overwhelming response to our Ramadan Charity Dinner, where all 500 tickets were sold out in 6 days! There is a huge buzz of excitement in the air and preparations are underway to make the Charity Dinner a huge success. A big thanks to our sponsors, donors and all those that have bought tickets. See you there!

### Projects and Achievements

#### HOPE NEEDS REGISTER UPDATE

HOPE is the grant making component of COPE, based around a Needs Register. Grant applications are assessed by a panel that decide on cases to support. Some of the cases we have supported are listed below:

- Grant awarded to support a poor elderly couple with no means of income who were reliant on locals to provide them with basic food items.
- Grant awarded to a young lady suspected of a life threatening kidney problem to fund a hospital consultation for diagnosis.
- Grant awarded to a single parent family, fleeing from domestic violence, towards basic living costs to support herself and her 5 children.
- Grant awarded to a disabled patient to fund essential personal hygiene items.
- Granted awarded to blind family that were living in overcrowded conditions with 7 adults in one room. The grant funded the building of a second storey consisting of two rooms, bathroom and staircase to ease the crowding.

#### A RAY OF HOPE BY COPE

It is hard to imagine the plight of a father of 3 young children with kidney and respiratory problems, living in the slums in squalor; sharing 1 room, 1 bed and 1 blanket between 5 people. As if that wasn't bad enough, there was no front door to shelter them from the outside world, the roof to their slum shelter was leaking, they had no bathroom nor toilet and compromised their dignity by having to use the next door neighbour's toilet and shower facilities. Such were the living conditions of this family before COPE intervened.

Conditions before COPE's intervention



With COPE's grant, the room was improved, plastered with a new door for privacy. In addition an extra room, a small kitchen area and a toilet and shower room were made for the family.



The pictures above show the improved living conditions of the family after the work funded by COPE.

## YOUTH CORNER

### Go Karting Reviews

**Contribution by Adam Nawaz, Age 14**

19th February marked another of COPE's successful charity events. It was an enjoyable day that consisted of Go Karting and a delicious meal at Pirlo's. Go Karting was very well organised as we were racing with our friends and the whole track belonged to us. As a Volunteer I helped sell the tickets and organised the racing groups; COPE makes sure that you are happy with your role as a Volunteer and that no one is overloaded with work. I believe that this is the beauty of COPE as they allow everybody to help, and ensure that you are having as much fun as everyone else. A mum aged 40 stated "I don't know how COPE do it, they entertain the 40 year olds and the 10 year olds at the same time!" The best thing about this event was knowing that you have empowered people of all ages. Well done, COPE!

**Contribution by Muneeb Mughal, Age 13**

As one of the people that took part in the Go Karting activity, I can say that it was definitely exciting. The majority of the karts were running perfectly and there were many opportunities to have a turn. Overall the go-karting event was very professional and well-organised, and we all had a great time.



Above: COPE Youth Team at GoKarting

#### Forthcoming events:

1. Snowdonia Mountain Climb Challenge in July- COPE will be doing a sponsored mountain climb. A great challenge, lots of exercise and fresh air whilst raising funds for the charity!
2. Ladies Pamper Evening in August- Relaxing and rejuvenating evening packed with luxurious beauty treatments, massages and homemade gourmet treats to enjoy while you relax and get pampered.
3. Summer Beach Trip - Fun packed day at the beach for the whole family.
4. COPE Trustees trip to Pakistan- to launch new and existing projects.