



THE COPE TEAM

## COPE Re-Launches with a Bang!

Article by Nageena Bashir

*The 29<sup>th</sup> December 2018 saw the re-launch of COPE charity with a spectacular Ladies Night.*

The event was organised in less than two weeks, with the charity Trustees and all the Cope Volunteers putting on an event that exceeded all expectations.

For those that are not in the know, COPE was initially set up following the Pakistan earthquake in 2005. It was set up to help those in need following the devastating disaster that claimed over 70,000 lives. The charity has now re-launched with a new mission to help tackle poverty, both locally in the UK and in Pakistan based around a Needs Register. The charity has 100% donation policy.

The Ladies Night was very oversubscribed so count yourself very lucky if you managed to get a ticket, and make sure that you don't miss out on the next event by securing your tickets.



The event had not only provided a great dinner and dance opportunity but there were also many bargains to be bagged on the night. With a number of stalls ranging from menswear, jewellery, lingerie, ladies 3 piece suits, mehndi, gifts and many more. The COPE selfie frame was also a hit on the night.



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The party was truly rocking with the variety of karaoke sang, and there was plenty of opportunity for a selfie or two. The DJ was great, the ladies looked glamorous and guests commented on how good the food was.

A very special donor deserves a special mention and thanks; our registered blind donor Zarina Begum who hand knitted adorable baby cardigans which she donated for sale on the Gifts Stall.

### Forthcoming events:

**Snowdon Mountain Trek.** Take the challenge and test your fitness whilst enjoying the breathtaking views of the Welsh mountains.

**Ladies Pampering Night-** Everyone could do with a little pampering and indulgence. Enjoy a range of treatments including massage and facials to totally unwind and relax.

**Ramadan Charity Dinner on 11<sup>th</sup> May 2019-** Join together for a special iftari dinner and fundraiser.

### Youth Activities:

**Go-Karting-** Sample the thrill of driving a real race kart. A fun day out under the guidance of experienced instructors.

Dates and details on events to follow

## Trustees and Volunteer raise money for COPE by changing their mindset and body shape

Article by Rupsana

The start of 2019 has seen COPE's Trustees and Volunteers launch straight into their new weight loss fundraiser! Support the team in their praiseworthy efforts to lose weight and raise money to make a difference to the lives of people in Pakistan. For the sake of Allah, our ladies are being supported by their families and friends to **lose 1 stone in 8 weeks! Deadline 25<sup>th</sup> February 2019.**

The impact our ladies will make is wider than the obvious health benefits. Their weightless journey will impact on the lives of their families, friends, community and those facing hardship in Pakistan. **Support the Team and pledge your donations!**

### Our Team Mindset

- Putting the needs of others over themselves
- Focusing on losing weight for COPE
- They will rely on YOUR support, donations, words of encouragement, and whatever you do, DON'T BRING HOME CAKES!

## Recent projects and Achievements

### Water Well and Solar Panels for Orphanage in Lahore

We were delighted to help secure clean water at the Al Jannat Orphanage in Lahore. The work required boring deeper into the ground to acquire clean water.

In addition, we donated towards solar panels for the orphanage that will help rectify the ever-present problem of electricity load shedding which is a prominent issue in most parts of Pakistan. Our donation means that the children in the orphanage can benefit from an uninterrupted water and electricity supply.

### School in Karachi

COPE contributed towards the building of a small school in Karachi (see below) to teach

vital basics of education. The beneficiaries are children in a poor area of the city. Before our intervention a working class couple that headed this project had already built some of the walls of the school from their own limited resources. They had yet to build the roof, complete the plastering and finishing of the school. With the financial support provided the school is now looking at a completion date in April 2019 which will enable children from a very poor area to benefit from the chance to get educated.



*The picture above shows the children sitting on the ground of the 'makeshift' school which doesn't have a roof.*

### Orphan marriages

Being able to get married is a human right that is often taken for granted in the West. This is not the case in Pakistan where being poor often means that you do not have the means to get married. COPE was delighted to be able to contribute towards the wedding of an orphan girl. Our donation helped attain the bare necessities for a wedding which included, clothes, wedding garment, house essentials such as pots and pans as well as food for the wedding.



*(Above) Orphan bride in 'Nikah' ceremony. (Below) Household essentials for the bride to take to her new home*



### A special thanks...

The charity would like to take this opportunity to thank its many sponsors including, IDC, Sleep Revolution, Bangla Station, Furniture Kraze, My Little Cupcakes, HerGym, RCreations, Varanasi, Odara, Arai Parties and Hamraaz.

## Youth Corner

### Contribution by Maryam Ayub

What Charity Means to me as a Young Person.

As a member of the COPE youth team I feel truly honoured to be a member of a group who want to help make a difference. The goal of our charity is to improve the lives of those in poverty in Pakistan: a cause which means a lot to us. Growing up in a world full of poverty and misfortune has shown me how blessed I am to live the life I live. It is hugely rewarding knowing that we have relieved some of the hardship in less fortunate people's lives and as a child, it allows me to stop taking all the things I am lucky to have for granted.

Planning the event was very exciting, as it was fun getting involved with the behind the scenes work which was vital for the success of the event. A few members of our youth team helped to set up the night before; together, we managed to make the venue look spectacular. Before we knew it, we were ready to hold our first event. The ladies night went exceptionally. Everything ran smoothly, all of the guests and volunteers had a wonderful time and we raised a remarkable amount of money. With everyone's innovative ideas, motivation and dedication, COPE will only continue to flourish.

### We need you!

If you would like to learn more about our charity please contact us and we would love to talk about what we do. In addition, if you would like to support the charity or volunteer, please email us on [info@copeuk.org](mailto:info@copeuk.org).