



EMERGENCY FOOD PACKS ISSUED DOOR TO DOOR IN JAMSHORO, SINDH

Covid-19 Emergency Relief

We are in lockdown... but so are they

Three days without food: that was the exact state of a poor family living in the most remote area of Balochistan. Though both our countries are in lockdown, there is an unbelievable difference. We stay in the comfort of our homes while they are stranded, with no means to live. They had no other option but to pray for help to arrive, so they are not left to starve. That is why when our emergency relief team arrived with their COPE funded food pack the family instantly broke into the flour bag. The food pack saved their lives gave them hope in a time where they had none.

Below: Door to door delivery of Food Packs



The Covid-19 emergency food packs are essential in these unprecedented times. It is vital to remember those for whom lockdown is a matter of life and death. The packs contain necessities,

such as flour, sugar, rice, oil, tea and lentils, as well as washing up powder and soap. Overall, over 8000 people benefitted from the fundraiser, in the rural areas of Sindh, Balochistan and Karachi.

FRESH FRUIT AND VEG FOR THE POOR



Fruit and vegetables are not affordable to most poor people who do not have the means for this type of luxury. In Ramadan, upon breaking the fast we yearn to eat fruit as a source of refreshing nourishment. They deserve a chance at having a balanced diet, consisting of more than just the basics; COPE believes in protecting the dignity and self-respect of poor people. COPE began a fundraiser in order to fund fresh fruit and vegetables, which has currently given access to 340 poor families.



COPE
EMPOWERING PEOPLE

COPE News

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EDITOR: MARYAM AYUB

30 WEDDINGS BY COPE

30 brides and 30 grooms, a jovial atmosphere, the bright colours... this could easily have been mistaken for a movie set. There was sheer vibrance and wonderful atmosphere on the 14th March 2020, when COPE Held a Collective Marriage Programme for couples from the poorest families in Gadaap, Sindh. COPE Trustees Nasrat Rafiq and Sofia Tariq attended the weddings as Guests of Honour. COPE funded the mass weddings and gifted each couple with essential personal and household items that would enable them to start out in their lives.

COPE'S CURVY CUTIES lose 78lb!

2020 arrived and the same resolution as always was set: get healthy and lose some weight. COPE's Curvy Cuties is a challenge where our ladies joined together to motivate and help each other to lose their target goal of one stone. Following last year's success, there was no doubt in doing it again. This was the perfect opportunity for our ladies to empower each other to strive for the best.

PAKISTAN FIELD TRIP

Article by Nasrat Rafiq

At COPE we pride ourselves in working closely with our team on the ground in Pakistan to make sure our Projects are executed to our high standards. We aim to

carry out two personal visits per year and our latest visit took place in March 2020. Due to the Coronavirus pandemic, the visit was cut short from 10 days to 6 days and it was challenging getting back into the country due to borders closing and flights being cancelled.



We are pleased to announce that although it was a very testing trip, we managed to cover a lot of ground. We were restricted to remain in the Sindh province as Balochistan was out of bounds due to strict travel prohibitions. Sofia and I visited a large sample of waterpumps in Hyderabad and it is always very satisfying to meet the beneficiaries and hear real stories by real people that have benefited from COPE's work. The highlight of our visit was the mass wedding ceremony which was impeccably organised by the ground team. We were also very pleased to see the near completion of our Water Filtration Plant in Karachi. Due to restrictions in mass gatherings we were unable to carry out almost half of our itinerary. However, the identification of our third COPE Village in the District of Jamshoro, Sindh made the whole trip worthwhile.



COPE VILLAGE 3

What is a COPE Village? A village in an impoverished area usually in remote parts of Pakistan that lacks bare essentials such as water. We identified COPE Village 3 in the

District of Meran Goth Jamshoro, Sindh which is a small village consisting of around 25 houses. Although at one time the village was larger and more populated, people started moving away due to the long trips to fetch water. Those that were able to do so, shifted away closer to water sources. As part of COPE Village project, a Solar Water Station, Mosque and School will be built here as means of providing the essential infrastructure upon which people can start to build, develop and grow.

COPE LOVES A MOUNTAIN...

Any excuse to trek a mountain...COPE takes this to the next level. Not only did we trek Snowdon, the largest mountain in England and Wales, our volunteers tackled Scottish Highlands Cairn Gorm which is the 6th highest mountain in the UK. The ultimate icing on the cake was Kilimanjaro, the largest free-standing mountain in the world conquered by the brave Mohammed Tahir pictured below on the left.



"I WALKED IN AS A STRANGER BUT LEFT AS A FAMILY MEMBER"

Article by Haleemah Sarah Masood

I had heard of COPE but never really had the chance to meet the beautiful faces behind its hard work until their new volunteers meeting. The meeting was like no other I had been to before. I walked in as a stranger but left as a family member. The way in which we all let down our guards and poured our hearts so comfortably it was as if we all had known each other for years. They say first impressions are the most lasting

and it could not be truer. From that first meeting I knew that COPE would be the right platform for me to take my passion of being of service to others forward. In serving others through exchanging their suffering for relief and comfort is my eudaimonia. After watching the video of a women struggling for a bucket of water my heart broke. That day I promised myself that this Ramadan I will exhaust all means to help reduce their struggle for the basic essentiality of life. With the lockdown in place I knew fundraising was not going to be the easiest, so I tried to come up with an idea that could involve everyone from the comfort of their homes. A Fry Free challenge would mean that for one month we exchange our traditional luxuries at iftar time that are a temporary happiness for a much longer and lasting happiness for both us and our brothers and sisters across the globe. The world right now is hurting and as much as I would love to help everyone, I understand that I cannot change the whole world but inshaAllah through helping these women I can change their world.

YOUTH CORNER

Article by Aminah Hussain - Age 9

A lockdown Ramadan

Ramadan is only a few days away. I can't wait come spread your warmth, peace and blessings. Ramadan is such a beautiful holy month. I'm so excited to fast this year. I'm allowed to keep more as I'm off school due to the lockdown. Ramadan will be a different experience for us all this year in our homes with just the family who we live with. That means no iftaris with our loved ones but maybe we can still share our food. Ramadan what a blessed month and because we have all this extra time we can concentrate on our Quran & prayers. Not forgetting all the fun Ramadan activities my mum has planned. Oh Ramadan is coming it is coming so soon. It's such a blessing let's all pray together. Let's pray that Allah swt accepts all our duas and takes away this horrible virus from our lives. May the month end with the lockdown too so we can spend Eid with all our loved ones in sha Allah...



DIARY OF NHS HERO/COPE TRUSTEE

Article by Maryam Hussain

Day one of isolation: I leave the house to embark on my mundane journey to work, however, today was far from ordinary. The air fills with an eerie quietness filtered with peoples' anxieties and panics of covid19. The travel on the bus was like driving through a ghost town and spotting anybody walking steadfast on the street with a mask hiding their identity was a rare encounter.

Day two: I step off the bus outside my workplace to see a queue of people waiting anxiously outside the pharmacy; the line drew back as far as the eye could see, its tail ending at the corner of the street.

Week one: Prescriptions had risen to four times the usual amount and staff were dropping like flies as everyone too vulnerable to work go into furlough. I was assigned to work in two pharmacies as the NHS desperately tries to find replacements throughout all healthcare sectors. Working like machines on auto pilot, we drudge through prescription after prescription weary of making a mistake that can lead to someone's demise.

Week two: Patients are now getting restless and patience has become thin. Some hail abuse at us with little understanding that we have now fallen a week behind; some days I would even skip lunch to try and catch up with little luck.

Week three: this is when the physical pain starts to kick in as the past two weeks of intensive work catches up with my body. The words of some patients rattle in my mind "you can't do your job...this is terrible service...I could do a better job..."

Week four: my body has now become numb to the pains in my muscles; however, the mental pain is fresh as I have now lost 5 of my MDS patients in four weeks. Some to Covid. Some days I get home with the intention of giving up, but all the negativity drowns out from the clapping every Thursdays; your positivity and encouragement keeps me sane.

Despite all the miseries this virus has caused, it has sparked a new sense of togetherness as we let the world heal and clap in awe of the bravery of our NHS and key workers.

So please appreciate and be patient with our fellow NHS workers, healthcare workers and key workers; you are here today because they brave the world and risk their lives on a daily basis.

Thank you.

ACHIEVEMENTS TO DATE

- 327 Water pumps
- 18 Manual water wells
- 9 Solar water stations
- 2 Water filtration plants
- 1 Water line System
- 1 Mosque (completed & 2 in progress)
- 1 School 80% complete & 2 in progress
- 1100 Qurans distributed
- 31 Weddings
- 300 Winter packs
- 970 Food packs (Ramadan 2019 & Covid-19)
- 365 Fruit and vegetables ration cards
- 552 Item distributions on field trip
- 68 Qurbani
- 2 Houses for poor – 2 in progress
- 1 Water well and solar panel for orphanage

TOTAL BENEFICIARIES = 72300

TOTAL WATER BENEFICIARIES = 53200

**A huge thank you to our
Trustees, Volunteers &
Donors that worked tirelessly
to make this possible**

WE ARE RECRUITING...

Our volunteer base is continually growing, and we are always encouraging new people to come and support. If you are interested in joining us, to fulfill yourself and help those in the poorest provinces of Pakistan, contact any of our socials below.



FORTHCOMING EVENTS

- 1) Virtual Ramadan Iftar on Zoom- 2 May
- 2) Alfons's 50km Run - May
- 3) Eid Party- date to be confirmed
- 4) Mountain Trek- date to be confirmed

Stay in touch....

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