



CHILDREN IN COPE'S SECOND SCHOOL PROUDLY SHOW OFF THEIR SCHOOL BAGS

Celebrating the First and Second COPE School

Breaking the cycle of poverty through Education

Excitement mounts as the first COPE school in Seman, Khuzdar, Balochistan and second school in Gudap, Sindh were completed. It doesn't get better than this; seeing the fruits of your efforts through a classroom full of children being educated in the middle of the mountains! Children for whom education was merely a distant dream. Children who always had to prioritise survival.

After COPE built a Solar Water Station and Mosque, the School in Seman was the final part of COPE Village 1 to help regenerate the area and give people a helping hand towards improving their lives and livelihoods. These children are the future of the region, the next generation who will have a better chance in life.

Below: the happy students in the first school



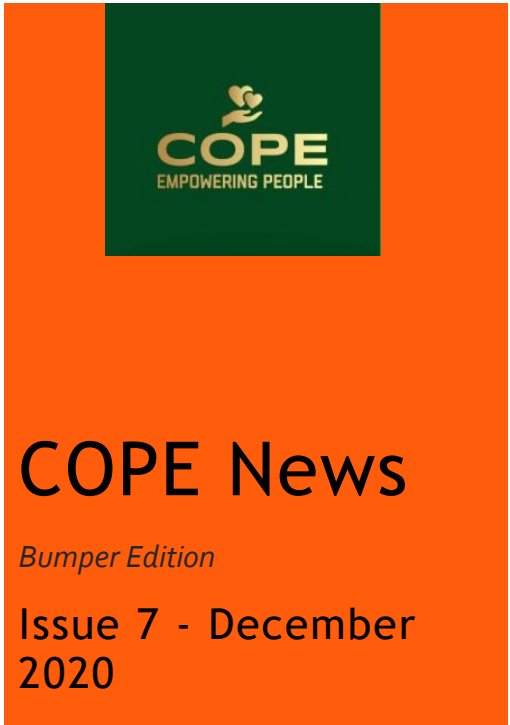
When the Trustees visited Gudap, Sindh, the villagers asked for a school for their children. This village has a water station, with the masjid still being under construction. The school was completed at the end of November 2020, with all the resources ready for children to be educated, such as bags, books, a chalkboard and even a little playground. More footage from the school can be found on the COPE Instagram and Facebook pages.



Above: A lesson being taught in COPE's second school, Sindh

RELIEF AND AID WORK Sindh

Devastation struck Pakistan, particularly in the province of Sindh, as disastrous floods hit; they not only destroyed the areas and houses, but also claimed lives. COPE took action in a prompt timely manner and raised funds towards the relief work which was crucial to save lives. We distributed 320 pairs of clothes,



EDITOR: MARYAM AYUB

80 food packs, 150 mosquito nets to the affected villages and families in Sindh.



Above: Distribution by COPE team in Sindh

Lebanon

The Beirut explosion on 4 August 2020 claimed the lives of at least 135 people, injuring 5000 or more and damaging buildings across the city.

COPE launched an emergency appeal and promptly arranged for the distribution of Food Packs for the affected households.



Above: Distribution by COPE team in Lebanon

10k Steps a Day for a Rickshaw!

COPE loves a challenge! For the last 10 days of the second lockdown, Shabnem Naz, Trustee of COPE led a fabulous initiative to partake in a walking challenge. The aim was to reach 10000 steps each day for 10 days. Fines were issued to those who failed to reach this number or failed to show evidence of their steps. This was a brilliant team building activity which relied on motivating each other to keep going and to push ourselves each day. Well done to everyone who took part!



The fines from this challenge meant that COPE could introduce a new strand to our Enterprise Programme (see below for details) by funding a rickshaw to help a poor person earn a regular income which will be life changing for them and future generations. Being able to earn an income means that their children can be sent to school, which has a knock-on effect on their future prosperity and life chances.

Brave-Hearts 6k Walking Challenge-

Article by Javeria Mahmood

I took the decision to lead the 6k Brave-hearts fundraiser challenge to support and raise money for COPE but also for the added health benefits I would gain from this challenge.

This year has been such a tough year for all of us both mentally and physically. Studies have suggested this pandemic has had a huge impact on the mental and physical health of the population, due to the simple lack of physical activity. Walking is a fantastic form of exercise and has so many health benefits, as well as mental health wellbeing. This challenge allowed me to personally reignite my passion for walking and reminded me how important it was to keep fit. It was a breath of fresh air!

Following completion of the 10k fundraiser, I decided to continue on with this challenge, with the support of COPE. This Alhamdulillah allows me to raise money for COPE, continue to gain the immense health benefits of walking and most of all have some fun interactions with my COPE family during these tough times this world is currently facing.

Allah willing, with the support of the team, I hope to make this challenge a long-term fundraiser for COPE and its many charitable projects.

ENTERPRISE PROGRAMME

A brand new COPE initiative; the Enterprise Programme does not just give people means to live, but it allows them to make their own means.

One strand of this is the Sewing project, consisting of 3 months training on how to sew garments which can be sold to earn a living and become self-sufficient. Once training is completed a sewing machine with all necessary sewing resources are gifted to the trainees along with an accreditation certificate. As of December 2020, the sewing project is well underway!

The second strand of the Enterprise Programme is the Goat Project which is targeted at rural areas where the local economy is dependent on animal rearing and sale from their wool, milk and meat. COPE initiated this fundraiser and raised funds for goats/sheep being gifted to people in rural areas so that they can have the means to earn a living from the milk and meat.

Below: COPE sewing machines



HOUSING

Following the Trustees visit to Pakistan in March 2020, a need for housing was identified for 2 families in the area of Hyderabad. The first family consisted of 7 orphans who did not have a roof and lived in an outdoor makeshift veranda. The second family lived in a battered tent and the father was a cancer patient. It was imperative that COPE did something to help

these families after witnessing their conditions firsthand. We are awaiting feedback and footage for these and will share as soon as it arrives.

COPE athlete conquers 50km while fasting

Driven by a challenge and a passion for running, energetic Alfona smashes it once again and achieves the unthinkable! Alfona Sood, who previously ran the Paris Marathon for COPE, undertook a 50k run during the month of Ramadan while fasting. What can't she do? Alfona's aim is to raise £4500 which will fund a Solar Water Station. This level of commitment and drive to raise money for good causes is a credit to Alfona's character and COPE are blessed to have such dedication from volunteers.

LAST 10 DAYS of RAMADAN

As a way of maximizing rewards in the last 10 days of Ramadan, food was given to the poor each day. Charity was given on behalf of donors so that they could earn as much reward as possible in the holiest days of Ramadan.

Leading the way with COPE Virtual Iftaar

COPE was proud to lead, set standards and keep going despite the national lockdown across the country. Our original charity Iftaar Dinner was cancelled due to restrictions, but we did not let this stop us finding an alternative to help poor people. Under the most difficult circumstances and from the comfort of our living rooms we organised a spectacular iftar fundraiser that raised money to enable us to expand our work in the poorest areas of Pakistan. A huge buzz was created... a great lineup of golden-hearted guests, reciters and participants, a jam-packed programme and much sought-after auction items. Against all odds we achieved and exceeded our target, and the evening was a major success.

QURBANI MEAT DISTRIBUTION

As part of the Eid Ul Adha celebration, Qurbani (Sacrifice) meat was distributed to the poorest areas of Sindh and Balochistan. Meat is a complete luxury for poor people and they often look forward to Eid Ul Adha as they know that they will have the opportunity to eat meat, even if may be only once a year. As per annual tradition, we also offered

donors to do their sacrifice in the area of Cameroon as part of Qurbani 2020.



Above: COPE meat distribution in Pakistan

COPE PIONEER FRUIT AND VEG PROJECT

We are extremely proud to have pioneered a Fruit and Vegetable Project during Ramadan and beyond whereby poor people were able to have access to fresh fruit and vegetables free of charge. COPE set up a temporary Fruit and Vegetable market in the slum area of Karachi and issued ration vouchers for poor families that met the criteria. Hundreds of poor people benefitted from this initiative. The market has continued beyond Ramadan and is still running and benefitting hundreds of families daily. COPE believes in protecting the dignity and self-respect of poor people and we are thankful for the opportunity to give hundreds of people access to free, nourishing fruit and vegetables.

Below: COPE fruit and vegetable market



Fry Free Challenge shows how a vision can become a reality...

When Haleemah Sarah Masood saw a video of COPE Trustees in Jamshoro, pulling water from a barely functional water well it touched a chord. She became determined to raise funds for a Solar Water Station and left no stone unturned to reach the target. Through a very carefully thought-out Fry Free Challenge in Ramadan which encouraged participants to

avoid fried food, the outcome of Halima's fundraiser was beneficial to health as well as providing much needed water to the people of Jamshoro. The Solar Water Station was dedicated to Halima's grandparents whose names are inscribed on the plaque. Well done Halima, we are immensely proud of you!

600 WATER PUMPS!

Our water project is thriving and we are delighted to report that we have funded 600 water pumps up until the end of December 2020. Water pumps are a great source of sadqa jaria which means that your act of charity continues to benefit you as long as water is consumed from the water pump. Many donors have taken to the idea of gifting a water pump in the name of a loved one to mark their special day, whether that is their birthday, anniversary or in the name of a loved one that has passed away. COPE sends off all new water pump orders on the 5th of every month and advises donors of a 6-16-week turnaround. Due to recent events including the Covid Pandemic and Floods in Pakistan, we are experiencing a delay and would request donors to remain patient. Once the work is completed, donors are provided with pictures of their water pump and a full report.



Above: People using one of the water pumps: these pictures are sent to the donor of that pump to show them what they funded

BIRTHDAY WATERPUMPS

People celebrate birthdays and are often lumbered with gifts that they may not want or need. A water pump, on the other hand, is a gift that will enable our loved ones to receive blessings as long as poor people benefit and drink from it. Therefore, we decided to mark our volunteers' birthdays by jointly fundraising a water pump in their name. This has been a huge hit and has enabled us to increase the number of water pumps to approximately 600.

If you would like to give a more meaningful gift of a water pump in a loved one's name, this can be done via COPE. A gift certificate is available on request.

YOUTH CORNER

Keeping busy during lockdown



This is a drawing by Anaya Ayaz, age 5, of her and her family. We would love to see how your children kept busy while staying at home!

A huge thank you to our Trustees, Volunteers & Donors that worked tirelessly to make all our work 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

Due to Covid-19 and national restrictions, there are no forthcoming events unfortunately.

Stay in touch....

Tel: 07850138971

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

Facebook: copeukcharity

Instagram: cope_uk

YouTube Channel: COPE UK CHARITY