

ORPHANS

IN NEED MAGAZINE

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.....
- **A glimpse** into the world of one of our staff members in Kashmir
.....
- **Stories** from our widows and orphan children like Sadia and how their lives have turned around

3rd EDITION

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(Select Panel for the Promotion of Child Health 1981)

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EDITORIAL



Dear reader, it has been a challenging year to say the least.

Just a few weeks after I joined the Orphans in Need team, the UK went into a full national lockdown. Undertaking this new venture during a global crisis was a challenge that neither I, nor anyone else, was not prepared for. We all lost sleep thinking about what would happen tomorrow, to our loved ones, to our businesses, and to our livelihoods; but we persevered and have transformed the way we live our lives to adapt to the new normal.

It is amazing to see the nation, and the entire world, come together to show support for one another, but most importantly, we have shown just how much we care for those less fortunate than us. We are lucky to have somewhere to feel safe and protected, but for the thousands of orphans and widows who do not have the same privileges, this last year has been the toughest for them yet. In my 14 years of working with various charities, I have never seen such an outpouring of love for those living in extreme poverty as much as over the past 12

months, and it has been truly overwhelming. I only hope that we continue this way and help more people when they're at their lowest and help more children be free of poverty altogether.

In this third annual issue of our magazine, we want to share with you the more positive things that you have helped to create. There are inspirational stories from some of our orphans and widows, like Nyama on page 8, an inspiring individual who learnt how to run her own business after taking part in an entrepreneur training programme. We've covered key topics like men's mental health and why it's important to talk, and we take you to meet Shabir, our Field Coordinator in Kashmir, to give you a deeper look inside the work we do. Of course we have included some great recipes for you to try, my favourite is the date and orange loaf cake!

As always, we hope you enjoy reading this issue of the magazine and welcome any feedback that you have. Your support means everything to us. Thank you.



Jonaed Afzal
UK Director
Orphans in Need

REACHING MORE ORPHANS



We believe in giving every orphan child and widowed mother their right to a happier and healthier life.

Our core mission is to work towards a world where everyone gets the help and respect they deserve.

We provide long-term, sustainable solutions by offering regular food parcels, access to education, essential medical care and funding supportive homes for orphans.

Day by day, we are reaching more orphans and changing more lives.

NYAMA'S STORY

Have you heard of the old saying, "Give a man a fish, and you feed him for a day. Teach a man to fish, and you feed him for a lifetime"?



Our micro finance project stems from this proverb. We provided training in business and entrepreneurship to widows in The Gambia, so that they could make a living in a way that is safe and sustainable.

Nyama, for example, who has nine young orphan children took part in the project. After her training, she was given a loan from which she bought a fridge-freezer. What use is a fridge-freezer? Well, considering the temperature in The Gambia rarely goes below 30 degrees celsius, Nyama used the fridge-freezer to freeze and sell ice. Selling ice cubes everyday has helped Nyama earn enough to feed her children, and even start another small business of buying and selling cosmetics side-by-side. The more she earned, the more she invested. Nyama went on to buy two sheep for rearing and breeding, adding another asset to the family.

Nyama's skills have saved her and her children. If Nyama did not have this opportunity she would have continued to struggle the way she did when her husband died. After his death, Nyama and her children were kicked out of their home. No one wanted to be associated with a widow and her orphan children. Chronic stress began to take its toll on Nyama. She was diagnosed with diabetes, hypertension, and severe migraines. Her children were pulled out of school; all nine of them with no hope for their future.

Teaching Nyama how to create a stable and reliable source of income, has helped her, her children, and their futures. The project has helped reduce the constant fear and worry Nyama had. It's helped pay their bills, helped them become self-sufficient and able to buy enough food for all three meals daily. It has restored their enthusiasm for life.



THE GAMBIA

The Gambia has a population of over 2 million people, with 48% living in extreme poverty. Next to Senegal in the west of Africa, The Republic of The Gambia is a beautiful tourist destination that has sadly been struck by many tragedies over the recent years. Droughts and floods, as well as an Ebola outbreak in 2015, saw an increase in poverty, food insecurity and malnutrition. The impacts it's had on the economy is substantial.

For almost 10 years now we have helped thousands of widows and orphans by providing them with resources to help them survive. Like Nyama, we have helped over 20 widows in the Gambia become more independent and secure.



“

**Be the reason
someone smiles.
Be the reason
someone feels
loved and
believes in the
goodness
in people.**

- Roy T. Bennett

”

Empowering through **EDUCATION.**

Education broadens a child's horizon and benefits the community and subsequently, the country they live in.

So many of us are aware of the needs a child living in poverty has. We somehow believe that sponsoring a younger child, like a toddler or an infant, will make the most impact. But when the child reaches a certain age, we then think that they no longer need our support.

This couldn't be further from the truth.

We take care of our orphan children as if they are our own, which means that until they become independent and self-sufficient, we continue to support them. This means, until they graduate from university or find a stable job.



Amina

Where some donors withdraw their sponsorship after their child has reached a certain age, others continue to give, like Mr. Kasif Iqbal. Kasif has been sponsoring Amina for the past eight years, since she was eleven years old. By continuing to support Amina, she graduated from secondary school and college, and is now in her first year of university. Kasif kept all the letters from Amina, he said,

"It makes me happy to see the difference the sponsorship is making to her life. Vulnerable individuals are at a high risk of further problems in life, so knowing that I empowered her is worth more to me than anything in the world."

Once children finish school, or reach the age of 16, the next few years are when they enroll onto vocational courses or university, so that they can find a job and be free of poverty indefinitely. Going to university however, has its own expenses which many orphan children cannot afford. It is only through ongoing support

that helps our children become respectable degree holders.

Through long-term continued support we have our first child, Zubair, studying Medicine in Pakistan, and Mariam who is studying accountancy.

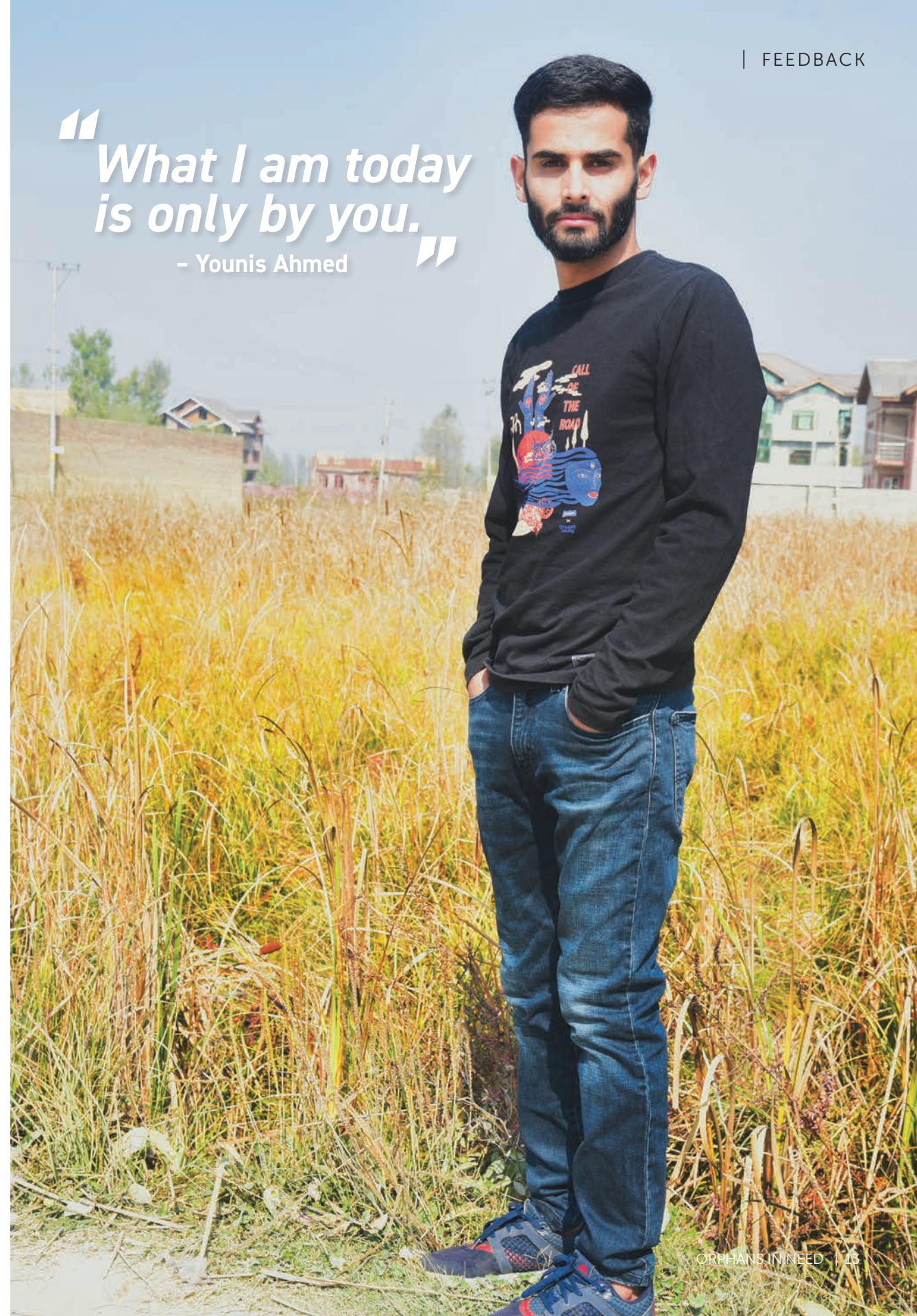
In Kashmir, we have Younis who is studying chemistry at university after seven years of being sponsored; an aspiration he thought would never happen.

Others have successfully gone on to becoming nurses and teachers, real role models for the younger generation. They have a stable income and are finally in a position where they can support themselves and their families.

Did you know?

258 million children and youth are out of education.

"What I am today is only by you."
- Younis Ahmed



Everything

you need to know about

dates.

Did you know there are over 200 different varieties of dates around the world?

Safawi, Zahidi, Halawy, Dayri, Deglet Noor and the most common Medjool, are just a few dates that are consumed everywhere. Dates are the fruit grown on date palm trees which were originally grown in Iraq and are now cultivated across the Middle East, in the United States, Pakistan, and China. Egypt is currently the largest date-producing country in the world with roughly 15 million palm trees, turning over more than 1.6 million metric tonnes of dates a year! That's equal to a little over 251,968 elephants.

As one of the oldest cultivated plants in the world, dates are known to have a multitude of benefits. Here's just a few of them:

They are naturally sweet with a low glycemic index, meaning that they won't spike your blood

sugar levels making them a safer option for diabetics.

They are full of fibre, potassium, iron and B vitamins; an essential for maintaining your body's energy levels.

Dates are also very versatile. They are used in savoury dishes like Moroccan stews and in baking; a sticky toffee pudding is nothing without a few dates. Even the tree has multiple uses. The leaves are used to weave baskets, date palm oil is extracted and used in beauty products, the trunk of the tree is used for furnishings, and the seeds are ground and used as feed for livestock. Tannin, also known as tannic acid, is produced from the bark of the tree and used for the treatment of several medical conditions.

Dates are commonly associated with Islam and Muslims which is no surprise as the fruit is mentioned in the Holy Qur'an a total of 22 times. During the

month of Ramadan, Muslims often break their fast with a date following the practices of the **Prophet Muhammad (PBUH)**. Pilgrims travelling around Mecca and Medina snack on the fruit for a boost of energy and buy boxes of varieties to take home to give as gifts to family and friends.

Dates are deliciously sweet, chewy, and caramel-like in flavour. If you haven't tried them yet, then you better add them to your shopping list for the next time you head out. If you already have some in your cupboard, turn to **page 16** for a datelicious recipe you need to try.

Date & orange loaf cake

The dates add a nice caramel-like flavour to this citrusy cake. You can also add ½ a cup of chopped nuts like pecans or walnuts.

Serves 12 Prep 25 mins Cook 60 mins Skill Easy

What you'll need:

- 9 x 5 x 3-inch loaf tin
- 1 cup chopped and pitted dates
- 1 cup orange juice
- 2 cups plain flour
- 3 tsp baking powder
- 3/4 tsp cinnamon
- 1/2 tsp salt
- 3/4 cup granulated sugar
- 2 large eggs, beaten
- 4 tbsp melted butter

Directions:

1. Preheat the oven to 180 °C (or 350 °F), grease and line the tin.
2. In a saucepan, add the orange juice and bring to a simmer.
3. Remove from heat and stir in the dates. Let the mixture stand for about 25 minutes, until cooled.
4. In a large bowl, combine the flour, baking powder, cinnamon, salt, and sugar. Add the beaten eggs to the cooled date mixture along with the melted butter.
5. Add the date mixture to the flour mixture and stir until well-combined.
6. Pour the batter into the prepared loaf tin and bake for 40 to 50 minutes, or until browned.
7. Serve with a drizzle of cream, et voila!





OUR GUY IN KASHMIR

Working on the frontline is not an easy task, just ask Shabir who has been working with us for the past seven years. Shabir is the Field Coordinator for our orphans home in Kashmir.

Tell us about yourself

I am from Srinagar, Jammu and Kashmir. I grew up in a middle-class family and am married with two kids, one daughter and one little boy.

How is life in Kashmir right now?

The last couple of years were very critical for Kashmir. It has already been affected by armed conflict over the past three decades, and in 2019 it became worse. Business establishments were crippled, people already living in poverty were miserably hit and then the pandemic aggravated the situation. The lockdown brutally affected people's lives. They lost their jobs, there was a shortage of food, and in the darkness, Orphans in Need

made various efforts to reach out to the needy.

Food kits were distributed among thousands of people and, despite lockdown, we reached every possible destination to safeguard the orphans, widows and needy people. When the restrictions were being lifted, people still faced a lot of problems.



I have been working for Orphans in Need for many years. Social work is my passion and reaching out to the poor and needy is my daily routine. I spend time with the children, making sure that they have what they need. I work with my colleagues to deliver essentials to the widows in the area and I provide support during the food distributions.

What is the hardest part about your work?

There are a huge number of cases, orphans and widows, coming to us for help but we are not in a position to help them all. I want to help everyone but there are certain limitations, including funds, which stop us from doing so. It can be heartbreaking having to turn people away.

Do you enjoy the work?

I enjoy working with my team and I get along with the people really well. I know that this organisation is helping the destitute and marginalised people here in my home country and it gives me immense satisfaction to be a part of it. Every day is a new experience for me which I enjoy; this is a noble cause.



"I KNOW THAT THIS ORGANISATION IS HELPING THE DESTITUTE AND MARGINALISED PEOPLE HERE IN MY HOME COUNTRY AND IT GIVES ME IMMENSE SATISFACTION TO BE A PART OF IT. "



Tell us about your proudest moment

When we gave a widow and her orphan children a new home. They were overjoyed and seeing their reaction and how happy they were made me feel proud of being a part of Orphans in Need. I truly respect our organisation and the work we do to help the poor.



Looking after our children

Safeguarding at Orphans in Need

High profile safeguarding incidents in the UK such as the child abuse cases of Victoria Climbié and Baby P, and the sexual exploitation of vulnerable adults in Haiti, have highlighted the importance of child protection and safeguarding. These incidents flagged the risks posed to children and vulnerable adults when proper safeguarding measures and systems are not in place or not followed.

As an orphan-dedicated charity, we understand we have a duty of care to protect children and vulnerable adults from harm, abuse and exploitation, and strive to preserve the rights of children in line with the UN Convention on the Rights of the Child (UNCRC) and applicable laws in the UK.

Our programmes are designed to improve orphan lives, but any work with children can raise the risk of abuse and exploitation; by ensuring we have strong safeguarding measures, we can mitigate against these risks.

Orphans in Need has a robust safeguarding policy that is brought to the attention of our staff, trustees and implementing partners. The policy is reviewed regularly and covers key safeguarding standards such as screening of staff, safeguarding risk assessment and code of conduct, and reporting and investigation of abuse procedures.

As part of our commitment to improving the safeguarding measures of our partners and enhancing staff knowledge, we have organised a number of safeguarding training courses delivered by Keeping Children Safe, an organisation that has developed internationally recognised child safeguarding standards. Our partners and staff also took part in an international conference held in Istanbul, in September 2018 with one day of the conference dedicated to safeguarding followed up with a five-day online safeguarding summit organised by KCS in Oct 2020. We have also recently reviewed our delivery partners' safeguarding policies and procedures using KCS safeguarding standards.

During our field monitoring visits, safeguarding checks are a fundamental part of the organisational audits we undertake. We make thorough assessments on how our partners' safeguarding policy and procedures are being implemented.

We are committed to safeguarding children and vulnerable adults from abuse and are continuously improving our safeguarding systems and measures.

If you would like to find out more about our safeguarding policy, visit our website at www.orphansinneed.org.uk/safeguarding-policy/



Every year we strive to do more and do better. We make every effort to help more orphan children and widowed families live a happier and healthier life and with your support, we've been able to push through the challenges faced by the pandemic to continue changing lives. You've helped us continue to deliver food parcels, build homes for widows, and give orphan children better opportunities through sponsorships. With your help, we've given them more than just their smiles back.

OUR WORK IN PICTURES



An Experience Like No Other

Viqas Sheikh, a long-time supporter of Orphans in Need visited our girls' home in Rawalpindi, Pakistan. He went to see first-hand the work we do and the care we provide for our children.



“**W**hat I found, truly exceeded my expectations. Typically, the mental image we build of an orphan is understandably grim; a child that is desperately vulnerable and in need of help. What I found at Bait-e-Maryam, the girls' home in Rawalpindi, was the complete opposite.

Forty girls, of all ages, who were happy, well-mannered, clearly well looked after, and to the very last one, optimistic about what life had in store ahead. They had examples in front of them of girls who had been cared for by Orphans in Need and were now on their way to establishing a path in life for themselves. Girls like Maryam who, after ongoing support for eight years, was now becoming a ICAP chartered accountant. It's no wonder that every single one of the orphan girls I spoke to had a plan and a clear vision of what they wanted to be when they grow up.

They genuinely believe that they will make it in life, and considering the path that Orphans in Need is paving for them, I have no doubt that they will. Before this trip I used to think that the work Orphans in Need are doing is exceptional, and now I know this as fact. Through their unique long-term strategic approach to orphan care, Orphans in Need are changing lives. Care is provided to orphan children tailored to their different stage of upbringing, to ensure they have the best possible chance in life. And that is exactly the difference each donor wants their money to make.

Before this experience, I was a staunch advocate of Orphans in Need and that has only strengthened after it. I would encourage everyone to get involved in the work that they are doing, not only to benefit them, but primarily for the benefit of yourselves.

In reality, the easiest part is putting your hand in your pocket and donating. We can all do that. But our obligation towards these orphans is far greater than that. By donating and getting involved in the work they do, you will be a part of the change they are creating.”



3 STEPS TO A **HAPPIER** & **HEALTHIER** LIFE!



"I can't be bothered today."

"It's too cold outside."

"I'll do it later" or the infamous... "I'll start on Monday."

Let's be honest, we can make a bucket full of excuses to avoid doing any form of exercise or make any healthy adjustments, but if there's anything to be taken away from this past year it is that your health is the most important thing in the world. It only took a pandemic and the closing down of gyms and leisure centres to realise this.

You don't need to make any drastic changes, like giving up your afternoon tea and biscuits, or start running ten miles every day. Instead, all you have to do is think about creating a balance:

1. SLEEP



Sleeping too much or too little? Have a bedtime routine and try not to look at any screens at least an hour or two before bed. An average adult should be getting seven to nine hours of sleep, for teens and children it's even more.

2. MOVEMENT



Am I moving my body enough? Or, am I moving it in an enjoyable way? Exercise is meant to lift your mood, help you sleep better, and give you more energy. If you're doing something that makes you feel rough, try something else. A simple walk outdoors has so many benefits, [turn to page 30 to find out more about Walking and Wellbeing.](#)

3. NOURISHMENT



What foods do I eat that nourishes my body? Every meal should be a balanced meal. [Turn to page 28 to get some inspiration on healthy balanced meals.](#) If you like snacking, that's perfectly normal too, but if your idea of a snack is a jam donut, why not try a rice cake with some nut butter and jam on top?

Getting the right amount of sleep, moving your body in a way that feels good, and eating nourishing food are the three core principles to a happier and healthier life.

Even with our orphan children, we don't expect them to read non-stop for hours on end, that's just not practical. For the amount of time that they spend being physically active, they also have just as much time resting and eating. If we can help them stay healthy and happy, then surely, we can help you too. Remember, start slow.

Finding your balance will take time, so don't be hard on yourself. If you feel mentally and physically better, then you know you're making progress. So yes, go enjoy your cup of tea and biscuits, but make sure you balance your time resting with a walk in the park too. Ask yourself, 'how much time do I spend sleeping, moving, and eating to support my body?'

At home workout with one resistance band:

For the below exercises perform 3 sets with 12 - 15 reps with 1 minute rest between each set.



Squat

Deadlift



Seated Back Row

Bicep Curl

Disclaimer: Orphans in Need is not responsible for any injury. Perform these exercises at your own risk.

Having balanced meals more regularly, provides your body with the nutrients it needs to function effectively. We've sourced some of the best-balanced meals you can enjoy for breakfast, lunch, and dinner, that are also super easy to make.

BREAKFAST

Overnight Oats

Try some overnight oats. With a perfect balance of complex carbohydrates from the oats, some protein and fats from the nuts, seeds and yogurt, you'll be satisfied until lunch.

For 1 serving; Add 100ml of milk to 50g of oats. Stir in about ¼ of a teaspoon of cinnamon and 2 tablespoons of plain yogurt and let the oats soak overnight in the fridge. The next morning, stir the

mixture (add more milk to loosen) and decorate with a mix of berries, a drizzle of honey and a sprinkle of seeds, nuts, or nut butter.

Overnight oats are perfect for those busy mornings, prepare the night before, grab and go the next day. You can switch up the toppings too! Try blueberries with coconut, or add a dollop of Nutella.



Japanese Inspired Salmon

Nothing cooks quicker than fish. All you need is two salmon fillets, tenderstem broccoli, and a sweet potato. Oh, and an oven! No fuss whatsoever.

Here's how: Chop up 1 large sweet potato and spread out on a baking tray. Drizzle a bit of oil on top, sprinkle some sesame seeds and salt, and bake for about 20 minutes at 180°C (fan oven).

Now make the marinade for the fish. Mix together 1 tablespoon of sesame oil, ¼ cup tamari sauce, ½ tablespoon of Dijon mustard, 2 tablespoons sesame seeds and 1 tablespoon of honey.

Once the potatoes are done add the broccoli and the salmon fillets to the tray. Drizzle the marinade over the salmon before putting it back in the oven for another 10-15 minutes. Serve with some brown rice if you want.

The healthy fats and protein from the salmon, combined with the carbohydrates from the vegetables and rice, are a healthy dinner win.

DINNER

Anything-You-Want Tacos

We love Tacos because you can make them however you want, hence; 'Anything-You-Want Tostadas'. Chicken, prawns, tofu or beans, you can choose any protein you like. Try this for your next lunch:

Get 3 corn taco shells. Stuff them each with some shredded chicken (leftovers work perfectly), a bit of guacamole or salsa on top (preferably homemade), and finish with a sprinkle of feta cheese.

You've got your carbohydrates from the tacos, protein from your chicken and fats from the avocados and feta. Satisfying and very delicious.

LUNCH



WALKING & WELLBEING

Walking has been proven to enhance good mental and physical health and general wellbeing, but modern life gets in the way. The endless use (and abuse) of smart phones, social media, online games, and TV programmes, all contribute to this inactive way of life. And with COVID-19 dominating our lives these days, people have more excuses not to go for a walk.

According to WHO, lack of enough physical activity is the fourth leading factor for global mortality as 60 - 85% of the worldwide population does not do enough. There is a correlation between walking and good mental health. Walking improves self-esteem, sleep quality and reduces stress and anxiety. Being physically active can also prevent health conditions such as diabetes, cancer, and heart disease.

There are myths associated with walking as an exercise. One of these myths is the 10,000 steps myth. Some people believe, if you cannot reach 10,000 steps a day you may as well go home. There are health benefits in walking, even for 10 minutes a day, and while achieving the 10,000 steps a day is morally boosting, so is walking 5,000, steps or 8000 steps. Set yourself the target that suits you.

Walking is also good for those who want to lose weight. It's well evidenced that to lose weight one must burn more calories than consumed. People who engage in more physical activity like walking, burn more calories. Depending on your gender and weight, you can burn a 100 calories by walking a mile.





**A single act of kindness
is like a drop of oil on
a patch of dry skin -
seeping, spreading,
and affecting more
than the original
need.**



- Richelle E. Goodrich



8

Million meals



Every Ramadan, we get to feed more and more orphans and widows and last year, we gave over eight million meals globally.

Every donation gave a family of five people two meals a day for a whole month. Our food parcels have staples such as rice, flour, lentils and oils, and vary from country to country.

How does the food distribution work?

The funds we receive are given to our teams on the ground in our partnering countries. They then purchase items from the local sellers, benefitting their business, whilst also supporting our food parcel lifeline. With the help of local volunteers, the parcels are put together, loaded into trucks, and driven to their set locations for distribution.

At the distribution location, widows gather with their individual identity cards and are given a parcel each. For the widows that struggle to get to the distribution point, either due to poor health or long distance, we drive to them and deliver their food parcel by hand.

Despite Covid-19 we still delivered

Covid-19 forced a lot of countries into a lockdown. Many of the poor who were living hand-to-mouth were suddenly without work and at risk of starvation and eviction. In many developing countries, the price of food shot up making it even harder for the poor to feed themselves.

We took the necessary measures to continue supporting orphans and widows. We even added extra hygiene supplies to our food parcels to help keep them safe from the virus. Our teams on the ground followed the strict social distancing measures and were given the appropriate protective equipment to enable them to continue working safely.

Why is food so important?

We believe that something as simple as giving a widowed family access to food can ease the struggles they face, helping them to survive poverty and disasters like the Covid-19 pandemic. With nutritious meals, families have more energy to carry out daily activities, children can focus better in school, they can live without the fear of dying. They won't have to beg, steal, work illegally or sell themselves for a little money to eat.

Why orphans and widows?

We believe that vulnerable children and women, who are neglected and mistreated, deserve to have their rights reinstated. So, when there is no one looking out for them, we want them to know that we are here to help.

What can you make with our Food Parcel?

Have you ever stood staring inside your kitchen cabinets wondering what to cook? Maybe you have too much choice or are just completely clueless. We put Chef Shafiq to the challenge to see what he could make with some of the items we provide in our food parcels.



Shafiq is known for his soulful Indian dishes that he served in his popular restaurant, Masaledar in London, for many years. Shafiq, who learnt his culinary skills from his father, changed the way classic Indian recipes were prepared by adding his own signature touch to them all.

Each of our food parcels contain large quantities of rice, flour, spices, lentils and beans, and vegetables, so that an orphan and widow family have enough supplies to cook and prepare meals for an

entire month. For some of us it may not seem like a lot, but for our beneficiaries it is their lifeline, and if you've ever wondered what they can do with the items inside the food parcels well... wonder no more.

"So, what can you make with one of our food parcels?"

"Kicharee".

"Nothing in my mind is more nourishing and comforting than a warm bowl of Kicharee. I grew up on it. Even when I make it now, it takes me back to when I was a boy.

Kicharee in Hindi means 'mess' or 'mixture'. It's a mix of rice, lentils or beans (mung beans), ghee and spices that pack plenty of nutritional benefits.

This dish costs almost nothing to make and has been a staple in the diet of the poorest in India. Now, it's recognised for its health

values and those that practise Ayurveda, use it for its cleansing qualities. Kicharee has the perfect balance of flavour and spices. It is also very versatile. It can be cooked to resemble a runny soup, or stewed a little longer until it becomes thicker, which in my opinion is the best way to eat kicharee."

Have a taste of comfort yourself and try Shafiq's recipe:

What you'll need:

- ½ cup of yellow mung daal*
- ½ cup of basmati rice*
- ½ tsp zeera
- 1 tsp salt
- Butter

(Serves 4)

*The daal and rice need to be soaked in water separately for at least 30 minutes before cooking.

Instructions:

1. Heat oil in a pan, you'll need enough to cover the base. Then add the zeera and salt and fry for a minute or two.
2. Add the drained daal and 1 cup of water to the pan. Cover and cook on medium heat for 5-7 minutes.
3. Add another cup of water and the drained rice. Cover and cook again on medium heat for 15-20 minutes.
4. Lift the lid and check the daal to see if it is soft. If it isn't soft, add another ½ cup of cold water and cook again for 10 mins on medium heat without covering.
5. Now check the consistency. If it is too thick, add more water and cook until it is heated through. There is no right or wrong consistency, it's what you prefer.

6. Then stir in the butter and add more salt if needed.

And that's it! It's that simple. Kicharee is for all, from a King to a pauper and it never fails to satisfy. What can make Kicharee even better is how you dress it. You can serve it with a dollop of yoghurt and a green chilli chutney or add a tarka (Indian style seasoning) as Shafiq would do.

For the tarka, fry ½ an onion and 1/3 teaspoon of zeera in 1 tablespoon of ghee and butter. Once the onions have caramelised, then pour it on top on the kicharee and cover immediately to lock in the flavour.



SADIA'S STORY



The first and only girl in her family to go to university

For a young woman living in Pakistan, where more than 22.5 million children are out of school, Sadia feels fortunate to be able to go to university. In Pakistan, there is a lack of institutions to accommodate children's studies and the schools that do exist charge fees that the majority cannot afford due to poverty. Many girls are taken out of education when they reach puberty and end up getting forced into child marriages, often leading to abuse and child mortality.

Sadia's father passed away when she was just three years old, her mother then passed away a few years later, leaving her and her four brothers behind. In addition to losing her parents, the pressure of society insisting on girls not going to school, left Sadia feeling hopeless about her future. She thought that she would never be able to go to university, but when she was sponsored she began to believe she could, and she did.

"It's a pleasure for me that I attend the school after the death of my parents."

Since being sponsored Sadia feels more secure and independent. She's noticed that she is being respected more in her society and with the support of her donor and her brothers, she wants to become a software engineer. Not only is she changing her future, but she is also breaking the cultural barriers young women are facing in Pakistan and helping to change them too.

"I am very thankful to my donor because the donor gives me an opportunity to think about my study and gives me the opportunity to go to university."

For young girls like Sadia living in poverty-stricken countries where girls are not given equal opportunities, it is important for us to support them and save them from cruelty, to enable them to support themselves in the future. Going to university is an enormous achievement, it should be accessible for everyone despite their personal situation.

We protect our girls by giving them this right that will benefit them for many years to come.

“You light my present and save my future.”

- Hamza, India



Guys, let's talk.

'In England, around 1 in 8 men have a common mental health problem'.

(Leeds: NHS Digital).

That is no small number. Yet, men are still hesitant to seek help. We refuse to accept that we may have a problem or are just struggling to cope. Many still see it as a sign of weakness to talk about their mental state or to show any kind of vulnerability.

In 2017, 5,821 suicides were recorded in Great Britain, of these 75% were men (ONS).

Suicide represents the largest cause of death for men under 50 (Public Health England).

In England, men have been found to be less likely to access psychological therapies than women, with males making up only 36% of referrals to Increasing Access to Psychological Therapies (IAPT) (Men's Health Forum).

It's time we stopped internalising our challenges. A simple conversation can go a long way in starting the journey to easing the pressure on our minds.

So, what's stopping us? Social stigma:

It's not manly to talk about your emotions

I have to deal with it myself

Talking about feelings makes me look weak

The reality is, the more we repress our feelings and stresses, the more they become apparent. The pressure to appear strong on the outside, without addressing our internal challenges, will manifest itself one way or another. This can be through explosive anger, frustration, anxiety, depression and into physically suffering through lack of energy, strokes and heart attacks.

No one deserves to feel like this. We need to take steps to support ourselves and loved ones.

Change like this won't happen overnight. Some of the things you can try:

Write a single line about how you are feeling:

I'm feeling... (anything but 'hungry' or 'tired'). Nobody has to read it. You can just write it for yourself.

Write a weekly reflective statement:

It can be about anything. Whatever is on your mind. Just 400 words.

Talk to someone you trust:

It can be a sibling, friend, partner or even your doctor.

Read about mental health:

Websites, blogs, social media – these all have stories that will help you understand what other men have been through. You are not alone in this.

Some advice for when trying to help someone express themselves:

Ask them how they are:

It may sound simple enough and the answer you're likely to get is "I'm fine". But keep trying. Don't push, but if you're regularly asking them how they are and giving them the time, eventually they will feel more comfortable in saying more.

Don't say "man up":

This is precisely the problem that we are trying to tackle. The concept that mental health can be conquered by simply acting more 'like a man' is hugely misguided.

Remember mental health affects us all regardless of gender so don't feel that being a man (or the perception of what it means to be a 'man') is a barrier to finding the path to a healthier, happier you.

Over lockdown, so many of us worked on our gardens and started growing our own fruits and vegetables at home with tomatoes being the most popular one. So, we thought we'd give you the best recipe to use up all the extra tomatoes you might have. The best part? Any shape or size tomato works.

Garden tomatoes & cheese puff tarts

We love puff pastry. It's versatile and so easy to work with, that's if you're using the already rolled kind from the supermarket.

This recipe will only take you 15 minutes to prepare, and your oven will do the rest.

Serves 4.

What you'll need:

- 250g cherry tomatoes
- 375g ready-rolled puff pastry
- 4 tbsp cream cheese
- 2 egg yolks
- 25g parmesan, finely grated
- 2 tbsp finely chopped fresh chives
- Handful fresh basil leaves



Method:

1. Pre-heat the oven to 200°C/180°C fan / gas 6.
2. Unroll the pastry. Keeping it on the baking paper, lightly score a border about 1cm away from the edges all the way round. Then gently prick the middle with a fork.
3. Bake the pastry for 8 minutes until it starts to turn golden brown and puffs up a little. Remove from the oven and gently press the centre down with your fingers. Leave the border raised.
4. Now prepare the filling. In a small mixing bowl mix the cream cheese, 1 egg yolk, parmesan and chives together, season a bit with salt and pepper and spread over the pastry middle. Thinly slice your tomatoes and use about a third on top of the cheese filling reserving the rest for later. Lightly beat the other egg yolk and brush this over the pastry borders.
5. Bake for another 10-12 minutes until the pastry is puffed and golden. Once it's ready, place the rest of your tomatoes on top and add a few basil leaves to decorate.

You can use practically anything you want on a puff pastry. If you have a lot of vegetables that need to be consumed then you can simply roast them and toss them on top of the cheese filling instead of just tomatoes. Couldn't get any easier than that!

Why should we become a greener nation?

In 2019, the UK declared a climate emergency. Levels of carbon dioxide have reached a record high and if we do not act on this now, we could cause more serious and irreversible damage to our planet.

The United Nations has estimated that we have approximately 11 years before we reach a climate change catastrophe. Many countries have already declared a state of emergency and have set out changes to reduce their carbon emissions.

We need to do our part in reaching the UK's target of reducing emissions down by 80% by 2050.

What is climate change and global warming?



The burning of fossil fuels, deforestation, and increasing industrial agriculture produces greenhouse gases like carbon dioxide, methane, and nitrous oxide.



Greenhouse gases create heat that gets trapped inside the world's ozone layer, causing our planet to heat up. Also known as global warming.



Global warming is causing our ice caps to melt, water levels to rise, and subsequently causes severe weather conditions like floods, droughts, and even wildfires.



Global warming also jeopardises nature, wildlife, and human life.



What is your carbon footprint?

Your carbon footprint is the amount of carbon dioxide you release into the world's atmosphere. There are many online tools that can help you calculate your level of emissions with a lot of tips on how to reduce them too. We've had a look ourselves and picked a few that we think we could all start doing from today!

Easy tips to help you reduce your carbon footprint

- Avoid driving where possible. If you can walk to the shops do that instead of burning fuels. It will be a bit of exercise for you too.
- Recycle and have your own compost pile at home. Waste sites tend to produce toxic and harmful gasses that are released into the environment.
- Buy second hand items. Whether that's furniture, clothes or even a car. Generating new items uses up billions of litres of water and emits a lot of harmful gases into the air.
- Grow your own produce. Self-sufficiency will not only benefit the environment, but your pocket too.
- Turn off the lights. Find out where your electricity comes from. If it is generated from burning fossil fuels, then do your best to not waste electricity.
- The same applies to your heating. It might be better in the long run to have your home well insulated instead of keeping the heating on all day long.

Climate change is real and it's happening now! What will you do?

VOLUNTEERING and You

Have you ever thought about how you might benefit from volunteering or fundraising? We spoke to a few of our most dedicated supporters to ask them the why's and how's of giving their time for Orphans in Need.



If you're interested in volunteering or fundraising for us, then get in touch. Visit our website or drop us an email at fundraising@orphansinneed.org



MOEZEZAMA

Moezezama is an Endoscopist at a University hospital, and a mother of two. She dreams of having her own orphanage and is passionate about helping orphan children.

How have you volunteered for us?

I use my social media to raise awareness and share all the activities I do for charity.

What is the best part of volunteering?

Inner happiness knowing that I'm changing lives of children less fortunate than me. Volunteering for the needy brings me an inner happiness. Despite my busy schedule, I'm able to help and bring change to the lives of others.

How has it helped you?

Being a volunteer has helped me to be more interactive within my community and I've started to understand my own abilities more, like managing time better.

It's about dedication and the love that I have for kids. I'm a mother of two children myself and I can see how important it is for them to have a good future. If it was in my capacity, I would educate all children.



FAHAD

A financial consultant living in London who has a passion for photography and hiking, Fahad finds fulfilment in helping orphan children achieve their dreams.

How have you volunteered for us?

I've supported Orphans in Need for the past three years now and in 2019 I climbed Mount Snowdon. I've done a lot of trekking and I hope to tackle Ben Nevis next year too.

What's the best part of volunteering?

The feedback I receive about the orphans which I am supporting along with my friends and colleagues is very rewarding. When I read that these orphans are doing well in their education, I feel I am helping them towards achieving their life goals bit by bit.

How has it helped you?

Every challenge, or trek, is about going outside your comfort zone and pushing yourself and I've learnt a lot about myself this way. Doing it for the sake of helping someone in need adds to the humbling experience.



EHSAN

A recent graduate and now a full-time business analyst. Having never run a mile in his life before, Ehsan completed a half-marathon and raised money for orphan sponsorship.

How have you volunteered for us?

I started as a student participating in loads of activities. I also ran a half marathon in 2016 which was a personal achievement as well as a fundraising one.

What's the best part of volunteering?

Who knows what deed will be our ticket to heaven? Whether you are 16 or 60, we all have something different that we can bring to the table!

How has it helped you?

I have grown so much as an individual since I started volunteering. I've learnt to lead on projects, managed teams, improved my communication skills and met some great people. I have seen the huge positive impact volunteering has had on my personal life.

IQ IN NEED

GIVE YOUR BRAIN A WORKOUT AND TRY A FEW OF THESE PUZZLES.

TRIVIA TIME:



1. WHO WAS THE FIRST WOMAN TO WIN A NOBEL PRIZE IN 1903?
2. IN WHAT YEAR WAS THE FIRST-EVER WIMBLEDON CHAMPIONSHIP HELD?
3. WHICH COUNTRY PRODUCES THE MOST COFFEE IN THE WORLD?

CROSSWORD:

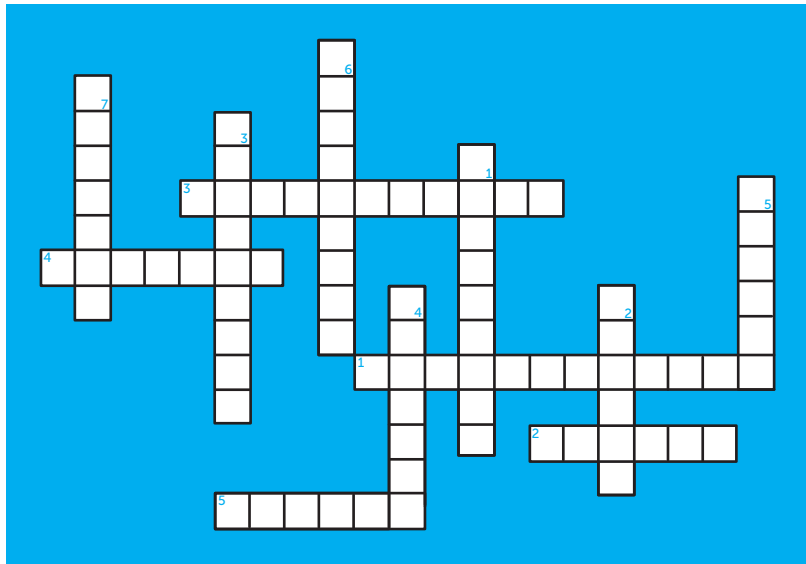


ACROSS:

1. protecting
2. tomorrow
3. firm backing
4. neighbours with India, Pakistan and China.
5. close relatives

DOWN:

1. everyone was once this
2. gentle heat
3. a feeling of joy
4. good physical condition
5. a long walk
6. Ibrahim Mosque
7. Dakar is its capital



Trivia time answers: 1. Marie Curie, 2. 1877, 3. Brazil
 Crossword answers: Across - 1. safeguarding, 2. future, 3. sponsorship, 4. Kashmir, 5. family
 Down - 1. children, 2. warmth, 3. happiness, 4. healthy, 5. hiking, 6. pasture, 7. senegal

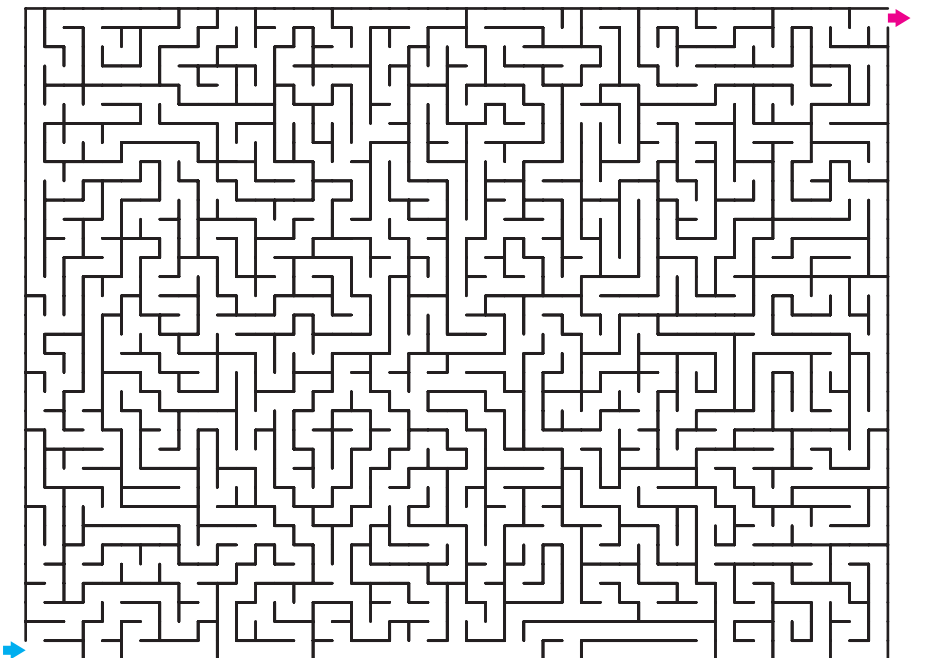
WORDSEARCH:



WORDS TO FIND:

- Friendship
- Community
- Sustainability
- Lifeline
- Impact
- Freedom
- Happiness
- Nourishment
- Encouragement
- Family
- Positivity
- Health

MAZE:



Start at the blue arrow and make your way through the maze to the pink arrow with one line.

We would
love to hear
from
you!

@orphansinneed



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For more information visit:

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