



المدينة  
**al-madīna**  
 AL MADINA MOSQUE BARKING

**WELFARE PROGRAMME**

**CERTIFIED**  
**BEACON MOSQUE**  
 ★★★★★  
 Beaconmosque.com

**BEACON MOSQUE**  
 2018 AWARD WINNER



# al-madīna AL MADINA MOSQUE BARKING

## Haji Mohammad Siddique - Chairman

The Barking Muslims Association (BMA) is a charitable trust registered with and overseen by the Charities Commission of England and Wales. The BMA administers the Al Madina Mosque which is situated on the site at Victoria Road and encompasses three separate buildings on the complex. Over the last 30 years the Mosque has worked hard to become a hub for the local communities and is today acknowledged and recognized as a Beacon Mosque with services and standards of a level other voluntary sector organisations should aspire to.



As an organisation we have and assume a responsibility to execute a trust placed in us by our communities and we operate on the basis that until the great mass of human beings are filled with the sense of responsibility for each other's welfare and well-being, true social justice can never be attained.

## Haji Wali Sher - Vice Chairman

Our welfare programmes are embedded locally within our communities but our reach and impact are felt Nationally and Internationally.



Our myriad of welfare programmes continue to develop and within the last few years alone we have supported hundreds of children in Gambia with food and education, the poor in Tanzania with food parcels, purchased an ambulance in Pakistan for the Edhi foundation, have financed and overseen water projects in Pakistan, Indonesia and Tanzania as well as built homes for the homeless in Pakistan, India and Indonesia. We have worked to help restore the sight of over one hundred people through cataract eye operations and helped prevent many others from going blind. We have subsidised the education of theological scholars of the future and supported various orphanages and welfare projects around the world.

# المدينة al-madīna AL MADINA MOSQUE BARKING

## Muhammad Abdul Majeed - Treasurer

As the Charity Treasurer, I bear responsibility not just for record keeping and banking in compliance with legal requirements, but also ensuring your funds are disseminated in the manner in which they have been intended.



Al-Madina Masjid is honoured to protect and expend your contributions in the most worthy and noble manner. Your welfare donations are used to empower desperate communities rather than give temporary financial relief, whilst we also endeavour to maintain our wonderful Masjid complex to the high standards our community deserves.

I have the moral responsibility of accounting for every penny of your donations as an amaanah and, God willing, am confident of fulfilling this commitment with integrity. Finally, I am extremely grateful to the Almighty for the honour of serving such a great and wonderful community.

## Ashfaq Siddique - Secretary

The mosques welfare strategy and vision has refined in the last few years and today we are focused upon front-line delivery at point of maximum impact. Some examples of our work are contained within this document.



We work locally to address contemporary social issues affecting our communities and understand the emotional attachment our parents retain with their mother countries and therefore, we work across the world.

By engaging our communities directly in our projects, we provide a rare dimension of accountability and transparency and one which allows them to have a stake in outcomes and to be a part of the team which benefits those who need the support the most.

We are humbled to be entrusted with this enormous responsibility and our challenge is to continue to deliver, so together we can play a small part in improving the lives of others less fortunate than us.

# GRAVEYARD PROGRAMME

Once a month a team of volunteers work to support a graveyard in Hainault to help with the maintenance of graves and grounds. It is primarily a youth project and helps young people value life, engage in community support, and prevent an 'us versus them' mindset through a humanistic approach.

Self-reflection is like looking into a mirror and describing what you see. It is a way of assessing yourself, your ways of living and how you contribute to and fit into your environment. To put it simply 'reflection' means to think about something, and this project forces our youngsters to think about the purpose of life, their role in this world and helps them appreciate the small blessings which we all take for granted.



## QUOTES

**Hariss Mohammad 14-year-old**

What a peaceful and rewarding experience. I want to do it every week and I'm going to get my friends to come along too.



**Rayan Ahmed 14-year-old**

I actually had fun working with Gardens of Peace cemetery. I got to learn more about life in the grave and how the grave looks. I am glad that I have decided to join the project with Al Madina Mosque.



**Hafeez Mohammad 11-year-old**

I thought it would have been a boring day. However, now I think I would have regretted not coming. We had a great session. This project has opened my eyes as to how fortunate I am.



**Danyal Raja 13 years old.**

This is the first time that I have been to a graveyard. I am glad that I joined this project. It was sad to see the graves of so many babies. However, I now realise exactly how much I have to thank Allah for.



The young children from Al Madina mosque who volunteer once a month to come and assist the Gardens of Peace Muslim cemetery are truly appreciated as not only do they get to learn about death but at the same time earn a reward for this world and the hereafter.



**Mohamed Omer**  
Board Member - External Affairs  
Gardens of Peace Muslim cemetery

## FUNERAL SUPPORT

Following the terrible tragedy at Grenfell and acknowledging the excellent work done by Gardens of Peace cemetery Al Madina provided financial support towards the burial costs of some of the deceased and continues to provide financial support for ongoing pauper funerals in accordance with the teaching of Islam.

# RICHARD HOUSE HOSPICE

Richard house hospice provides palliative and specialist care treatment for children with life limiting illnesses. A large number of children being from the Islamic faith.

Al Madina has forged a new and developing relationship with the hospice providing financial, volunteer and awareness support.

The hospice provides critical care at a time when a family is at its most vulnerable and we believe the community has a responsibility to support such a service.



 **Richard House**  
London's first children's hospice



**Chris Baker**  
Richard House Hospice

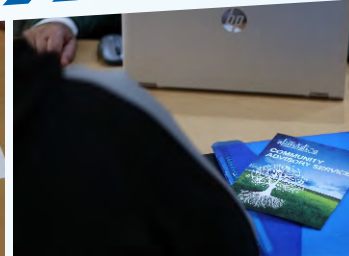
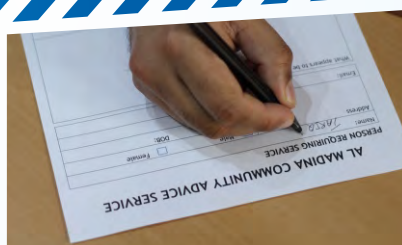
"Our community partnerships are instrumental to our work – without them, we would not be able raise funds to provide our 24-hour specialist care to children with life-limiting conditions and their families across East London. We are extremely grateful to Al Madina Mosque for their ongoing support in helping us raise awareness of Richard House within our local communities. Only together can we continue to support those that use our services and we look forward to continuing our partnership well into the future."



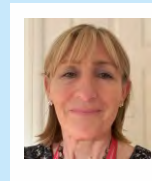
# AMCAS

The Al Madina community advisory service runs once a week and is open for all to attend. It is staffed by volunteers who are professionals and helps signpost people for issues such as rent arrears, debt management, landlord/tenant disputes, marital problems, court cases etc.

It has proven to be very successful in getting the community and has proven to be effective in sending the message out that people can come and receive support if they do not feel safe enough or have confidence in others.



The project has now expanded to work with the local authority's 'Community Solutions' team and is proving to be hugely successful.



"Since February my team has been available at Al Madina Mosque on Friday afternoons to help people with issues relating to housing, threat of homelessness, benefit enquiries, debt and health and wellbeing concerns. Everyone at some time in their life faces struggles like these, and they will not go away on their own. We have helped many people address their problems and advised on next steps."

**Jill Gallagher**  
Service Manager  
Community Solutions  
London Borough of Barking and Dagenham

# WATER PROJECTS

Throughout the year Al Madina supports communities in need of pure water and in recent years we have invested in water projects in rural areas of Pakistan Gambia Tanzania and Indonesia. These water projects now support thousands of families.



## 100 FAMILIES PROJECT



Al Madina works throughout the year to help families who live below the poverty line to identify sustainable means of income generation and then supports them in implementing long term strategies which help take them out of the poverty cycle.

With this project we directly involve the community in welfare work. We invite applications from anyone from our community, once we have assessed them against a strict eligibility criterion, we work with the applicant and the family in question, to develop strategies to improve the immediate situation and help alleviate poverty by generating a sustainable long-term income stream.

We involve our community by giving full responsibility but demand accountable spending and impact evidence in return.

This is a hugely successful project, a real partnership between the community and the mosque at the grassroots hands-on level with Al Madina providing strong leadership and direction.



# PORNOGRAPHY ADDICTION PROJECT

Most high-profile criticism of pornography comes from religious and alt right organisations, and due to this it's far too easy for liberally minded people to dismiss them without examination. A new wave of critical analysis of pornography has gained traction and leading neurologists and psychologists have published numerous papers and detailed studies on the harms of pornographic imagery, both to the brains and the behaviors of people. The most shocking findings are in relation to the actual neurological change in those who watch porn and especially those who are addicted to it.

Studies found that pornography had hijacked the primitive appetite mechanism of the brains of addicts. Such chronic over consumption can have unexpected effects, like the thirst for instant gratification, our enjoyment of - and responsibilities to - everyday pleasures and can also drive on to more extreme forms of stimulation. It can also alter mood, perception and priorities- all without our conscious awareness.

Pornography addiction is largely an undiscussed topic in the Muslim community. Generally Muslim organisations and even faith leaders have taken an ostrich approach to the issue. Some of the highest google searches for pornography can be found in Muslim majority countries.

This innovative and ground-breaking project in partnership with sister agencies will initially focus on the UK, we do hope to eventually research and document root causes to these problems globally, especially how culture, patriarchy, misogyny and extreme segregation influence or exacerbate the problem. Young people are growing up in an increased sexual environment in contrast to previous years or periods. The problem of addiction has many dimensions and layers, and we aim to focus our attention on current addictive behaviour along with preventive measures for those that are edging toward addiction.

The project has two fundamental areas. The first is the website and printed material, which will contain a mass of helpful information including videos, that will hopefully alert people to tell-tale signs of addiction and provide many solutions for those that are not yet addicted but watch pornography casually.

The second area will focus on the 12 step programme which has been amended to fit the purpose of the project. This programme will be led by fully trained counsellors with additional training in addiction therapy. The 12-step program will run 4 times a year. The programme will run online and all users will preserve their anonymity at all times. The sessions will be an hour long once a week. Downloadable material will also be provided to aid and assist the patients.

This is a first of its kind of a project within the Muslim community and has potentially enormous benefits. Al Madina has the opportunity to once again lead its community, tap into a professional approach and remedy to an ever-growing problem which is unaddressed at this time and has the ability to share in the ongoing sadaqa this approach will create for its communities.

**The project will take the form of an Online Course including Website Content and Videos**



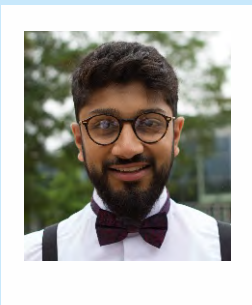
# AL MADINA COUNSELLING



**Our professional counselling service deals with the whole myriad of social ills ranging from domestic violence and abuse, rape, forced marriage, substance abuse, incest, depression, alcoholism, gang issues, radicalization and anxiety to mention a few.**

We also have our own bereavement support group to offer counselling and help to those who have lost a loved one so that they may receive comfort and support from people in similar situations. Our counselling service has proved to be hugely successful and has smashed misconceptions that the Muslim community does not share its problems. Our counsellors deal with taboo subjects such as homosexuality and pornography addiction as well as sexual harassment and abuse. Our promise of confidentiality is jealously guarded and has won the confidence of our communities who understand they can trust us.

**Our Counselling project has been the most successful to date. We deal with human beings undergoing real crisis in their lives. We help them to overcome those challenges and lead healthier and happier lives. There is no greater satisfaction than being able to impact positively on another person's existence. Our counsellors are experienced and highly skilled and our service is 100% confidential.**



## Omair Shah

Having volunteered at the Mosque since the age of 16 and led on various projects I believe that the greatest satisfaction a man can achieve is through helping his community and serving the mosque solely for the love of Allah.

Having undergone counselling myself, I have seen the positive impact it can have on a person's life where I identified for myself things which will shape the way I live the rest of my life and how I interact with others. I regularly engage in soft counselling as part of my role and find it to be one of the most rewarding acts but because there is no tangible result, it is often overlooked and not regarded as one of the biggest acts of Charity.

I believe it is our duty as human beings to serve mankind to the best of our abilities and with the rise in social and mental health problems within the wider community, I aspire to be in a position to help youngsters like myself feel better about themselves and this is the reason why I am beginning the process of becoming a counsellor.

I have seen first-hand the benefits of Al Madina Mosque's Counselling services in improving the lives of those who are undergoing some form of crisis and have seen how human beings who are afflicted by some calamity emerge as stronger people able to help not only themselves but others, to become better parents, partners, brothers, sisters and better citizens.







### Christina Rowe, Counsellor

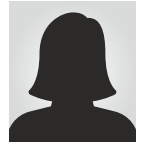
Having travelled my own therapeutic journey, I have now been working with Al Madina counselling service for the last 8 years and find the experience thoroughly rewarding and satisfying. Community empowerment has always been a passion of mine, so to be able to work at the grassroots level with the very people who need support the most is a privilege and to see the outcome of months and sometimes years of one to one therapy is humbling.

Al Madina mosque bravely embarked on tackling taboo subjects effecting the heart of its communities, but that risk has paid off and today the mosques counselling service is quite rightly its flagship project.

# CASE STUDIES



#Referred to us by his parents who did not have faith in the local authority or police, this young male was subject to grooming attempts by extremists. His parents were experiencing a difficult period in their marriage which left the young male vulnerable and open to grooming. Al Madina's mentoring team worked alongside the individual over a nine-month period providing daily contact and support as well as providing counselling support. Our mentors helped empower the young man through engagement with intervention programmes and worked towards creating a bespoke personal development plan, allowing up skilling, as well as career identification and progression. Today this young man is back in education and working towards achieving his career aspirations. The parents have also benefited having received individual and joint counselling support resulting in positive outcomes for their marital relationship.



#Abandoned by her boyfriend when he discovered she was pregnant, thrown out of her home by her parents for the shame she had bought on them and told by an Imam that she was destined for hell, feeling abandoned with nowhere to turn and

under tremendous pressure this young female was on her way to commit suicide when a caring member of the public saw her visibly distressed and guided her to Al-Madina mosque. A trained female counsellor offered psychological support and an experienced mentor engaged with the family providing psychological and practical support over an extended period of time. Today the same young female is a happy mother to a healthy child, resides with her parents, is engaged in education and is working towards securing her family's future.



#A victim of domestic violence and sexual abuse, this young female suffered debilitating physical conditions, as well as psychological trauma caused by post-traumatic stress disorder (PTSD), leading to OCD and anxiety. Consequently, the individual was left housebound only venturing out of her room in the early hours of the morning, when family members were asleep. Al Madina counsellors have been working with the client over an extended period of time to provide vital support and care. Presently, the individual is able to socialise with family and friends and has recently begun teaching craft to other people in similar circumstances, in order to help them escape their personal issues. The client also continues to rediscover her true potential.



#A local community member experiencing neighborhood dispute issues suffered from psychological problems as a result of the stress caused by the extended confrontational situation spanning several years. Upon engaging with community interventionists, the

individual was advised, guided and supported through legal hurdles to a satisfactory conclusion. Consequently, having signposted the client, the individual has experienced a reduction in stress levels and an improved quality of life and living conditions.



#A mother lost children to radicalization in a conflict zone with the remaining children subject to close government surveillance and scrutiny. Her husband betrayed her and remarried. The woman was ostracized from the community and felt completely alone and suffered high levels of psychological trauma and emotional distress leading to thoughts of suicide at the point at which she engaged with Al-Madina's counselling service. Eighteen months later, she has improved self-esteem and a renewed purpose for living and is training to become a counsellor in order to assist others.



#A drug importer sought engagement with Al Madina community interventionists to investigate methods of giving up drug dealing something the individual had been engaged in for over 30 years. Over an 18-month period, careful guidance and advice has resulted in full re-education and training and today, the client has been removed from the drug scene altogether and works closely with the counselling service to advise, encourage and inspire others to give up drug use and supply.

# FOOD & WELFARE SUPPORT

Al Madina works tirelessly on the ground helping families experiencing abject poverty. Our recent work has included providing month long provisions for hundreds of families in Pakistan, Tanzania, Turkey, Greece and Indonesia as well as push chairs for children of refugees who have to walk miles simply to access food and water.



**SYRIA**



**TURKEY**



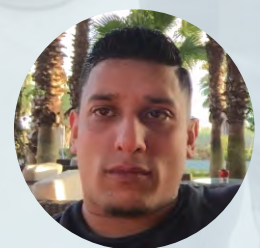
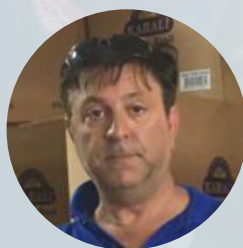
**INDONESIA**



**GAMBIA**



**PAKISTAN**



Ground assigned international Al Madina volunteers

# HOUSE BUILDS

In August 2018, severe floods affected the South Indian state of Kerala due to unusually high rainfall during the monsoon season. It was the worst flood in Kerala in nearly a century. Over 483 people died, and a million were evacuated. One-sixth of the total population of Kerala was directly affected by the floods and related incidents. The Indian government declared it a calamity of a severe nature.

Heavy rains in Wayanad caused severe landslides and left the hilly districts isolated and people homeless. Al Madina Mosque working with contacts on the ground identified families in need and provided immediate financial assistance for food and clothing. Once the floods had receded, the full extent of devastation became apparent and on behalf of the mosque's community, we began building from the ground up a new home for one family. This was completed in March 2019 and is now inhabited by the family. Additionally, Al Madina has also built homes in Pakistan and renovated homes for the poor in Indonesia.



House built in Kerala for family



# PROJECTS WE SUPPORT

# LITTLE HEARTS PROJECT



Muntada Aid's Little Hearts project provides free life-saving cardiac surgery and interventional cardiac catheterization for children with Congenital Heart Defects from underprivileged families irrespective of gender, race or religion. Each year over 1,000,000 babies are born worldwide with a congenital heart defect. 100,000 of them will not live to see their first birthday and thousands more die before they reach adulthood.



## WHAT IS A CONGENITAL HEART DISEASE?

Congenital Heart Disease (CHD) is a defect in the heart that a baby is born with. It affects 1 in 100 births around the world and can be treated with an invasive/non-invasive heart operation at birth depending on the type of heart defect. In poor underdeveloped countries, access to treatment is next to impossible for many of its' poor.

As part of our welfare support programme Al Madina financially supports Muntada Aid with the intention of communal benefit in the form of ongoing charity for mosque users.



# READ FOUNDATION

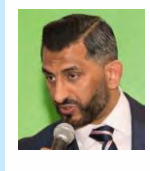
Educated children better understand their human rights equipping them to reject child marriage, criminality, begging, and child labour. They recognize the importance of maintaining good hygiene, personal grooming, and obtaining basic healthcare when sick.

They realize the dangers of using dirty water and defecating in the open. Educated children dare to dream that they can be better, that their poverty doesn't define them. They can become doctors or artists, engineers or writers – and dreaming about what to become is the first step in achieving the skills necessary to do so. Education is an enabler that gives children access to the world through the lens of aspiration.

As part of our welfare support programme Al Madina financially supports The Read Foundation to educate children and build schools to facilitate the same.



Education works as a doorway out of poverty. It is incredibly transformative as it empowers children with the skills they need to make the right choices. Our work helps build brighter futures for children coming from the most humble of backgrounds. Al Madina mosque understands the power of education and continues to support our endeavours so that together we can all change lives for the better.



Asif Malik



# AGHOSH PROJECT

The Aghosh orphan care home in Lahore provides a loving family environment for orphaned and vulnerable children around the world. The projects approach offers long term care for children in need and empowers young people with the resources to reach their full potential, transforming the lives of thousands of children each year.

Through the Aghosh family, children as young as 5 years of age are raised by a foster carer who looks after the children as their own. Each Aghosh family consists of 8 children and a carer.

The care home provides each child with their material needs (food, water and shelter), development needs (school, medical care, vocational training and life skills), and their emotional needs (the opportunity to be a part of a family again, to work through the grief of losing their parents in a secure loving environment).

As part of our welfare support programme Al Madina regularly financially supports The Aghosh Project with the intention of communal benefit for mosque users.



# EDHI FOUNDATION



The Edhi Foundation is the single best foundation across Pakistan and one of the best social welfare service providers across the world, running on a non-commercial, non-political, and non-communal basis, serving round-the-clock without any discrimination of colour, class, and creed.

The Edhi Land Ambulance Service was initially started by including a second-hand Hillman Pickup Truck that was refurbished into the first ambulance, thereby coining the phrase "The Poor Patients Ambulance". Now sixty years later, the Edhi ambulance has 1800 vehicles, all over Pakistan.



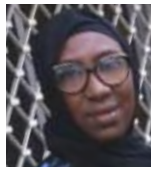
**Al Madina has supported the EDHI Foundation by purchasing an ambulance and continue to provide long term financial support.**

# BRUFUT EDUCATION PROJECT

Al Madina has been working with the Brufut Education Project for nearly 10 years and we have a year long commitment to feeding 350 poor and orphaned children at a local village school in The Gambia. Often this meal is the only meal of the day for the children.

In addition, Al Madina works closely to support infrastructure development and the needs of the local community, we are currently reviewing the way forward working to raise standards and benefit from the economies of scale. In addition, we have embarked on helping a local madrassa build temporary accommodation to house 300 poor children during periods of inclement weather in order that their education does not get interrupted. We are also working closely with the local teachers in an ambitious programme to build a permanent Islamic school.

The Aja Fatou Bah Nursery school was founded by the late Alhagie Samba Ndure. The Al Madina Barking Mosque has been the main sponsor from the outset by means of generous financial donations which have allowed the school to develop to a stage where we have an onsite mosque, 6 classrooms, two offices and a fully functioning kitchen.



The school and madrassa currently has 144 students and offers nursery, Arabic, and adult literacy, computer and sewing classes, screen printing workshops and a theatre group as well as a library and playground.

The centre is unique in the local area for the dynamism and diversity of programs and curriculums on offer and attracts a diverse range of service users.

The school employs 14 full time staff consisting of nursery, literacy and Quranic teachers. IT technicians, a nanny and security staff.

In addition, a delegation from Al Madina participated in the physical construction of the classrooms and also constructed the onsite kitchen as well as assuming responsibility for the School Feeding Program (SFP) which is a targeted safety net designed to provide educational and health benefits to vulnerable children, thereby increasing enrolment rates, reducing absenteeism and improving food security at the household level. Beyond improvements in access to food, the SFP has also had a positive impact on student health and nutritional status, all of which contributes to improving overall levels of human development within the Brufut community. Al Madina Mosque contributes positively in so many ways and we look forward to a continued and blessed relationship for the future.

**Saffie .N. Jobe**  
**PRESIDENT**



# MR HELIX



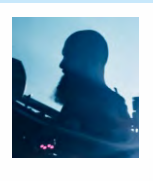
The Muslim community of Barking has suffered directly from the scourge of terrorism and we remember every day the loss of our daughter Shahara Islam in the Aldgate attack. The mosque has been working over the years on several projects aimed at reducing the threat of terrorism which comes from all angles. After the Westminster and Borough market attacks a group of highly skilled film makers led by a Muslim producer have come together to create content which aims to tackle all forms of hatred, extremism and terrorism.

Terrorism as evidenced further by the attack on a mosque in Christchurch, New Zealand is by far the most pressing issues of our time, not enough is being done to deter individuals from carrying out acts of violence nor to guide them away from the paths of extremism. By actively working against terrorism we hope to reduce future risks and keep alive the memories of those who paid the ultimate price.

Working in tandem with Rizwan Wadan of Mr Helix productions, Al Madina has been supporting the production of a series of short films with the aim to tackle the dangerous narratives that plague our modern communities and to inspire a more tolerant and peaceful society through the visual medium of film.



Al Madina Mosque in Barking understand the challenges we face within our communities, the scope and diversity of their welfare projects alone shows there is an active effort to tackle issues practically and part of this is by supporting people such as myself to promote a positive image and message to the wider communities.



**Rizwan Wadan**



WE CAN'T HELP EVERYONE BUT  
EVERYONE CAN HELP SOMEONE

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