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## HUMANITY FIRST ASSISTS VICTIMS OF PAKISTAN FLOOD RELIEF

### VOLUNTEERS PROVIDE EMERGENCY SUPPLIES, FOOD, AND SHELTER

Heavy rainfall from this year's monsoon season led to floods across Pakistan, with more than 33 million people affected and more than 1,000 killed. Humanity First immediately planned and sent out teams in response to this urgent appeal. Humanity First provided vital humanitarian aid by working with local partners. **Food, drinking water, tents, and other emergency supplies** are being provided to the affected people. Furthermore, HF is also running **medical outreach clinics** to provide free check-ups for victims. Humanity First will continue to aid the affected people and is planning **Phase 2**, which will consist of the rehabilitation stage.



## FUNDRAISERS

In Canada, HF **organized a fundraising event** to support the flood victims in Pakistan, with many dignitaries in attendance. The attendees donated generously, and HF was able to reach its fundraising target.

### CANADA DAY FUNDRAISERS

On July 1st, 2022, Humanity First Canada held **3 Canada Day Fundraising** events to raise awareness and funds for the Feed a Family Food Bank at the following locations;

- At the Baitul Islam Mosque,
- At the Canada Day Together Festival in Mississauga
- At the Muslim Association Convention at the International Center

### STALLS AT THE ANNUAL CONVENTION 2022

Humanity First held Exhibition and Fundraising Stalls on the occasion of Jalsa Salana Canada, held from July 15th - 17th at the two locations designated for the event, and sold souvenirs, qulfi, cotton candy, lemonade, and cold drinks.



HELP US SERVE HUMANITY WITH YOUR DONATIONS TODAY!





## ORPHAN CARE

Humanity First's Orphan Care program supports children around the world who are left orphaned due to various reasons, including war and disease. HF provides them with a safe and healthy upbringing. Starting this quarter 5 more orphans will be supported in Congo Brazzaville and one more in Cameroon.

The Orphan Care program now provides food security, education, shelter, healthcare, and basic living needs for 83 children in Cameroon, 20 children in Congo Brazzaville, and 20 in Nigeria.



## KNOWLEDGE FOR LIFE

Under the Knowledge for Life program, Humanity First builds schools and vocational training centers for underprivileged individuals. HF supports these children in their educational journey by providing them with resources, supplies, and classroom transformation.

### CONGO BRAZZAVILLE

- Two schools in Village Itali and Village Mpoutisian continue to provide free education to **118 students**.
- The new Sewing Centre successfully continues operation in Nkayi City with **eight registered students**.
- In addition, **54 poor children** were also assisted with providing educational supplies in various locations such as Brazzaville, Gamboma, Fouta Pointe-Noire, Nkayi, and Mouyondji.

### HAITI

Masroor Primary School continues its operation in Village Beauchamps, Haiti where **32 students** receive free education. The school has three teachers and is open 5 days a week, from 8 am – 1 pm.

### NIGERIA

Humanity First continues to operate two schools in Oyo State, providing free education to **75 primary students**. One school is located in Iye-Osa Village and the other school is in Igbo-Oruwo Village.



## GIFT OF SIGHT

- In Nigeria, Humanity First runs a cataract eye surgery clinic through which **120 free cataract eye surgeries** were conducted in this quarter.
- **30 eye surgeries** were done from July - September in Temeke, Tanzania, in partnership with CareAid Africa Foundation.

## REFUGEE RESETTLEMENT

Humanity First's Refugee Resettlement Program sponsors and resettles refugees and tackles the forced displacement of families and entire communities.

**19 new refugee families arrived in this quarter, which included 69 people in total. All families were received at the airport and were provided early settlement reports.**

The work on their early settlement needs, including financial and non-financial, was initiated. All relevant documents about the newcomers' early settlement process were organized as they were received.



## GLOBAL HEALTH

Humanity First's Global Health program, offers primary health care services, constructs hospitals, and runs medical camps in areas in need.



### SENEGAL

The Masroor Hospital conducts major as well as minor operations, lab tests, X-ray tests, ECG tests, and ultrasound tests et cetera.

**More than 4,023 patients were provided medical care in this quarter**



### BANGLADESH

Two community based mother and child healthcare clinics operated in Chandina, District Cumilla and Bijoy Nagar, District Brahmanbaria.

**More than 6,893 patients were provided medical care in this quarter**



### NIGERIA

HF runs a cottage clinic, in Okoko Village, Oyo State which provides basic medical care to local residents in need.

**More than 128 people were provided medical care in this quarter.**



### CONGO BRAZZAVILLE

Primary healthcare is given to residents of Congo Brazzaville through a medical centre.

**More than 47 patients were provided medical care in the reporting period.**

A 4-day Medical Outreach Camp was carried out in Majoda, Lagos State, in Nigeria, from August 25th – 28th, serving 689 beneficiaries. Services provided included; 20 surgeries, 470 lab tests, provision of eyeglasses to 85 beneficiaries, 120 mass dewormings, and 500 drug dispenses based on consultations.

Forty-six volunteers assisted in the camp, including seven doctors, six nurses, six pharmacists, one optometrist, and three optometrist assistants.





# CHAIRMAN MESSAGE



With every new day, we see increased suffering around the world. Humanity First teams are always at the forefront of helping those in need. Our work continues to grow as climate change is increasing flooding around the globe. This quarter, we saw two significant floodings in Pakistan and Bangladesh that forced over 33,000 individuals to be displaced, causing them to lose their homes and belongings. HF is planning a phase 2 rehabilitation stage for the victims of Pakistan that will focus on rebuilding and constructing homes. In addition, we built 12 water wells in Chad and completed a water desalination unit in Palestine that serves a total of 33,000 individuals.

Furthermore, we support underprivileged children through our Orphan Care and Knowledge for Life program to over 400 children. A 4-day Medical Outreach Clinic in Nigeria served over 1,200 individuals. Locally, our Food Bank continues to help and assist over a thousand families monthly, and that number is increasing every day due to economic and political crises. With this increase, we also see a high demand for help from our volunteers and donors.

I am thankful to each volunteer and donor who help us reach our goals of creating sustainable solutions in education, food security, global health, clean water, eye care, and disaster relief.

— Dr. Aslam Daud

## DISASTER RELIEF

### BANGLADESH

Within the span of one month, the people of Sunmaganj District faced three major flooding events due to repeated heavy rainfall and an onrush of upstream hilly waters, leaving thousands of villagers trapped in their homes. HF provided relief to flood victims, distributing emergency food hampers which included oil, rice, and lentils, as well as fresh meat to 92 families.



## WATER FOR LIFE

Safe and clean drinking water is a fundamental human right. However, millions of individuals around the world are deprived of this necessity. Humanity First Canada builds sustainable water solutions in these countries to provide the residents with clean drinking water that helps improve their livelihoods.

From July to September, 12 water wells were built in the villages of Chad, resulting in 4,280 beneficiaries.



### PALESTINE

In partnership with HF UK & ANERA, HF Canada installed a Reverse Osmosis (RO) System and Solar Panels in Jabalia City, a small community north of Gaza, to increase access to clean water. The project serves a total of 33,000 beneficiaries.



## COMMUNITY CARE

### NIGERIA

Recently inaugurated clothing bank under HF Nigeria continues to operate. In this quarter, 1000 units of clothing were washed and distributed to 200+ beneficiaries. Furthermore a food drive was conducted in Kano, collecting over 30 units of clothing and renovations were completed in the Port Harcourt Clothing Bank.

### CANADA

Three gardening sessions were held for seniors that taught them ways, methods and benefits of gardening.

- A Gardening Workshop at a community garden in the City of Vaughan was held where trainers at the community garden taught 22 members the type of soil to use, growing plants directly from seeds, protecting plants, etc.
- Another gardening workshop was held in partnership with York Region Food Network. 14 participants attended the workshop and learnt about techniques behind weeding, seeding and pruning.
- A session about benefits of gardening for seniors, indoor planting, the types of vegetables that can be grown from a garden was conducted at the HF headquarter, through which 18 members benefitted.





# HUMANITY FIRST FOOD BANK



With the growing financial impact, Canadians are accessing and relying on food banks more than ever. Humanity First Feed, a Family Food Bank, has seen an increasing demand for food and other necessities in previous years. With the increasing number of clients accessing the Humanity First Food Bank, the demand for volunteers and food donations is also increasing. On average, HF Food Bank serves over a thousand families monthly, and the number of new clients is increasing daily.

We are truly thankful to all of our hard-working volunteers who make our goal of serving every needy individual around us possible. In addition, we are also thankful to our donors and supporters who help in aiding the needy with us.



**2,475**  
Families served



**3,867**  
Adults served



**669**  
Seniors served



**2,917**  
Children served



**7,576**  
Total number of individuals served

## MS EXCEL TRAINING SESSIONS

A training workshop was organized on MS Excel for volunteers consisting of 6 sessions, starting from July 23rd, 2022. The workshops focused on training in Excel workbooks, managing worksheets, data entry in cells, formatting, use of essential functions and computations, and many more key learning strands. In total, 11 participants benefitted from these sessions.



## HF'S NOTABLE DONORS

- More than **24 food drives** were held from July to September. Special thanks to the AMJ, AMWA, AMYA, & Zeerah Restaurant for organizing these food drives and collecting over **7000 lbs** of non-perishable items.
- Ehsan Foods Canada donated four skids of cookies.
- Hands Up Toronto donated fresh produce throughout this quarter.
- Global Medics donated over 800 lbs of non-perishable food items
- York Region Food Network donated over 500 lbs of perishable produce this quarter.
- The Hometown group donated over 300 lbs of non-perishable food items.
- Can-Asia Grocers donated over 60 lbs of goat meat.
- Special thanks to Food Bank of York Region, Second Harvest, No Frills, FreshCo, Iqbal Foods Mississauga, and Costco Mississauga for supporting our Food Bank and helping us raise non-perishable food item donations through their programs.



Ontario  
Trillium Foundation



Thank you to Ontario Trillium Foundation for supporting Humanity First Food Bank

- **Winners** donated over 20 bags of clothing and household items.
- Global Medic donated 87 cutting boards.
- Food Bank of York Region donated over 20 boxes of hygiene and household items.

## THANK YOU FOR YOUR GENEROUS DONATIONS!

Donate by calling **416-440-0346**, emailing [info@humanityfirst.ca](mailto:info@humanityfirst.ca), or visiting the HF website [www.humanityfirst.ca](http://www.humanityfirst.ca)

## CONTACT US

+1 416 440 0346 [info@humanityfirst.ca](mailto:info@humanityfirst.ca) [humanityfirst.ca](http://humanityfirst.ca)  
600 Bowes Rd, Unit # 40, Concord, Ontario, L4K 4A3, Canada