SYED KHAWARZAMI WELFARE TRUST

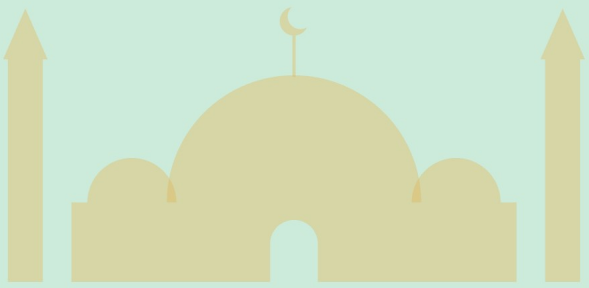
بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Project Insania

Food and water for everyone, across the UK.

A humanitarian food bank initiative responding to the cost of living crisis, funded by donations to the Trust.

Starts 1 February 2027
Duration 12 months
When After Friday prayers
Where Mosques up and down the country
Who Everyone is welcome to attend



Syed Khawarzami Welfare Trust · Registered charity no. 1136645 · Minerva House, 123 Queensway, Bletchley, MK2 2DY · www.khawarzami.com · Info@Khawarzami.com

THE NEED

Why Project Insania

Rising living costs mean that many people across the UK are struggling to afford food. The Syed Khawarzami Welfare Trust is raising funds to provide food banks to UK residents, so that no one has to go without.

OUR PURPOSE

To allow everyone access to food and water.

WHO

Anyone is free to attend. The service is open to the whole community.

WHEN

From 1 February 2027, after Friday prayers, 2pm to 4pm, for 12 months.

WHERE

Various mosques across the UK. Each location will be published on our website, www.khawarzami.com, 2 weeks before each visit.

Project Insania is a charitable, humanitarian project. It is delivered for the benefit of the public and the communities the Trust serves.

WHO BENEFITS

Open to everyone

Anyone can attend, regardless of race, ethnicity or religion.

Project Insania exists so that everyone has access to food and water. The distributions take place at mosques after Friday prayers, but they are open to the whole community: people of every faith and of none, and of every background.

EVERY BACKGROUND

People of any race or ethnicity are welcome.

EVERY FAITH AND NONE

The project is open to people of all religions and those with no religion.

EVERY HOUSEHOLD

Anyone feeling the pressure of the cost of living crisis can attend.

There is no limit on who may attend. If you would like food or water, you are welcome to come along.

> “O mankind, We created you from male and female and made you into peoples and tribes so that you may know one another.”
>
> Qur’an 49:13 (meaning)

SCOPE OF WORK

What the project involves

Project Insania runs as a series of food and water distributions, held after Friday prayers at participating mosques from 1 February 2027.

- **Food bank distribution:** food and water made available to everyone who attends, at each participating mosque.
- **Community outreach and awareness:** telling people where and when each distribution takes place, and what the project offers, so that information reaches the individuals who may benefit. Each distribution will be promoted on social media (Facebook, TikTok and Instagram), through mosque announcements and in community groups.
- **Coordination across venues:** keeping messaging consistent and up to date for every site and week of the project.

SCALE OF THE PROJECT

- Participating mosques: over 52
- Distributions per week: 1
- Expected attendees: 100 to 250 per week

WHAT WE PROVIDE

Food and water for everyone

At each distribution we will offer a range of everyday food and drink items commonly found in food banks, along with drinking water. Items available may vary from week to week.

Tinned goods

Tinned vegetables, fruit, fish, soup and chopped tomatoes.

Rice and pasta

Dried rice, pasta, noodles and flour for filling meals.

Pulses

Lentils, chickpeas and beans, dried or tinned.

Breakfast items

Cereal, porridge oats and spreads.

Bread and baking

Long-life bread, biscuits and baking essentials.

Milk

Long-life milk and plant-based alternatives.

Fruit

Fresh and dried fruit where available.

Vegetables

Fresh and tinned vegetables and potatoes.

Tea and coffee

Tea, coffee, sugar and hot drink essentials.

Baby items

Baby food and formula where available.

Ready meals

Ready-to-eat meals and soups.

Drinking water

Bottled water for everyone who attends.

HOW YOUR DONATIONS HELP

Funds raised for Project Insania will be used to buy these products, so that every donation goes towards putting food and water in the hands of people who need it.

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TIMELINE

A 12-month project

START	DURATION	COMPLETION
1 February 2027	12 months	31 January 2028

Project Insania is a fixed-term project. Distributions take place once a week at each participating mosque, after Friday prayers, 2pm to 4pm.

Mosque locations will be published on our website, www.khawarzami.com, 2 weeks before each visit.

GET IN TOUCH

Syed Sadaf Ali Shah Khawarzami
Email: Info@Khawarzami.com
Website: www.khawarzami.com

ABOUT US

Syed Khawarzami Welfare Trust

Syed Khawarzami Welfare Trust is registered with the Charity Commission for England and Wales (charity number 1136645). It was granted charitable status on 29 June 2010 and has been operating for over 10 years.

The Trust focuses on supporting people in need who may be destitute. While it concentrates on tackling poverty in Pakistan, it is not limited to Pakistan. Its ethos is to assist anyone in need, including people in the UK, and it made a positive contribution during the COVID-19 pandemic.

The Trust works to address social issues and improve the well-being of individuals and communities through:

EDUCATION

Schools, scholarships and vocational training to raise literacy and empower individuals.

HEALTHCARE

Medical clinics, health camps and medical assistance for marginalised communities, plus health and hygiene awareness.

POVERTY ALLEVIATION

Financial support for families in need, skills programmes for income generation, and food and essential items.

DISASTER RELIEF

Immediate aid, shelter and support for communities hit by floods, earthquakes, droughts and other emergencies.

WOMEN EMPOWERMENT

Vocational training, gender equality and support for women's rights, helping women become self-reliant.

ORPHANS AND CHILD WELFARE

Support for orphaned and vulnerable children, including education and access to healthcare.

COMMUNITY DEVELOPMENT

Infrastructure, clean water and sanitation projects that improve quality of life.

Project Insania brings this same ethos to people in need here in the UK.

SUPPORT THE PROJECT

Giving charity is a mercy to others and a blessing for you

> “Charity does not decrease wealth.”
>
> Prophet Muhammad ﷺ, narrated in Sahih Muslim

> “The example of those who spend their wealth in the way of Allah is like a grain that sprouts seven ears, in each ear a hundred grains.”
>
> Qur’an 2:261 (meaning)

Your donations to Project Insania help the Trust provide food banks to UK residents in need. To donate by bank transfer:

Account name: Syed Khawarzami Welfare Trust

Sort code: 40-24-38

Account number: 11392727

Reference: Project Insania

Learn more or get in touch

Website: www.khawarzami.com

Email: Info@Khawarzami.com

GET INVOLVED

We need your help to promote Project Insania

We are looking for volunteers to help us promote the project and make sure that everyone who needs food and water knows where and when to find us.

Unpaid volunteer role | **Fixed-term: 12 months or less** | **Based on the project**

YOUR DUTIES WILL INCLUDE

- Monitor and analyse the performance of Project Insania, making data-driven adjustments.
- Create compelling content for social media, the website, email newsletters and promotional materials.
- Discuss possible changes to reach our target audience.
- Manage and grow our social media presence across relevant platforms, promoting Project Insania.
- Engage with followers, respond to enquiries and foster a sense of community.
- Conduct market research and present findings to the Trust's trustees.
- Identify the target market for Project Insania.

Project Insania is a fixed-term project running for no more than 12 months. It will help further the charity's aims and objectives and strengthen its presence across the UK.

HOW TO APPLY

Send your CV to **Info@Khawarzami.com**