



# BCM

Charity no: 1182830

HELPING THE LESS FORTUNATE THROUGH ACTS  
OF KINDNESS AND CHARITY

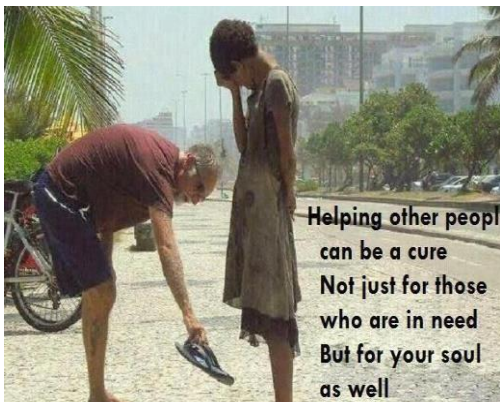
## Charity projects

### BCM Pound Projects update

This month we completed project number 51 – thanks to your kind donations. This month’s project was an act of kindness towards others. Food banks throughout the UK offer free food to people who are struggling to make ends meet and cannot otherwise afford to purchase essential groceries. These banks rely on the generosity of everyday people, as 90% of the distributed food is donated by the public. Last year alone saw demand rise at nearly 70% of food banks. There are now fresh fears that food banks may run low soon, with rising energy bills causing yet further increases in demand and higher food prices potentially leading to fewer donations. The rise in the cost of living is already having an impact on the number of donations being received by food banks and charities.

This means that these vital services could face shortages at the exact time that they have never been more critical for struggling families; in the lead up to winter there is not a more urgent time to help those in need. This month we donated non-perishable food items including: cereal, soup, pasta, rice, tinned tomatoes/ pasta sauce, lentils, beans and pulses, tinned vegetables, tea/coffee, tinned fruit, biscuits, UHT milk, fruit juice. We hope this donation of food will help families that are struggling to make ends meet.

*Islam enjoins kindness towards all living creatures. This quality is particularly emphasised in the Quran. Allah urged the Prophet s.a.w to stress kindness among believers the daily actions. To be kind is to be sincere*



Helping other people can be a cure Not just for those who are in need But for your soul as well

A note to say that your money is not used as zakat but as lillah. Jzk.

**If family or friends wish to help with £1 per month please pass on the details below:**  
**Monthly standing order of £1 or £12 payment for the year.**

- Sort code:30-96-26
- Account: 33569168
- Name: BCM
- Ref: charity projects

