

SIKHANA

WELCOME PACKET



www.sikhana.uk



Ramadan is a month which is all about being self aware of all our actions, abstaining as much as we can, not just from food but all forms of ills.

Back in 2020, when we were hit with covid, I started this initiative to help local families in the area who were in need of a decent meal at least once a week. Since we were unable to do iftaar parties, I got a team of volunteers made up of friends, family and strangers who wanted to join in, whom I met via facebook groups to help make 3 course home cooked meals every Saturday. I thought we could use our resources, financial and time, for good cause, as there is a lot of charity in need here in the UK as well. We did this for all families irrespective of faith because I wanted to educate people about Islam and change their perceptions of Islam and muslims.

Post Covid I have continued to do this, as I think more than ever we need to continue to do this, not just to help our community but also work together as a Muslim community to change narratives.

WELCOMED





HOW CAN YOU HELP?

This year I would like to get more people involved and inspire others to take lead to help their community all around the UK.

You can help as many families as you see fit, In Islam you are judged by your niyat not about the quantity.

01

Project Management

Take lead and create a whatsapp group with all members involved. Normally there are 4 Saturdays involved. Assign roles for each Saturday in advance.

02

Social Media Management

To help identify families you would like to help. Create a social media post asking people if they know of anyone who needs help to message you privately. You can also pop along to a local school to ask if they have families on free meals or a food bank with whom you can collaborate who have a team of volunteers and families they are aware of.

03

Distribution of Meals

The easiest way to do this is have 2-3 drivers for each week & an address where all the food will be dropped off where you can make the parcels. You can reach out to the local community centres to see if they can let you use the space for a couple of hours on a Saturday.





PROJECT TIMELINE

01

23rd Jan 2025

Start reaching out and making a team. Identify roles. Some may be able to just donate as they haven't got time to cook, others may be able to deliver & then you will have the chefs or you can get external caterer to cook and all donated towards this..

02

14th Feb 2025

Share a Menu Calendar in advance to get the ball rolling.

03

21st Feb 2025

Identify and confirm who is making what. Some people may not be able to cook but may donate towards the cost of the ingredients or buy the fruit / juice cartons.

04

1st March

First delivery of food parcels. Take pictures and make videos to share on social media to inspire others to do this. This will also raise awareness so more families in need may reach out.

05

8th , 15th & 22nd March

Second & third delivery of the food.

06

29th March 2025

Last weekend of delivering food & weekend before Eid so add a chocolate box or Eid treat as part of the parcel





TYPICAL CONTENTS



- Fruit
- Rice (1 x 500ml box for 2 people)
- Naan Packets (1 packet per 2 people)
- Curry (1 x 500ml box per 2 people)
- Drinks (1 soft drink, 1 cordial & 1 juice box)
- 1 dried item (Samosa's / Pakora's / chicken wings)
- Dessert eg. Trifle, eclairs etc.

This is a sample and you can make pasta dishes with garlic bread as a starter, which we have also done. It is whatever is convenient for you.





WHAT DO YOU GET OUT OF IT?



- Self fulfilment
- Inspiring our children to think beyond ourselves
- Meeting great individuals & making friends with people who share your values



A top-down view of a variety of Middle Eastern dishes. In the center is a bowl of hummus topped with chickpeas and olive oil. To the left is a bowl of falafel garnished with fresh herbs. Above the hummus is a bowl of stuffed grape leaves. To the right is a large pita bread. In the bottom left is a bowl of rice with vegetables. Garnishes include pomegranate seeds, pistachios, and a small bowl of olive oil.

TASK ORGANIZER

Planner for Saturday 1st March 2025

Menu

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TASK ORGANIZER

Planner for Saturday 8th March 2025

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TASK ORGANIZER

Planner for Saturday 15th March 2025

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TASK ORGANIZER

Planner for Saturday 22nd March 2025

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TASK ORGANIZER

Planner for Saturday 29th March 2025

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EXAMPLE OF WHATSAPP GROUP MESSAGE

Salam everyone

It's that time of year with Ramadan round the corner and so much Islamophobia around I feel that the need to do this is even more vital.

I appreciate that a lot is happening in the economy and peoples circumstances change during the course of the year financial or personal commitments.

If any of you are unable to help this year and wish to leave this group please do so, I will not take offence.

I'm trying to be super organised by deciding the menu and roles in advance so everyone knows what they are doing.

I've calculated and we have the following Saturdays.

[16th March](#)

[23rd March](#)

[30th March](#)

[6th April](#) - Special Eid iftaar

As ever appreciate everyone's commitments so not everyone has to cook.



Key roles are

Driver

Cooks

Shopping

Cash donation for boxes and bags

Will start by proposing menu

[16th March](#)

Fruit - Bananas

Drinks - 1 soft drink, 1 cordial and 1 juice

Dessert - Trifle

Rice - Mattar Rice

Curry - Chicken curry

Naan packets

Starter - Veg samosas

[23rd March](#)

Fruit - Satsumas

Drinks - 1 soft drink, 1 cordial and one juice

Dessert - Chocolate eclairs

Rice - Chicken pilaou

Curry - Aloo keema

Naan packets

Starter

[30th March](#)

Fruit - Melon

Drinks - 1 soft drink, 1 juice and 1 cordial

Dessert - cake

Pasta Dish

Garlic Bread





NEXT STEPS



Start getting your team together and
if you need any help or support feel
free to get in touch with me on
0203 150 1444.

contact@sikhana.uk

www.sikhana.uk

www.xperiencepakistan.co.uk

[@xperiencepakistan](https://www.instagram.com/xperiencepakistan)

Thank you!

