



## Your donations help us reach the half-way stage Maryam Centre 50% Complete!

Since Ramadan work has continued on the outer shell of our Phase 2 expansion, the Maryam Centre. The windows have been installed and the roofing completed. This marks the half-way point – a significant milestone for our community.

The fundraising drive in Ramadan raised over £1 million in donations, pledges and Qard-e-Hasanah, reflecting the wonderful support the East London Mosque continues to enjoy from ordinary Muslims, who recognise the important role the mosque plays.

A major fundraiser on Channel 5 saw the community donate over £500,000, with a similar amount at the mosque on the 27th night of Ramadan. The ELM cake stall made a return this Ramadan, with all the proceeds going towards the new building.

People who attend Jum'ah prayers will know we already operate at maximum capacity – hence the need for more space is paramount. In particular, the prayer capacity for women in the Maryam Centre should make a huge difference for those who struggle to find a space to pray on Fridays.

Donations are still being accepted; the Al-Hambra Wall has only 140 spaces left, but contributions can also be made towards the new Visitor Exhibition Centre or even a prayer space for the new halls.



## Community stands firm against anti-Muslim mob EDL Banned from Marching

Thousands of East Enders stood together on 3rd September to see off a threat from the English Defence League (EDL), who had been banned by the Home Secretary from marching in Tower Hamlets.

The huge rally against the EDL in the Whitechapel area celebrated 'No Place for Hate' under the banner of the United East End (UEE).

Volunteers provided exemplary stewarding and helped keep calm throughout the day. Acting borough commander for the Metropolitan Police, Robert Revill, commended the stewards: "It was amazing to see the way they controlled very tense situations, I wish I had some of them in the police force!"

Smoke bombs, bottles and other missiles were hurled by EDL thugs at the police and scuffles broke out, as police worked hard to maintain order. Around 60 EDL members were arrested.

Mayor Luthfur Rahman thanked all for attending the UEE celebration, saying: "This is a wonderful gathering and a show of our diversity". The EDL "would never be able to break us with their hatred and Islamophobia", he said.

The anti-EDL rally took place on the cusp of the 75th anniversary of the Battle of Cable Street, when the local Jewish community, trade unionists and local residents saw off the threat of thousands of Oswald Moseley's Blackshirt fascists. Now, as then, our community and our friends stood firm against such hatred.





## Eid Celebration at Richard House Hospice

Families from Richard House celebrated the end of Ramadan with an Eid party at the east London children's hospice.

They spent an enjoyable afternoon on Sunday 11 September with singing, games and food. The event was organised jointly by Richard House and the London Muslim Centre.

Among those to attend was Shaykh Abdul Qayum, Imam of East London Mosque and patron of Richard House, who said, "God has given us very special people to test us, to see whether we are patient, committed and loving to his creation. I see many inspirational young people here and there is so much we can learn from them."

Richard House users Shaan Ali and Murad Shaikh sang and said prayers in front of Imam Abdul Qayum and the Chief Executive of Richard House, Peter Ellis.

Along with the delicious Eid food, there was henna art, a clown and balloon modelling. Robin Knowles, Chairman of Richard House, said: "The London Muslim Centre is a firm friend of Richard House Children's Hospice. Both organisations hold their doors open to all in the community and, at Eid, what celebration could be better than one that brings happiness to life-limited children and their families?"



## Rioters chased away by East London Mosque worshippers

The terrible riots in London happened whilst Muslims were fasting and praying in the month of Ramadan. On the 8th August dozens of rioters ran down Whitechapel Road, damaging shops and causing havoc in their wake. But it happened that they passed the East London Mosque just as hundreds of worshippers were leaving after breaking of their fasts and performing the evening prayers.

Initially worshippers were taken aback as the rioters threw missiles at passing police cars. Then, incensed, they chased after the rioters,

who fled in panic. The police were soon on the scene, and pursued the rioters. Meanwhile, Mosque stewards ensured worshippers and passers-by remained safe.

Later that evening, as the Ramadan night prayers were about to begin, Shaykh Abdul Qayum, Imam of the East London Mosque, advised worshippers, especially young people, to keep away from the riots and go straight home after prayer. The Secretary of the Mosque also appealed to the youth not to go out to see what's happening, but to stay well away from any trouble.

## Working together for the common good

The threats from the rioters and the English Defence League have united the community of Tower Hamlets more than ever. The recent commemoration of the 75th anniversary of the 'Battle of Cable Street' was a timely reminder that hate, intolerance and violence based on prejudice should never be accepted in our communities. Instead, we should strive together for the common good for all of society, regardless of our faith or race.

With the Olympics coming to London in 2012, as Muslims we should make a renewed effort to engage with wider-society, and to dispel any misconceptions visitors to the Games may have about Islam and Muslims.



## Honey Bee Update

The East London Mosque's honey bees have settled very well in their first few months on the roof of the London Muslim Centre.

The first batch of honey, rich and dark, helped raise over one thousand pounds in Ramadan.

As winter approaches the honey bees will be less active. Preparations have been made to help ensure the bees survive the cold winter, so insha'Allah they can emerge again in Spring.

## Donate to the Maryam Centre

We are now expanding our Mosque with the Maryam Centre. We need your commitment and support to achieve this goal.

Donate Online: [www.eastlondonmosque.org.uk](http://www.eastlondonmosque.org.uk)

Setup a standing order:  
Bank Transfer: HSBC  
Acc No.91681966 Sort Code: 40-02-33

Help extend your Masjid • Invest in your Akhirah • Commit to donate

# Eid

## and the Days of Tashreeq

As the great day of Eid ul Adha approaches, and we think of family and friends who are undertaking the journey of Hajj, it is important we give the occasion its due, seeking the pleasure of Allah and His reward.

### Takbeer

It is Sunnah to say Takbeer (“Allahu Akbar”), Tahmeed (“Al-Hamdu Lillah”), Tahleel (“La ilaha ill-Allah”) and Tasbeeh (“Subhaan Allah”) during the first ten days of Dhul Hijjah (the month of Hajj), and to say it loudly in the mosque, the home, the street and every place where it is permitted to remember Allah and mention His Name out loud, as an act of worship and as a proclamation of the greatness of Allah, may He be exalted.

### Qurbani (Udhiyah) – Sacrifice on Eid ul Adha

The days of Qurbani are the tenth, eleventh and twelfth of Dhul Hijjah. The first day is better than the second, and the second better than the last. Qurbani animals are goats, sheep, cattle and camels. It is necessary that the goat is one (full) year old, whether male or female. A cow, bull or buffalo will have to be two years old, and a camel five years. Animals that are younger are not suitable for Qurbani.

A person who intends to perform a Qurbani sacrifice should refrain from cutting their hair or nails, or removing parts of the skin, during the first ten days of Dhul Hijjah.

Allah says in the Qur’an: *“It is not their meat nor their blood that reaches Allah, but your piety that reaches Allah.”* (22:37)

### The Three Days Following Eid ul Adha

The three days after Eid ul Adha are known as the Days of Tashreeq. On these days, as the pilgrims complete their rites, Muslims continue with their ‘Eid celebrations, and are not allowed to fast.

*“The days of Tashreeq are days of eating, drinking and mentioning Allah.”* (Muslim)



## Al-Isharah for The Deaf Muslim community

Al Isharah, a local charity based in the LMC is at the forefront of making Islam accessible for the Deaf Muslim community. They offer a range of services for the Deaf community including a very popular, weekly Islamic education class for both children and adults; a comprehensive and fully-accessible annual Deaf Umrah trip; weekly Khutbah translations at the LMC; and are working on an extensive Islamic Signs project, creating signs in British Sign Language for Islamic words and concepts.

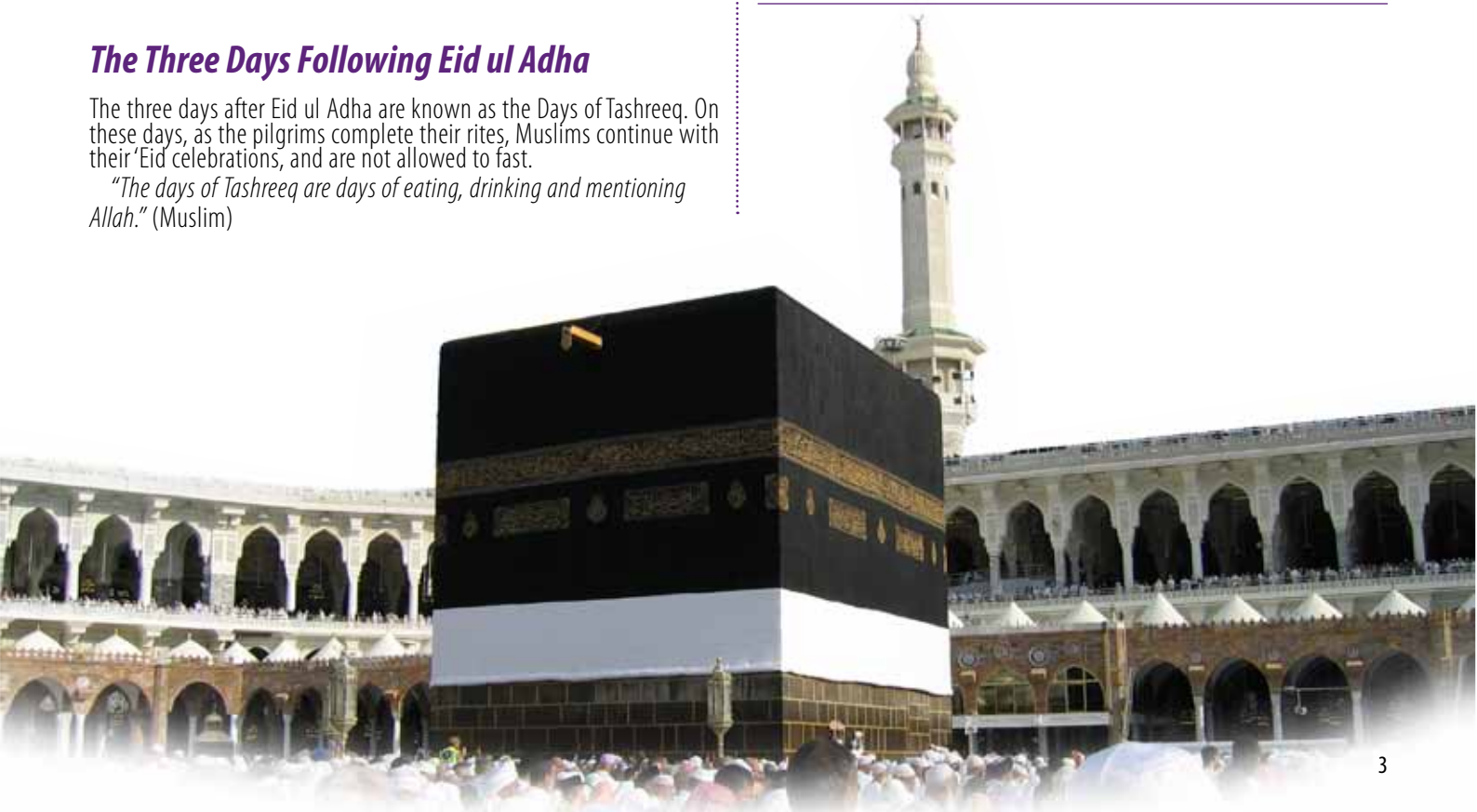
On the 26th of November, Al Isharah will be hosting their Annual Eid Dinner, titled ‘Which of the favours of your Lord will you deny?’. This will be an excellent opportunity for you to meet, socialise with and support our deaf brothers and sisters, so please visit [www.alisharah.com](http://www.alisharah.com) to buy your tickets.

You can also meet the Al Isharah team at the Twins of Faith conference on the at Saturday 19th November at the Excel Centre.



for more information visit:

[www.alisharah.org](http://www.alisharah.org)



# SOS Alert!

## Stressed, Obese and Sedentary

by: **Kate Neil (MSc, MBANT, NTCC), Director of CNELM**

Stressed, Obese and Sedentary – three critical conditions for developing an unwanted chronic illness like diabetes, cancer or a stroke.

It has been predicted that up of the UK population will become obese. Currently about 15 million people are reported to be obese and by 2030 this could be 26 million, a massive rise of 73% and an additional £2 billion financial burden for obesity-related disorders.

Approximately 35.6 million people worldwide were reported to live with dementia in 2010 with 65.7 million by 2030 and 115.4 million by 2050. A doubling of numbers of people suffering with dementia worldwide every twenty years is predicted.

Do we accept these predictions? We believe that YOU could help to make a positive difference. The Nutrition Profession needs appropriately trained highly skilled individuals to help turn the tide away from chronic suffering.

Becoming a Nutrition Professional is not only about preventing chronic illnesses. It is just as much about helping people to maximise their health and sporting potential, as well as just feeling better on a day to day basis.

**“I am on a fascinating journey that uncovers and explains a whole new realm in the science of diet and healthy eating.”**

Whether looking for a new career, a career change or to extend the boundaries of your current career joining the nutrition profession provides multiple avenues for

participating at an individual, community, industry or research level towards making a positive difference.

You can study with us at the Centre for Nutrition Education & Lifestyle Management (CNELM) towards a BSc Hons in Nutritional Therapy or Nutritional Science and (subject to validation) towards an MSc in Person Centred Nutrition from January 2012. Our courses are validated by Middlesex University. You can study with us full or part-time and apply for assessment of prior learning if you have a relevant first degree. Short home study and/or part attendance science foundation courses can be taken with us prior to starting one of the degree courses if required.

At CNELM we have students studying with us from around the world. All our courses can be mostly accessed online and for required attendance elements students can attend CNELM or one of our approved London venues.

We believe that successful Nutrition Professionals have a robust scientific knowledge as well as having the skills to help people and communities through change and to sustain change. Our courses are science-based, have a strong clinical focus and embed essential coaching skills enabling our graduates to really make a difference.

Our own experience tells us that knowledge and intellect alone frequently fail to bring about desired changes in diet and lifestyle. Having the skills to help people understand for themselves what might be holding them back can be the right key in the right lock to sustainable change.

Look out for our advert and posters and join us on an Information Event where we will spend time with you to explain how you can join one of our courses and begin your unique journey to becoming a Nutrition Professional.

Salma Khan, a current level 6 student says, “I am thoroughly enjoying studying with the CNELM. I feel as though I am on a fascinating journey that uncovers and explains a whole new realm in the science of diet and healthy eating. All staff are extremely knowledgeable, patient and supportive. I have found the clinical and coaching modules to be particularly rewarding”.



# STUDY FOR A DEGREE IN NUTRITION!

## Degree Courses Available:

- BSc (hons) Nutritional Therapy
- BSc (hons) Nutritional Science
- MSc Person Centred Nutrition (subject to validation October 2011)
  - Foundation Chemistry and Human Biology courses available for students without science degree entry requirements

## Coaching and Shorter Courses Available:

- Neuro Linguistic Programming (NLP) life coaching courses
- ITEC Level 3 Diploma in Healthy Eating and Well being
- Food for Health Certificate

**INFORMATION EVENTS AT THE LONDON MUSLIM CENTRE  
ON SATURDAY 3RD & 10TH DECEMBER 2011 from 2.00pm to 4.30pm**

## Join the Centre for Nutrition Education & Lifestyle Management (CNELM) TODAY!

This is your opportunity to join one of the UK's leading private nutrition colleges offering a range of flexible study options including full-time & part-time, online home study or attendance at CNELM or agreed East London locations.

Students with a first science degree or relevant nutrition qualification can be considered for fast track study options and postgraduate study. For student study and finance options come along to an information event this autumn at the East London Mosque.

To book a place at the information event register at:  
[www.cnelm.co.uk/elm](http://www.cnelm.co.uk/elm) or telephone CNELM: 01189 79 86 86



Find CNELM on Facebook visit:  
[www.facebook.com/pages/N-S-3-Uk-Ltd/175939522480299](http://www.facebook.com/pages/N-S-3-Uk-Ltd/175939522480299)



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Wellington Road  
Wokingham  
Berkshire  
RG40 2AN  
[www.cnelm.co.uk](http://www.cnelm.co.uk)  
[info@cnelm.co.uk](mailto:info@cnelm.co.uk)  
Tel: 01189 79 86 86  
Fax: 01189 79 87 86

All degree courses fully validated by:



'BSc (hons) Nutritional Therapy' fully  
accredited by:



Level 3 Diploma certified by:



NLP Practitioner Certificate certified by:





## Safeguarding of Children and Child Protection

On Friday 14th of October, Teachers from the ELM Evening Madrasah embarked on a short training course to gain information about the safeguarding of Children and Child protection issues in an Islamic learning environment.

The course was delivered by Fozlu Miah from the Tower Hamlets Social Services Team in order to train tutors and empower them with knowledge about current issues and legislations regarding safeguarding of children and child protection.

Training was provided to the Teachers in order to help them understand the current climate and help improve our services further to the students. Teachers were made aware of potential issues that can

effect children and how to assist in matters, should they arise, whilst within the Madrasah.

This is just one of many initiatives, taken by ELM Evening Madrasah in order to help raise the standard of teaching in our community and improve the way in which Islamic Education is provided to the next generation.

## elm women's link

ELM Women's Link is a Information, Advice and Guidance (IAG) service for women and families. Based in the first floor of the East London Mosque, the project offers a culturally sensitive, faith based service to women both in the local community and across London.

Women's Link provides a weekly Counselling Service as well as Daily Advice sessions through an appointment system. Women's Link works in partnership with a range of organisations/bodies to both signpost and makes referrals. We run various sessions and activities throughout the year for example; parenting course, depression management awareness, all activities are advertised on the ELM Website and in the mosque. Women's Link has been awarded the Matrix Standard, the quality standard for information, advice and guidance services. We provide a confidential service to our clients. The Women's Link offices are open Monday to Friday 10am - 4pm and Saturday (by appointment)

**Womens Link: 0207 650 3024**  
[womenslink@eastlondonmosque.org.uk](mailto:womenslink@eastlondonmosque.org.uk)



**Free and Confidential Helpline**  
 (For all members of the community)

**07833 693 434**

Your identity and any information you provide will be held in the strictest confidence and no information will be shared without your prior consent.

### Are you a victim of domestic abuse?

Abuse can be in various forms; physical, verbal, mental and even forced marriages and stalking. Abuse from current or former partners (married or not) or from immediate and other relatives.

### Looking for some advice?

We will explain what remedies are available to you within the remits of English law. For those who need to understand the Islamic law context, we may be able to assist your understanding by facilitating communication with an appropriate Imam.

### PBLMC\* are happy to provide initial advice on the telephone

Should you require further assistance PBLMC may refer you to a local solicitor to assist you.

### Please call 07833693434

If unanswered, please leave your name and a number on which we can call you back.

E: [info@pblmc.org](mailto:info@pblmc.org)  
 Pro Bono in the LMC (PBLMC)  
 4<sup>th</sup> Floor, London Muslim Centre  
 46 Whitechapel Road, London E1 1JX.

\* Pro Bono in the LMC (PBLMC) - A not for profit organisation.

# AL-BASEERA

**ARABIC · TAJWEED · QUR'AN · SEMINARS**  
**NEW SEMESTERS STARTING SEPTEMBER 2011**



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[albaseera@eastlondonmosque.org.uk](mailto:albaseera@eastlondonmosque.org.uk)



# Your Perfect Wedding Venue

at the London Muslim Centre

Planning a wedding? The London Muslim Centre is the perfect venue, with a wide range of facilities to help make it a memorable day for a life time:

- Islamic Environment
- Segregated Venue
- Two spacious Multi-Purpose Halls
- 700 people capacity
- Fully Air-Conditioned
- Full PA System available
- Ease of access to the East London Mosque



Weddings Venue Hire from  
**just £1000\***

Call us on 020 7650 3050  
or email [bookings@londonmuslimcentre.org.uk](mailto:bookings@londonmuslimcentre.org.uk)

London Muslim Centre  
46 Whitechapel Road  
London E1 1JX

\*off-peak price for one hall (Nov-Mar excl. School Holidays).

Human Aid UK's vision is to create a caring world where the basic requirements of people in need are fulfilled. Our mission is to bring hope to life. Human Aid UK specialises in providing aid and support to orphans and vulnerable women.

Below is a brief snapshot of some of Human Aid UK's current projects being delivered around the globe.

Human Aid UK is in partnership with London Air Ambulance. Working together, helping all Londoners in dire need of help.



**United Kingdom**  
Our Eid Gift's for cancer patients enabled us to share the joy of Eid with the terminally ill children at the Hospital.



**Bangladesh**  
We are supporting the worst afflicted, through ongoing aid. Our recent work is sustaining education for orphans.



**Gambia**  
We are providing support for orphans at the Quranic School for Memorisation. Our aim is to make the school self sufficient.

**Gaza**  
Our recent Orphan Smile Project provided nutritious food to orphans. We are also going to build a water desalination plant.



Follow us on...   



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Bank: HSBC  
Account No: 11798510  
Sort Code: 40-02-33  
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Charity Reg. 1138111 | T: 0207 650 8922  
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