Hand in Hand for Aid and Development (HIHFAD) is a UK-registered Charity that has been at the forefront of humanitarian aid efforts in Syria since the start of the conflict.

We provide life-saving humanitarian and medical aid to hundreds of thousands of people in Syria each year. Through our dedicated team of staff who both live and work in Syria, we are able to reach some of the most remote areas.

Day after day, we’re working on the ground in Syria’s hardest-hit regions. But what we do goes well beyond life-saving provision. The crisis has led to a catastrophic destruction of the country’s infrastructure – especially in health care, education and employment. Your donations are helping us rebuild these vital resources.

Much of our focus is on helping Syrian communities to regain the skills, confidence and dignity to rebuild their own lives. We’re supporting families to recover from this disastrous situation, creating opportunities for sustainable long-term livelihoods with a focus on the most vulnerable, including Syria’s children, the disabled, the elderly, and female-headed households.

By fundraising for HIHFAD, not only will you embark on an exciting journey and learn new skills in pursuit of your target, the funds you raise will go directly towards aid projects inside Syria. Your support provides so much more than emergency on-the-ground aid. You enable us to establish dedicated long-term programmes that address the key areas of need which exist in Syria.
My Sixty Million Trebles project started with this picture. I kept seeing it and I didn't understand how people could possibly sleep in such awful conditions. I didn’t even realise the refugee crisis was as huge as it was. I decided to make a few blankets to send to Hand in Hand for Syria.

My first winter box had three blankets and I just felt that I had to do more. I set up a Facebook group called 'Hooked on Hooking' and had no expectations but found many people who wanted to help using their crafting skills. Blankets and baby clothing started to arrive at my house. At one stage there wasn’t a room in my house that didn’t have items for Syria in it.

A year later we sent off all our boxes and I thought I was done but at the same time I was reading the UN numbers of 60,000,000 refugees worldwide. Such a huge number, how could we possibly make people aware of what 60,000,000 looked like, the sheer scale of that number? Sixty Million Trebles was born in the middle of a sleepless night. We would crochet one stitch for every refugee in the world. At the time I had no idea how long it would take or what the scale of the project was.

I spent many more sleepless nights realising just what I had taken on. I should not have worried because help came from all over the world. I met so many incredible women online who just wanted to help. Babies’ and children’s blankets flooded in from every corner of the planet. Every time there was a problem to solve, this amazing band of women solved it.

At times it seemed impossible but at the end of 15 months we had done it, we’d actually managed to knit and crochet 65 million stitches. As the UN number had risen to 65 million, the number was appropriate. The number of blankets made was 6,437. But on top of this we sent thousands of other items such as babies’ and children’s clothing, and toiletries.

Along with making blankets we also raised money. Just by having raffles and auctions in our Facebook group, we raised £34k in four years.

We are still a very active group and make hundreds of items. We also have an annual project and our 2019 one was to provide 10,000 pairs of socks alongside everything else that we do. In our 2019/2018 season we sent 2.5 tonnes of aid.

I found myself thinking increasingly about the future of the kids in Syria, and their education.

One night I had my next crazy idea of raising enough funds to build a school. I guess I had a romantic notion of a new building with a plaque on it reading ‘Built by Sixty Million Trebles’ or some such thing, but Hand in Hand came up with a much better plan for us and we now have a year’s project to raise £21,500 to renovate schools and provide essentials.

This means 7,000 kids will have a much better chance of a good life in the future.”
A few years ago, I was taken to task in the office by a close friend who – tired of my rather trivial complaints – compared my plight with that of those suffering in Syria. This hit home, so I decided to educate myself about what is a particularly heart-breaking humanitarian crisis, and set about trying to help in any way I could think of. In that same office, I took advantage of my renowned sweet tooth to raise 1,500£ for Hand in Hand for Aid and Development via a sugar fast during Ramadan. Last year I published a gift book for mobile phone addicts, my having been struck in recent times by the increasing hold of these devices on society (for more, see www.nadiaandhamid.com). I decided to filter all of the profits through to Hand in Hand, and this will continue to be the case. Editing and proofreading are a part of my day job, so now I’m using those skills to help out too. So it’s my fault if there are any typos in this document!

To those who want to do something but don’t know where to start, I’d say this. Use your imagination. Think about what you’re good at – or indeed bad at. Everyone has their own particular strengths and weaknesses. You just need to work out what they are, and then harness them to make a bit of a difference.”

Dana Issa’s story

Dana Issa raised 561.66£ by running a Tough Mudder in 2018 and is currently raising funds to do so again in 2020. “As a Syrian, it breaks my heart hearing of the atrocities that are taking place and the pain that my people are suffering. I chose to raise funds for HIHFAD’s ‘Sixty Million Trebles School for Syria’ campaign in order to rehabilitate classrooms and distribute school bags, stationery and uniforms. I believe that education has the power to completely transform lives; even throughout times of conflict, it is essential for children to have a safe space where they can learn and escape the traumas of war, and eventually grow into the adults who will rebuild their country in peace.”

The 10-mile event features numerous obstacles of varying difficulty – although it will be a demanding experience, the end result will be completely worth the training and undertaking of the challenge.

Stu Proudfoot’s story

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Hassiba Boukari’s story

“I have signed up to do the Hackney Half Marathon in May in aid of Hand in Hand for Syria. I have been training for a few months now, and just completed my first 10k race in my effort to prepare. I have also been selling my Arabic calligraphy art to raise money for the cause. I sold my work at a stall at Brick Lane and got to share my story with buyers of my artwork. The great and impactful work that Hand in Hand does is what motivates me to keep going with my training and fundraising.”
Ideas & Suggestions

There are so many different creative ways you can raise funds for Syria. Here are some of the most popular ideas we’ve seen in recent years:

- Selling handmade crafts
- Quiz night
- Host a pyjama/onesie party
- Pumpkin carving competition
- Board game tournament
- Gingerbread house-building
- Football tournament
- Non-uniform day at school
- Sponsored sporting events
- Hosting a breakfast, coffee morning, lunch or dinner

Some other original ideas to inspire you:

- Sponsored workout regime
Tips & Tricks

Don’t forget to Gift Aid it!

If your sponsors are UK taxpayers, we will be able to claim back 25p for every pound raised! This will enable us to keep our administration costs low and increase the amount of money going directly towards our projects in Syria.

All donors have to do is provide their name and address and tick the Gift Aid box on the Gift Aid forms provided. Simple!

Gathering donations offline

When prompted, most people are happy to reach into their pockets or wallets to donate loose change for charity – if you’re meeting friends or family, tell them you’re fundraising and ask if they can spare some change. You’d be surprised how much support you can get if you just ask!

Make use of the collection box included in your fundraising pack by leaving it on a table during an event, or on your desk at work. You could even leave it on a coffee table in your living room and drop all your loose change into it at the end of the day. Small change adds up quickly!

If you’re hosting an event, a great way to gather donations is to have your event ticketed and include a donation in the ticket cost. This is an easy way to guarantee some donations will be made from your event. We may also be able to provide you with buckets for large events.

Set up an online fundraising page

We’ve teamed up with JustGiving to make it safe, quick and easy for you to collect online donations from friends and family across the world. You can set your own fundraising target to track your progress and let your supporters know how your fundraising efforts are coming along.

We can even share your JustGiving page on our social media channels to let more of our supporters know about your fundraising efforts.

Setting up a page on JustGiving is simple and straightforward – just visit www.justgiving.com/handinhandforsyria and click the ‘Fundraise for us’ button. All the funds received on your fundraising page will automatically be transferred into our bank account, saving you the hassle of arranging a drop off!
A really great way of raising more money is to get the public behind you. Promote your event or fundraising efforts on all your social media channels, and ask your friends to share or retweet. If you send us details, a poster for your event or a link to your fundraising page, we may be able to share them on our own social media pages.

You can download our event poster template online, and fill in the details of your event to advertise to the public. Please note that you will need the owner’s permission before putting up the poster on any private property.

Local newspapers, radio channels and magazines are a great way of getting your community informed and involved. You can print out and fill in our press release template and send it to local newspapers, radio stations or TV channels.

Don’t forget to send us photos of your event, which we can include in our newsletter or on our social media pages so our supporters can see what you have done and to inspire other fundraisers!

In order to make a collection point in a private area such as a local shopping centre or a supermarket, you will require permission from the owner.

If you are holding your event in a public place, please ensure that you have complied with applicable laws relating to public liability insurance, appropriate licenses, and Health and Safety regulations.

If you would like to organise a bucket collection for Hand in Hand for Syria, you will need to contact the local authority for a license and comply with their rules and regulations. We are happy to assist in providing relevant paperwork where necessary. You will require an ‘Organising a public collection’ Collectors ID, which can be issued by our London office. Please contact us at info@hihfad.org for further details.

Don’t forget to send us photos of your event, which we can include in our newsletter or on our social media pages so our supporters can see what you have done and to inspire other fundraisers!
You’ve done it!

You’ve had your event and it was a great success, well done! After carefully counting every penny, here’s how you can pay in your donations.

- **Online**
  handinhandforsyria.org.uk/donate

- **Cheque, postal order or CAF cheque**
  Hand in Hand for Aid and Development
  1 Olympic Way
  London, HA0 9NP

- **Bank Transfer**
  Account Name: Hand in Hand for Aid and Development
  Bank: Natwest
  Account: 23842794
  Sort Code: 47-21-54
  Swift: NWBKGB21
  IBAN: GB45 NWBK 94 8427 4729 5421

- **Paying in coins**
  If you need to deposit coins, you can do so by taking them to your local Natwest branch and depositing them directly into our account. Call beforehand to check if you coins will need to bagged in advance – many branches now have automatic coin counters to make it easier to deposit coins.

If you need any further advice, fundraising material or suggestions please do not hesitate to contact info@hihfad.org, as we are here to help you make your fundraising efforts a success! We may be able to provide you with guidance, merchandise, collection buckets, guest speakers and leaflets. Just drop us a note.

Whichever way you decide to fundraise for HIHFAD, we would like to say a MASSIVE ‘Thank you!’ It is because of people like you that we are able to continue our life-saving humanitarian work in Syria.

The money you help raise, no matter how large or small, will go directly towards aiding some of the people who are in need of our help the most. Be proud of your achievement you are doing something wonderful for a very important cause.