



Cambourne Crescent

Newsletter

January 2018

Volume 1, Issue 1

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New Year's Resolutions

Every year during the month of Ramadan many of us find the courage of becoming better Muslims, we make promises that we will continue with these new and improved practices. However with the year progressing we tend to forget the promises we have made.

The start of the new year does not have any specific celebration or acts of worship attached to it, however its beneficial throughout the year to self-reflect, to feel proud and grateful for our good deeds and acknowledging where we have fallen short and need of improvement.

With the new year of 2018 upon us let's reflect, review and think upon improvements we would like to make.

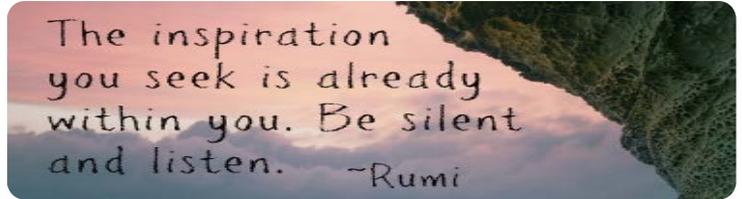
One should list down the resolutions so they can be

referred back to throughout the year. They should include spiritual, physical and mental practices, for Allah encompasses all aspect of our life and not just when we are praying.

The resolutions should be realistic and with good intentions.

Choose a goal that is sustainable and one that can be done on daily basis and stick to them best as you can. There is advise by the prophet motioned in hadith: "The most beloved of deeds to Allah are those that are most consistent, even if it is small." (narrated by Bukhari and Muslim).

May Allah grant us all a wonderful, happy, blessed new year, and help us fulfil all our goals so that we may become the best we can be. Ameen!



Medical Box – Ear Infections in children

Ear infections in children are very common often resulting in earache. Children however may not be able to tell that their ears hurt, so look out for these signs:

- o Tugging or pulling of ears
- o Clumsiness or problems with balance
- o Difficulty hearing quiet sounds
- o Trouble sleeping, crying and fussiness.
- o Fever with no other obvious cause like chesty cough or urine infection.
- o Pus or fluid discharging from ear(s)

Solutions:

- o Do not put your baby down for a nap for a bedtime with a bottle. If you do, ensure that the head is slightly raised above the rest of the body otherwise milk may travel from the back of the throat to the ears through a narrow channel (Eustachian tube).
- o Wash your hands frequently. Teach your child how to wash hands properly with soap and water.
- o Do not smoke near children

Ajmal Masood, Consultant ENT Head and Neck Surgeon, Peterborough City Hospital

Ladies Coffee Evening



The first monthly ladies Coffee Evening was held on 12th January '18. This event allowed Ladies in Cambourne to make new friends or set a date to meet old friends.

The turnout was amazing and the ladies enjoyed sharing interesting facts about

themselves over coffee with some traditional and exotic snacks.

We look forward to welcoming you to the next coffee evening on

9th February at The Hub from 8pm to 10.30pm.

Islamic School and Arabic School Updates

Did you know?

The Arabic word 'Al-Jabar' is the source of the word Algebra.

In Arabic Al-Jabar means 'restoring'.

Islamic School:

The children settled back into routine after the holiday break. The structure continues to be: Monday focus on Quranic Recitation and Wednesday focus on Religious Studies. The children were tested on previous terms learning and did very well. *Look out for the feedback Form!*

Arabic School:

After the winter break, the kids were back in action learning new words and sentence building as well as speaking.

The school is open to all members of the community. If you are interested in the services please contact us.

Poem by Siddiqah Afinowi, aged 12.

When you feel like no one likes you, turn to Allah, knowing that he is enough for you. If you're feeling down in the dumps, have faith in Allah, knowing that he is enough for you. Pray to Allah with all your heart. Have time to repent as he is has time to listen and is the giver of life. Be humble as you are only clay. Don't raise your voice or judge others.

Treat Your Neighbour Initiative



In December there was an initiative to 'Treat Your Neighbour' in the memory of Khurram Naeem.

Cambourne Crescent provided boxes of Pilua Biryani to be purchased from The Hub so families could share with their neighbours. Islam has places great respect for the mutual

rights and duties of neighbours. This opportunity allowed neighbours to express care by letting them know that they could count on them. It was encouraged that the children accompany parents so they could learn this valuable practice. A total of 160 Boxes

were purchased to share by 40 volunteers. We hope this is a practice that members of the community continue and that they take the time to catch up and share with their neighbours and help out.



Cambourne Volunteers Fair

The Volunteers Fair held in November by Cambourne Parish Council created a platform to expose other charitable organizations in Cambourne with whom future collaborations were discussed.

Special Friday Prayer

During the School Holidays many children attended the Friday congregational prayer. This was made extra special by an engaging presentation on stories of the prophet. A special Thank you to Brother Mohammad Faisal.

Feedback and Input

If there is any initiative you would like to promote, a topic of discussion or a thought you would like to share please express care by letting us know: info@cambournecrescent.org



Charity Registration Number: 1174750

