



# ESAAR PROJECT

For Lonely, Housebound  
and Elderly Muslims

Wimbledon & Morden

**In collaboration with Morden Islamic Community Centre**



**Why do we need Esaar Project?** Many elderly and housebound Muslims are living alone and have limited or no contact with anyone in the community. They don't seek help from mainstream organizations due to fear of stigma and lack of belonging. Sadly many of them spend the last years of their lives in depression and loneliness.

**What will we do?** Esaar Project is a Voluntary Befriending initiative to help pair lonely, housebound and elderly Muslims with a trained and CRB checked Volunteer Befriender, who live in close proximity to them.

*Anas ibn Malik (may Allah be pleased with him) narrated that the Prophet (peace and blessings be upon him) said, "If a young man honors an elderly on account of his age, Allah appoints someone to honor him in his old age." (At-Tirmidhi)*

### What will the Befriender do?

Weekly phone call, weekly or monthly visit, help with shopping, giving company and facilitating any other support for the assigned elderly when possible.



If you would like to **sign up to our Elderly list**, please call or message Maryam Kathoria on 07519 647023

If you would like to **sign up as a Volunteer Befriender** please message:  
Zainab Sheikh  
07853138619  
OR  
Yasmin Choudhury  
07961055785

How can **YOU** help?

1. Please help us find Elderly, housebound and lonely Muslims who live in Morden or Wimbledon and would like a befriender who lives nearby.
2. Tell others about Esaar Project so that we can benefit as many Lonely, Housebound and Elderly Muslims as possible.

