



Phase 1 of Project Smart Hands came to an end after a meaningful 12 weeks, when the ladies of AGFS camp learned to crochet unique dolls! We ended this phase by having an in-house showcase where members of SmartLife were invited to see the finished products in person. Within a short time frame the ladies achieved a total of 45 dolls, out of which 25 are already sold. This is merely the start, for the enthusiastic bunch of ladies will continue making the dolls, leading to some well-deserved revenue. Phase 2 is set to begin in November and the wheels are already in motion for this. Enthused by the resounding success of Phase 1, plans are afloat to expand the project to 5 more camps. Need of the hour therefore is more volunteers and crochet teachers in this gratifying journey of 'Hands to Hearts'.



Link to the news:

<https://www.khaleejtimes.com/uae/dubai-nannies-cleaners-earn-up-to-dh1500-extra-income-by-making-dolls>



SmartCup is back!

This year, we're excited to introduce Football alongside our usual Cricket tournament.
For Team registration & sponsorship, check the last page of this newsletter.



SmartSenior Citizens & Single Mums

Meeting the Single Mums for the first time was a complete inspiration. While the core of this project is to lend support to them, we – the volunteering team ended up, feeling inspired and energized by them. For they have chosen happiness and a will to march along both for themselves and their child / children. Hence it is not empty rhetoric when we view them as incredible warriors. Yes, each of them gave us a glimpse of their past life, trials and tribulations, but the takeaway from the meet was how to face adversity squarely in the face, thumb our nose at challenges and accept the fact that life will throw curve balls, and we have no choice but to find solutions to problems and not just sit in a corner sulking and moping about it. Bravo!

The Senior Citizens meet in October was meant to be a ``cheat day`` when we all became kids all over again and enjoyed a morning of fun and games, albeit with a twist! We volunteers did not do the customary organizing, it was 2 of our senior citizens Kamakshi and Kanchana who planned and executed the morning to a T. The loud roar of laughter and cheering was proof of the complete camaraderie that existed in the group. We were children all over again, never mind if most of us are grandparents!!!

Contact: for senior citizen and single mum / dad registrations: 050-4507946 (Whatsapp only)



SmartWoman

In September 2024, SmartWoman organized a dynamic series of enriching sessions at the GEMS Education womens camp in Al Quoz. Ms. Haleema Tanveera led a personal grooming workshop, where participants learned invaluable grooming techniques helping attendees enhance their wellness and confidence. Financial Planning, presented by Mr. Abhijeet from SmartFinance, provided valuable insights to the ladies on managing their money more effectively. Besides, Ms. Deepa Mer hosted an engaging nutrition session, highlighting the importance of a balanced diet ensuring that attendees understood how it positively impacts their health. Lastly, Ms. Mubarakka's pot painting session encouraged creativity and self-expression through art. The sessions, aimed at achieving personal and professional growth, were well received by the ladies who left with large smiles on their faces.



Pot Painting

by Ms. Mubarakka

Nutrition

by Ms. Deepa Mer

Financial Planning

by Mr. Abhijeet from SmartFinance

Personal Grooming

by Ms. Haleema Tanveera

SmartRelaxation

Last month saw the relaunch of SmartRelaxations virtual program with Lamprell Group and Empower. The program, which connects attendees at 4 different camp locations, conducted four sessions in September, engaging 75+ participants. The program offers weekly one-hour classes beginning with warm-up stretching exercises, followed by a yoga session, breathing techniques, and concluding with meditation. The primary goal of the virtual program is to help blue-collar workers relax, improve their overall health thereby supporting them in enhancing their productivity. The techniques taught are designed to be easily practiced in their rooms, allowing participants to continue reaping the benefits independently.



SmartFinance

SmartFinance launched our Financial Literacy initiative, aimed at empowering blue-collar workers with essential money management skills. This program focuses on educating participants on managing personal finances, offering practical tips and strategies to help them make informed money decisions. The sessions inspire attendees to prioritize saving for the future, spend wisely on needs over wants, and stay alert to potential frauds and scams. Designed with the audience in mind, the interactive modules include quizzes, Q&A segments, and hands-on exercises to ensure active engagement and practical learning.

Over Q2 and Q3 2024, SmartLife successfully conducted 12 sessions across camps from 8 different companies, reaching over 550 participants. Led by Ms. Bhargavi and Mr. Abhijeet, with support from faculty members of Skyline University College, Sharjah, these sessions were also integrated into the SmartLiving and SmartWoman projects. By providing expert advice and fostering financial responsibility, SmartFinance is helping blue-collar workers build a more secure financial future.



Smart Consulate and Humanitarian Services

Starting in September, the UAE Government's announcement of the amnesty program for visa offenders, sparked immediate action from the team at

Smart Consulate and Humanitarian Services. To start with, a dedicated team of 3 members visited the Al Awir Immigration Office to meet senior governmental officials and HR heads jointly exploring opportunities for potential collaboration.

The project also partnered with Rotary Club, Downtown Dubai, to raise awareness on the amnesty program amongst the broader community. To continue our work on promoting understanding, SmartLifes program managers, alongside Rotary Club members, got down to the streets, conducting road-shows every Sunday evenings educating blue-collar workers in Al Quoz and Sonapur in Dubai and Rolla in Sharjah. Also in September, Mr. Abhijeet from SmartLife and Ms. Mary, a lawyer from Rotary Wing, represented the two organizations on BigFM speaking on amnesty and clarifying callers questions.

We have had a number of successes through our interventions in September: Mr. Iman Nazeer, who had been facing a travel ban and significant fines over the past two years, was able to return to India in September thanks to our expert guidance and moral support. In a heartwarming gesture, Kanoo Energy Group, through their travel wing Kanoo Travels, sponsored

two tickets to Manila for a mother and her baby, with documentation and information support provided by SmartLife. Additionally, we have been able to secure employment for individuals benefiting from the amnesty program through our partners DubaiHousekeeping.com, Connect Group, and Well Certified Scaffolding.

Through numerous collaborations and partnerships, we have been able to make a real difference in the lives of those in need, helping them leverage the amnesty program to embrace new opportunities and rebuild their futures.

FOCUSING ON AMNESTY



Link to the news:

<https://www.khaleejtimes.com/lifestyle/i-lived-on-a-rooftop-illegal-uae-residents-recall-struggles-before-life-changing-visa-amnesty>

SmartLiving

SmartLiving had a great start with its new term at Ejadah Ladies Camp in Al Quoz in September. The key topics for September were Legal Awareness, Stress Management, Menopausal Transition and Autism Awareness.

Ms. Farhana expertly led the newly introduced session on 'Menopausal Transition and Stress Management' addressing the women in our group. The attendees were made aware of symptoms (depression, anxiety, mood disorder and other mental health related symptoms) that are common in pre-menopausal and post-menopausal phases with the aim to educate and support women in the most optimal way of managing these. Pranic healing, yoga and fitness are vital techniques for stress management and sessions on these were led by Mr. Fadi, Ms. Reshmi and Mr. Rahul. The workshop focused on strategies to calm down, methods to release the stress from the body, and mechanics of using pressure points. Moreover, Mr. Mahadevan, an esteemed lawyer conducted an awareness session on workers rights and overcoming common legal barriers faced by expatriates. Being able to manage legal challenges fruitfully will help attendees reduce stress and anxiety related to the same. Lastly, Ms. Haleema educated the audience on children with autism teaching them about the symptoms, possible causes, prevention and basic behaviour management.

Through all these interactive, engaging and action-based sessions, SmartLife has been able to educate and raise awareness on a range of topics for the attendees. We would like to thank our key facilitators of the month, without whom we would not have been able to achieve our success – thank you to Mr. Mahadevan, Ms. Gayatri, Ms. Fadi, Ms. Haleema and Ms. Farhana.



lets play cricket for a cause



**WHITE-COLLAR AND BLUE-COLLAR WORKERS
JOIN FORCES FOR A UNIQUE TOURNAMENT.
A CSR INITIATIVE THAT ANY ORGANIZATION
CAN TAKE PRIDE IN!**

SMARTCUP SUCCESS STORY

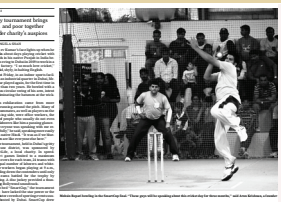
For 12 years, we've successfully hosted annual cricket events. With participation from 150+ corporations and consistent support from dignitaries, our event has been widely covered by major media outlets. To date, 30,000 blue-collar workers in Dubai have benefited. 2024 fund will be utilized for supporting blue-collar worker's children education.

INDOOR GAME RULES

- ▶ 8 Players - 4 White Collars & 5 Blue Collars (1 substitute).
- ▶ 8 Overs / Innings | 6 Balls / Over
- ▶ Minus 5 runs / Dismissal
- ▶ Each player bowls 1 Over.
- ▶ Batting team bats as 4 pairs, Each pair bats for 2 overs (Even if they are dismissed).
- ▶ Minus 5 Runs for incorrect uniforms.

SMARTCUP TERMS

- ▶ Each team of 8 players (plus 1 substitute) must include at least 4 blue-collar players.
- ▶ Please provide proof of Blue collar status through name and salary during registration (Blue collar players have a salary of below AED 3,000 per month)
- ▶ Each team should have a team manager (SmartLife will contact only this manager)
- ▶ Registration form will be sent to you by mail
- ▶ All players will be provided with food, beverages & t-shirts
- ▶ Only Blue Collar players will receive tracks and shoes in addition
- ▶ Only T-shirts provided by Smartlife should be used
- ▶ Transport to and from venue for both white & blue collar players to be arranged by the company
- ▶ For In-depth rules: www.insportzclub.com



The
New York
Times

CNN

الإمارات
الوظائف

TheNational
GULF NEWS

DUBAI
one

105.4
RADIO
SPICE



Total prize money

AED **15,000**

Team Registration

AED **2,500** +vat

24 Teams

17 Nov 2024

Venue: Insportz

For Sponsorship details & Team registration
please call **050 551 7984**

or mail to smartcup@smartlifefoundation.org

Organised by:



CDA's **HONOUR LABOUR** Initiative

هيئة تنمية المجتمع
Community Development Authority



Under the **AUSPICES** of

اللجنة الدائمة لشؤون العمال في إمارة دبي
THE PERMANENT COMMITTEE OF LABOUR AFFAIRS IN DUBAI



lets play football for a cause



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JOIN FORCES FOR A UNIQUE TOURNAMENT.
A CSR INITIATIVE THAT ANY ORGANIZATION
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INDOOR GAME RULES

- ▶ 5 players per side.
- ▶ Two 10-minute halves with a running clock, and a 2-minute halftime break (goalies switch ends).
- ▶ No offside rules, no slide tackling.
- ▶ Ball remains in play at all times.
- ▶ The goal area (D box) is marked with white boundaries in front of each goal.
- ▶ Players cannot shoot from inside the D box.
- ▶ For penalty shootouts and free kicks, shooters can only take one step back from the shooting point.
- ▶ Substitutions can be made during active play.
- ▶ Goalkeeper substitutions can only be made during time-outs.
- ▶ All players must wear athletic shoes (no studded shoes allowed).
- ▶ Winners are determined by goal difference, or by a penalty shootout (best of 3) if tied.

SMARTCUP TERMS

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Total prize money AED 8,000	Team Registration AED 2,500 +vat	8 Teams 17 Nov 2024 Venue: Insportz	For Sponsorship details & Team registration please call 050 551 7984 or mail to smartcup@smartlifefoundation.org
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