

The University of Southampton
Islamic Society



**Ultimate
Fresher's Guide
2024/2025**



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Fresher's Guide**
2024/2025

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السَّلَامُ عَلَيْكُمْ وَرَحْمَةُ اللَّهِ وَبَرَكَاتُهُ

WELCOME

It is the ISoc Team's pleasure to welcome you to the University of Southampton. Congratulations on making it thus far!

Starting university can be a daunting time for many of us, which is why the ISoc Team is present to help and support you throughout your time here at Southampton. **This booklet aims to ease your journey into university life, by providing essential and useful information that any Muslim living in Southampton will need.**

We can't wait to see all the new faces, and also those of you returning. With an incredibly busy year ahead-- *with a diverse range of social events, Islamic talks & classes, sports, and charity campaigns*-- we hope that everyone takes the opportunity to make friends, while developing in your deen.

The ISoc committee

WHAT IS THE ISOC?

The University of Southampton Islamic Society (ISoc) is a student-run society. Our objective is to provide you with a welcoming environment, regardless of your religious progress, background or age, in light of the Deen.

We want you to not only make friends for life, but friends who will pull you towards Jannah whilst also making amazing University memories.



WHERE CAN YOU FIND US?

THE PRAYER ROOM

The Prayer Room can be found behind the Student Union building (Building 40). It is our hub and is **the heart of the ISoc**.

Within, you'll find designated sections for brothers and sisters, each with its own wudhu area.

The prayer room, is firstly, a room for prayer. Open 24/7, it's always there for you when you need to pray. **Congregational prayers** are held here as well. The prayer room is accessible with your student ID card.

For details regarding **prayer times**, see the latest prayer timetable...

- on our website, OR
- on our WhatsApp groupchats, OR
- the physically printed copy in the prayer room.

The prayer room is also where you can meet like-minded Muslim brothers and sisters, and form lifelong friendships. Here, we hold our **tarbiyah classes and qiyaam during Ramadan**.

There are also numerous Islamic education books for you to read and enjoy.



SETTLING IN SOUTHAMPTON

LOCAL MOSQUES

If you want to integrate with the wider Muslim community of Southampton, do visit the local mosques here too.



**Abu Bakr
Jamia Masjid**
Argyle Road,
Southampton,
SO14 0BR



Masjed Ar-Rahmah
189 Northumberland Rd,
Southampton,
SO14 0EL



**Masjed Bashir
Ahmad**
96-100 Portswood
Rd, Portswood,
Southampton,
SO17 2FW



**Masjed Umar Al-
Farooq Islamic
Centre**
195 Derby Road,
Southampton
SO14 0DZ



Al-Hayat Centre
Unit 1, 4 Dukes Rd,
Southampton,
SO14 0SQ



**Shah Jalal Mosque
and Islamic Centre**
121 St Mary's Road,
Southampton,
SO14 0BL



HALAL RESTAURANTS & TAKEAWAYS

Burgess Road

- Uni Kebab
- Lanzhou Noodle Bar
- Pizzazz Pizza
- Star Fried Chicken
- Domino's Pizza (Chicken)
- Burger King (VEGAN OPTIONS ONLY)

Portswood

- Charcoal Grill
- Roosters Piri Piri
- Pepes Piri Piri
- Texas Grill
- Persian Paradise
- Rio's
- Burga

Shirley

- Roosters Piri Piri
- Sam's Chicken

St Mary's

- Balkh Restaurant Southampton
- Abu Bakr Masjid Canteen
- Chunky Chips
- Mexican House
- 7 days
- Pizza Hot4U

City Centre

- German Donner Kebab
- KOKORO (CHICKEN ONLY)
- Burrito (CHICKEN ONLY)
- Beity Lebanese Kitchen
- Lakaz Maman
- Chopstix
- Rooster's Piri Piri
- Cattle Steakhouse
- Coriander Lounge
- Wingstop Southampton

For directions to the places listed in this and the next page, please visit the **Halal Shopping** page on our website.

HALAL SHOPPING

GROCERIES & BUTCHERS

International Foods

164-168 Portswood Road,
Southampton SO17 2NJ

Sainsbury's Portswood (selection of Halal meats)

224 Portswood Road, Southampton
SO17 2LB

Rayan Food Centre

111-113 St Mary St, Southampton
SO14 1PF

Global Food & Halal Meat Centre

55-56 St Mary's Road, Southampton
SO14 0BH

Asian Cash & Carry Halal Meat Centre

52-53 St Mary's Road, Southampton
SO14 0BH

MISCELLANEOUS

Islamic Cards, Gifts and Stationary

www.etsy.com/uk/shop/CraftyMuslim

Star Fashion - Ladies clothing & Hijab for all occasions

103 St Mary's Street, Southampton,
SO14 0PA

Flex Fitness (Ladies fitness training)

Faiza Khayam (Qualified PT)

Tel: 07951132240

Email: faizakhayam@gmail.com

Vibe by Feng Unisex Hair Studio

136 Highfield Lane, Portswood,
Southampton SO17 1NR

For sisters, request a female hairdresser on booking and let them know you'd like to use the private back room

Tel: 0238055 0508

Mobile: 07515522097

Candy Rush Treats

IG: Candyrushtreats

Email: candy-rush@hotmail.com

Aid Convoy for Syria:

Clothing donations going to Islamic Countries

To get updates on the latest projects, and donation drop-off points, contact Sister Tama

Tel: 07727467993

Rejuvenate Hijamah Cupping Therapy

Delivered by an experienced couple with medical backgrounds.

Brothers: 07985249722

Sisters: 07971899726

Fatima Hijamah Cupping (ladies)

FB: Hijama Cupping Southampton

Tel: 07828650167

ISOC SOCIALS

The ISoc endeavours to host as many socials as possible throughout the year and also provide a **variety of events**.

We know that being a Muslim student in the UK may be daunting at first, and it may seem challenging to find events/activities where you can **get involved without compromising your deen**.

The ISoc believes that in addition to our faith, it's the **sense of community** we have and the life-long friendships we see formed year after year which makes your time with the Islamic society very special-- it is your home away from home. It is of utmost importance to us that we nurture these relationships and see them grow, hence our commitment to running **regular socials all year for brothers and for sisters**.

We love running these more laid back socials as this is where peoples' personalities really shine through, making them the perfect opportunity to get to know each other! We also love to **get out and get involved in more hands-on activities**. In the past, these have included bowling, ice skating, archery, trampolining, an on-campus treasure hunt and much more.



Keep an eye on our social media and WhatsApp groupchats for all the latest ISOC socials events!

ISOC SPORTS

The University offers different types of memberships for access to its facilities, including the "**Sports and Wellbeing**" membership. It essentially entitles you to use the gym on campus, other gyms which are a part of the university, along with the sports grounds, courts and swimming pool. For those with the membership, the **ISoc can offer more flexibility in what sports we offer**, i.e. we may occasionally hold indoor cricket matches or badminton.

Whether you're an avid sports enthusiast or simply looking to engage in physical activities, the ISoc provides an inclusive **sports programme**.

BROTHERS

FOOTBALL

- Held every Saturday from 15:30 to 17:30, at Cantell School;
- Usually consists of 3 games of 7-a-side, depending on the number of participants;
- Cost per session is £3-4 per person;
- Sports membership is not required;
- All skill levels are welcome;
- Suitable footwear is necessary (metal studs are not allowed)



CRICKET

- Held in the Team Southampton Sports Hall, in the Student Union building.
If you wish to join please speak to the Sports Officer.
- We play most weeks both competitively and casually
- Everyone is welcome to join the team; Muslims and non-Muslims alike.

BASKETBALL

- Sessions are held either at the Jubilee Sports Centre, Union Sports Hall or at st Marie's sports centre;
- Access to basketball sessions is free for those with the Sports and Wellbeing membership;
- Weekly updates are posted to the dedicated brothers' WhatsApp page;
Speak to the Sports Officer to be added to this group chat



SISTERS

The sisters are free to contact the **Sisters Sports Officer** to suggest or organise sports activities via the Sisters' WhatsApp group chat.

Our sisters have previously engaged in several sports activities, such as **basketball, badminton, MMA** (Mixed Martial Arts) sessions, and an annual inter-ISoc **netball** tournament. These activities were typically held at Cantell School in the afternoon.

We encourage our sisters to continue pursuing their passion for sports and to create opportunities for sporting activities and exercising with fellow sisters and friends.

ISOC CAMPAIGNS FRESHERS WEEK

WEEK 1

MON, 23 SEP

BROTHERS' HANGOUT

@ Prayer Room,
After Maghrib - 7pm

TUE, 24 SEP

SISTERS' ICE BREAKER

@ B54/5027
After Dhuhr - 1:45pm

THU, 26 SEP

ISOC MEET & GREET

- * **Brothers** @ B46/3001
- * **Sisters** @ B02/1039
after Maghrib

FRI, 27 SEP

ISOC CHAIWALA (EXCLUSIVE 15% OFF)

- Brothers @ 9pm (after Isha)

SISTERS' SIP N PAINT

@ B58/1041
Time: 4:30pm

SAT, 28 SEP

BROTHERS' FOOTBALL

@ Cantell School, SO16 3GJ
Time: 3:30pm
Fee: £4

SUN, 29 SEP

ISOC CHAIWALA (EXCLUSIVE 15% OFF)

- Sisters @ 2pm

WEEK 2

MON, 30 SEP

BROTHERS' QUIZ NIGHT

@ B46/2003,
after Maghrib

TUE, 1 OCT

SISTERS' BOWLING

@ Hollywood Bowl, SO15 1DE
Time: 6:30pm
Price: £7.60

WED, 2 OCT

BROTHERS' PAINT-BALLING

Delta Force, SO16 0AD
Time: 2pm
Price: £17.49

THU, 3 OCT

THE IMPORTANCE OF DEEN IN STUDIES

by Ustadh Khalid Hassan
@ B46 (3001 - brothers, 2003 - sisters)
after Maghrib

FRI, 4 OCT

SISTERS' QUIZ NIGHT AND DESSERT

@ B06/1083,
after Asr - 5:45pm

SAT, 5 OCT

BROTHERS' FOOTBALL

@ Cantell School, SO16 3GJ
Time: 3:30pm
Fee: £4

Event timings & locations are **subject to change**, so be sure to join our WhatsApp group to stay up to date!

Events are open to both brothers and sisters, unless noted otherwise, i.e. in the name of the event.



ISOC CAMPAIGNS CHARITY WEEK

This is an annual student-led global initiative by Islamic Relief which takes place in October; we aim to **raise as much money as possible over this week for orphans and children in need in different countries worldwide**. 100% of the proceeds goes to a variety of different projects, for example in Mali, Syria, India, Afghanistan, Pakistan, Somalia and South Africa.

In essence, the aim of charity week is unity! It's all about putting our differences aside and working together to truly make an impact, and to change people's lives for the better. It all comes down to the sense of unity and the community it allows us to build.

Alhamdulillah last year we raised nearly £10,000! However it is not about the amount of money raised, but ultimately the barakah that comes through it.

EVENTS WE RAN LAST YEAR INCLUDED:

Socials: Treasure hunt, quiz night, games and culture night, FIFA tournament, bake offs

Sports: Brothers' inter-ISoc football tournament

Stalls: Plant sale, as well as thobe and abaya sales

Every year, **Charity Week has a theme** to inspire our events. Keep an eye out, as we'll be releasing more information in due time.



ISOC CAMPAIGNS BELIEVE AND DO GOOD

BADG is a month-long campaign in which we set out to encourage acts of kindness and charity within our local community, as well as bettering ourselves as Muslims.

EVENTS WE RAN LAST YEAR INCLUDED:

Feeding the Homeless

Along with a team of volunteers, we walked from campus to the city centre, distributing food packs, gloves and socks to homeless people on the streets.

Baked with Love

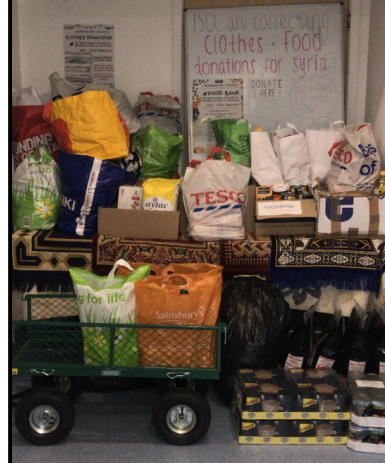
We baked and handed out free brownies to students on campus, with positive messages and reminders attached to encourage acts of kindness.

Care Home Visit

We visited Southampton Manor Care Home, where we spent the day with the elderly residents.

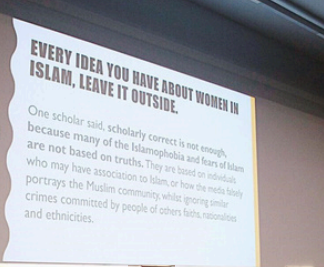
Clothes and Food Donation Drives

We encouraged other societies, students and members of the community to donate clothes and food, which we then organised and sent to Palestine with the Islamic relief organisations.

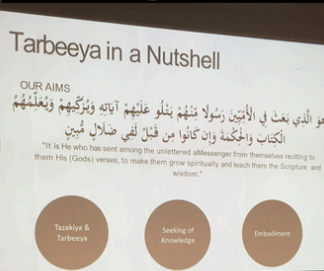




ISOC CAMPAIGNS DISCOVER ISLAM WEEK



We close off the year with Discover Islam Week, our final big initiative (aside from Ramadan). A week where we invite prominent speakers to give lunchtime and evening talks on Islam, creating awareness and tackling misconceptions.



During the week, we have various stalls set up at the SUSU Redbrick area, ranging from a "try on a hijab" stall to da'wah tables. Our aim with Discover Islam Week is to **create awareness of the beautiful religion of Islam around campus** and to attract and educate both a Muslim and non-Muslim crowd!

PREVIOUS SPEAKERS AND TALK TOPICS:

- **Ustadh Khalid Hassan** | Monotheism: The Call of the Prophets
- **Sheikh Abu Suhaib** | Who are the Saved Sect?
- **Ustadha Shahnaz** | Illustrious Women in Islamic History
- **Revert Panel** | Journey to Islam



RAMADAN AND EID

RAMADAN

Every Ramadan, whether it falls in the exam season or in the holidays, ISoc hosts **daily free iftar for our brothers and sisters in the local community**. These iftars are the backbone of our ISoc community, providing a space for everyone to come together and share a meal each night.

Thanks to the generous donations we receive, we are able to host these iftars free of charge, welcoming up to 200 brothers and sisters each day/night.

Moreover, we host our own **taraweeh prayers** daily and have recently begun hosting **Qiyam al Layl (Tahajjud prayer)** every night, for the last 10 nights of the Holy month. We also provide **suhoor** for those who attend.

EID

During Eid, ISoc has a **celebration on campus** where we welcome everyone; whether you're a local, student or just know someone there.

For both Eid-ul Fitr and Eid-ul Adha, we organise **Eid congregational prayer**, which usually takes place either in Garden Court or on the grass area outside.

Alhamdulillah, we've hosted more than 1000 people at our celebrations, and were able to provide giftbags for 200 of the children who attended. In addition to that which the ISoc provided, people brought their cultural foods, so that we could all share in each others' cultures.



THE TARBIYAH PROGRAMME

The ISoc has a variety of classes, such as;

- **Qur'an Classes**
Open to all levels; complete beginners, Tajweed & Hifdh
- **Arabic Classes:**
Open to all levels; complete beginners up to advanced
- **Hadith Reminders:**
A hadith from Riyadh As-Saliheen is read after certain salahs.
- **Sister's Halaqahs** on Aqidah and Fiqh issues
- **Regular talks** on Fiqh and practical tips

These classes will all be held **in person** where possible, and some will also be **accessible online**.

For more details, please visit our Tarbiyah Project page on our website (link on final page), or join our WhatsApp Broadcast and/or group chats.

"It is He who has sent among the unlettered a Messenger from themselves reciting to them His verses and purifying them and teaching them the Book and wisdom - although they were before in clear error"

- Surah Al Jumuah, Ayah 2

DU'AS (SUPPLICATIONS)

Comprehensive du'as derived from the
sunnah of our beloved prophet Muhammad ﷺ

اللَّهُمَّ رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً، وَفِي الآخِرَةِ حَسَنَةً،
وَقِنَا عَذَابَ النَّارِ

**Allahumma rabbanaa aatinaa fid-dunya hasanatan, wafil aakhirati hasanatan,
wa qinaa 'athaabannaar.**

"O Allah! Give to us in the world that which is good and in the Hereafter that which is good, and save us from the torment of the Fire." [Sahih al-Bukhari 6389]

يَا مُقَلِّبَ الْقُلُوبِ ثَبِّتْ قَلْبِي عَلَى دِينِكَ

Ya Muqallibal quloob, thabbit qalbee 'alaa deenik.

"O Changer of the hearts, make my heart firm upon Your religion" [Jami' at-Tirmidhi 3522]

اللَّهُمَّ رَحْمَتِكَ أَرْجُو فَلَا تَكِلْنِي إِلَى نَفْسِي طَرْفَةَ عَيْنٍ،
وَأَصْلِحْ لِي شَأْنِي كُلَّهُ لَا إِلَهَ إِلَّا أَنْتَ

**Allahumma rahmataka arju, fala takilni ila nafsi tarfata 'ayn, wa as-lih li sha'ni
kul-lahu, la ilaha illa Anta**

"O Allah, I hope for Your mercy, so do not leave me in charge of my affairs even for a blink of an eye and rectify for me all of my affairs. None has the right to be worshipped except You." [Abi Dawud 5090]

اللَّهُمَّ اهْدِنِي وَسَدِّدْنِي

Allahummahdinee wa saddidnee.

○ Allah! Direct me to the Right Path and make me adhere to the Straight Path. [Muslim 17/1473]

اللَّهُمَّ إِنِّي أَسْأَلُكَ الْهُدَى، وَالتُّقَى، وَالْعَفَافَ، وَالْغِنَى

Allahumma inni as'alukal-huda, wat-tuqa, wal-afafa, wal-ghina

○ Allah! I beseech You for guidance, piety, chastity and contentment. [Muslim 17/1468]

اللَّهُمَّ أَنْفَعْنِي بِمَا عَلَّمْتَنِي وَ عَلَّمْنِي مَا يَنْفَعُنِي وَأَرْزُقْنِي
عِلْمًا يَنْفَعُنِي

**Allahumman fa'nee bimaa 'allamtanee wa 'allamnee maa yanfa'nee
warzooqnee 'ilman yanfa'nee.**

“○ Allah! Grant me benefit in what you have taught me, and teach me useful knowledge and provide me with knowledge that will benefit me.” [Related by An-Nasa'i and Al-Hakim]

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْهَمِّ وَالْحَزَنِ وَالْعَجْزِ وَالْكَسَلِ وَ
الْبُخْلِ وَالْجُبْنِ وَضَلَعِ الدَّيْنِ وَغَلْبَةِ الرِّجَالِ

**Allahumma 'innee 'a'oothu bika minal hammi walhazani, wal'ajzi walkasali,
walbukhli waljubni, wa dhala'id-dayni wa ghalabatir-rijaal.**

“○ Allah, I seek refuge in you from grief and sadness, from weakness and laziness, from miserliness and cowardice, from being overcome by debt and overpowered by others.” [Sahih Al Bukhari 6369]

اللَّهُمَّ إِنِّي أَسْأَلُكَ عِلْمًا نَافِعًا، وَرِزْقًا طَيِّبًا، وَعَمَلًا مُتَقَبَّلًا

Allahumma innee asaluka ‘ilman naafi’an, warizqan tayyiban, wa ‘amalan mutaqabbalaa.

“O Allah, I ask You for beneficial knowledge, goodly provision and acceptable deeds”
[Sunan Ibn Majah 925]

اللَّهُمَّ إِنِّي أَسْأَلُكَ مِنَ الْخَيْرِ كُلِّهِ عَاجِلِهِ وَآجِلِهِ مَا عَلِمْتُ
مِنْهُ وَمَا لَمْ أَعْلَمْ وَأَعُوذُ بِكَ مِنَ الشَّرِّ كُلِّهِ عَاجِلِهِ وَآجِلِهِ مَا
عَلِمْتُ مِنْهُ وَمَا لَمْ أَعْلَمْ اللَّهُمَّ إِنِّي أَسْأَلُكَ مِنْ خَيْرِ مَا سَأَلْتُكَ
عَبْدُكَ وَنَبِيِّكَ وَأَعُوذُ بِكَ مِنْ شَرِّ مَا عَادَ بِهِ عَبْدُكَ وَنَبِيِّكَ
اللَّهُمَّ إِنِّي أَسْأَلُكَ الْجَنَّةَ وَمَا قَرَّبَ إِلَيْهَا مِنْ قَوْلٍ أَوْ عَمَلٍ
وَأَعُوذُ بِكَ مِنَ النَّارِ وَمَا قَرَّبَ إِلَيْهَا مِنْ قَوْلٍ أَوْ عَمَلٍ وَأَسْأَلُكَ
أَنْ تَجْعَلَ كُلَّ قَضَاءٍ قَضَيْتَهُ لِي خَيْرًا

**Allahumma innee asaluka minal khayri kullihi ‘aajilihi wa aajilihi maa ‘alimtu
minhu wa maa lam a’lam. Wa a’oothu bika minal sharri kullihi ‘aajilihi wa
aajilihi maa ‘alimtu minhu wa maa lam a’lam.**

**Allahumma innee asaluka min khayri maa sa’alaka ‘abduka wa nabiiyuka, wa
a’oothubika min sharri maa ‘aatha bihi ‘abduka wa nabiiyuka.**

**Allahumma innee asalukal jannata wa maa qarraba ilayhaa min qawlin aw
‘amalin, wa a’oothubika minannaari wa maa qarraba ilayhaa min qawlin aw
‘amalin wa asaluka an tooj’ala kulla qadhaa in qadhaytahu lee khayraa.**

“O Allah, I ask You for all that is good, in this world and in the Hereafter, what I know and what I do not know. O Allah, I seek refuge with You from all evil, in this world and in the Hereafter, what I know and what I do not know. O Allah, I ask You for the good that Your slave and Prophet has asked You for, and I seek refuge with You from the evil from which Your slave and Prophet sought refuge. O Allah, I ask You for Paradise and for that which brings one closer to it, in word and deed, and I seek refuge in You from Hell and from that which brings one closer to it, in word and deed. And I ask You to make every decree that You decree concerning me good” [Sunan Ibn Majah 3846]

"Who is it that would loan Allah a goodly loan so He may multiply it for him many times over? And it is Allah who withholds and grants abundance, and to Him you will be returned."

- Qur'an, 2:245 (translation of meaning in English)

"Allah, the Exalted, says, 'Spend, O son of Adam, and I shall spend on you.'"

- Prophet Muhammad (ﷺ), Al-Bukhari and Muslim

DONATE TO THE ISOC

The ISoc relies on your generous donations to continue to run our events and campaigns and to maintain our prayer room. If you would like to donate, you can do so **during Jummuah**, or **donate to the account below** at any time:

Account Name: Southampton Islamic Society
Sort Code: 30-90-09
Account Number: 49469760
Reference: ISoc DONATION

We deeply appreciate every donation, no matter the amount. May Allah reward you for your generosity.

Jazakallah Khair,
ISoc Team




The University of Southampton
Islamic Society



CONNECT WITH US

 @southamptonisoc

 Text 'Join' to +44 7463 608497
Save this number in your contacts!
And ask to be added to our respective brothers' and sisters' chats

 www.southamptonisoc.org

 sotonuniisoc@gmail.com





The University of Southampton
Islamic Society