Mother Helpage UK

TOGETHER WE CAN

ACTIVITY REPORT 2022

www.motherhelpage.org

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MESSAGE FROM FOUNDER

Countless praises to my Creator (SWT) for His endless bounties and one of them for sure is my humanitarian work through which I achieved both physical and spiritual satisfaction.

Since 1994 I believe this journey was a learning experience for me as from next year I am handing over the reigns of management to the new, dedicated and passionate people who can take this organisation to the new heights and I will focus on to develop the strengths of this organisation on the operations front only with no involvement in decision making or management.

I believe that the real contribution towards humanity is to invest on human capital to make human lives more purposeful and honourable. One must work to his best in bringing positive changes amongst the human race so that the society becomes self-sufficient in every fashion. It is possible by focusing on to those who are needy and unprivileged. Such efforts holds key in bringing the positive and permanent changes amongst the communities which aids them to develop as a whole for good.

I prefer not to discuss what we have achieved last year or in the past decades of our operation, I would like to mention that my challenge has started now as I have chosen an uphill task of running sustainable programmes like environmental protection, animal welfare so that we help the communities to become self-sufficient, reliable and successful.

I would be focusing to expand our work in more locations of Africa, Americas and Asia for which I would be more associated with our operations team as mentor and advisor rather than be part of management cadre at our headquarters in the United Kingdom.

Capt (Dr) Sohail Nasti

Chief Executive

In this last message as the CEO I request everyone to keep supporting our new team and to be forthcoming in making this organisation better with each passing day. Being humans we are set to make upgradations in making our working more effective and efficient. We might have committed unintentional mistakes during this time and might not have been able to meet all of your expectations. For that my heart will always remain heavy. I wish had been to be the support for every needy and weak but that is not possible for any mortal. I offer my apologies to those and promise them that the organisation will not keep any stone unturned in making your wishes fulfilled.

I request all to make special duas for all of us so that we fulfill the promise which we have made with ourselves and our beneficiaries and benefactors.

May Almighty bless us all to serve the humanity and human cause ever & always (Aameen).

KEY HIGHLIGHTS 2022

The organisation, yet again, saw a substantial increase in the number of orphans, widows and elderly sponsored through our existing partners. We aim to increase these numbers on an annual basis both with new partners, as well as our existing ones.

Mother Helpage is focusing on initiating sustainable and income-generating projects so that the most vulnerable populations are lifted out of poverty and destitution and can at last access a brighter and independent future.

In April 2022, the charity launched a new initiative Motherkind which we rolled out in Somalia and Afghanistan. Motherkind aims to protect the lives of women and girls in the poorest countries and conflict zones by addressing healthcare needs and cultural beliefs around maternity.

To honour our very special partners, Mother Helpage launched the inaugural MH Partners Excellence Awards. The Awards took place in March 2022 in Watford, London and welcomed our partners, judges, advisory boards, diplomats, parliamentarians, businessmen and other esteemed guests. The MH Partners Excellence Awards were an opportunity to share the very best practice, implementation and perseverance our charity partners demonstrate to make the lives of others better. These awards aimed to acknowledge and celebrate the amazing work of our partners across the humanitarian sector.

We organized another event "Salaam Ramadan" dedicated to fundraising in March 2022. The event brought together more than 200 guests. The family event aimed to fundraise towards some of Mother Helpage projects, including WASH (Water, Sanitation & Hygiene), food package, orphan and widow Sponsorships.

Mother Helpage aided in solemnising mass marriage of as many as 10 couples in Bangidar area of Tral Subdivision of Pulwama District Jammu and Kashmir. The organisation arranged all the requisite items necessary for the ceremony. It provided the beneficiaries the financial assistance and some personalised items found essential and appropriate

WINTER RELIEF

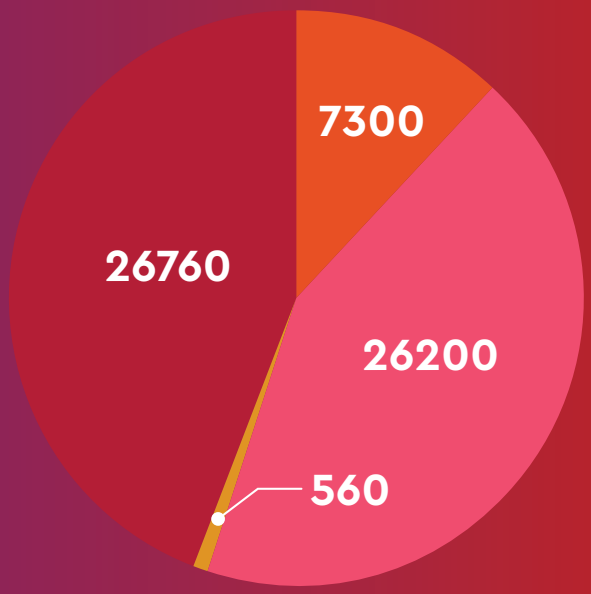
It is a misconception that countries in the developing world enjoy warm weather all year round.

Winters are particularly harsh and deadly with temperatures dropping in some regions as low as -12 degrees (for example in certain parts of Afghanistan). Climate change is hitting developing countries the most, increasing natural disasters, drought and flooding with devastating effects on the population. The hardship brought on by winter temperatures and natural disasters is compounded by other humanitarian crisis such as coronavirus, wars and endemic poverty.

It is estimated that 100 million people are displaced in the world today (UNHRC). Individuals, families, children face freezing winter without proper shelter. They might live in emergency tents or makeshift shelters made up of plastic sheets held up with sticks or metal tin homes which offer little if any protection from rain, snow blizzards and sub-zero temperatures. In addition, millions of children and individuals live in households with little or no blankets at all, without adequate heating to stay warm during winter, and with little or no access to food and fuel due to soaring prices. They also lack warm and protective clothing.

In the worst affected part of the world, winter is peak hunger season for children, families and individuals who have little or have lost everything. They are exposed to dire conditions, famine and ultimately death due to freezing temperatures, the incapacity to keep warm and lack of food.

You can make a difference and safeguard the most vulnerable populations across the globe this winter through Mother Helpage's initiatives by donating generously for food, warm blankets and clothing, and other winter essentials like fuel, wood fire, tent tarpaulins, mattresses, etc.



- Families Supported
- Direct Beneficiaries
- Indirect Beneficiaries
- Total Beneficiaries

MOTHERKIND

Motherkind is one of our dearest initiatives at Mother Helpage. Our enterprise aims to protect the lives of women and girls in the poorest countries and conflict zones by addressing healthcare system and societal challenges to embed long-lasting change.

WHO estimates that every day, around 810 women die from preventable causes related to pregnancy and childbirth (295,000 in 2017 alone). 94% of all maternal deaths occur in developing countries due to the lack of skilled care, equipment and facilities before, during and after childbirth – provisions which not only safeguard the lives of women but too that of their newborns.

The high number of maternal deaths in some areas of the world reflects global inequalities (Global North versus Global South) and the gap between rich and poor. Essentially, women die as a result of poverty and their geographic predicament which also includes rural remoteness and this is especially true of sub-Saharan Africa and South Asia. Lack of adequate healthcare provision, remoteness, poverty in these areas are compounded by a lack of information and sometimes cultural beliefs that disadvantage women. It is estimated that 600 million mothers across the globe give birth without access to skilled care every year (as low as 34% in some African countries).

As a result, the risk of complications during and following pregnancy and childbirth increases disproportionally. Most of these complications develop during pregnancy and most are largely preventable or treatable at little or no extra cost, even in resource poor settings. Complications in pregnancy and childbirth also put women at risk of developing disabling life-long conditions, both psychological and physical. Currently this is the reality of over 300 million women and it is suggested that 20 million new cases arise every year.

Women need access to good quality care in pregnancy, and during and after childbirth. Maternal health and newborn health are also closely linked. It is particularly important that all births are managed by skilled health professionals and include follow-up appointments and treatments, good hygiene practices and safe settings. Around 98% of the nearly six million stillbirths or deaths of babies in the first week of life occur in developing countries. Overall, the risk of death for children under five is doubled if their mother dies in childbirth.

Each mother's death or long-term complication is not just an individual tragedy for the woman, her partner and her surviving children, but also an economic loss to her family, community and society. With your generous donations, we can set up infrastructures and services: clinics, ambulances, equipments and professionals in the most deprived areas of the globe and save the lives of women and their unborn or newborn babies.

MOTHERKIND - AFGHANISTAN

TRIBUTE TO MOTHER'S

Under the initiative "Tribute to Mother's", a programme was held on 26th May 2022 at Maternity and Child Care Hospital Anantnag, Jammu and Kashmir in remembrance of Mrs. Jamilah Nasti on the 28th anniversary of her passing.

The team along with the medical staff distributed baby care kits among the poor families belonging to isolated areas. The objective was to improve the hygiene of the postnatal mothers and the newborn babies and inculcating hygienic practic-es among the mothers for self and baby care.

EMERGENCY

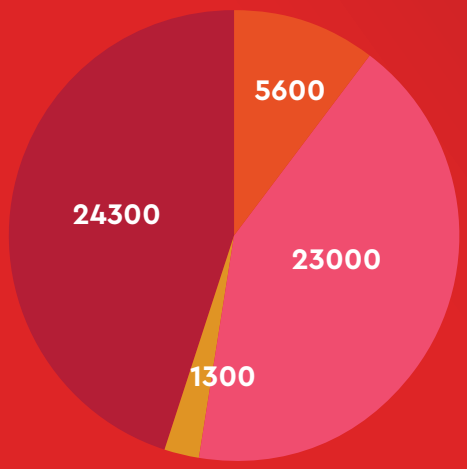
Emergencies are described as "urgent situations in which there is clear evidence that an event, or series of events, has occurred which causes human suffering or imminently threatens lives or livelihoods, and which the government concerned has not the means to remedy; and it is a demonstrably abnormal event, or series of events, which produces dislocation in the life of a community on an exceptional scale."

People's lives change in an instant in the wake of war, natural disasters and humanitarian emergencies. Millions around the world are affected as internal infrastructure is often heavily damaged. The population suffers from lack of food, shelter, access to clean water, medical care and future prospects. Many live in profound poverty, or find themselves forced from their homes to live as refugees, or displaced people in their own country.

Climate change alone unleashes natural disasters faster, for longer and with longer-lasting consequences for entire populations. Floods kill thousands each year (per country), damages millions of homes, sweeps away entire villages, livelihoods, crops, schools, roads, water networks, medical centers and conditions are expected to worsen year on year.

Droughts too decimate crops and livestock, spread famine and displace millions in search of water and food security. Some countries, like Africa, are repetitively hit by both floods and droughts each year.

Poverty, destitution and inequalities around the world have been exacerbated by the global pandemic, a worsening climate crisis and ongoing conflicts around the world. Covid has driven food prices to their highest in a decade. More recently, the war in Ukraine has choked the global supply of vital grains. Crisis upon crisis have today left 45 million people facing starvation but you can help by donating and supporting our emergency programmes.



- Families Supported
- Direct Beneficiaries
- Indirect Beneficiaries
- Total Beneficiaries

Mother Helpage provides immediate relief such as food parcels, clean water and blankets. In the aftermath of a disaster, we remain involved and turn our focus on sustainability in conversation with the local community to help rebuild people's lives and the infrastructures that they need around them. This may include the provision of housing, safe drinking water, livelihood, farming stock, building schools and medical centres.

Our approach is tailored to the needs of affected populations, and our aid is undertaken according to internationally recognized standards, as well as a strict principle of neutrality and independence from political, religious or ethnic considerations. At Mother Helpage, we have nearly 30 years' experience working in this area. We have developed expertise and know-how in our efforts to respond to emergencies across the globe.

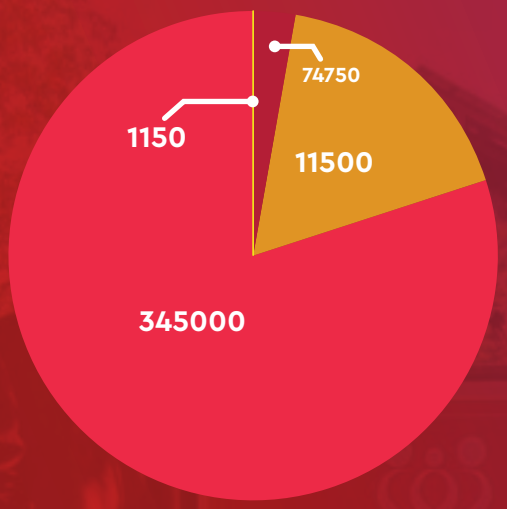
WATER, SANITATION AND HYGIENE (WASH)

> ***However, poor WASH conditions still account for 842,000 diarrhoeal deaths every year and constrain effective prevention and management of other diseases including malnutrition, NTDs and cholera. (WHO, 12 December 2019 Publication, WHO Reference Number: WHO/CED/PHE/WSH/19.149)***

Safe drinking-water, sanitation and hygiene (WASH) are crucial to human health and well-being. Safe WASH is not only a prerequisite to health, but contributes to livelihoods, school attendance and dignity and helps to create resilient communities living in healthy environments.

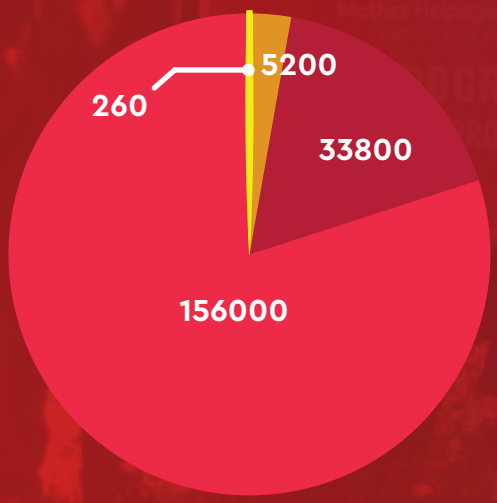
Drinking unsafe water impairs health through illnesses such as diarrhoea, and untreated excreta contaminates ground waters and surface waters used for drinking-water, irrigation, bathing and household purposes. This creates a heavy burden on communities.

Chemical contamination of water continues to pose a health burden, whether natural in origin such as arsenic and fluoride, or anthropogenic such as nitrate. Safe and sufficient WASH plays a key role in preventing numerous neglected tropical diseases (NTDs) such as trachoma, soil-transmitted helminths and schistosomiasis.



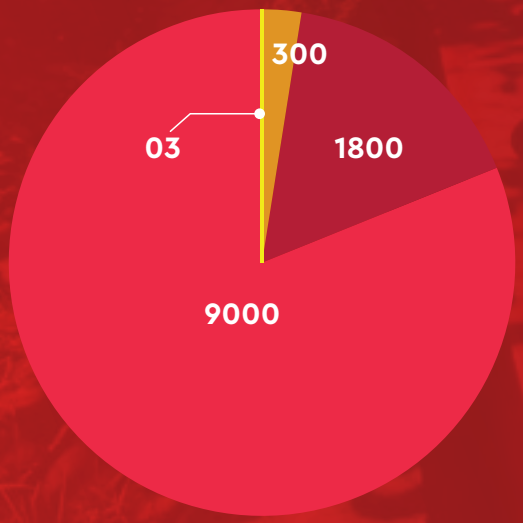
TUBE WELL

- Number of Water Wells Installed
- Number of Households Covered
- Number of Beneficiaries Covered
- Water Output per Day (In Litres)



DIG WELL

- Number of Water Wells Installed
- Number of Households Covered
- Number of Beneficiaries Covered
- Water Output per Day (In Litres)



BORE WELL

- Number of Water Wells Installed
- Number of Households Covered
- Number of Beneficiaries Covered
- Water Output per Day (In Litres)

Under the initiative WASH, Mother Helpage prioritises those affected areas that face water scarcity, proper sanitation and poor hygiene conditions. Due to unavailability of safe water for drinking and other domestic use, people suffer a lot. The motive is to provide access to clean and safe water to maximum populations by installing water wells, where this necessity is scarce so as to improve the living conditions of people.

We are continuing our mission to bring a secure supply of safe drinking water in all the water scarcity areas by installing water pumps wherever possible. By doing so, we are securing the health and safety of hundreds of communities. This is a crucial first step in protecting communities, and we endeavour to hit thousands of water wells installed by the end of this year.

SPONSORSHIPS

Mother Helpage works to create the conditions necessary for the most vulnerable populations to access a secure, independent and rewarding life. We assist orphans, widows, elderly and other vulnerable beneficiaries under this heading by providing them quality education, better healthcare, housing, career counseling and business startup guidances.

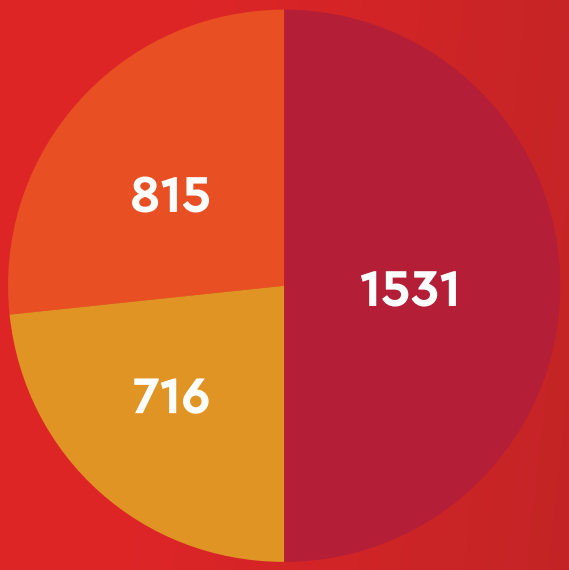
ORPHAN SPONSORSHIP

Mother Helpage is closely working with international charities to improve the welfare of orphans living in Jammu & Kashmir. Through generous support of our partners, we are currently supporting more than 700 orphans, giving them the support they need to succeed in life. The sponsorship includes essential and basic amenities required by orphans to receive a quality education. This includes tuition/transport fee, stationery, uniform and books.

Orphans living in Jammu and Kashmir have to go through a lot of difficulties. Many of the orphans have been abandoned by their parents and have to go to live with grandparents. These families often live in poverty and struggle to support themselves, let alone take on the additional responsibilities of providing for a child. As a result, many of these orphans lack the basic essentials that we often take for granted.

At Mother Helpage, we prioritise safeguarding and endeavour to always be completely transparent to our donors. We carry out frequent home visits to gauge the welfare of orphans and ensure they are receiving adequate care and support. We also carry out school visits to observe orphans in their learning environment and check the progress of their education. We ask for yearly report cards to assess academic performance and implement intervention strategies where children are struggling to keep up.

Apart from monthly sponsorship the organisation also support poor students. Our objective is to help them to complete basic education by providing free study materials such as uniforms, shoes, school bags, books, pens etc. In the long term, the objective is to increase the literacy rate which in turn leads to the development of the country. This year the organisation provided educational support to 30 Orphan children in Mymensingh District of Bangladesh.



Pending Cases

Sponsored

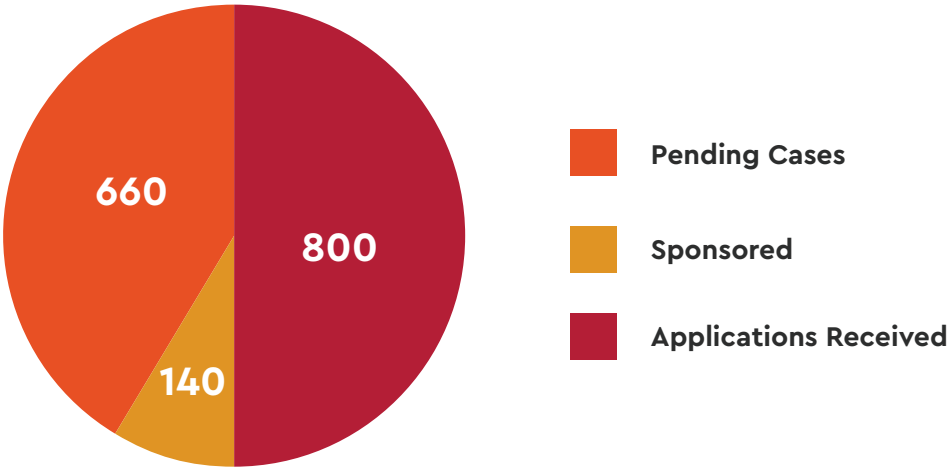
Applications Received

WIDOW SPONSORSHIP

For many women around the world, the devastating loss of a partner is magnified by a long-term fight for their basic rights and dignity. Many widows experience injustice, violation, and trauma following the loss of their spouse. Others have no children and have been abandoned to a life of abject poverty. These widows are often hungry, in need of medical care, and without help are unable to find employment.

Mother Helpage is supporting widows and the elderly; giving them the support so that they can fulfill their basic needs. The sponsorship includes essential and basic amenities required for survival.

Our sponsorship has contributed to providing access to medical facilities and helped in realising issues which if unnoticed for long periods may turn to be serious or even fatal. We are even able to pay for medical check-ups of the widows to ensure they stay healthy. Moreover, we frequently visit them to make sure that they are receiving adequate care and support.



SUSTAINABLE LIVING

Mother Helpage Sustainable Living programme is a community-based program which is meant to provide income generating activities to low-income households. Through this initiative we aim to curb and ultimately reduce poverty by starting livelihood units and providing training to people, as well as by moving low-income households into a viable means of support.

The project mainly includes skill development, education centres, farming support, entrepreneurship, sustainable trade, capacity building, piloting innovative livelihood models and livelihood support. We take a keen interest in activities to facilitate the development and promotion of small and medium scale enterprises. We assist in basic technical and vocational training in both rural and urban areas, to the poor and to those who are financially weak so that they can earn their sustainable livelihood.

Through this initiative we will be able to encourage the poor sectors to start their own ventures and jobs. It aspires to give them hope to support themselves and their families using their skills. The purpose is to give recognition and a voice to the vulnerable and exclusion by providing them with all the necessary prerequisites to succeed in life: achieved by providing raw materials and other basic facilities so that they can gain skills and earn a livelihood. Also, these programs aim to lessen the number of jobless people during these trying times.

Perhaps starting is the hardest part in any journey. However, gaining support and skills aid through sustainable living projects make it easier to strive for progress. Through this initiative people were able to gain knowledge which they could use to make money for their needs. Moreover, these projects also help them to gain viable profit and provide for their families in the long run.

COMMUNITY DEVELOPMENT

Mother Helpage Community development programmes are meant to promote better living for the whole community. The focus relies on improving the social, economic, and environmental conditions in which people live. Under this project, Mother Helpage is offering its full support to the deprived people from all sections of the society across the world. The aim is to reach out at the grassroots level and help such masses in making such people, families and communities resilient and develop them socially and economically and ensure fairness for all citizens.

This year Mother Helpage organised a community development programme at Malikabad (Fanooj) Baluchistan Province Iran. The team interacted with the community members/residents and different community development initiatives were discussed. The team also distributed the basic essentials among the residents of the area.

The main motive relies on assessing the problems, needs and resources of the community and then solving them within the best of its capabilities and with the active participation of people

ANIMAL WELFARE

The welfare of humans and animals is equally important and deeply interconnected. Providing good nutrition and veterinary care to animals is a key part to maintaining human food supply and preventing the spread of diseases, thereby safeguarding both human and animal health, and the wider ecology.

By looking after the health of livestock, our Animal Welfare programmes sustain and, in many cases, improve animal productivity which in turn supports the local economy. Good animal welfare practices also play a vital role in maintaining food safety standards which benefits human health.

Working animals are at risk of injuries, strain, malnutrition and illnesses just like humans. Those can be fatal if left unaddressed and if the owner cannot access veterinary care because of poverty and/or living in very remote areas. Animal's ill-health is, more often than not, easily preventable. For example, a simple wound can quickly become infected and kill the animal, leaving families without any source of income. Yet, it can be avoided with a small course of antibiotics which costs under £10. Any untreated minor injury can lead to lameness which puts an end to an animal's working life. A tetanus injection (at around £7) prevents an animal from dying an agonising death.

Veterinary vaccination and treatment, access to nutritious food and good farming practices prevent animals in the most impoverished countries of the world from living with chronic, untreated conditions and experiencing constant pain.

Mother Helpage under its project "Animal Welfare" provides a wide range of benefits to communities. We organise free, pop-up veterinary camps in the poorest and most remote regions of the world. Our education and awareness-raising campaigns aim to equip populations with vital knowledge about animal welfare and foster positive attitudes, responsible behaviour and, most of all, empathy and compassion towards all animals. Our projects play a vital role in the welfare and safeguarding of both humans and animals by improving food standard, increased animal productivity, economic growth and reducing the risk of transmitting diseases between animals and humans.

RELIGIOUS FESTIVALS (QURBANI/RAMADHAN)

For the past many years, Mother Helpage has provided relief and shared the opportunity to celebrate the religious occasions with the less fortunate. Ramadhan, Eid and Qurbani are among our busiest times as we deliver food to thousands of people worldwide.

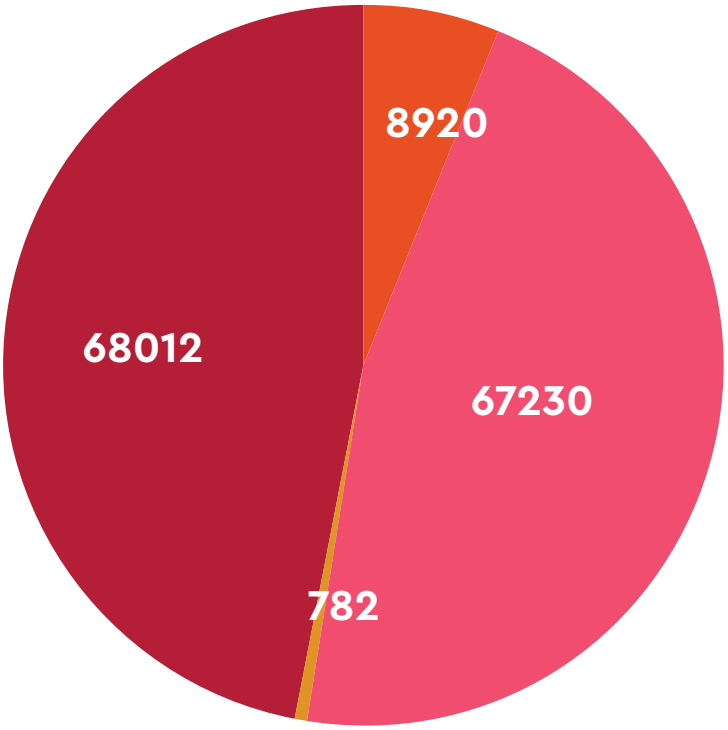
QURBANI PROJECT

Eid-al-Adha is one of the most important dates in the Islamic calendar. It is tradition for all practicing muslims to take part and perform sacrifice and distribute the meat during this period. Each year, Mother Helpage is delivering food parcels to vulnerable people around the world. For many, it may be the only time they eat meat in the entire year. As per Islamic ruling one third of the sacrifice should go to the needy and poor, so that they can celebrate this occasion with the muslims around the world.

Our aim is to make sure that the people who are poverty stricken are not left out and are able to join in the celebration.

We prioritise widows, orphans, destitute, elderly and generally people who cannot afford to buy meat on this special occasion, and whose diet is lacking in calories and nutrients.

This year, we have successfully reached out more than 100,000 beneficiaries globally (indirectly and directly). Qurbani meat provides people with short-term good quality, fresh, rich nutrition which will last days beyond the festival. The festival also boosts the local economy: farmers, butchers, drivers, local businesses who benefit from the repurposing of the animal hide, e.g, tanners, clothing, upholstery, leather goods, footwear businesses etc.

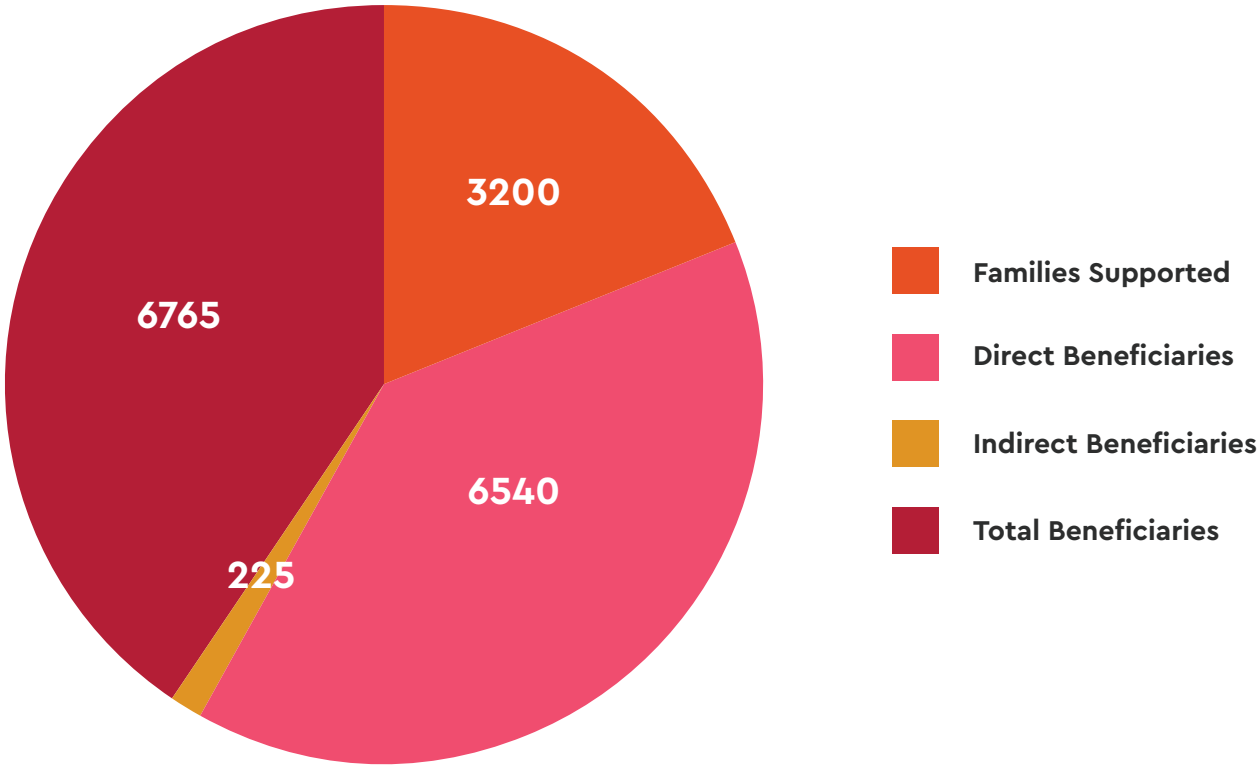


- Families Supported
- Direct Beneficiaries
- Indirect Beneficiaries
- Total Beneficiaries

RAMADHAN PROJECT

The blessed month of Ramadan is a time of reflection, reverence, fasting, prayer, patience, and charity for millions of Muslims around the world. But, not everyone is fortunate enough to celebrate the real essence of Ramadhan. Most of the families struggle to find food for iftar; parents painfully realise that they will not be able to give their children a festive Ramadan or Eid. Unfortunately the blessed month of Ramadan turn into hardships for too many families in need.

This year with the blessings of Almighty we have been able to reach thousands of families who have limited financial resources and aren't in a position to have cooked meals during Ramadhan. Focusing on the needy in many areas, we arrange larger Iftaar gathering and delivered iftaar meals among the poorest segment of the society.



Every year food baskets are being distributed among the poor families which mostly include orphans, widows and elderly.

Each food parcel contains a sufficient amount of food for a family for three weeks and allows less privileged communities to be better prepared for the month of Ramadan, easing their worries.

The organisation carried out the project in Jammu and Kashmir (INDIA), Sri Lanka and Indonesia, wherein food packs were delivered to hundreds of families.

The organisation on the eve of Eid-ul-Fitr also distributed the Eid Gifts among the children.

MARRIAGE ASSISTANCE

Of my tradition is to marry. So, then whoever turns away from my tradition (Sunnah) is not from me (my nation)." Prophet Muhammad (Peace be upon him)

Marriages are meant to be a very sacred thing in our society and each religious faith has its practices including wedding concerns that have been passed down through generations.

Mother Helpage under its initiative "Marriage Assistance" is providing all the possible assistance to the families who cannot bear the expenses of marriage. The project is aimed at unmarried girls living below the poverty line, who may not find themselves in a position to be able to marry due to financial constraints.

Our sole aim is to ease their burden and re-educate communities on social expectations that are not always necessary. We always try to support families by bearing the expenses of the wedding. We believe that no girl should be treated as a burden due to her marriage expenses. We aim to provide all the basic requirements for a wedding and help such poor families.

NIKAH CEREMONY

MASS MARRIAGE EVENT 2022

Mother Helpage aided in solemnising mass marriage of as many as 10 couples in Bangidar area of Tral Subdivision of Pulwama District Jammu and Kashmir. The brides and grooms belonging to poor and destitute families were choosen with the help of village heads and Panchayat members were tied in nuptial knot in a very simple manner.

The organisation arranged all the requisite items necessary for the ceremony.

It provided the beneficiaries the financial assistance and some personalised items found essential and appropriate for this occasion.

It was given out that in view of unnecessary customs and practices hindering the timely marriage of poor youth many girls are unable to find matches giving rise to late marriages. Many youths are not able to get married due to the dowry system and inflation. Poverty and unemployment are also some of the reasons behind this.

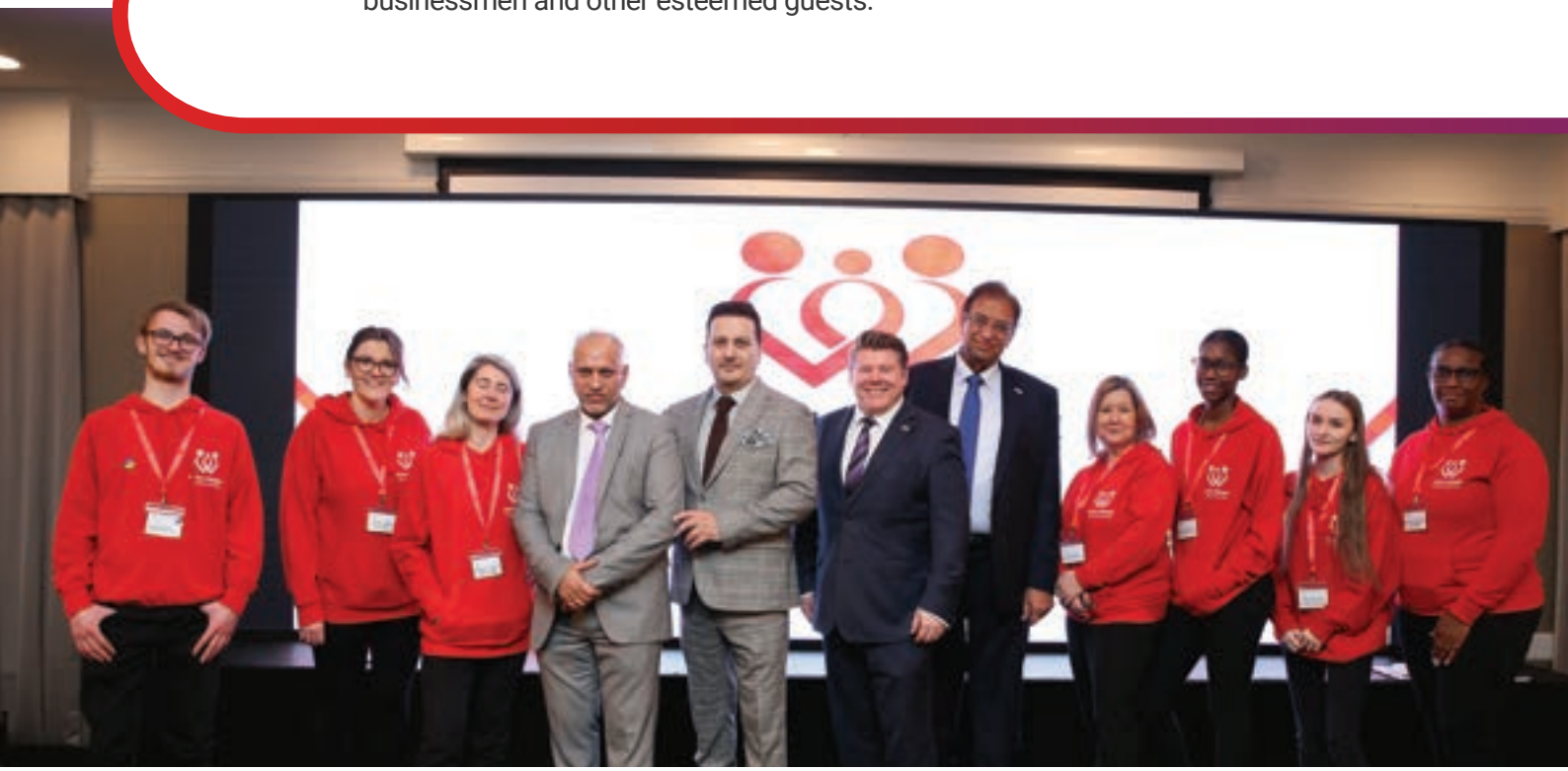
EVENTS

PARTNERS EXCELLENCE AWARDS

Mother Helpage, the humanitarian charity founded by Capt. Dr Sohail Nasti and is run by quality humanitarian professionals globally, works first and foremost in partnership with other organisations to empower vulnerable communities around the globe and to create lasting solutions to combat poverty, hunger and social injustice.

To honour our very special partners, Mother Helpage launched the inaugural MH Partners Excellence Awards, the first event of its kind in the sector. The Awards took place on the 12th March 2022 at the Hilton Hotel, Watford, London and welcomed our partners, judges, advisory boards, diplomats, parliamentarians, businessmen and other esteemed guests.

The MH Partners Excellence Awards is an opportunity to share the very best practice, implementation, and perseverance our charity partners demonstrate to make the lives of others better. These awards are aimed to recognise and celebrate the amazing work of our partners across the UK and humanitarian sector.



SALAAM RAMADAN

Salaam Ramadan took place at Royal Nawaab, London on the 20th March 2022. It brought together more than 200 guests from the Muslim community of London, to enjoy a spiritual evening focusing on the importance and objectives of the holy month of Ramadan. Singer Mesut Kurtis mesmerized everyone with his beautiful soul soothing nasheeds.

The family event aimed to give everyone's Ramadan a spiritual start and to fundraise towards some of Mother Helpage projects, including WASH (Water, Sanitation and Hygiene), Ramadan food package, Orphan and Widow Sponsorships.

WHERE WE WORK

WHERE WE WORK
In 2022 we supported over 1 million people throughout the World

APPEALS

WASH
Every Drop Counts

Donate Now

SPONSORSHIPS
Lend a Helping Hand

Donate Now

YEMEN EMERGENCY
Help Save Lives

Donate Now

WORKING UNDER THE REGULATORY CODE OF CONDUCT

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#Togetherwecan