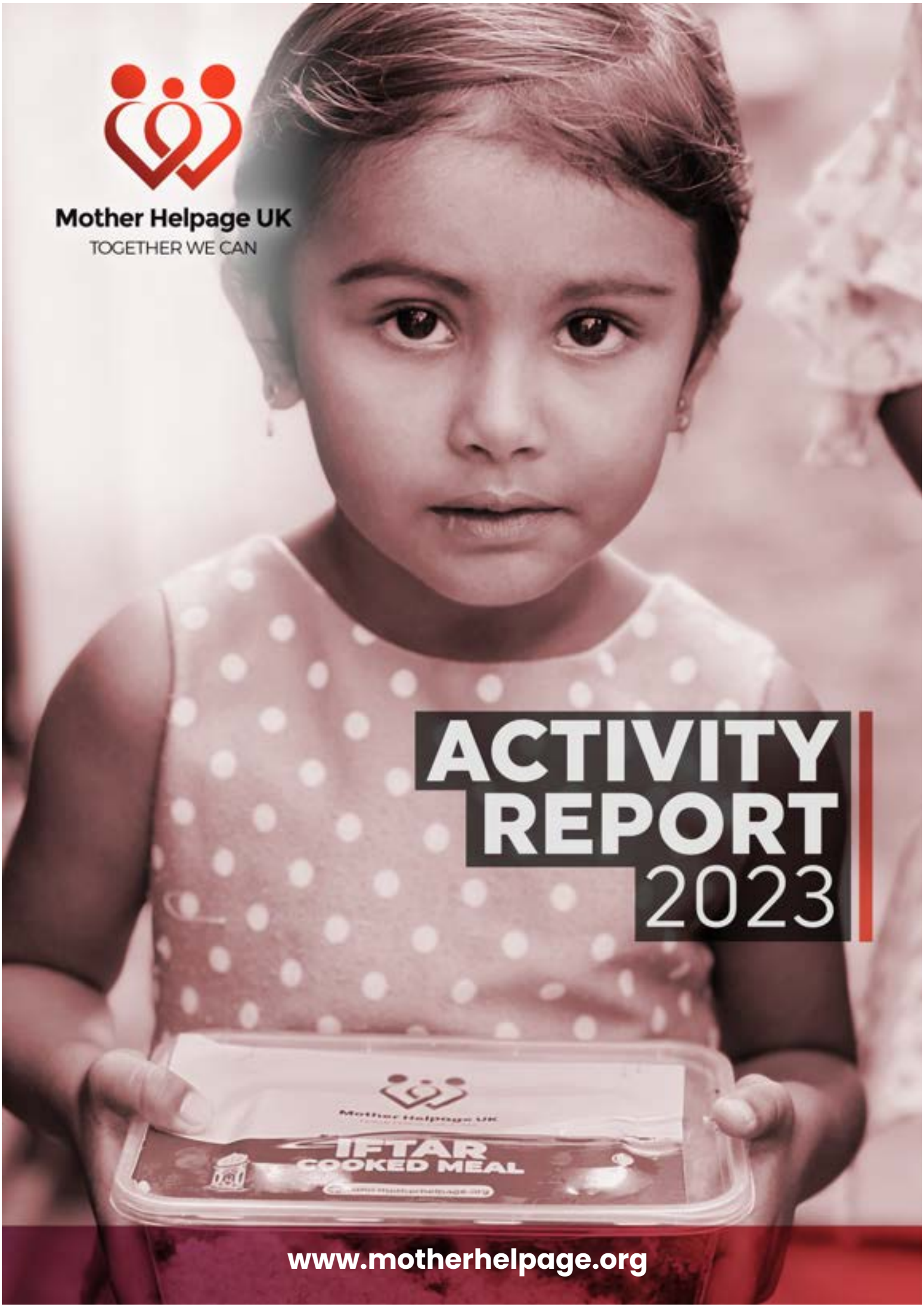
Mother Helpage UK

TOGETHER WE CAN

ACTIVITY REPORT 2023



www.motherhelpage.org

Message
FROM THE CEO

Dear friends and supporters,

I am truly honored to address you as the new CEO of our remarkable international charity. As I step into this role in 2023, I am filled with an immense sense of purpose and a profound commitment to our mission: to bring hope, relief, and opportunity to people in need from all corners of the globe.

At Mother Helpage, we have always strived to make a meaningful difference in the lives of those less fortunate. We've touched hearts, mended wounds, and empowered countless individuals and communities to rise above adversity. But today, as I embark on this journey as your CEO, I want to share with you my vision for our future—a future filled with even greater impact and lasting change.

Our vision for the future is rooted in a simple yet powerful belief: That together, we can create a world where every person, regardless of their circumstances, has the chance to thrive and live a life of dignity.

Here's how we plan to bring this vision to life:

Global Outreach: We will expand our reach to touch more lives in even the most remote corners of the world. Our commitment to reaching the underserved and the marginalised will only grow stronger.

Innovation: We will harness the power of innovation to maximise the effectiveness of our programs and the efficiency of our operations. This will enable us to make an even greater impact with the resources entrusted to us.

Collaboration: We will seek partnerships and collaborations with like-minded organisations, governments, and individuals who share our passion for change. Together, we can pool our resources and expertise to tackle the world's most pressing issues.

Transparency and Accountability: We will uphold the highest standards of transparency and accountability in everything we do. Our supporters deserve to know how their contributions are making a difference, and we will ensure that they can see the tangible results of their generosity. We have initiated a stronger approach when working in any high risk area in order to maintain our highest financial standards, to prevent any misuse of charitable funds, to prevent money laundering or terrorism financing in these areas. We regularly update our Due diligence documentation with all our partners in order to work as per the guidance of UN humanitarian charter and the Charities Commission UK.

Empowerment: We will continue to focus on empowering individuals and communities to become self-reliant and resilient. By providing education, skills training, and opportunities, we will help people break the cycle of poverty and build a brighter future for themselves and their families.

As we embark on this journey together, I invite each and every one of you to join us in this exciting chapter of our charity's history. Your support, your passion, and your dedication are what drives us forward. Together, we can be a beacon of hope and change in a world that is often beset by challenges.

I am deeply inspired by the incredible work our organisation has already accomplished, and I am even more excited about the boundless potential that lies ahead. Let us stand united in our mission, let us dream big, and let us work tirelessly to create a world where compassion knows no borders and where every life is valued.

Thank you for your unwavering support, and I look forward to the incredible journey that lies ahead.

Sincerely,

Roshan Ara
Chief Executive Officer
Mother Helpage UK

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Winter RELIEF

In the less fortunate parts of our world, where winter can be harsh and unforgiving, a quiet struggle unfolds. It's not a struggle people choose, but one they face due to their circumstances. Here, in developing nations, winter isn't a time of joy; it's a test of survival.

Imagine makeshift shelters made of flimsy materials, trying to stand tall against the cold, with families huddled together for warmth. Imagine children, their faces showing both innocence and the burden of their situation, hoping for a warm blanket. Think of communities struggling to afford food and fuel as prices soar beyond reach.

In the darkest corners of the world, winter becomes the hardest time. Families and children, already facing hardship, endure freezing nights with empty stomachs. Survival becomes a daily battle, and hope seems fragile. But amid this darkness, there's a ray of hope: organisations like Mother Helpage. They work tirelessly to help the most vulnerable. Their teams travel across the world, bringing warmth and essential aid.

This year, in the war-torn city of Aleppo, Syria, Mother Helpage helped over 3500 families and provided essential items among beneficiaries to withstand winter. Their work knows no borders, as they carried out similar projects in different parts of world.

As we gather around our warm homes during winter, let's remember those who dream of such comfort. Let's reach out with generosity to those for whom winter isn't a time of joy but a struggle for survival. Together, we can change the narrative of winter, turning it from a season of suffering into a season of hope

Turkey and Syria EARTHQUAKE EMERGENCY

Emergency situations often come unannounced, testing our resilience and humanity. Such was the case on February 6, 2023, when southern Turkey and neighboring Syria were thrust into a catastrophic disaster of unparalleled proportions. Two powerful earthquakes, measuring 7.8 and 7.6 on the Richter scale, shook the region near the Syrian border. These seismic events marked the deadliest earthquakes to hit Turkey in over eight decades and the most devastating to strike Syria since the onset of its civil war in 2011.

The impact of these earthquakes was nothing short of catastrophic, leaving a trail of destruction in their wake. In an instant, apartment buildings, hospitals, and schools were reduced to rubble, turning bustling communities into scenes of utter devastation. Tens of thousands of lives were tragically lost, and millions more found themselves displaced from their homes, facing an uncertain future.

For Syria, a nation already grappling with the enduring trauma of a prolonged civil war, the earthquakes only compounded the existing humanitarian crisis. Millions of Syrians were already living in displacement camps, struggling to find stability amidst the chaos of conflict. The earthquakes forced even more people into a state of uncertainty, pushing the limits of their resilience to unimaginable levels.

In the face of such adversity, Mother Helpage stepped up to provide critical aid and support to the earthquake survivors. Their immediate response included setting up open kitchens to ensure that those affected had access to nourishing meals. Food distribution efforts were launched to alleviate hunger and provide comfort to the displaced populations.

However, this tragedy is not isolated. It is part of a larger global narrative of increasing emergencies and crises. The world is witnessing a surge in natural disasters and humanitarian emergencies, driven by factors such as climate change, conflicts, and the ongoing global pandemic. These crises not only threaten lives and livelihoods but also exacerbate poverty, destitution, and inequalities on an unprecedented scale.

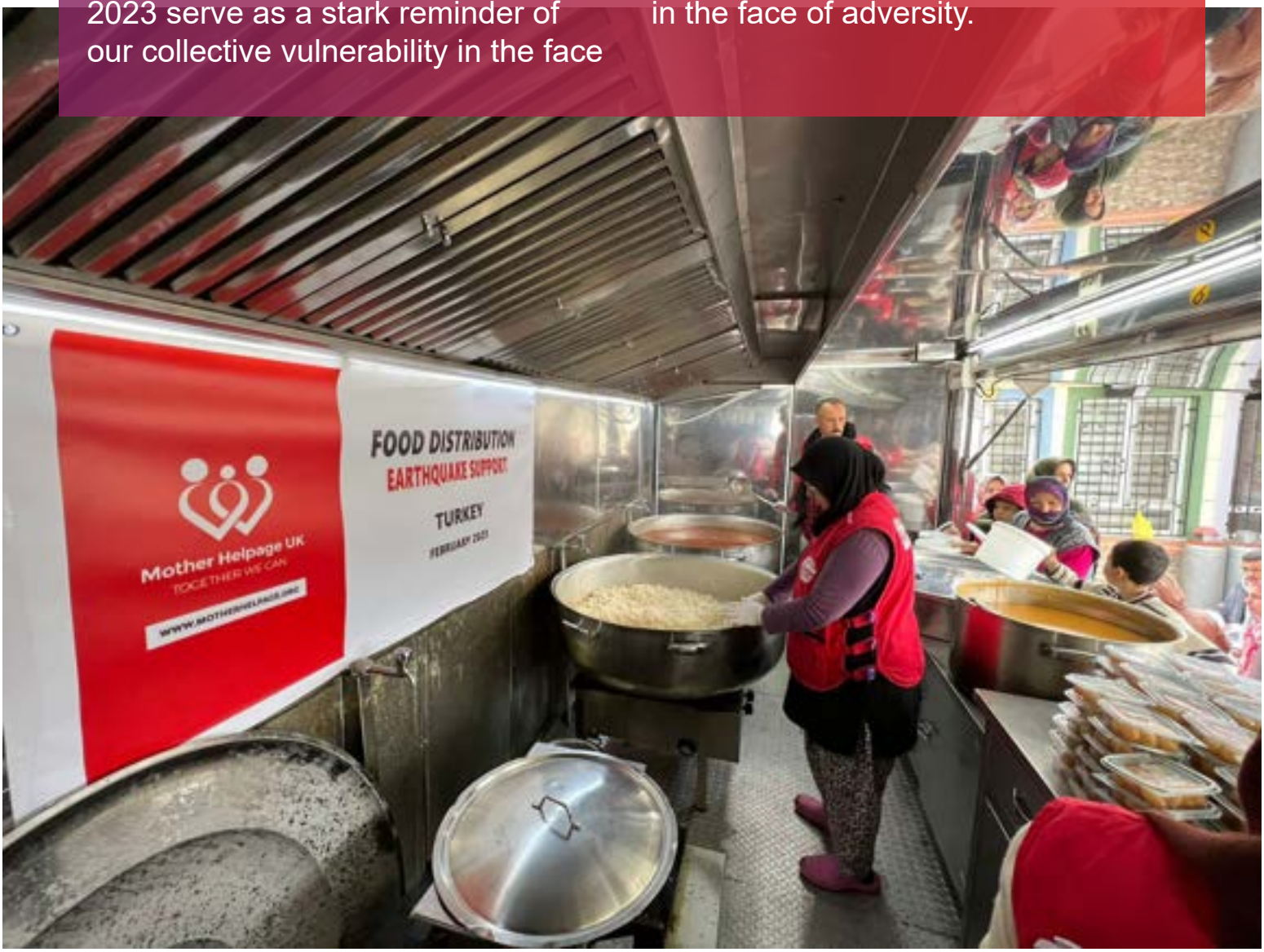
Climate change, in particular, has become a relentless force, unleashing natural disasters with greater frequency and more devastating consequences. Flooding, in particular, claims thousands of lives annually and leaves a trail of destruction in its wake, wiping out homes, livelihoods, and infrastructure. Droughts further compound the challenges,

leading to food shortages, famine, and mass displacement as people search for water and sustenance.

Regions like Africa are repeatedly battered by the dual forces of floods and droughts, pushing communities to their limits year after year. This relentless cycle of suffering calls for urgent global action to address the underlying issues of climate change, poverty, and conflict that make these crises even more devastating.

The Turkey-Syria earthquakes of 2023 serve as a stark reminder of our collective vulnerability in the face of natural disasters and emergencies. They underscore the pressing need for international solidarity, preparedness, and response mechanisms to mitigate the suffering of those caught in the crossfire of such events.

As we reflect on the earthquakes and the ongoing struggles of survivors, let's remember the importance of resilience and global unity. Together, we can confront the challenges of our time and build a future where humanity stands stronger and kinder in the face of adversity.



Bangladesh

FLOODS EMERGENCY

In response to the devastating floods in Bangladesh, our team acted quickly with a strong commitment. Focused on making a meaningful impact, we successfully provided food relief to 100 families in Lalmonirhat, ensuring that no one in the community goes hungry during these challenging times.

To extend our support further, our compassionate team reached out to families who couldn't make it to the distribution point. Through heartfelt home deliveries, we aimed to ensure that every doorstep received essential sustenance, leaving no one behind in their time of need.

This effort goes beyond just providing relief; it shows the power of unity and compassion. Together, we stand strong against adversity, proving that even in the face of natural disasters, humanity prevails. As we continue to rebuild and uplift the lives of those affected, let's sustain this spirit of love and support. Your ongoing contributions make a significant difference in bringing hope and rebuilding communities. Thank you for standing with us in this collective journey of resilience and compassion.

Education For All

EMPOWERING A BRIGHTER TOMORROW

Education stands as a beacon of hope, capable of illuminating the path to a brighter future for individuals and entire communities alike. Its transformative potential can break the shackles of poverty and empower people to realize their full potential.

At Mother Helpage, our mission transcends short-term relief; we are steadfast in our commitment to nurturing self-sustaining communities that no longer depend on external assistance. This mission aligns seamlessly with the United Nations' Sustainable Development Goals (SDGs), which underscore the pivotal role of education in fostering long-term development.

In our unwavering pursuit of these goals, we continuously explore opportunities to extend the reach of education to those who need it most. Our flagship initiative, "Project Education for All," embodies our dedication to this cause.

Through this project, we provide consistent financial support to hundreds of orphaned children, ensuring they receive a high-quality education. Our primary objective is to secure their future and empower them to lead lives filled with dignity and promise.

We hold a steadfast belief that every child, regardless of their circumstances, deserves an equal chance to learn, grow, and flourish. By facilitating access to education for orphaned children, we not only provide them with hope but also equip them with the tools for a brighter tomorrow. This year, we took an additional step by distributing essential stationery items to children in Uganda, making the process of learning more accessible and enjoyable.

Together, hand in hand, we have the power to make a profound difference. We have the capacity to shape a world where education becomes the catalyst that genuinely transforms lives. Our journey towards this brighter tomorrow continues, fueled by the unwavering belief that education is the key to empowerment, progress, and lasting change.

Global Environment
PROTECTION PROGRAMME

The Global Environment Protection Programme, initiated in 2023 by Mother Helpage, is a commitment aimed at advancing Sustainable Development Goals, specifically focusing on Climate Action and Life on Land. This comprehensive program revolves around a significant endeavor to plant five million trees within a span of five years. The primary objective is to combat climate change, enhance biodiversity, and promote ecological stability. Through this initiative, Mother Helpage strives to contribute meaningfully to global environmental preservation and foster a healthier planet for present and future generations

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Environmental Protection

In a collaborative effort, Mother Helpage and the District Legal Services Authority (DLSA) Anantnag organised an environmental protection programme in the picturesque town of Pahalgam. The programme focused on addressing the pressing issues of polythene bag usage and widespread littering on local roads, which have significant adverse effects on the environment.

The joint initiative aimed to raise awareness, educate the community, and foster sustainable practices to mitigate environmental harm. The programme was well-attended by locals, including students and community members.

The speakers at the event highlighted the harmful impacts of polythene bags and littering on the environment. They also emphasized the importance of individual and collective action in protecting the environment. Participants were encouraged to adopt eco-friendly alternatives to polythene bags, such as cloth bags and reusable containers.

The environmental protection programme in Pahalgam was a resounding success. It helped to raise awareness about the importance of environmental protection and encouraged the community to adopt sustainable practices. The programme is a positive step towards preserving the natural beauty and ensuring a healthy environment for future generations.

Planting Trees

This year, Mother Helpage achieved a significant milestone by successfully organising a tree planting initiative at Dandipora Park in Kokernag. This effort was made possible through collaboration with key partners, including the Kokernag Development Authority, Forest Department (Division Anantnag), and The Indian Institute of Architects Srinagar (Sub Centre). Their shared goal was to promote environmental sustainability and create a greener, more sustainable future for the community.

At the heart of this initiative was the deliberate and strategic planting of conifer trees at specific locations within and around the park. Conifers were chosen for their exceptional ability to absorb carbon dioxide, with the aim of making a substantial positive impact on the local environment. This joint effort aimed to reduce the region's carbon footprint, mitigate the effects of climate change, and improve air quality.

In addition to the ecological benefits, this tree planting drive also had a significant impact on the park's appearance and livability. The newly planted trees not only enhanced the park's natural beauty but also provided essential shade and cooling effects, especially in urban and semi-urban areas. This, in turn, created a more comfortable and enjoyable space for the local community to use for leisure and recreation.

Initiatives like these, where various stakeholders collaborate with a common purpose, play a crucial role in advancing a sustainable and harmonious coexistence with nature. The tree planting drive at Dandipora Park, Kokernag, serves as an inspiring example of what can be achieved when communities, government bodies, environmental organisations, and educational institutions unite in their dedication to protecting the environment and building a better future for all. It underscores the power of collective action in preserving the invaluable gifts that nature provides.

MEDICAL CAMPS

Medical camps are a crucial component of healthcare outreach, offering vital services to communities worldwide. These camps act as a lifeline for communities in need, providing essential healthcare services where access may be limited. Moreover, these camps serve as a testament to the power of collective compassion, transcending geographical boundaries to reach those who need it most.

Mother Helpage's commitment to global community welfare is a shining example of this collective effort. With its presence in various parts of the world, they tirelessly engage in humanitarian work, ensuring that healthcare becomes a basic right accessible to all.

This year, Mother Helpage continued its unwavering commitment to this cause. In collaboration with the Department of Ayush Anantnag, they organised a free medical camp at Brah Shangus Anantnag, providing essential healthcare services to the local population.

This included medical checkups and the distribution of vital medicines, with a primary focus on individuals who face financial barriers to accessing healthcare.

The impact of such initiatives is immeasurable. Beyond the immediate relief provided, these medical camps foster hope and demonstrate the transformative potential of global humanitarian efforts. They remind us that healthcare is a fundamental human right, regardless of where we come from or where we live.

In conclusion, medical camps are a testament to the collective spirit of humanity. They exemplify the power of global efforts in addressing healthcare disparities, ensuring that healthcare reaches every corner of the world. Mother Helpage's dedication to organising these camps is a shining example of how organisations, working in collaboration with local partners, can make a profound and lasting impact on the health and well-being of communities. In a world where access to healthcare remains a challenge for many, these initiatives serve as beacons of hope, illuminating the path toward a healthier, more equitable future for all.

HEALTH and HYGIENE

In contribution to Sustainable Development Goal 3 (Good Health and Well-being), Mother Helpage with the active participation of its dedicated volunteers organised an event aimed to raise awareness about women's health and hygiene practices and distributed necessary sanitary items among beneficiaries.

The event focused on educating women about the significance of good hygiene practices, menstrual hygiene, regular health check-ups, and maintaining a healthy lifestyle. This knowledge equips women with the tools they need to lead healthier lives.

The distribution of sanitary items, including menstrual hygiene products and hygiene kits, aimed to ensure that women have access to the essentials required for maintaining their hygiene with dignity and comfort.

Volunteers played a pivotal role in making the event successful. They not only facilitated workshops and distributed items but also provided a listening ear and support to the beneficiaries, fostering a sense of community and empowerment.

Overall, Mother Helpage's efforts underscore the importance of women's health and hygiene and the positive impact that can be achieved when organisations and volunteers come together to uplift their communities. This event serves as a beacon of hope and empowerment, paving the way for a healthier and more fulfilling future for women and girls.

"WASH"
WATER, SANITATION, AND HYGIENE

"Half of the world's population still does not have adequate access to safe drinking water, sanitation and hygiene (WASH) which could have prevented at least 1.4 million deaths and 74 million disability-adjusted life years in 2019, according to the latest report by the World Health Organisation (WHO) and an accompanying article published in The Lancet".

Improving access to water, sanitation and hygiene can save 1.4 million lives per year, says new WHO report 28 June 2023 | Departmental news | WHO

In a world where access to clean water, proper sanitation, and good hygiene practices are not universal, Mother Helpage has stood as a symbol of compassion and unwavering commitment. Their mission revolves around Sustainable Development Goal 6 - "clean water and sanitation for all", which seeks to ensure that everyone, everywhere has access to clean water and sanitation.

For decades, Mother Helpage has been a ray of hope for countless communities worldwide. Their approach goes beyond merely providing clean water; they believe in a holistic approach that encompasses proper sanitation and hygiene practices. Education, sanitary facilities, and behavioral change are all part of their mission to ensure healthier lives for communities in need.

This year, Mother Helpage expanded its reach to Nepal, Sri Lanka, and India, regions facing unique water scarcity challenges due to geography and climate fluctuations. In Nepal, a diverse terrain makes access to clean water a challenge, but Mother Helpage's efforts bring hope to these communities. In Sri Lanka, where climate variations often lead to water shortages, the organisation's work is transformative. In India, where millions still lack access to clean water, Mother Helpage's commitment shines as a beacon of hope.

Under the banner of the WASH initiative (Water, Sanitation, and Hygiene), Mother Helpage prioritises areas grappling with water scarcity, inadequate sanitation, and poor hygiene conditions. In these regions, the absence of safe drinking water has taken a toll on people's health and well-being.

Mother Helpage's mission is clear: to provide access to clean and safe water by installing water wells in areas where this necessity is scarce, ultimately improving the living conditions of those in need.

"The mission is not just about installing water wells and pumps; it's about restoring dignity, health, and hope to communities long deprived of these basic human rights".

SUSTAINABLE LIVING

The Mother Helpage Sustainable Living Programme is a community-based initiative designed to combat poverty and improve the economic well-being of low-income households. This program takes a holistic approach to address the challenges faced by disadvantaged communities.

At its core, the programme aims to provide opportunities for income generation. It does this by offering various forms of support, including skill development and training. By equipping individuals with valuable skills, the program empowers them to start their own livelihood units or small businesses.

Education centers may be established to promote literacy and education within the community. Additionally, the program supports farming and agricultural activities, enabling families to generate income from the land. Entrepreneurship is encouraged, fostering a spirit of self-employment and self-sufficiency.

Sustainable trade practices are promoted, aligning economic activities with environmental and social responsibility. The program also focuses on capacity building, helping individuals and communities become more self-reliant.

Innovative livelihood models are piloted to explore new approaches to economic development. Small and medium-sized enterprises (SMEs) are nurtured, contributing to local economic growth. Technical and vocational training is provided to those who are financially disadvantaged.

One of the program's key objectives is to empower vulnerable and excluded populations, providing them with the resources and opportunities they need to succeed in life. It also seeks to reduce unemployment by assisting individuals in creating their own businesses and job opportunities.

A significant aspect of the program is the distribution of livestock to deserving families. This provides them with a sustainable source of income through activities like dairy farming and animal husbandry.

Ultimately, the Mother Helpage Sustainable Living Programme strives to give individuals and families hope for a better future. By offering training, resources, and support, it enables them to achieve financial stability and provide for their needs in the long run, contributing to the overall development of the community.

SPONSORSHIPS

Orphan Sponsorship

Mother Helpage is dedicated to empowering the most vulnerable members of society, ensuring they have the opportunity to lead secure, independent, and fulfilling lives. Our mission revolves around assisting those in need, including orphans, widows, the elderly, and other vulnerable individuals. Through a range of initiatives, we provide access to quality education, improved healthcare, better housing, career guidance, and support for starting businesses.

One of our most significant efforts is our partnership with international charities, aimed at enhancing the well-being of orphaned children living in Jammu & Kashmir. Thanks to the generous contributions of our partners, we are currently able to support over 800 orphans, equipping them with the tools they need to thrive. This support encompasses essential necessities for receiving a quality education, including tuition and transport fees, stationery, uniforms, and books.

The orphans in Jammu and Kashmir face tremendous hardships. Many of them have been

abandoned by their parents, leaving them in the care of their grandparents. These families often grapple with poverty and find it challenging to provide for themselves, let alone take on the additional responsibilities of caring for a child. Consequently, these orphans often lack the basic essentials that most of us take for granted.

At Mother Helpage, safeguarding is a top priority, and we strive to maintain complete transparency with our donors. Our team conducts regular home visits to assess the well-being of the orphans and ensure they are receiving adequate care and support. We also visit schools to observe the orphans in their learning environments and monitor their educational progress. To assess academic performance, we request yearly report cards and implement intervention strategies when children are facing difficulties.

In addition to our monthly sponsorship program, our organisation also extends support to underprivileged students. Our goal is to help these students complete their basic education by providing them with essential study materials such as uniforms, shoes, school bags, books, pens, and more. In the long run, our objective is to elevate the literacy rate, thereby contributing to the overall development of the country.

Mother Helpage remains committed to its mission of creating a brighter future for those in need, and we are grateful for the unwavering support of our donors and partners in making this vision a reality. Together, we are paving the way for a more secure, educated, and prosperous society for all.

Widow/Elderly Sponsorship

In many parts of the world, when a woman loses her husband, it can lead to a tough journey where her rights and dignity are often ignored. These widows face unfair treatment, hardships, and trauma after their spouse passes away. Some of them have no children, and life becomes a struggle in poverty. These widows often go without food, lack access to medical care, and can't find jobs without help.

Mother Helpage steps in to support widows and the elderly, ensuring they have what they need to survive. Our support includes essential things like food, shelter, and medical care. We've made sure they can get medical help when needed, even covering the cost of check-ups to keep them healthy. We also visit them regularly to ensure they're getting the care and support they deserve.

But our help doesn't stop there. We also assist elderly people whose husbands have passed away or who've been left by their children. These elderly folks might be living with their kids, but often their needs go unmet. Mother Helpage understands their struggles and is here to make life better for them too.

With your support, we're not just helping these widows and elderly individuals survive; we're helping them thrive, regain their dignity, and find hope for the future. Together, we can make a real difference in their lives.

SEASONAL PROJECTS
RAMADAN / QURBANI

Mother Helpage plays a vital role in regions with predominantly Muslim populations where participation in religious festivals and observances is essential. Unfortunately, due to various challenges, many individuals in these communities are unable to fully embrace their religious traditions.

For numerous years, Mother Helpage has been committed to offering relief and extending the chance for the less fortunate to engage in their religious festivities. Notably, during peak times such as Ramadan, Eid, and Qurbani, we are particularly active as we distribute food to thousands of people across the globe.

Ramadan Project

The sacred month of Ramadan holds a profound significance in the hearts of countless Muslims across the globe. It serves as a period of profound self-examination, devoted prayer, steadfast fasting, patience, and a commitment to assisting those in need. However, the blessings of Ramadan remain elusive for many. Numerous families grapple with the challenge of providing for iftar, while parents anguish over their inability to offer their children a joyous Ramadan and Eid celebration. Regrettably, for a significant number of families, Ramadan becomes synonymous with hardship.

This year, with divine guidance and support, we have extended a helping hand to thousands of financially disadvantaged families who struggle to afford cooked meals during Ramadan. Our primary focus is on aiding the most vulnerable members of our society, including orphans, widows, and the elderly. We have organised grand iftar gatherings and facilitated the delivery of iftar meals to those grappling with poverty. Annually, we assemble food baskets that contain an ample supply of provisions to sustain a family for three weeks, thus alleviating their anxieties and enabling them to prepare for Ramadan.

Our outreach initiatives have extended to regions such as Bangladesh, Congo, India, Kenya, Sierra Leone, Sri Lanka, Tanzania, and Uganda, where we delivered essential food packages among hundreds of poor families.

As the auspicious occasion of Eid draws near, we ensure that the children in these communities experience boundless joy by distributing Eid gifts, fostering happiness, and nurturing a sense of unity. Our mission transcends mere assistance; it embodies the true essence of Ramadan and Eid by demonstrating empathy, love, and unwavering support for those who require it most.

Together, we have the power to ensure that every individual can take part in the splendor and blessings of this sacred season.

Bangladesh

Sierra Leone

Congo

Sri Lanka

India

Tanzania

Kenya

Uganda

Qurbani Project

Eid-al-Adha, a significant occasion in the Islamic calendar, holds a sacred place in the hearts of practicing Muslims around the world. It is a time-honored tradition for believers to come together to perform acts of sacrifice and share the blessings of this sacred period by distributing meat to those in need. However, the unfortunate reality is that many devout Muslims find themselves unable to take part in these rituals due to financial constraints.

Central to the essence of Qurbani, the act of sacrifice, is the principle that one-third of the offerings should be dedicated to the destitute and less fortunate. This noble gesture allows them to take part in the joyous celebration and experience the warmth of the community during this special time. To facilitate this vital aspect, we collaborate closely with local communities and ensure that farmers receive a fair price for their livestock, thus fostering a spirit of equity and solidarity.

This year, our efforts bore fruit as we were able to extend a helping hand to thousands of families who, without our intervention, would have been excluded from this cherished tradition. This year the project has extended to regions such as Afghanistan, Bangladesh, India, and Sri Lanka, where we not only upheld the essence of Qurbani but also spread smiles and nourishment among those who needed it most.

Afghanistan

Bangladesh

Sri Lanka

WORKING UNDER THE REGULATORY
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#Togetherwecan