

ACTIVITY REPORT 2024



Mother Helpage UK
SUSTAINABILITY STARTS WITH US

Message from CEO

Dear Supporters and Friends,

As we reflect on the past year, I am filled with immense pride and gratitude for the incredible strides Mother Helpage UK has made in our mission to support those in need. Our dedicated team and generous supporters have enabled us to reach countless individuals and communities, providing essential aid and fostering hope.

This year, we have expanded our efforts in emergency food relief, health and hygiene, and sustainable development. Our initiatives have not only addressed immediate needs but also laid the groundwork for long-term positive change. From distributing nutritious meals and warm clothing to offering medical care and educational support, our programs have touched lives across the globe.

Our partnerships with local organizations and international networks have been instrumental in amplifying our impact. Together, we have been able to deliver aid more effectively and reach those who need it most. The success of our seasonal projects, such as Ramadan and Qurbani, and our ongoing sponsorship programs for orphans, widows, and the elderly, highlight our commitment to compassion and community support.

Looking ahead, we remain dedicated to shaping a sustainable future. We are exploring innovative solutions to address the root causes of poverty and hardship, ensuring that our efforts lead to lasting change. Our focus on sustainability and community empowerment will continue to guide our work.

Thank you to our volunteers, donors, and partners for your unwavering support. Together, we are making a difference and building a brighter future for all.

Sincerely,

Roshan Ara
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Mother Helpage UK
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Emergency FOOD RELIEF

Mother Helpage UK has been actively engaged in food relief efforts to combat hunger and provide sustenance to those in need. Through our initiatives, we have distributed thousands of nutritious meals to impoverished communities across various regions. By partnering with local organisations and volunteers, Mother Helpage UK ensures that food reaches the most vulnerable populations, including families, the elderly, and children. Our programs often include emergency food supplies during crises,

as well as regular meal distributions to ensure ongoing support. The organisation's dedication to alleviating hunger is evident in our comprehensive approach, which includes not only food distribution but also education in nutrition and sustainable farming practices. Mother HelpAge's food relief efforts have made a significant impact, bringing hope and nourishment to countless individuals, and exemplifying our commitment to fostering healthier and more resilient communities worldwide.



EMERGENCY FOOD RELIEF IN UGANDA

Delivering Food and
Hope to **Uganda's**
Refugee Communities



Mother Helpage UK, in partnership with the Swiha Charity Foundation, provided essential food support to 500 families across refugee settlements in Northern Uganda. This area, home to one of the world's largest refugee populations, faces significant food shortages, with limited resources and overcrowded camps making daily nutrition a struggle. Through our initiative, we delivered food baskets to some of the most vulnerable community members, including widows, orphans, the elderly, and individuals with disabilities.

Each food basket was thoughtfully prepared with staples vital to nutrition and culturally appropriate to the region's dietary needs. The baskets included rice, flour, sugar, oil, and salt, along with additional items to support a balanced diet. These provisions aimed to ease the burden of hunger and bring hope to displaced families.

The project ensured equitable and timely delivery of food baskets, with beneficiaries providing positive feedback that highlighted the impact on household food security and well-being.

Gift of SIGHT

A Beacon of Hope!



Experience the profound impact of Mother Helpage's Cataract Eye Camp in Mali. Many are burdened by preventable conditions yet lack the means for regular eye checks or simple procedures.

Mother Helpage UK initiated a Cataract Eye Camp in Mali to address the prevalent issue of cataract-induced blindness in the region. This humanitarian project focused on providing free eye screenings, consultations, and surgical treatments to individuals suffering from cataracts, who otherwise lacked access to adequate medical care. The camp, staffed by a team of experienced ophthalmologists and dedicated volunteers, successfully restored sight to hundreds of patients, significantly improving their quality of life. By collaborating with local healthcare providers and utilising advanced surgical techniques, Mother Helpage UK ensured efficient and effective treatment. In addition to surgeries, the camp also offered educational sessions on eye health and preventive care, empowering the community with knowledge to maintain better eye health. This initiative not only alleviated the burden of blindness for many but also highlighted Mother Helpage's commitment to enhancing health and well-being in underserved communities.

International Networking



In July 2024, representatives from Mother Helpage UK met with officials at the Zambian Embassy to discuss a series of sustainable development projects aimed at empowering communities in Zambia. The meeting centered on collaborative efforts to implement initiatives in education, healthcare, and environmental sustainability, with a strong focus on long-term impact and community engagement. Mother Helpage UK emphasised the importance of leveraging local knowledge and resources to ensure the success and sustainability of these projects. Both parties expressed a shared commitment to fostering development that aligns with Zambia's national goals and contributes meaningfully to the well-being of its citizens.

Seasonal Projects

Ramadan/Qurbani



Ramadan

The blessed month of Ramadan is a time of deep reflection, reverence, fasting, prayer, patience, and charity for millions of Muslims globally. However, for many families, the true spirit of Ramadan is overshadowed by the struggle to find food for iftar, leaving parents painfully aware that they cannot provide a festive Ramadan or Eid for their children. Sadly, for too many, this sacred month becomes a time of hardship rather than joy. This year, with the blessings of the Almighty, Mother Helpage UK has been able to reach thousands of families with limited financial resources, ensuring they could partake in the Ramadan feasts. By focusing on the most vulnerable, we organised large iftar gatherings and distributed meals to the poorest segments of society. In 2024, our efforts extended across Bangladesh, Sri Lanka, and Uganda, where we conducted heartwarming Ramadan distributions,

bringing joy and relief to countless families. We provided essential food items, such as rice, lentils, and dates, along with carefully prepared cooked meals to offer immediate nourishment. To further celebrate the spirit of giving, we distributed gifts, including clothing and household items, adding a special touch to the Ramadan festivities. Witnessing the joy and gratitude on the faces of those we've served has been heartening, as communities came together to share in the spirit of Ramadan. Our team worked tirelessly to prepare and distribute these meals, and we are proud of the impact we've made in supporting our community during this sacred month. By addressing both immediate needs and festive desires, Mother Helpage UK has fostered a sense of solidarity and support across these diverse regions, exemplifying our compassion and commitment to humanitarian relief.



Qurbani

The Qurbani Projects for 2024 in Kashmir and Jammu were completed successfully, with substantial impacts on local communities. A total of 1000 large animals (cows) were distributed between June 17-20, 2024. This initiative benefited 5 million direct beneficiaries and 1.5 million indirect beneficiaries. By distributing Qurbani meat, the project not only provided essential nutrition but also fostered community spirit and solidarity during the festival of Eid al-Adha. The act of sharing Qurbani meat is deeply rooted in cultural and religious traditions, promoting solidarity and mutual support among community members. Many of these households struggle to access sufficient protein in their diets, and the provision of fresh meat during the festival period provides a critical nutritional boost. For many, this was the only time of the year they could afford to consume meat, significantly improving their diet and overall health. The economic impact of the projects was also notable. By sourcing livestock locally,

the initiative supported local farmers and the agricultural economy. This created a ripple effect, boosting incomes and livelihoods within the local supply chain. Additionally, the project created temporary employment opportunities for those involved in the logistics and distribution processes, providing short-term economic relief to numerous individuals. Educationally, the project's success highlighted the importance of sustainable and community-driven aid. By involving local leaders and beneficiaries in the planning and execution stages, the project empowered communities with the knowledge and experience needed to undertake similar initiatives independently in the future. This capacity-building aspect ensured that the benefits of the Qurbani Projects extended beyond the immediate intervention. This project underscores Mother Helpage UK's commitment to supporting vulnerable populations through culturally significant and impactful initiatives.



Shaping a Sustainable Future

Mother Helpage UK recently convened in Derby for a pivotal planning meeting, bringing together our trustees, CEO, senior management, staff, and volunteers to map out the next five years. The discussions centered on setting ambitious goals, prioritising key projects, and determining the strategic focus of our operations. Our mission is to create a clear vision for the future, ensuring that our projects not only deliver immediate benefits but also have a lasting impact. Committed to sustainability, we aim for real, measurable results by the conclusion of each ini-

tiative. During the meeting, we brainstormed innovative ideas to enhance our impact, from leveraging renewable energy to bolstering local economies, exploring new ways to make a meaningful difference. We also identified critical areas in need of our support, whether it's providing clean water, healthcare, education, or economic opportunities. In addition to these plans, Mother Helpage UK continues its ongoing work in Gaza, in collaboration with UNRWA, focusing on delivering essential aid to families in need. Together, we are shaping a brighter future for everyone.



Sponsorships

ORPHANS

Mother Helpage UK is deeply committed to supporting vulnerable children through its Orphan Sponsorship Programme in Jammu and Kashmir, providing crucial assistance to those who have lost one or both parents. Our efforts in this region are focused on ensuring that orphans not only receive the necessities of life but also can thrive and achieve their full potential. Through the programme, we offer comprehensive support that includes access to quality education, nutritious meals, clothing, healthcare, and psychosocial support. Education is a cornerstone of our mission, and we work tirelessly to ensure that each child is enrolled in school, equipped with the necessary supplies, and supported throughout their academic journey. In addition to meeting immediate physical needs, we recognize the importance of emotional well-being and working to create a nurturing environment where these children can feel safe and valued. By providing mentorship and life skills training, we aim to empower them to become self-sufficient and confident individuals. Our programme is not just about offering short-term relief; it is about building a foundation for a brighter future. Through the generous support of sponsors, we can make a lasting impact on the lives of orphans in Jammu and Kashmir, helping them overcome the challenges of their circumstances and offering them hope for a better tomorrow. Mother Helpage UK's dedication to these children reflects our broader commitment to humanitarian aid and development, ensuring that even the most vulnerable members of society are given the chance to lead healthy, productive lives.

WIDOW AND ELDERLY

Mother Helpage UK's Widow and Elderly Sponsorships Programme is a compassionate initiative dedicated to improving the lives of some of the most vulnerable members of society. Through this programme, Mother Helpage UK provides essential support to widows and elderly individuals who often face severe hardships, including poverty, loneliness, and a lack of access to basic needs. The programme focuses on ensuring that these individuals are not forgotten, offering them regular financial assistance, access to healthcare, and provision of food and essential supplies. This support not only helps to meet their immediate needs but also brings a sense of dignity and comfort to their lives. The programme is deeply rooted in the belief that everyone deserves to live with respect and care, especially those who have spent their lives contributing to their communities. By connecting sponsors with beneficiaries, Mother Helpage UK creates a bridge of empathy and solidarity, allowing donors to make a direct and lasting impact on the lives of these individuals. Beyond financial aid, the Widow and Elderly Sponsorships Programme also emphasizes emotional support, ensuring that the elderly and widows know they are valued and cared for. Through regular visits, social activities, and community integration, Mother Helpage UK works to combat the isolation that many elderly and widowed individuals experience. This programme is a testament to the organization's commitment to uplifting those in need, fostering a sense of belonging, and ensuring that no one is left behind in their later years.



Supporting
HOMELESS in the UK

Open Kitchen



We are committed to combating food poverty in the UK, where 1 in 5 people are affected. Our Open Kitchen initiative is more than just providing meals; it serves as a lifeline for diverse communities. This initiative offers nourishing meals to those in need—refugees, homeless individuals, the elderly, and struggling families—while also nurturing hope and resilience. Beyond food, the initiative provides clothing and fosters a compassionate space for everyone seeking support, promoting dignity, respect, and community strength. Our Nottingham Open

Kitchen Appeal has had an incredible start, thanks to your unwavering support. At the heart of this appeal is our dedication to addressing food poverty. Your donations are making a tangible impact, allowing us to deliver nourishing meals to those who need them most. We have been deeply moved by the outpouring of generosity and are excited to share the progress we have made. However, our work is far from complete. The fight against hunger continues, and we rely on ongoing support to reach even more people.

Sustainable Development



Between May 10 and July 10, 2024, Mother Helpage UK successfully distributed 30 canoes to remote and impoverished communities in Sri Lanka. This project benefited 300 direct beneficiaries and 150 indirect beneficiaries. The provision of canoes transformed daily life for these communities by improving transportation, enhancing fishing capabilities, and facilitating trade. Small-scale farmers and traders also benefited from the canoes, which facilitated easier and more reliable transport of goods. Previously, limited access to markets due to inadequate transportation hindered their ability to sell produce at fair prices. With the new canoes, farmers could transport their goods more efficiently, reducing spoilage and increasing their earnings. This boost in economic activity helped el-

evate the overall economic condition of the community. For many, the canoes offered the only practical means of reaching schools, markets, and healthcare facilities, thereby promoting better access to education, economic opportunities, and healthcare services. This initiative also strengthened community bonds by enabling social and communal activities. By providing essential tools that enhance mobility and economic activities, Mother Helpage UK has significantly improved the quality of life for these communities, reinforcing its dedication to sustainable development and poverty alleviation.

These projects reflect Mother Helpage UK's ongoing efforts to implement sustainable solutions that address immediate needs while promoting long-term community



resilience and development.

Mother Helpage UK is proud to launch a sewing skills project in Mali, aiming to foster sustainable livelihoods and empower local communities. Through this initiative, we provide training in sewing techniques, patternmaking, and garment construction, offering individuals the opportunity to build a better future for themselves and their families.

Mother Helpage's sewing project in Mali empowers local women by providing them with valuable skills and economic opportunities. This initiative involves training women in sewing and tailoring, equipping them with the necessary tools and knowledge to create and sell garments. By establishing community sewing centers, Mother

Helpage UK offers a supportive environment where participants can learn, work, and collaborate.

The project not only enhances women's technical abilities but also promotes entrepreneurship, enabling them to generate income and improve their families' living standards. Additionally, the initiative focuses on sustainable practices, encouraging the use of locally sourced materials to create high-quality, eco-friendly products.

Through this sewing project, Mother Helpage UK addresses both economic and social challenges, fostering self-sufficiency and boosting the local economy. The initiative has transformed the lives of many women in Mali, offering them a pathway to financial independence and a brighter future.



Water, Sanitation and Hygiene (WASH)



Mother Helpage UK is deeply committed to improving health and hygiene through its comprehensive WASH (Water, Sanitation, and Hygiene) projects. These initiatives aim to provide access to clean and safe drinking water, establish proper sanitation facilities, and promote effective hygiene practices in underserved communities. By constructing and renovating wells, installing water filtration systems, and building sanitation infrastructure such as latrines, Mother Helpage UK ensures that communities have reliable access to essential resources. The organization also conducts educational programs on hygiene practices,

such as handwashing and safe water handling, to prevent the spread of diseases. These WASH projects not only enhance the overall health and well-being of the communities served but also contribute to reducing water-borne illnesses, improving quality of life, and fostering sustainable development. Through its dedicated efforts, Mother Helpage UK plays a crucial role in addressing basic needs, promoting health equity, and supporting long-term community resilience.

In our dedicated efforts, Mother Helpage UK has already made a significant impact by installing thousands of wells, including Tube wells, Bore wells, and Community wells, in areas facing water shortage.

Press Release

Supporting Indian Students in the UK Amid Crisis

This year, we at Mother Helpage UK have been proud to support Indian students across the UK during a time of unexpected unrest. Recognising the heightened uncertainties they faced far from home, we provided immediate assistance to help students feel safe and secure during these challenging times.

After the tragic events in Southport led to widespread disturbances, we offered short-term accommodation, safety guidance, and reassurance to students and their families. Many students reached out, seeking temporary housing, food support, and contingency plans. Through social media and direct outreach, we provided updates and advice, helping students navigate these unsettling circumstances.

To ensure effective support, our volunteer team stayed in close contact with security agencies,



enabling us to respond quickly to students' needs. This coordination helped us provide timely assistance and a reliable presence during a volatile period. Fortunately, the UK authorities effectively managed the situation,

with no reported incidents involving harassment of Indian or other international students.

Our commitment to supporting Indian students goes beyond immediate assistance; we strive to create a safe,

welcoming environment, especially in times of crisis. By offering resources and reassurance, we aim to empower students to focus on their studies and feel supported, no matter the challenges they may face.



Mother Helpage
TOGETHER WE CAN

"NGO Steps Up To Support Indian Students In UK Amid Unrest"

<https://www.freepressjournal.in/study-abroad/ngo-steps-up-to-support-indian-students-in-uk-amid-unrest>

WINTER RELIEF

2024-2025



Warm clothes and sleeping bags delivery to The Health Shop (NHS Foundation Trust) and The Open Kitchen (Muslim Hands UK)

As part of our Winter Relief Campaign, Mother Helpage UK delivered 100 bags of warm clothing and sleeping bags to The Health Shop (NHS Foundation Trust) and The Open Kitchen (Muslim Hands UK) in Nottingham. This donation provided essential warmth for individuals facing homelessness and those in need during the cold winter months.

The bags included jackets, gloves, socks, boxer shorts, joggers and sleeping bags, offering immediate relief to those who struggle to access basic winter essentials. Our partnership with The Health Shop, which supports vulnerable communities with healthcare and resources, allowed us to reach individuals who needed help most.

Additionally, The Open Kitchen Nottingham, run by Muslim Hands UK, provides free meals to those facing food poverty, including the homeless, low-income families, and refugees. Serving around 120 meals daily, it offers a warm, community-centred space. Distributing bags there was especially meaningful, as visitors could take warm clothing and sleeping bags along with their hot meals.

This initiative is a part of the ongoing efforts to improve the well-being of those experiencing hardship, and Mother Helpage UK is grateful to our volunteers and donors who made this possible.

We remain committed to supporting the community and ensuring that no one has to face the winter unprepared.

WORKING UNDER THE REGULATORY CODE OF CONDUCT



UNITED NATIONS
CIVIL SOCIETY



CHARITY COMMISSION
FOR ENGLAND AND WALES



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