

MOTHER HELPAGE

For people. For planet. For tomorrow.

ANNUAL REPORT

2025

Registered Charity
1148450



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CEO Message



Roshan Nasti
CEO MOTHER HELPAGE

As we reflect on 2025, I do so with deep gratitude and pride in what we have achieved together. This year has been a defining chapter for Mother Helpage, marked not only by the scale of our reach, but by the clarity of our direction and purpose.

Together, we are building pathways to dignity, opportunity, and hope.

2025 has been a defining year for Mother Helpage. Together we responded to urgent needs with compassion and purpose supporting vulnerable families with food, healthcare, protection and pathways to dignity across multiple regions. We also strengthened our long-term direction by embedding sustainability across our programmes and partnerships. Our work this year reflects a simple truth: when communities, donors and frontline teams act together, hope becomes visible. Thank you for standing with us as we serve people, strengthen communities and build a more resilient tomorrow.

2025 Highlights



Expanded humanitarian response across multiple countries



Healthcare innovation through Midwives on Wheels and Vision for Life



Sustainability and women focused resilience embedded in strategy

With sincere thanks and determination.

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42
Countries of operation (vision for scale)

2025
A year of transition & growth

Global
Partnerships, local action

Table of Content



- ◆ Shaping the Future with Sustainability' event _____04
- ◆ Mandela+20 & A Meaningful Reunion _____05
- ◆ Ramadan 2025: Bringing Hope and Nourishment to Families Globally _____06
- ◆ International Women's Day 2025 at Derby Women's Centre _____03
- ◆ Meeting the Mayor of Derby: Strengthening Community Partnerships _____03
- ◆ Sharing the Blessings: Qurbani Project 2025 _____03
- ◆ Gaza Refugee Support - Cairo, Egypt _____03
- ◆ Meeting the Mayor of Derby: Strengthening Community Partnerships _____03
- ◆ Mother Helpage Podcast Series: Sharing Our Mission with the World _____03
- ◆ Midwives on Wheels: Bringing Healthcare to the Heart of Communities _____03
- ◆ Vision for Life: Restoring Sight, Transforming Lives _____03
- ◆ Organisational Development Interaction: Shaping the Future _____03
- ◆ Sponsorships _____03
- ◆ "Pathways to Dignity" _____03
- ◆ Mother Jamilah Nasti Scholarship Programme _____03
- ◆ Empowering Lives, Strengthening Communities _____03

100+ attendees

40,000

Qurbani families supported

380,000

Qurbani estimated reach

230

Cairo food packs delivered

42

Countries in scale vision

100+

Sustainability event attendees

3,000+

Sponsorship beneficiaries

Shaping the Future with Sustainability

Starting the year with purpose



Mother Helpage opened 2025 with a forward-looking sustainability event that brought together partners, donors and community stakeholders. The gathering highlighted how humanitarian action, environmental responsibility and local collaboration can work together for lasting impact.

Highlights

100+ attendees

Compassion-led delivery combined with accountable operations and partnership working.



Over 100 attendees engaged in discussion and collaboration



Project videos showcased WASH, Midwives on Wheels, Vocational Training and Qurbani upcycling



The Mayor of Derby and local councillors joined the conversation on cross-sector action

These visual presentations provided attendees with a deeper understanding of our integrated approach to sustainability. This event not only set the tone for the year ahead but also reaffirmed our commitment to sustainable humanitarianism. As we continue into 2025, Shaping the Future with Sustainability stands as a meaningful reminder of what we can achieve together when we align purpose with action.

Mandela+20 & A Meaningful Reunion

Celebrating partnership-led impact

At the Mandela+20 high-level event, Mother Helpage joined global humanitarian leaders reflecting on justice, equity and sustainable development. The event also became a meaningful moment to honour partnership – with the presentation of the Mother Helpage Partners Excellence Award to Bond CEO Romilly Greenhill.

Highlights

Global recognition



Global platform connecting humanitarian leaders and changemakers



Recognition of long-standing partnership and shared values



Renewed confidence in collaboration, advocacy and inclusive impact



Looking Ahead

Being invited to this high-level international event reaffirmed Mother Helpage's place within the global humanitarian community and strengthened our resolve to keep pushing boundaries. Mandela+20 reminded us of the power of showing up, speaking out, and working together to build lasting, inclusive impact. It was an inspiring moment and a timely reminder of the strength we gain through meaningful partnerships.

Ramadan 2025: Bringing Hope and Nourishment

Compassion delivered where it was needed most



SRI LANKA



INDONESIA

Highlights

Global Ramadan support

- ◆ Food packs included staples such as flour, oil and essentials
- ◆ Local teams coordinated distribution with care and efficiency
- ◆ A season of giving translated into timely support and hope

Bringing Hope and Nourishment to Families Globally
This Ramadan, Mother Helpage focused its efforts on supporting vulnerable families across the world by providing essential food packs to those facing hardship. Recognising Ramadan as a time of compassion and giving, our teams worked tirelessly to deliver vital staples such as flour, cooking oil, and other essentials to families in need. Our Ramadan Feeding Project ensured that struggling families received the nourishment they needed to observe the holy month with dignity and comfort. We are incredibly grateful to our dedicated volunteers and staff whose commitment made these projects a success and brought joy and comfort to many families.



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International Women's Day at Derby Women's Centre

Connection, empowerment and shared stories

International Women's Day 2025 at Derby Women's Centre In March 2025, Mother Helpage hosted a meaningful event at Derby Women's Centre to mark International Women's Day, bringing together local women for a morning focused on empowerment, connection, and shared experiences. The women-only event created a warm supportive atmosphere, where guests gathered over tea, coffee, and refreshments. The programme included an inspiring talk on women's empowerment, encouraging open dialogue about challenges, achievements, and the importance of supporting one another. A special highlight of the event was the personal contributions from Mother Helpage's own team members, who shared their individual stories of resilience, personal growth, and overcoming challenges. These authentic and heartfelt stories helped create a deeper connection among attendees and served as a reminder that empowerment often begins with shared experiences and collective strength.

To celebrate International Women's Day, every attendee received a thoughtful present - a small gesture from Mother Helpage to mark the occasion and honour the incredible women who joined us. The event concluded with informal conversations, smiles, and a sense of solidarity, as women from different backgrounds found common ground and encouragement through the power of community. At Mother Helpage, we believe that empowered women empower others. Through initiatives like this, we remain committed to supporting women not just on International Women's Day, but every day - creating spaces where women feel valued, heard, and inspired to thrive.

Community empowerment

- ◆ Safe, welcoming women only event space
- ◆ Focus on empowerment, connection and shared experiences
- ◆ Strengthened local relationships and trust in the community

"Empowerment grows when women feel safe, seen, and heard."



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Meeting the Mayor of Derby

Strengthening local partnerships

On 19 March 2025, Mother Helpage marked another important moment in its commitment to community engagement and humanitarian action. Our CEO, Roshan Nasti, met with the Honourable Mayor of Derby, Mr. Ged Potter, for a productive discussion focused on supporting vulnerable communities and exploring new opportunities for collaboration. The meeting provided a valuable platform to introduce Mother Helpage's vision, mission, and ongoing projects – both in the UK and internationally. From humanitarian aid to sustainable development and community empowerment, Roshan Ara highlighted the organisation's diverse efforts and the impact being made across different regions. The Honourable Mayor Mr. Potter expressed his appreciation for the vital work of Mother Helpage emphasised the importance of partnership between charities and local authorities.

Both parties acknowledged the need for continued collaboration to address current challenges and better support those in need – locally and globally. We are grateful to The Honourable Mayor Mr. Potter for his time and interest in our work. Meetings like this reinforce our belief that building strong relationships with local government is key to creating sustainable, long-term change. Together, through shared vision and partnership, we remain committed to uplifting communities and shaping a brighter future for all.

Highlights

Civic collaboration



Strategic local engagement with civic leadership



Shared focus on vulnerable communities and practical support



Momentum for stronger partnerships and future collaboration

Qurbani Project 2025

Sharing the blessings with dignity



2025 Impact Snapshot

22	Countries
40k	Families
280k	Direct beneficiaries
380k	Estimated total reached

Sharing the Blessings: Qurbani Project 2025 In 2025, Mother Helpage continued its commitment to supporting vulnerable communities through the Qurbani Project, delivering fresh meat to families across 22 countries during Eid-ul-Adha. This project aimed to ensure that even the most disadvantaged families could share in the joy and blessings of this sacred tradition. Our 2025 Qurbani distribution achieved a significant impact:

- ◆ Families supported: 40,000 families, each receiving around 3 kilograms of fresh meat
- ◆ Estimated direct beneficiaries: 280,000 people (based on an average family size of 7) In addition to those directly receiving meat, the project extended its reach through indirect beneficiaries. For every family helped, we estimate that 2.5 additional individuals benefited - including neighbours, workers, and relatives:
- ◆ Estimated indirect beneficiaries: 100,000 people In total, the Qurbani Project reached an estimated 380,000 individuals globally in 2025.

Mother Helpage is proud to continue delivering this vital programme, helping communities celebrate Eid with dignity and joy. We thank all our donors and partners whose generosity made this possible.



Gaza Refugee Support – Cairo, Egypt

Relief, reassurance and holistic care

In response to the growing humanitarian needs of displaced families, Mother Helpage established a medical screening unit to support refugees' physical and mental health needs reflecting our commitment to holistic care and dignity.

For families forced to flee their homes, survival often means rebuilding life in unfamiliar and difficult conditions. In June 2025, Mother Helpage provided practical support and hope to displaced families living in Cairo.

Over five intensive days, Mother Helpage's UK team worked alongside local volunteers in Egypt to distribute 230 food packs directly to vulnerable families. Each pack included essential items such as rice, lentils, oil, and flour enough to support a family for approximately one month.

The mission went beyond food distribution. Teams also visited families in shared and temporary accommodation across Cairo, carried out needs assessments, offered reassurance, and connected individuals to further support services, including health screening where needed.

These visits helped us better understand the wider challenges displaced families face and respond with greater compassion and effectiveness. The mission was made possible entirely through public generosity including individual donations, online fundraising, and contributions through the Mother Helpage website.

Mother Helpage's work in Egypt continues, with plans to expand support through hygiene kits, educational supplies for displaced children, and strengthened health and wellbeing services.

For Mother Helpage, every food pack delivered and every family reached represents more than immediate relief it is a reminder that even far from home, these families are seen, supported, and not alone.

Highlight 2025 Impact

- 230** Food packs
- 5** Mission days
- Cairo** Egypt mission



230 food packs distributed over five intensive days



Family visits and assessments supported referrals and follow-up care



Public donations and online fundraising powered the mission



Mother Helpage Podcast Series

Transparency, governance and global engagement

Mission with the World In line with Mother Helpage's commitment to strong governance, operational transparency, and global engagement, 2025 marked the launch of the organisation's inaugural Podcast Series. This initiative was personally spearheaded by our Founder, Dr Sohail Nasti, to reach a global audience and communicate the organisation's values, governance principles, transparency, and modus operandi, especially in a landscape where humanitarian organisations face increasingly complex operational, ethical, and regulatory challenges. The five-episode series was hosted by renowned journalist Kirsten Seymour, providing a credible and professional platform to present structured insights into Mother Helpage's strategic priorities and operational oversight. Each episode addressed core areas aligned with governance and compliance best practice:

- ◆ Global Peace and Humanitarian Response - illustrating adherence to ethical humanitarian principles in crisis settings.
- ◆ Financial Transparency and Accountability - demonstrating responsible fund management, audit readiness, and donor reporting.
- ◆ Sustainable Development - highlighting long-term planning, community resilience, and adherence to international development standards.

- ◆ Local Impact within the UK - showcasing compliance with domestic regulatory frameworks and social cohesion initiatives.
- ◆ Educational Empowerment - reinforcing structured monitoring, evaluation, and outcome measurement in programme delivery. By leveraging this platform, Mother Helpage strengthened stakeholder confidence through open communication and accountability, highlighting both field operations and governance mechanisms in place to safeguard resources and maximise impact. The series also provided transparency into programme design, operational processes, and ethical decision-making, reinforcing our commitment to robust oversight, risk management, and regulatory compliance. Looking forward, the Mother Helpage Podcast Series is positioned as a long-term strategic communication tool, supporting governance, stakeholder engagement, and global awareness. It demonstrates how transparent, accountable, and ethically managed humanitarian action can be effectively communicated to donors, partners, and the wider public, in line with the organisation's mission to create sustainable, resilient communities worldwide



Midwives on Wheels

Bringing maternal care to the heart of communities



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Core Services

- ◆ Antenatal and postnatal care
- ◆ Mother and newborn health screenings
- ◆ Health education on safe pregnancy and childbirth
- ◆ Referral to local facilities when required



Midwives on Wheels: Bringing Healthcare to the Heart of Communities Initiated by Mrs Roshan Nasti, CEO of Mother Helpage, the Midwives on Wheels project is a pioneering initiative designed to stabilise communities by addressing maternal health needs and reducing mortality and morbidity during pregnancy. The programme recognises that lack of access to professional healthcare during pregnancy remains a critical challenge in underserved regions, directly affecting the wellbeing of mothers, newborns, and entire communities. The project operates through mobile midwifery units, which bring essential maternal and neonatal care directly to remote and vulnerable populations.

Pilot Projects and Global Vision In 2025, Mother Helpage successfully launched two pilot projects in India and Uganda, reaching hundreds of mothers and families in hard-to-access areas.

Early results indicate significant improvements in maternal health monitoring, timely medical interventions, and community awareness on pregnancy-related health risks. Building on this success, Mother Helpage plans to expand the Midwives on Wheels programme across all 42 countries where the organisation operates, aiming to provide equitable maternal care to underserved populations worldwide. Global Recognition and Campaigns The initiative has received widespread acclaim from international healthcare and humanitarian communities, highlighting its innovative approach to maternal and community health. To further amplify the project's reach, Mother Helpage has launched a global awareness and support campaign, encouraging stakeholders, donors, and partners to contribute to sustainable maternal healthcare delivery. Impact and Objectives: • Reduce maternal and infant mortality and morbidity • Improve access to skilled healthcare in remote communities

Impact Focus

Pilots launched in India and Uganda

These healthcare initiatives bring care closer to communities, reduce inequalities in access and strengthen long-term resilience.



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Vision for Life

Restoring sight, transforming lives

Vision for Life addresses preventable or treatable blindness in underserved communities through screening, treatment and surgery support. Restoring sight improves health, dignity, education outcomes and economic opportunity for individuals and families.

Core Services

- ◆ Eye screenings and diagnostics
- ◆ Corrective lenses and treatment
- ◆ Cataract and other sight-restoring surgeries
- ◆ Eye health education and prevention

Impact Focus

Pilots launched in India and Uganda

These healthcare initiatives bring care closer to communities, reduce inequalities in access and strengthen long-term resilience.



Organisational Development Interaction

Shaping the future from within



Outcomes

2-day strategic session

- ◆ A clear roadmap to translate the new vision and mission into actionable strategies
- ◆ Identification of critical skill development and training programmes to empower staff and improve operational efficiency
- ◆ Enhanced understanding among leadership and teams of their roles in achieving longterm organisational goals

A two-day organisational development session aligned leadership, teams and strategy with Mother Helpage’s updated vision and mission. The interactive process focused on operational priorities, training needs and stronger cross-department collaboration.

- ◆ Leadership, trustees and core teams participated
- ◆ Clear roadmap developed for translating mission into action
- ◆ Learning, accountability and innovation reinforced across the organisation



Sponsorships: Pathways to Dignity

Hands of Hope Sponsorship Programme

Supporting Vulnerable Lives, Empowering Communities
Mother Helpage's "Hands of Hope" Sponsorship Programme is a flagship initiative designed to provide sustained support to the most vulnerable members of society, including orphans, widows, the elderly, and underprivileged students. By combining financial aid, education, and social support, the programme helps beneficiaries overcome hardship, build resilience, and create pathways toward a dignified life. Scope and Reach The programme is currently active in more than ten countries, directly benefiting over 3,000 individuals. Each sponsorship ensures that recipients receive consistent and personalised support, enabling them to access basic necessities, education, healthcare, and skills development. Programme Components

1. Orphans Sponsorship: Providing education, nutrition, healthcare, and emotional support to children without parental care.
2. Widows and Elderly Support: Offering financial aid, essential provisions, and access to community services to ensure dignity and security.
3. Student Sponsorship: Supporting poor school and university students with tuition, learning materials, and mentorship opportunities.
4. Holistic Development: Regular monitoring, mentoring, and community

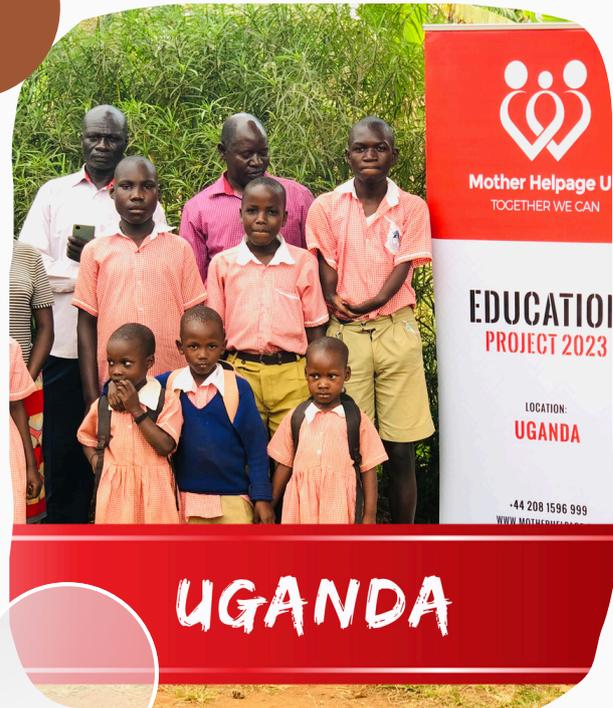
engagement to ensure long-term benefits and self-reliance. Impact and Outcomes

- ◆ Over 3,000 lives transformed through education, healthcare, and essential support.
- ◆ Enhanced social inclusion for widows and elderly, reducing vulnerability and isolation.
- ◆ Improved access to education for underprivileged children and young adults, creating pathways for future employment and independence.
- ◆ Strengthened community resilience, as empowered individuals contribute to the well-being and stability of their communities.

Global Vision Mother Helpage aims to expand the Hands of Hope Sponsorship Programme to additional countries, increasing outreach and impact, and fostering sustainable support networks for vulnerable populations worldwide.

2025 Impact Snapshot

- 10+** Countries active
- 3,000+** Individuals supported
- 4** Core support pathways
- Long-term** Monitoring & mentoring



Transforming Lives Through Clean Water

Bringing clean water to the heart of communities



Access to clean water and proper sanitation is a basic human right, yet millions of people around the world still face daily challenges in securing safe drinking water. Mother Helpage's WASH (Water, Sanitation, and Hygiene) Project is working to change this reality by providing sustainable water solutions to vulnerable communities and improving overall health and wellbeing.

Through this initiative, Mother Helpage installs community water wells, improves sanitation facilities, and promotes essential hygiene practices. These efforts not only reduce the burden of water scarcity but also help prevent waterborne diseases, improve living conditions, and restore dignity to families who previously struggled to meet their most basic needs.

To date, the project has successfully installed 8,742 water wells, creating reliable access to safe water for thousands of people. As a result, the initiative now provides 1,320,042 litres of water every day to communities and their surroundings.

This includes 655,650 litres of water per day for direct beneficiaries, ensuring families have safe drinking water for daily use. An additional 611,940 litres per day benefits indirect users, such as nearby households and community members who also rely on these water sources. The project further supports local livelihoods and food security by providing 52,452 litres of water daily for animals, which are vital for many families' income and nutrition.

Beyond numbers, the true impact of the WASH project is seen in healthier communities, empowered families, and children who can attend school instead of spending hours collecting water. By combining infrastructure with education on hygiene and sanitation, Mother Helpage is building lasting change and helping communities move toward a healthier, more sustainable future.

Together, we are transforming lives—one well, one community, and one drop of clean water at a time.

Impact Focus

Pilots launched 655,650 litres of water per day

Through this initiative, Mother Helpage installs community water wells, improves sanitation facilities, and promotes essential hygiene practices.

Mother Jamilah Nasti Scholarship Programme

Empowering Lives, Strengthening Communities

Hands of Hope represents more than just financial assistance, it is a commitment to dignity, opportunity, and long-term empowerment, ensuring that the most vulnerable members of society are not left behind, and that communities as a whole are strengthened through care and compassion.

Mother Jamilah Nasti Scholarship Programme "Empowering Lives, Strengthening Communities"

The primary aim of the Mother Jamilah Nasti Scholarship Programme is to support and empower financially disadvantaged yet passionate postgraduate and research students from conflict-affected regions, beginning with Jammu and Kashmir, who are committed to humanitarian and social development work. The programme seeks to nurture the next generation of leaders capable of creating meaningful social impact in their communities while promoting equitable access by encouraging applications from female candidates and marginalised groups, ensuring diversity and representation among scholars.



Scholarship support for postgraduate study during pilot phase



Mentorship and academic guidance for holistic development



Leadership, inclusion and SDG-aligned social impact focus

Contribution to Sustainable Development - Support innovative ideas and projects that align with and advance at least five United Nations Sustainable Development Goals (SDGs), leveraging education as a catalyst for sustainable change. Through this initiative, the Mother Jamilah Nasti Scholarship Programme not only provides financial assistance but also cultivates skills, leadership, and social responsibility, preparing scholars to contribute meaningfully to humanitarian and development efforts globally.

Why It Matters

Education is not only support for a student - it is an investment in future humanitarian leadership

Focus

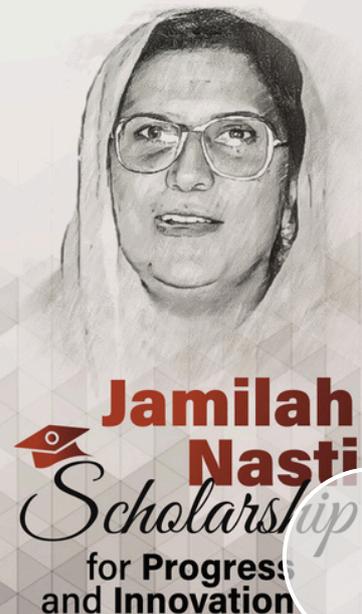
Scholarship + Mentorship + Leadership

30
YEARS
OF SERVICE



Mother Helpage
SUSTAINABILITY STARTS WITH US

Presents



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Thank You

Together, compassion becomes action

Thank you to every donor, partner, volunteer and supporter who made the work of 2025 possible. Your trust, generosity and advocacy helped Mother Helpage respond to urgent need while building stronger, more resilient communities for the future.

STAY CONNECTED

- ◆ Continue partnering with us
- ◆ Support healthcare, relief and education programmes
- ◆ Help us expand sustainable impact across communities

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Annual Impact & Activities 2025
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WORKING UNDER THE REGULATORY CODE OF CONDUCT



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