

2015
ACTIVITY REPORT
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MOTHER HELPAGE
WORLDWIDE

Message From The CEO

It gives me immense pleasure to address you through this newsletter, which highlights our ongoing activities in one of the most forgotten regions in the world, Jammu & Kashmir.

Being the only international charity able to work in this zone, the burden of responsibility lies with us and our donors to support projects that change people's lives and gives them hope, especially to our primary beneficiaries, orphans, widows and the elderly.



Our numerous initiatives have delivered an enormous difference to not just individuals and families, but also entire communities. Just in Kashmir, our Water Aid project has reached at least 2.2 million people, and growing every day. 5,000 orphans and students have been sponsored, supporting their education, health and accommodation. The lives of over 2,000 widows and elderly ladies are sustained through our Women Empowerment programmes, giving them the spirit and confidence they desperately need.

It is with the encouragement of kind contributors that we are able to serve some of the most vulnerable people in the world, who have shown their gratitude, love and prayers by sending videos and drawings to donors who have given these people a new lease of life.

I take this opportunity to remind you that the people of Kashmir still need you. Our work is not yet complete. Your continued confidence will bring relief to the impoverished.

Together, we will make a difference.

Included in this report





Water Aid

Our Mission 2020, in support of the United Nations Sustainable Development Goals, aims to install 3,000 water wells by the end of 2020, which will help reduce mortality and morbidity by providing clean and safe drinking water in the Indian state of Jammu & Kashmir to a population of 630,000 people.

The devastating floods of 2014 left entire communities without access to safe water, having already destroyed their homes, crops and livestock. We have built and provided more than 7,000 wells and community water filters till date all over the world, but being the only international charity working in the state of Jammu &

Kashmir, communities in the region desperately rely on us to provide safe drinking water, where we have established more than 3,000.



2015 saw more than 200 water wells installed in Kashmir and 150 wells are in



construction stages right now. We have already expanded our Safe Water projects to five major districts of Kashmir and are in the process of planning to reach several more as soon as we can. The inclusion of Bore wells in our clean water project has given us more flexibility to reach some of the most deserving and needy people in far flung areas, especially those in higher topographical regions where the need for safe and clean water is critical.



Our safe water projects aim to reach where the need is most critical



Women's Empowerment

One of our core projects is the Vocational Training Centres (VTC), which has predominantly been to assist widows in skill development so that they may become self-sufficient and live with dignity, but we have seen a rise in female orphans who



have now grown into young women, thus requiring assistance to survive, and be free from exploitation.

By empowering these affected women, we are able to achieve the United Nations goals for sustainability and development, and to date, we have facilitated 500 women in 2015, who have four or more

dependents in their family. We have established more than 10 centres in Kashmir, and each centre accommodates up-to 50 students, provides them with training for six months, and upon graduation, are supported in starting up a sustainable independent venture.



We provide them with all necessary prerequisites to succeed, such as raw materials, machines, instructors & course material so that they may thrive in the traditional industries Kashmir is famous for, e.g. handicrafts, embroidery, papier-mâché and so on.

Furthermore, we offer counselling to our budding entrepreneurs, professional as well as personal counselling.

We are the only international charity working directly with these courageous women with permission from the

government to carry out our projects, and for 2016 we hope to support more than 1000 women.



In December 2015 we held a fundraising dinner which was a huge success for us as it was our first such event, raising £135,000 in pledges and donations.



Our VTC graduates produce a diverse product range



Sponsorships

We have seen an unprecedented growth with this programme, supporting thousands of widows, elderly women and orphans. To cover the basic costs of more than 500 beneficiaries we support, each person receives approximately from 2,000 to 2500 rupees per month. This amount

goes towards medicine, food and daily needs as most of them are destitute, abandoned and have no source of income.

Orphans are further assisted by kind donations that go towards supporting their education. We monitor and check their progress regularly, but also offer



support and counselling as many of these children are victims of conflict who require reassurance, kindness and interaction so they may overcome mental and emotional trauma.



At Mother Helpage we not only support orphans and the elderly directly but we also have a number of community initiatives to help them develop in as normal an environment as possible



Bunk Bed Project

Our students at various Madrasas throughout Kashmir suffer multiple problems that create a negative image of Islam as a whole. Recently we donated numerous IT Libraries to various Madrasas from the North of Kashmir to the South. However, whilst upgrading the infrastructure we noticed the living conditions that the students were facing, an unsafe, congested, unhygienic environment. One example of their circumstances was the absence of personal space for the students to rest and sleep, giving them no privacy whatsoever. Our Architectural Team surveyed the premises to see what options could be proposed, however, the restriction of space impeded most ideas. The concept of bunk beds does not exist in Kashmir, but in this case it was the most apt solution, constructed and furnished within one month, providing efficient space utilisation as well as alleviating congestion.



The smallest kindness can have a huge impact on the lives of the vulnerable



Visit the Mother Helpage website to contribute towards the life-changing sponsorship projects



Community Health & Development

We strongly believe in the concept of community, and to improve, strengthen and inspire harmony among its members. We have therefore begun programs such as seminars, debate competitions and awareness campaigns to name a few, that inspire interactive events with widows and the elderly, entitled "Ghapshap". They sit together over tea and snacks, chat with one another and on the occasion of Eid, we shared gifts with them, such as clothes, to make them feel included on this auspicious and religious festival, thus emphasising they are not neglected and forgotten. It turned out to be a huge success and we



The Ghapshap initiative has proved to be a great success

intend to continue and expand this initiative.



TANGMARG DENTAL CHAIR

After several requests from locals and as well as the authorities of Hariwatnoo, Tangmarg, Northern Kashmir, our team



400 patients benefitted from treatment in the first month

went to survey the needs of the area with your help, Mother Helpage donated a Dental Chair to a medical facility there. The equipment worth almost £2,000 was delivered to the hospital, and made operational within 24 hours of delivery.



Our feedback and analysis team returned after a month and reported that the equipment catered to more than 400 patients that month.

Our Medical
Projects
=
Long Term
Benefits



Community Health & Development

Mother Helpage began as a healthcare specialised organisation from its conception, conducting medical camps, free drug distributions, free vaccinations etc. and continues to do so almost all over Jammu & Kashmir.

Our healthcare programs have transitioned into major medical programs, with a few examples of our work including the donation of Anti-Rabies Drugs to District Hospital Anantnag, Donation of Critical Care ICU to the Bone & Joint Hospital Srinagar, Complete Renovation of

SKIMS Hospital Srinagar & Decontamination Drive at SMHS Hospital Srinagar after the floods of 2014 etc.



Bone & Joint Hospital, Srinagar. The impact on the quality of care was immeasurable



The SMHS Hospital decontamination was vital



Islamic Micro-Finance

This project aims to benefit people who have basic infrastructural facilities but not enough financial assets to earn a dignified livelihood. As a pilot project, we surveyed the surroundings for a suitable case and identified Mr. Mohammad Amin at



Jablipora, Bijbihara, a small vendor with limited items for sale. Although being an “entrepreneur” in the literal sense, he was unable to afford more variety of stock and was limited to a meagre income to support a family of six dependents. We provided him with fresh stock, more items and a reasonable amount of financial backing required to help him earn more from his business. Unlike a bank, he is reimbursing us in very small instalments, as not to hinder him in repurchasing stock, and without any interest. The repayments are redirected to another deserving beneficiary who will also be assisted financially to achieve an honest, sustainable income thus making them self-sufficient as well, with our support and guidance. With the success of this pilot project, we intend to cover 20 further people this year, helping them become independent.

LIVELIHOOD GENERATION PROJECT

One example of this project is Mr. Mohammad Yusuf, a resident of Qazigund, Anantnag. Handicapped after a dreadful



accident causing him to lose one of his limbs, had no hope of providing for a family of four, leaving him depressed, distraught and helpless with no source of income. Our team devised a tailor-made strategy to help Mr. Yusuf support his young family, to which he agreed. We provided him with a beautiful handcart, stock to sell and starting capital free of cost, so that he may expand in future without the strain of repaying a loan. The project, in its 3rd month, has been a revelation for Mr. Yusuf who no longer feels his disability is a weakness, and takes pride in his ability to provide for his family. It is with the kindness of your donations that Mr. Yusuf feels the support, care and guidance he has received from Mother Helpage has changed his life.



Education

Our work has varied from sponsoring children's education to making temporary shelters for schools in the devastating floods of 2014. Recently we have collaborated with numerous schools for the purpose of conducting educational and awareness programs. One example is of S.P. School



Srinagar, where we provided a Mobile and Computer Repairing Unit, in the hope to emphasise skill learning as a part of their curriculum. Our intention this year is to adopt government schools and upgrade their facilities as well as infrastructure, setting a benchmark for excellence, and have begun with the Government Boys

High School Khannabal, Anantnag. The government and school administrations have been highly cooperative and appreciative towards our plans, encouraging us to adopt more schools and help in developing them further.



Further to this we have donated I.T libraries to a several Madrasas to enable students to attain the highest level of literacy, not only in their religious studies, but academically as well as in their personal and skills development. We have also constructed a building in Lachipora Udi, which functions multi purposely, as a masjid, community centre, counselling centre, training academy for



young people, offering the locals a place where they can be productive and more importantly, an opportunity to develop themselves.

“I want to help people like Mother Helpage does. I want to learn and help people learn. I want to be like you.”

*Iqra Muhammad
MH Student Program Beneficiary*



Emergency & Winter Relief

Our organisation specialises in disaster management, rescue and rehabilitation, whilst the CEO is a disaster trained professional. During the recent catastrophic floods in the state of J&K,



Mother Helpage successfully reached thousands of victims and provided them with critical essentials, from medicine and water, to clothes and blankets, including the reconstructions of those homes which were destroyed. In 2015, our rapid response team were some of the first professionals to reach those hit by the massive earthquake, showing immediate response, disaster analysis, rescuing



victims and adequate rehabilitation with essential supplies. Kashmir, known for its bitterly cold winters, is home to some of the most vulnerable people and every year our role and responsibilities grow with people's needs. The long running



winter relief project reaches out to those families who cannot survive the harsh weather, providing them with essential winter supplies such as blankets, food, clothing, firewood etc. Each year we support on average 500 families, however, the last two years we facilitated many more as there were victims from floods and earthquakes.





Emergency & Refugees



Nepal Earthquake Emergency
2015 saw a huge earthquake hit Nepal, where our rapid intervention team were some of the first response units to arrive, supporting more than 1,000 families by providing immediate essentials such as family food packs, medicine, clothing etc.



Rohingya Refugees

There are more than 1,000 Rohingya refugees in Jammu & Kashmir registered with the UNHCR who have fled from Burma. The condition they are in is deplorable, and Mother Helpage has been supporting the displaced families for the last four years by supporting them with projects whereby they can earn a living instead of begging and being dependent on charity. We have also tried to provide as much care as possible in medicine, food and clothing, but our aim is to integrate them into society so they





Housing Projects

The catastrophic floods of 2014 had a disastrous impact on the people of Kashmir, washing away entire villages at some places. The homes that survived, suffered massive damages and became unsafe to live in, structurally as well as medically, due to the spread of infections. As specialists in disaster management, Mother Helpage acted immediately, providing affected families with healthcare, warm clothes, food, water and more importantly, temporary shelters, which were designed to turn into permanent accommodations later on.

One example is of a family living in Khanabal, a place situated on the banks of the Jhelum River, one of the first families to have been hit by the floods, and possibly the worst hit, as the banks of the river had burst. Already suffering as a widowed and mother of five daughters, her situation became unthinkable as the families home was swept away along with all their possessions in Batpora, Khannabal.



This temporary shelter was provided until the family home was completed

Mother Helpage's Rapid Response Team conducted a survey with the construction team and proposed to provide them with temporary accommodation until a modern home could be built so that they may live in comfort. Completed in less than 50 days, the house was ready for the mother and her daughters to move in and call their home.





Ramadan & Qurbani

The Ramadan project was a huge project last year where at least 32,000 beneficiaries were directly provided with food packets so they may partake in their religious traditions without facing hindrance of food shortages. Those identified include orphans, widows, elderly and the impoverished in the areas of Dodu (Bijbehara), Fooda (Anantnag), Pushwara (Anantnag), Sarnal (Anantnag), Ashajipora (Anantnag), Idar-e-tehqiqt (Orphanage), Burmese Refugees Jammu and Indian Muslim Refugees in Harnag.



Our Qurbani program has been successfully growing for several years, with last year being the biggest to date, where over 500 animals were sacrificed and the meat distributed, according to religious obligations, to the poor, the needy and those deserving people and families who are cut off from society. We decided on incorporating short documentaries regarding the Qurbani project to show case how people's lives are touched by the support and kindness given to them. The main areas that desperately required assistance included areas of Anantnag, Pahalgam, Pulwama, Kulgam and Awantipora.



32,000 Beneficiaries
Iftar Packs £25
Qurbani's from £40





Volunteer

BE THE CHANGE!

Volunteer your time to help change lives in Jammu & Kashmir

- Arrange an event in your local area
- Take ownership of a project
- Organise a fundraiser
- Volunteer at the next MH Event
- Propose your own fundraising idea

Contact your Mother Helpage Office to register your interest today.

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OUR HUMANITARIAN PARTNERS

