



2016 ACTIVITY REPORT

Mother HelpAge (UK)
Your Link to Jammu & Kashmir

www.motherhelpage.org

WHO WE ARE

Mother HelpAge is the only International NGO registered in Jammu & Kashmir. This means that Mother HelpAge is the ONLY authorised INGO performing humanitarian activities in the region. This allows us to ensure that donor projects are completed with the maximum financial efficiency.

Mother Helpage was established in 1994, after the death of Mrs Jamilah Gul Nasir, the mother of Dr. Sohail Nasir (the founder of Mother Helpage Worldwide). During its early years, the foundation operated in Indian administered Kashmir from where the Nasir family originally belongs. Dr. Sohail started with small mobile medical camps with a few of his friends and used to visit the nearby villages providing first aid to the people who were devoid of medical facilities during the ongoing turmoil in Indian administered Kashmir.

Mother HelpAge operations have since diversified to include all aspects of humanitarian aid. Since our inception we have worked internationally in some of the most dangerous disaster zones in almost 150 countries.

MESSAGE FROM THE CEO

TEXT AND IMAGE TO BE PROVIDED

CONTENTS PAGE WITH SYMBOLS

EMERGENCY RESPONSE



RAF-Qatar Emergency Aid Distribution implemented by Mother HelpAge. October 2016

The Kashmir unrest of 2016 refers to a series of violent protests in the state of Jammu & Kashmir. Curfew was imposed in all 10 districts of the valley on 8th July and mobile services were also suspended.

Local populations affected by the lockdown for in the following ways:

No access to essential food items

No access to medicine

No access to transport

Telephone and mobile networks are severely limited

Villages and rural areas are already isolated and disconnected from their surroundings due to lack of infrastructure. The current curfew regime imposed on the main cities has had a severe effect on these villages as they rely on the cities for essentials such as medical care, education and employment. Emergency services are currently inaccessible to villagers due to the curfew in the cities.

**15,000 Injured &
Over 100 Killed**

Many families have lost everything during this turmoil and now have no support. The target areas are the districts of Anantnag, Shopian, Kulgam, Pulwama.



These are the main areas comprising South Kashmir which are not only underdeveloped and lack meaningful development but have suffered most due to the recent unrest.

15,000 people have been injured so far, 100 people have been killed & More than 400 people have lost their eyesight due to pellet injury. 25 Schools have been burnt by vandals.

Our teams have been working on the ground since day 1 of the unrest. Mother HelpAge has distributed emergency food packages to over 150,000 beneficiaries in the valley of Jammu & Kashmir since the crisis began.



Mother HelpAge aid distribution for Kashmiri minorities



Mother HelpAge fulfills partner projects in the region

In addition, the Mother HelpAge response teams have been providing on-going support to local hospitals in the capital in

the areas of paediatrics and provision of medicines. Community clinics have been set up in areas of the greatest need providing assistance to the needy, with a special focus on the elderly.



Mother HelpAge pop up community clinics

To date, the valley of Kashmir remains in crisis, and hundreds of thousands are still in dire need of humanitarian assistance. This is particularly the case when considering the onset of winter.



Mother HelpAge aid reaches rural communities

The majority of youth that have lost their sight due to the lethal pellet injuries cannot afford the required treatment. We continue to appeal for support to provide them financial assistance so they can receive appropriate treatment.

The people of J&K continue to need your support



Family Winter Aid Parcel £90

Plummeting temperatures bring hardship upon the poor and vulnerable communities of the Kashmir Valley. The region has suffered hugely due to the restrictions imposed on the valley since July 2016. The restrictions not only stifled movement of individuals but ruined any kind of commerce that the people of Kashmir rely upon, resulting in entire communities becoming socially and economically isolated.



Mother HelpAge winter relief distribution



Mother HelpAge winter relief distribution

The needs of the destitute currently include food supplies, winter fuel, and the need to keep warm.

A Family Winter Aid Parcel is designed to assist those families most at risk through the harshest time of year in the Kashmir Valley. Beneficiaries have been identified by our needs assessment teams and their need is indeed great. This year has thrown forward greater challenges than normal and our response will help secure their physical, mental and social wellbeing of the needy.

Your generous support enables us to effectively address the requirements of these poverty stricken families and provide winter relief to them.

WATER AID



in support of the UN Sustainable Development Goals, Mother HelpAge aims to install 3,000 water wells by the end of 2020, providing clean and safe drinking water in the to the state of Jammu & Kashmir to a population of over 650,000.

to reach several more as soon as we can.



Mother HelpAge safe water schemes benefit all Kashmiris

Community Bore wells have allowed us 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.

Require facts around the 2016 Water Aid Projects



Mother HelpAge targets aid at the most vulnerable

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.

Through the support of our international aid partners and donors we are providing safe water projects to five major districts of Kashmir and are in the process of planning

EMPOWERING WOMEN



Mother HelpAge initially introduced Vocational Training Centres to assist widows in skills development so that they may become self-sufficient and live with dignity. Due to a rise in female orphans who have now grown into young women, thus requiring assistance to survive, and be free from exploitation this scheme has been invaluable in providing security and a source of income to hundreds of needy families in Jammu & Kashmir.

We are the only international charity working directly with these courageous women with permission from the government to carry out our projects, and in 2015/16 we have supported almost 2000 women through our women's empowerment programmes.

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.



Vocational Training Centres provide a safe learning environment

By empowering these affected women, we are able to achieve the United Nations goals for sustainability and development, and to date, 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.

Contact Us

email: projects@motherhelpage.org

Projects Office (Nottingham)

35 Wigman Road.

Unit 1, Wigman Buildings.

Nottingham. Ng8 3HY

T: 00 44 115 9985 667

London Office

M.H. House,

6 Claremont Road,

Cricklewood.

London.

NW2 1BP

T: 00 44 203 784 2315

UAE Contact Centre

226 / Street One.

Jumeirah Village Circle. Al Bashra.

Dubai

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.



OUR HUMANITARIAN PARTNERS

