

SCOTTISH REGISTERED CHARITY NUMBER: SC052005

MY HELP FOUNDATION

ANNUAL REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2024

Register Address: 567 Cathcart Road Glasgow G42 8SG

Web: www.helpfoundation.org.uk

E: admin@helpfoundation.org.uk

M: 0785432704

MY HELP FOUNDATION

CONTENTS

For the Year Ended 31 December 2024

Section	Page
Report of Trustees	1-4
Independent Examiner's Report	5
Statement of Financial Activities	6
Balance Sheet.....	6-7
Notes to the Financial Statements	9

TRUSTEES REPORT

For The Year Ended 31 December 2024

The trustees present their report with the financial statements of the charity for the year ended 31 December 2024. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015).

Trustees

List of Management/office bearers during the year to 31 December 2024:

Mubassar Ashfaque

Chair/Director

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The organisation is a registered company and charity, incorporated under Companies House with registration number SC617246, and registered with the Office of the Scottish Charity Regulator (OSCR) under charity number SC052005. It operates in accordance with its constitution and is fully governed under the regulatory frameworks of both Companies House and OSCR.

Objectives and Vision

My Help Foundation is relentlessly working to alleviate poverty as well as poverty-afflicted pain and suffering regardless of their location. We target the grassroots of poverty and suffering before extended damage leaves lifelong scars on its victims. We primarily focus on:

- • The prevention or relief of poverty
- • The advancement of education
- • The advancement of religion
- • The advancement of health

Our Vision

To excel in humanitarian relief and the provision of humanitarian services with the highest level of compassion, professionalism, and duty of care to those who need help.

Our values:

Equality: We believe the lives of all human beings are of equal value.

Respect: We affirm the dignity, potential and contribution of participants, donors, partners, staff and volunteers.

Integrity: We act consistently with our mission, being honest and transparent in what we do and speak.

Partnerships: We work together effectively to serve the larger community.

Quality: We constantly challenge ourselves to the highest levels of learning and performance to achieve greater impact.

Activities and Projects

Our primary goal is to support most vulnerable, poor, and needy people whilst engaging into projects where we are able to take our volunteers and donors for monitoring and personal involvement purposes.

Clean Water Initiative – Improving Health and Livelihoods

Access to clean and safe drinking water continues to be one of the most critical public health challenges in Pakistan. It is estimated that nearly **80% of the population relies on unsafe or contaminated water sources**, primarily due to inadequate infrastructure and limited access to sustainable water systems. As a result, waterborne diseases such as diarrhoea, hepatitis, and typhoid fever remain widespread—particularly in remote and economically disadvantaged communities—placing a significant burden on already vulnerable populations.

In response to this urgent need, My Help Foundation launched its Clean Water Initiative, aimed at providing safe, reliable, and easily accessible drinking water to marginalized communities across the country. The initiative focuses not only on infrastructure development but also on long-term sustainability and community empowerment.

During its first year of implementation, the Foundation achieved significant milestones:

- Installation of over 650 household hand pumps, ensuring direct access to clean water for individual families in remote and underdeveloped districts such as Jhang, Toba Tek Singh, and Layyah cities of Pakistan.
- Establishment of 52 large community hand pumps in shared public spaces, including schools, mosques, and marketplaces, benefiting entire neighbourhoods.
- Development of solar-powered water wells in the remote villages of Sindh, where conventional water supply systems are not feasible.

These interventions have had a transformative impact. Families who previously had to travel long distances to collect unsafe water now have convenient access to clean water within their homes or communities. To date, the initiative has directly benefited over 10,000 families, leading to a noticeable reduction in waterborne illnesses, improved hygiene practices, and an overall enhancement in quality of life.

Add project places strong emphasis on community engagement and sustainability. The g are actively involved in the maintenance of water systems and participate in awareness sessions on hygiene, sanitation, and safe water usage. This participatory approach fosters a sense of ownership and responsibility, ensuring that the installed facilities remain functional and effective over the long term.

In future, My Help Foundation aims to expand this initiative to reach more underserved areas, further reducing health risks and contributing to the socio-economic development of vulnerable communities.

Women empowerment

The foundation had been distributed more than 45 sewing machines among the poor and widows. The project is part of the community development programs to fight poverty, improve family's income and help reach the self-sufficiency level.

Sponsor Orphan child

The foundation sponsored more than 50 orphans' children annually. The sponsorship provided School fees, books, notebooks, stationery, uniform, school bag, shoes, food, and other living costs

Eye Operation

Cataracts remain one of the leading causes of blindness across many developing regions, including Pakistan. To address this critical issue, My Help Foundation organises eye health camps in some of the most deprived communities of the country. These camps, conducted with the support of respected local ophthalmologists, aim to assess the quality of vision and overall eye health among the most disadvantaged and vulnerable individuals. During a recent camp, over 200 people received comprehensive eye examinations, with 19 patients selected for cataract surgeries and many others provided with corrective glasses all completely free of cost.

Wheelchair Distribution

Before receiving wheelchairs, the beneficiaries were living in extremely difficult circumstances, fully dependent on others for their daily activities even for basic mobility such as moving to the washroom. Through the provision of wheelchairs, these individuals have been given the gift of independence and dignity, enabling them to move freely and carry out daily tasks with ease. To date, more than 57 wheelchairs have been distributed among needy and underprivileged children and adults with disabilities, transforming their quality of life and restoring their sense of self-reliance.

Mosque Construction Project

Mosques are at the heart of every Muslim community around the world, and they play a pivotal role in education, daily worship, and special occasions. Indeed, the first act of the Prophet Muhammad (PBUH) upon his arrival in Medina was to build a mosque. A Masjid is a place of spiritual and personal development but aside from this, religious and educational growth is also instigated. During the year, My Help Foundation built 13 community mosques in different villages in Pakistan and provided a safe place of worship to the local people. Our donor's support has helped us to reach out to countless Muslims in need of a centre for worship and education within their communities.

Winter Relief

During the cold winter months, My Help Foundation launched a Winter Relief Program to support homeless and impoverished families living in some of the most remote and underprivileged regions of Pakistan. Recognizing the severe hardships faced by those without adequate shelter or clothing, the Foundation provided essential winter supplies including warm blankets, shoes, coats, sweaters, and food packages.

Through this compassionate initiative, over 1000 vulnerable families received complete winter relief kits, ensuring they were protected from the harsh weather conditions. The project not only provided immediate physical comfort but also restored dignity and hope among the recipients many of whom were struggling to survive in freezing temperatures.

By addressing both warmth and nourishment needs, My Help Foundation's Winter Relief Program played a vital role in reducing seasonal illnesses, improving community well-being, and reinforcing the organisation's ongoing commitment to humanitarian care and social support for those most in need.

Qurbani

My Help Foundation successfully carried out its Qurbani Project in Pakistan as part of its annual humanitarian efforts. Held each year during the sacred occasion of Eid al-Adha, the initiative honours the Islamic tradition of sacrifice by organizing the slaughter and distribution of Qurbani meat from cows and goats to impoverished and deserving families. In doing so, the foundation ensures that the true spirit of Eid—sharing blessings and showing compassion to those in need—is meaningfully fulfilled.

Through careful planning and close coordination with local teams, My Help Foundation distributed fresh Qurbani meat to thousands of underprivileged families across different regions. This essential support provided much-needed nutrition to households that often lack access to adequate protein and balanced meals, contributing to improved health and well-being. Beyond addressing immediate needs, the project also strengthened a sense of community, dignity, and inclusion, enabling vulnerable families to celebrate Eid with joy and renewed hope.

Ramadan

My Help Foundation implemented a wide-reaching food distribution project, providing Iftar meals for breaking the fast, across several remote regions of Pakistan to support vulnerable families during the holy month of Ramadan. Each food parcel included essential dry items, sufficient to sustain a family throughout the month. Alongside this, the Foundation organized daily distributions of freshly prepared meals in underserved communities, ensuring that thousands of individuals were nourished and able to observe Ramadan with dignity and ease. Embracing the spirit of generosity and compassion, the Foundation—supported by its generous donors—also worked to spread happiness on Eid day. Special Eid packages were distributed, including new clothing, gifts, and sweets for underprivileged families and orphaned children, enabling them to celebrate the joyous occasion with a sense of happiness and hope.

Eid Gifts

My Help Foundation organised special Eid events aimed at bringing joy and happiness to orphans, homeless children, and families living in poverty. During these occasions, the Foundation distributed Eid gift packages containing new clothes, shoes, and toys, ensuring that every child could celebrate the festival with dignity and delight. These efforts were part of the Foundation's broader mission to spread compassion and inclusion, particularly among vulnerable groups who often have limited opportunities to experience the joys of festive occasions. By providing these thoughtful gifts, My Help Foundation not only fulfilled physical needs of these children but also uplifted their spirits fostering smiles, hope, and a sense of belonging during a time of celebration.

Future Plan

During the coming twelve months the charity will focus on the projects in hand and continue to spend the donations in a way that best benefits those suffering. Approved by order of the board of trustees on 31st 2025 and signed on its behalf:

A handwritten signature in black ink, reading "M. A. Ashfaq". The signature is written in a cursive, flowing style.

M A Ashfaq
Chair

I report on the accounts of the charity for the year ended 31 December 2024 set out on pages six to ten.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts in accordance with the terms of the Charities and Trustees Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006. The charity's trustees consider that the audit requirement of Regulation 10(1)(a) to (c) of the Accounts Regulations does not apply. It is my responsibility to examine the accounts as required under Section 44 (1)(c) of the Act and to state whether particular matters have come to my attention.

Basis of the independent examiner's report

My examination is carried out in accordance with Regulation 11 of the Charities Accounts (Scotland) Regulations 2006. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently I do not express an audit opinion on the view given by the accounts.

Independent examiner's statement

In the course of my examination, no matter has come to my attention:

(1) which gives me reasonable cause to believe that, in any material respect, the requirements

- to keep accounting records in accordance with Section (44)(1)(a) of the 2005 Act and Regulation 4 of the 2006 Accounts Regulations, and
- to prepare accounts which accord with the accounting records and comply with Regulation 8 of the 2006 Accounts Regulations have not been met, or

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



Asrar Ahmad
Chartered Certified Accountant
64 Main Street, Cambuslang
Glasgow
G72 7EP
24th November 2026

MY HELP FOUNDATION

STATEMENT OF FINANCIAL ACTIVITIES

FOR THE YEAR ENDED 31 DECEMBER 2024

FOR THE YEAR ENDED 31 DECEMBER 2024		2024		2023
	Notes	Unrestricted Funds	Restricted Funds	Total Funds
INCOME RESOURCES				
Incoming Resources from Generated Funds				
Voluntary Income	2	640,756		640,756
Investment Income	3	-		-
Other Incoming Resources	3a	153,572		153,572
Incoming Resources from Charitable Activities				
Fee Income		-		-
Total Incoming Resources		794,328	-	794,328
RESOURCES EXPENDED				
Costs of Generating Funds				
Costs of generating voluntary income and charitable activities	4	800,819		800,819
Governance Costs	5	-		-
Total Resources Expended		800,819	-	800,819
NET INCOMING/(OUTGOING) RESOURCES				
		-6491	-	-6491
RECONCILIATION OF FUNDS				
Funds brought forward		26,652	-	26,652
TOTAL FUNDS CARRIED FORWARD				
		20,161	-	20,161

HELP FOUNDATION

BALANCE SHEET

AS AT 31 DECEMBER 2024

	Notes	Unrestricted Funds	Restricted Funds	Total Funds	2023 Total Funds
FIXED ASSETS					
Tangible Assets	7	1,254		1,254	1,254
CURRENT ASSETS					
Debtors and Prepayments	8			-	10,798
Cash at Bank and in Hand	9	47,363		47,363	70,133
CREDITORS					
Amounts falling due within one year	10	15,636		15,636	15,636
NET CURRENT ASSETS		32,981		32,981	55,751
TOTAL CURRENT ASSETS LESS CURRENT LIABILITIES			-	-	55,751
CREDITORS					
Amounts falling due after more than one year	11	18,008	-	18,008	18,008

NET ASSETS		14,973	-	14,973	26,652
FUNDS	12				
Unrestricted Funds		20,161	-	20,161	26,652
Restricted Funds		-	-	-	-
TOTAL FUNDS		20,161	-	20,161	26,652

The Financial Statements were approved by the Board of Trustees on 06 November 2024 and were signed on its behalf by;

M A Ashfaque
Chair

MY HELP FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2024

1. ACCOUNTING POLICIES

Accounting convention

The financial statements have been prepared under the historical cost convention and in accordance with the Financial Reporting Standards for Smaller Entities (effective January 2009), the Charities and Trustees Investment (Scotland) Act 2005 and the requirements of the Statement of Recommended Practice, Accounting and Reporting by Charities.

Incoming resources

All incoming resources are included on the Statement of Financial Activities when the charity is legally entitled to the income, and the amount can be quantified with reasonable accuracy.

Resources expended

Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category. Where costs cannot be directly attributed to headings they have been allocated to activities on a basis consistent with the use of resources.

Taxation

The charity is exempt from tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees. Restricted funds can only be used for restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for restricted purposes. Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 DECEMBER 2024

		2024		2023
	Note	Unrestricted Funds	Restricted Funds	Total Funds
INCOME RESOURCES				
Incoming Resources from Generated Funds				
Voluntary Income	2	640,756		662,574
Investment Income	3	-		-
Other Incoming Resources	3a	153,572		145,418
Incoming Resources from Charitable Activities				
Fee Income		-		-
Total Incoming Resources		794,328	-	807,991
RESOURCES EXPENDED				
Costs of Generating Funds				
Costs of generating voluntary income and charitable activities	4	800,819		759,506
Governance Costs	5	4,950		4,950
Total Resources Expended		805,769	-	764,456
NET INCOMING/(OUTGOING) RESOURCES		-6491	-	43,535
RECONCILIATION OF FUNDS				
Funds brought forward		26,652	-	16,883
TOTAL FUNDS CARRIED FORWARD		20,161	-	26,652

HELP FOUNDATION
BALANCE SHEET
AS AT 31 DECEMBER 2024

	Notes	Unrestricted Funds	Restricted Funds	Total Funds
FIXED ASSETS				
Tangible Assets	7	1,000		1,254
CURRENT ASSETS				
Debtors and Prepayments	8			10,798
Cash at Bank and in Hand	9	47,363		70,133
CREDITORS				
Amounts falling due within one year	10	15,636		15,636
NET CURRENT ASSETS		32,727		55,751
TOTAL CURRENT ASSETS LESS CURRENT LIABILITIES			-	55,751
CREDITORS				
Amounts falling due after more than one year	11	18,008	-	18,008
NET ASSETS		14,720	-	26,652
FUNDS				
Unrestricted Funds	12	20,161	-	26,652

Restricted Funds	-	-	-	-
TOTAL FUNDS	20,161	-	20,161	26,652

The Financial Statements were approved by the Board of Trustees on 06 November 2024 and were signed on its behalf by;

M A Ashfaque
Chair