

SCOTTISH REGISTERED CHARITY NUMBER: SC052005

My Help Foundation

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MY HELP FOUNDATION
Contents of the Financial Statements
For the Year Ended 31 December 2023

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MY HELP FOUNDATION TRUSTEES REPORT

For The Year Ended 31 December 2023

The trustees present their report with the financial statements of the charity for the year ended 31 December 2023. 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 2023:

Mubassar Ashfaq

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

Access to clean and safe drinking water remains one of the most pressing challenges in Pakistan, with an estimated 80% of the population forced to rely on unsafe water sources due

to the scarcity of safe and sustainable options. Contaminated water has led to a sharp rise in waterborne diseases such as diarrhoea, hepatitis, and typhoid fever, especially in remote and impoverished regions where basic water infrastructure is lacking.

To address this urgent need, My Help Foundation launched its Clean Water Initiative, focusing on delivering safe and accessible drinking water to marginalised communities. In its first year, the Foundation successfully installed more than 750 small hand pumps within individual households across remote and underdeveloped districts, including Jhang, Toba Tek Singh, and Layyah. Additionally, 60 large community hand pumps were set up in public areas such as schools, mosques, and marketplaces to serve entire neighbourhoods and 15 solar wells for remote villages of Sindh province of Pakistan.

These installations have transformed the daily lives of countless families who previously had to walk long distances to fetch unsafe water. Through this initiative, over 10,000 families now have reliable access to clean water directly within their communities significantly reducing illness, improving hygiene, and enhancing the overall quality of life.

The project not only provides a vital resource but also empowers local marginalised residents by involving them in maintenance and awareness programs on hygiene and water safety. By promoting community ownership, the Foundation ensures that the clean water systems remain functional and sustainable for years to come.

Women empowerment

The foundation had been distributed more than 200 sewing machines among the poor and widows. The project is part of the community development programs to fight poverty, improve families income and help reach the self-sufficiency level.

Sponsor Orphan child

The foundation sponsored more than 500 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 implemented its Qurbani Project in Pakistan as part of its annual humanitarian initiatives. Conducted every year during the sacred period of Eid al-Adha, the project upholds the Islamic tradition of sacrifice by organizing the slaughtering and distribution of Qurbani meat (from cows and goats) among impoverished and deserving families. The initiative ensures that the spiritual essence of Eid sharing blessings and compassion with those in need is meaningfully realized. Through careful planning and collaboration with local teams, My Help Foundation was able to distribute fresh Qurbani meat to thousands of underprivileged families across various regions.

This vital support provided nutritious food to families who often lack access to sufficient protein and balanced meals, thereby improving their health and well-being. Beyond immediate relief, the project fostered a sense of community, dignity, and inclusion, allowing vulnerable households to celebrate Eid with joy and hope.

Ramadan

My Help Foundation conducted a comprehensive food distribution program across several remote regions of Pakistan to support vulnerable families during the holy month of Ramadan. Each distributed food parcel contained essential dry food items sufficient to sustain a family for the entire month. In addition, the Foundation organized daily cooked meal distributions in various underserved areas, ensuring that thousands of beneficiaries were nourished and able to observe Ramadan with dignity and ease. In keeping with the spirit of generosity and compassion, the Foundation, with the support of its benevolent donors, also made efforts to bring joy on Eid day. Special Eid packages were distributed, including new clothes, gifts, and sweets for needy families and orphaned children, allowing them to celebrate the festive occasion with 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.

Fatima tul- Zahra School Project

The school provides high-quality education to orphans and underprivileged students in Lahore, Pakistan. It operates on a subsidized fee model, with around 50% of students studying on full scholarships at no cost. In 2023, the school had 100 students supported by 8 dedicated teachers and staff members. The organization takes great pride in its students and the teachers who are shaping the next generation through their commitment to learning and growth.

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 15th October 2024 and signed on its behalf:



M A Ashfaq
Chair

I report on the accounts of the charity for the year ended 31 December 2023 set out on pages six to eleven.

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.

A.Ahmad

Asrar Ahmad
Chartered Certified Accountant
64 Main Street, Cambuslang
Glasgow
G72 7EP

10 November 2025

**MY HELP FOUNDATION
STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 DECEMBER 2023**

	Notes	Unrestricted Funds	Restricted Funds	Total Funds
INCOME RESOURCES				
Incoming Resources from Generated Funds				
Voluntary Income	2	662,574		662,574
Investment Income	3	-		-
Other Incoming Resources	3a	145,418		145,418
Incoming Resources from Charitable Activities				
Fee Income		-		-
Total Incoming Resources		807,991	-	807,991
RESOURCES EXPENDED				
Costs of Generating Funds				
Costs of generating voluntary income and charitable activities	4	759,506		759,506
Governance Costs	5	4,950		4,950
Total Resources Expended		764,456	-	764,456
NET INCOMING/(OUTGOING) RESOURCES		43,535	-	43,535
RECONCILIATION OF FUNDS				
Funds brought forward		(16,883)	-	(16,883)
TOTAL FUNDS CARRIED FORWARD		26,652	-	26,652

**MY HELP FOUNDATION
BALANCE SHEET
AS AT 31 DECEMBER 2023**

	Notes	Unrestricted Funds	Restricted Funds	Total Funds
FIXED ASSETS				
Tangible Assets	7	1,254		1,254
CURRENT ASSETS				
Debtors and Prepayments	8			-
Cash at Bank and in Hand	9	70,133		70,133
CREDITORS				
Amounts falling due within one year	10	15,636		15,636
NET CURRENT ASSETS		55,751		55,751
TOTAL CURRENT ASSETS LESS CURRENT LIABILITIES		55,751		55,751
CREDITORS				
Amounts falling due after more than one year	11	29,099	-	29,099
NET ASSETS		26,652	-	26,652
FUNDS	12			
Unrestricted Funds		26,652		26,652
Restricted Funds				
TOTAL FUNDS		26,652		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

HELP FOUNDATION
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2023

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 particular 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 particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes. Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

2 VOLUNTARY INCOME

Collections/Donations	2a	662,574
2a Collections/Donations		
Donations- HSBC		655,951
Donations- Virgin		6,623
		662,574

3 INVESTMENT INCOME

Investment income	-
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3A OTHER INCOME

Charitable Activities	-
Gift Aid	145,418
	145,418

4 COSTS OF GENERATING VOLUNTARY INCOME AND CHARITABLE ACTIVITIES

Employees Costs	4a	56,237
Premises Costs including insurance		12,500
Repair and Maintenance- IT and General	4b	10,841
Charitable activities, project funding and donations	4c	544,278
Advertisement and marketing expenses	4d	114,643
Bank Charges and loan interest		1,415
Travelling and Subsistence		8,433
Depreciation		275
Legal and professional fees	4e	8,462
Administration and sundry expenses		2,422
		759,506

4a Employees Costs

Bonuses	-
Salaries	56,237
	56,237

4b Repair and Maintenance- IT and General

IT Costs	9,577
Repairs/sundry	1,264
	10,841

4c Charitable activities, project funding and donations

Charitable Activities- HSBC	459,219
Charitable Activities- Virgin	83,059
Donations- HSBC	2,000

Donations- Virgin	-
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544,278

4d Advertisement and marketing expenses

Marketing Expenses- HSBC	107,429
Marketing Expenses- Virgin	7,214

114,643

4e Legal and professional fees

8,462

8,462

5 GOVERNANCE COSTS

Accountancy and auditing fees	4,950
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6 TRUSTEES' REMUNERATION AND BENEFITS

No trustees and/or management committee members received any remuneration and benefits for the year ended 31 December 2023

Trustees' Expenses

No trustees' expenses paid for the year ended 31 December 2023

7 FIXED ASSETS COST/NB

	Vehicles	Equipment F/Fixtures	Total
At 1 January 2023		-	-
Additions		1,529	1,529
Disposals			-
At 31 December 2023	-	1,529	1,529

DEPRECIATION

At 1 January 2023		-	-
Charge for year@18%		275	275
Eliminated on Disposal			-
At 31 December 2023	-	275	275

NET BOOK VALUE

At 31 December 2023	-	1,254	1,254
At 1 January 2023	-	-	-

8 DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

Sundry Debtors and Prepaid Charges
Refund

-
-
-

9 Cash at Bank and in Hand

Cash in Hand

Cash at Bank- Virgin

Cash at Bank- HSBC

-
28,176
41,957
70,133

10 CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

PAYE and NIC, Wages

Other Creditors

10,686

4,950

11 CREDITORS: AMOUNTS FALLING DUE IN MORE THAN ONE YEAR

Loans

29,099

12 MOVEMENT IN FUNDS

	As At 01-01-2023	Net Movement in Funds	As At 31-12-2023
Unrestricted Funds	(16,883)	43,535	26,652
General and Designated Funds	-	-	-
TOTAL FUNDS	(16,883)	43,535	26,652

Net movement in funds, included in the above are as follows:

	Incoming Resources	Resources Expended	Movement in Funds
Unrestricted Funds	807,991	764,456	43,535

General and Designated Funds

TOTAL FUNDS

-	-	-
807,991	764,456	43,535

[Note: Page numbering starts from this page onward (Page 3) in the final formatted version.]