

HELP ME! PROJECTS



ANNUAL REPORT 2019

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TO OUR DONORS

The journey for Help Me! Projects (HMP) from its inception in 2016 has been a long and a good one. Having said that, it does have a long haul ahead. The unfortunate reality is that there will always be a neglected part of society which will need our constant support and assistance for survival. This is where Help Me! Projects plans on stepping in. We follow the golden rule **#If We Can #We Do**. HMP is working hard to ensure that the donors' dollar makes a difference in the lives of those who need this support. Our mission has been our guiding force.

From Dream to Reality

The Dream	The Reality
Inception of Idea	Summer of 2016
1 st Annual Gala (Execution of the idea into tangible achievement)	January 2017
Obtaining Charitable Status	September 2017
2 nd Annual Gala	March 2018
Funding received from Multicultural Capacity Grant, Govt. of Ontario	April 2018
3 rd Annual Gala	March 2019

Our Mission

Help Me! Projects is a non-profit undertaking located in the Greater Toronto Area, Canada that dedicates its services to provide the public with sonography medical services, to promote health care services or products, to relieve poverty in developing countries and to provide education, counseling and other support services for immigrants and refugees on Canadian culture and life.

BRIEF HISTORY IN TIME

Civil Hospital, Karachi

In the first 2 years of its history Help Me! Projects supported Civil Hospital, Karachi by providing medical equipment for mothers and new born babies. The DC-30 Doppler, an ultrasound machine for mothers in labour, was installed in 2017. The Phototherapy Incubator machine to treat new born babies for jaundice, was installed in the pediatric department in 2018. Civil Hospital, founded in 1900, is constantly struggling to provide urgent medical attention to a disproportionately large and under resourced population. Our humble contribution to this Medical Centre was most gratefully accepted by the medical team. Both the machines have gone towards making a small but very positive difference in providing medical services to the teeming thousands at the Hospital.

Kiran Foundation School - Lyari, Karachi

HMP chose to support an exceptional school - Kiran Foundation School located in Lyari, a community severely affected by gun violence. What makes this school standout is that it prepares a bunch of kids (levels kindergarten to middle school) who come from extremely vulnerable backgrounds, to go on to schools of excellent repute and standing in the city. The efforts of Sabina Khatri, founder of this school, has been applauded by many. She has made it possible for kids in this community to dream. For two consecutive years, 2018 and 2019, HMP has purchased and delivered food to their quarterly “thrift market” known as ‘Bachat Bazar’. Directors Shabina Arfeen and Adnan Alvi have visited the school to do this. HPM’s donation in 2019 has helped 112 kids. The gratitude and humility with which the children have greeted Board Members on their visit to inaugurate the bazaar, cannot be captured by mere words.

PEHF, Kotri

PEHF, Kotri, is a privately run charitable organization, helped by Kotri’s local donors and by a Canadian expatriate Mr. Mir Tabassum Javed, who has dedicated his volunteer hours as well as personal financial assistance towards opening a walk-in clinic and a much needed elementary school. HMP has started to support this organization since 2018. Medical equipment like glucometers and medical supplies have been delivered by HMP through Director Hina Ashraf to their Walk in Clinic in 2018. Medication is provided to 1500 patients per month. As well, HMP has provided funding for school furniture and school supplies to their elementary school when Director Fouzia Akhtar visited Kotri to inaugurate their school opening

in 2019. 145 kids from nursery to grade 5 have been provided free stationery, books and uniforms.

Apna Shelter, Islamabad

Another smaller project that HMP has begun supporting is an orphanage in Islamabad. Apna Shelter is a shelter for orphan kids established by Asma Salman in the aftermath of the massive floods of 2010 in Pakistan. At present 45 kids are being taken care at this orphanage. Fouzia Akhtar had visited the orphanage to provide funds which went towards the building of a play area for the kids.

Help Me! Projects has been very effective in ensuring that it supports a variety of projects all over Pakistan.

NISA Homes, Canada

2019 was a year when we asked our donors to support NISA Homes, Canada, Shelters for women across Canada who come from vulnerable communities. This year proved to be our most successful one and it was only because of you, our warm hearted and generous donors that we were able to support this Shelter with optimal dollars. Our donation formed a portion of financial aid that NISA Homes sought to build 3 new shelters throughout Canada, one of which is based in Scarborough. NISA Homes has provided shelter for 210 plus women and children.

LOOKING AHEAD

With four years of repeated successes in raising funds and ensuring that the Mission and Vision of Help Me! Projects are being fulfilled, the Board and I, envision a future where we can continue to work to ensure that the underprivileged and vulnerable communities of Canada and developing countries have hope and are able to live with dignity. Our dream is to take you, our supporters, our donors, our volunteers and everybody who has touched Help Me! Projects, along with us on this journey of hope. May our dreams come true! Inshallah!



Shabina Arfeen
President

BOARD MEMBERS



Shabina Arfeen is one of the co-founders of Help Me! Projects. She has been working in the non-profit sector in Canada for the past 20+ years. This experience has enabled her to ensure that HMP runs on parallel lines as any other nonprofit organization in the city. She knows that the key to forge ahead is: *transparency to its donors; completion of project commitments; cohesiveness within the Board and trust of the community*. It is Shabina's hope that with this commitment to professionalism, Help Me! Projects will be entrusted with bigger projects to alleviate the tragedy of poverty.

Fouzia Akhtar, co-founder, immigrated to Canada in the year 1998. She completed her Canadian Pharmacy Licensing exams through hard work and diligence. After qualifying and becoming a full-fledged pharmacist practitioner, she went on to own a Shoppers Drug Mart store. She has become a successful entrepreneur of Toronto. Fouzia after deciding that it was time to give back to the community has been working tirelessly to make sure that Help Me! Projects directs its funds to genuine and deserving recipients. Civil Hospital, Kiran Foundation and the orphanage Apna Shelter has been checked out by Fouzia as legitimate recipients. Fouzia would like nothing better than to continue working for the underprivileged.



Hina Ashraf, co-founder, immigrated to Canada in 1996. She acquired her Pharmacist license from the Ontario College of Pharmacists. Hina says that she couldn't have made it this far without the support of her family and community. She reiterates that at the end of the day everyone is family and she feels passionately about giving back to the community at large. This has helped HMP immensely as it is her community contacts and engagements that have brought in some big time regular donors. Hina's gentleness and calmness is the equalizer within HMP Board.



Adnan Alvi, CEO of Lifetime Financials, joined Help Me! Projects in 2016 first as a Volunteer and was later invited to join as Board Member in 2018. His exceptional strengths are in fundraising and marketing. He has executed three very successful annual galas always meeting the financial targets, which in turn has helped the organization fulfill its commitments in delivering its project goals. Adnan is a very well-known figure in the community and his reputation and genuineness is vouched by the corporate community, who year after year, have been sponsors at HMP's Galas.

Muhammad M. Alam is the founder and Managing Director of Alam Law, a boutique law firm, which he founded in 2009. He is a professional, passionate, and highly skilled individual who is committed to both serving his clients' legal needs and meeting the needs of his community. Aside from assisting his clients, Muhammad M. Alam operates a pro-bono legal clinic to provide legal services to disadvantaged members of the community. He joined Help Me! Projects because he strongly believes that people who are blessed must not forget the underprivileged. The causes taken up by Help Me! Projects have fascinated him and has drawn him closer to this organization.



OPERATING HIGHLIGHTS

As per our commitment, we have personally delivered all our project targets at no cost to the organization.

Hand deliver medical equipment, food vouchers, medical supplies and school furniture to recipients in a developing country, Pakistan, without incurring any administrative costs to the organization for such visits.

PROJECT DELIVERIES 2017/2018



Fouzia Akhtar delivering ultrasound machine to Civil Hospital.



Shabina Arfeen receiving plaque from Kiran Foundation



Hina Ashraf delivering medicals at PEHF ,Kotri.



Shabina Arfeen delivering phototherapy m/c at Civil Hospital

PROJECT DELIVERIES 2019



Kids at Apna Shelter, Islamabad with Fouzia Akhtar



Food supplies provided to Kiran Foundation



Fouzia at Kotri School delivering furniture/supplies in Kotri



Adnan Alvi at Kiran Foundation



Delivery of Cheque to NISA Homes, Canada
L to R: Omar Khalid ED, Adnan Alvi, Shabina Arfeen (HMP)
Yasmine Youssef, National Manager and Staff

FINANCIAL STATEMENTS

WINOKUR-CA
and associated charitable accounts

Help Me! Projects

Statement of Operations and Changes in Net Assets
(Unaudited - See Notice to Reader)

Period Ended December 31

	2016
Revenue	
Donations received	\$ 14,632
Musical gala event	1,713
	<u>16,345</u>
Expenditures	
Professional fees	1,400
Musical gala event expenses	700
Office and general	300
Recover of bank charges	(71)
	<u>2,329</u>
Excess of revenue over expenditures	<u>13,986</u>
Net assets, beginning of period	<u>—</u>
Net assets, end of period	<u>\$ 13,986</u>

HELP ME! PROJECTS
STATEMENT OF REVENUE AND EXPENDITURES
AS AT December 31st, 2017
(UNAUDITED - SEE NOTICE TO READER)

	2017	2016
RECEIPTS		
Donation income	\$ 6,950	\$ —
Musical gala event	\$ 11,399	\$ —
Total Revenues	<u>\$ 18,349</u>	<u>\$ —</u>
Disbursements		
Purchase of medical equipment	\$ 16,839	\$ —
Gala event for fundraising	\$ 5,622	\$ —
	<u>\$ 21,661</u>	<u>\$ —</u>
General and administrative		
Professional fees	\$ 678	\$ —
Office supplies	\$ 24	\$ —
Bank Charges & interest	\$ 162	\$ —
	<u>\$ 864</u>	<u>\$ —</u>
Total program and administrative expenses	<u>\$ 22,525</u>	<u>\$ —</u>
EXCESS OF REVENUE OVER EXPENDITURES	<u>\$ (4,176)</u>	<u>\$ —</u>
Accumulated Excess of Revenue Over Expenditures, beginning of year	<u>\$ —</u>	<u>\$ —</u>
Accumulated Excess of Revenue Over Expenditures, end of year	<u>\$ (4,176)</u>	<u>\$ —</u>



DC-30

Ultrasound System

Capable | Versatile | Smart

Mindary DC-30 delivered to Civil Hospital, Karachi

HELP ME! PROJECTS
STATEMENT OF REVENUE AND EXPENDITURES
AS AT December 31st, 2018
(UNAUDITED - SEE NOTICE TO READERS)

	2018	2017
RECEIPTS		
Donation income	\$ 35,665	\$ 6,450
Event admissions	\$ 11,885	\$ 11,399
Grants received	\$ 6,400	\$ -
Donations in kind	\$ 1,200	\$ -
Total Revenues	\$ 55,150	\$ 18,349
Program expenses		
Fundraising events	\$ 18,436	\$ 5,622
Medical programs abroad	\$ 15,665	\$ 16,039
Consulting	\$ 6,000	\$ -
Advertising and promotion	\$ 2,018	\$ -
Meals and entertainment	\$ 529	\$ -
	\$ 42,648	\$ 21,661
General and administrative:		
Professional fees	\$ 966	\$ 678
Bank Charges & interest	\$ 710	\$ 162
Insurance	\$ 540	\$ -
Office supplies	\$ 59	\$ 24
	\$ 2,297	\$ 864
Total program and administrative expenses	\$ 44,945	\$ 22,525
EXCESS OF REVENUE OVER EXPENDITURES	\$ 10,205	\$ (4,176)
Accumulated Excess of Revenue Over Expenditures, beginning of year	\$ 9,731	\$ 13,966
Accumulated Excess of Revenue Over Expenditures, end of year	\$ 19,995	\$ 9,731



Phototherapy Incubator delivered to Civil Hospital, Karachi

Counselling and Navigation Services for Newcomer South Asians - 2018

Help Me! Projects received a grant from The Ministry of Citizenship and Immigration under the Multicultural Community Capacity Grant Program to conduct 6 workshops to assist newcomer South Asians in Ontario. There were a total of 50 participants who benefitted from this workshop and 8 volunteers engaged in this project.



VOLUNTEERS EXTRAORDINAIRE



MIR TABASSUM JAVED needs special mention here! Tabassum started his connection with Help Me! Projects as a Volunteer since 2019. He proved to be absolutely amazing in his efforts to bring in community donations for the organization and has worked zealously ever since. His commitment to community work both here in Canada and in Pakistan speaks for itself. A pharmacist by profession, he started charity work in 2016. He took up the cause of a medical walk-in centre being run by Pakistan Education & Health Foundation (PEHF). With his personal financial assistance and on his own time, Tabassum ensured that the medical centre was given a boost. The walk-in soon started free medical treatment dispensing over-the counter medications. An average 1500 patients are served per month at the clinic. He also supports the elementary school run by the same organization.



SIDRA AMIR is no stranger to the Indian/Pakistani community in Toronto. She is the radio host on 1650 CINA Radio. On your ride in to work you can hear her melodious voice speaking in Urdu and English in a quirky but smooth embracing of the languages of our two countries, either talking about the song she is about to play or the traffic on 401 East. She is quite a “celebrity of the town”. Sidra has been a part of the working team of Help Me! Projects since their very first fundraising Gala in 2016. She has hosted the Annual Galas over the years. She says that she feels it a great honor and privilege to be a part of all its events. For her, the Gala is not just a fun filled evening, but more about the ACTION being taken by Help Me! Projects in dealing with serious issues of the world. She emphasizes that she chose to be on this team because she believes in being actively involved in change and not just playing the part of an inactive bystander. She plans on being with the team and hosting their fundraising events for many years to come.

PHOTO GALLERY

3rd Annual Gala



2nd Annual Gala



1st Annual Gala



LIST OF DONORS - 2019

Platinum Donors	Golden Donors	Silver Donors
<ul style="list-style-type: none"> Irfan Chisti Islamic Society of Peel Syed Rizaul Ghani 	<ul style="list-style-type: none"> Asghar Ghorri Dr. Zarish Farhan Qamar Husna Arshad Ali & Omar Quraishi Syed Irfan Ashraf Syed Omairul Haque 	<ul style="list-style-type: none"> Cooper Masjid Dr. & Mrs. Dilkhush and Shahnaz Panjwani Hana A. Khan Obadiul Rahman Zarina Ahsan

Corporate Donors		
<ul style="list-style-type: none"> 1368989 Ontario Corp Adil Law Alam Law Aliza Cakes Bolton Toyota Biztech Systems Inc. CIBC (Zafar Hussain) 	<ul style="list-style-type: none"> Consumer Wireless Solutions Dixie Electronics Durya Medical Ethnic Media Fusion Five Freedom Insurance (Rashida Khan) 	<ul style="list-style-type: none"> Global West Realty Lighting Era Inc. Nexus Financial Raga Models Safex Mortgage Services. Inc. VIP Optical

Individual Donors			
Abdul Rasheed Ambereen Tariq Arif Salam Asad Shah Ashraf Family Aziz Rakla Azra Saeed Bismah Zubair Dr. Sher Baz Khan Farhana Hassan Farooq Qureshi Haider Jafri	Hiba Khan Hina Javed Hina Latif Mir T. Javed Mohammad Imran Saeed Mohd. Shamsul Arifeen Mohd. Zafar Mughal Mukhtar Ahmed Nasir Khan Nauman Mughal Osama Shoukat	Pervez Nooruddin Rehan Rafi Khan Riaz Zaiee Sahar Arshad Saher Athar Sanaul Haque Shahnaz Dar Shakil Khan Shireen Gul Islam Shoukat Seti Sobia Sana Sohail Ahmed Siddiqui	Sohail Tyabi Somia Jamal Syed Arshad Ali Tabassum Shuja Tahseen & Zuhair Islam Tarique Salaheen Tasneem Akhtar Tehseen Abedi Zarqa Mohsin Zubair Ahmed

We would like to specially thank our monthly donor Muhammad Alam and our anonymous donors.

Disclaimer: We would like thank all the donors who may have been inadvertently omitted from this list.

Help Me! Projects would like to acknowledge the following people towards the printing of the Annual Report:

Riaz Siddiqui for Page Layout
 Minuteman Press Markham - 905-946-0909

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