



2023

Help Me! Projects

Annual Report

Help Me! Projects, Charitable Business # 75131 0491 RR0001

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Message from the President



I am honoured to address you in this message as we reflect on the accomplishments and challenges of the past year. As we navigate through an ever-evolving landscape, it is crucial to take stock of our achievements and set the course for the future.

The year 2023 has been a testament to our resilience and adaptability as an organization. In the face of global uncertainties, we have continued to uphold our commitment. Our dedicated Board Members, Fouzia Akhtar, Hina Ashraf, Adnan Alvi, Muhammad Alam, and most importantly with the unwavering support of our donors, have propelled us forward in achieving significant milestones.

Our financial performance remains robust, underscoring the soundness of our strategic decisions and the effectiveness of our operational endeavors. We have maintained continued efforts in ensuring the sustainability of our commitment to the community.

Equally important is our dedication to social responsibility. We recognize the responsibility we bear towards the communities we operate in and the planet we inhabit. Our initiatives in social welfare, and ethical charitable practices reflect our commitment to making a positive impact beyond just financial considerations.

I would like to express my gratitude to our valued stakeholders, donors and the broader community - for your continued trust and support. Your confidence in us is the driving force behind our achievements, and we remain steadfast in our commitment to delivering value to your donations.

In conclusion, as we turn the pages of this Annual Report, let us reflect on our shared journey, celebrate our achievements Together, we are not just shaping the future of Help Me! Projects, but contributing to the progress of communities at large.

For this year, I would like you to look at our proposed program delivery of providing Emergency Room beds and equipment at Civil Hospital.

Please let us together unite for wellness, pledge today to heal tomorrow. Your generosity at this fundraiser is our lifeline to enable us to support Civil Hospital, Karachi.

Shabina Arfeen

Meet the Board



Hina Ashraf



Adnan Alvi



Muhammad Alam



Board of Directors

ANNUAL GALA 2023

Left to Right
Host of event
Sidra
Board of Directors
Fouzia Akhtar
Hina Ashraf
M. Alam
Adnan Alvi



Full House



Left to Right
Ovais Iqbal
M. Alam
Fouzia Akhtar and
Yasmie Youssef (NISA Homes)



SENIORS PROGRAM FUNDED BY NEW HORIZONS FOR
SENIORS PROGRAM
HELP ME! PROJECTS PARTNERED WITH ICNA RELIEF
CANADA

Funded by the Government of
Canada's New Horizons for
Seniors Program

Canada



ICNA Relief Canada
No Borders - No Boundaries

Help Me! Projects, through funding provided by the New Horizons Seniors Program by the Federal Government, completed seniors' digital literacy program aimed to empower older adults with essential digital skills to navigate the increasingly digital world. The program consisted of a series of structured lessons covering topics such as basic computer operation, internet browsing, email usage, online safety, social media, and using common software.

Participants were introduced to the fundamental concepts of using computers and the internet through hands-on activities and interactive tutorials. They learned how to access information online, communicate with others via email, and stay safe while browsing the internet. Additionally, they were taught how to create and manage social media accounts to stay connected with friends and family.

Throughout the program, instructors provided personalized assistance and support to ensure that each senior could progress at their own pace and feel comfortable with the material. Participants were encouraged to practice their newly acquired skills both in class and at home to reinforce their learning.

By the end of the program, seniors had gained confidence in using digital technologies and felt more equipped to engage with the digital world. They were able to access online resources, communicate digitally with others, and even explore new hobbies or interests through the internet. The program ultimately fostered a sense of empowerment and inclusion among older adults in an increasingly digital society.

They also had workshops devoted to combatting social isolation and healthy living by engaging community activity and fostering meaningful connections with peers. Volunteering, mentoring and participating in social clubs were effective strategies taught at the workshops to help the stay connected.





HELP ME! PROJECTS FINANCIAL YEAR END 2023

**HELP ME! PROJECTS
BALANCE SHEET
AS AT December 31st, 2023
(UNAUDITED - SEE NOTICE TO READER)**

	<u>2023</u>	<u>2022</u>
ASSETS		
Current		
Bank	\$ 25,584	\$ 21,711
HST rebate receivable	\$ 3,300	\$ 258
	<u>\$ 28,883</u>	<u>\$ 21,969</u>
LIABILITIES		
Current		
Loan	\$ -	\$ 10,000
	<u>\$ -</u>	<u>\$ 10,000</u>
EQUITY		
Accumulated Excess of Revenue Over Expenditures	\$ 28,883	\$ 11,969
	<u>\$ 28,883</u>	<u>\$ 21,969</u>
	<u>\$ 28,883</u>	<u>\$ 21,969</u>

HELP ME! PROJECTS
STATEMENT OF REVENUE AND EXPENDITURES
AS AT December 31st, 2023
(UNAUDITED - SEE NOTICE TO READER)

	<u>2023</u>	<u>2022</u>
RECEIPTS		
Donation income	\$ 74,176	\$ 48,113
Grant - New Horizon for seniors	\$ 10,667	\$ 7,000
Tickets sold	\$ 17,000	\$ -
HST Rebate income	\$ 3,300	
Total Revenues	\$ 105,143	\$ 55,113
Program expenses		
Project programs - Pakistan	\$ 40,739	\$ 45,044
Project programs - Canada	\$ 25,000	\$ 3,000
Advertising and promotion	\$ 4,850	\$ 5,556
Program expenses for seniors	\$ 11,564	
	\$ 82,153	\$ 53,600
General and administrative		
Professional fees	\$ 1,582	\$ 1,582
Bank Charges & interest	\$ 1,426	\$ 786
Office supplies	\$ 3,067	\$ 387
	\$ 6,075	\$ 2,755
Total program and administrative expenses	\$ 88,228	\$ 56,355
EXCESS OF REVENUE OVER EXPENDITURES	\$ 16,915	\$ (1,242)
Accumulated Excess of Revenue Over Expenditures, beginning of year	\$ 11,968	\$ 23,210
Accumulated Excess of Revenue Over Expenditures, end of year	\$ 28,883	\$ 21,968

DONOR LIST 2023

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2638513 Ontario Inc.
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Thinking Accountant
Vikatarka5 Inc.
VIP Optical
Zarish Qamar
Zarqa Mohsin

We sincerely apologize for any inadvertent omissions on the donor list and are committed to ensuring that all contributions are properly acknowledged.

