



2024-2025

Help Me! Projects

Annual Report

Help Me! Projects,

Charitable Business # 75131 0491 RR0001

31-7385 Magistrate Terrace, Mississauga ON, L5W 1W8

Website: www.helpmeprojects.com

Email: info@helpmeprojects.com

Tel: +1 (416) 825 6597

President's Message

As the world continues to navigate uncertainty, conflict, and economic strain, **Help Me! Projects remains rooted in something enduring: community, compassion, and quiet resilience.** Our story is not one of grand gestures, but of steady commitment—showing up, listening, and responding where the need is greatest.

At its heart, Help Me! Projects is built on a simple belief: *when communities come together, even small acts can create meaningful change.* Our work with Pakistani families—particularly those who are newly finding their footing in Canada—reflects this belief in action. Every program, every workshop, and every outreach effort is guided by inclusion, dignity, and the understanding that no one should feel alone while rebuilding their life.

This message is intentionally brief, but it is deeply heartfelt. It is written for the donors, volunteers, partners, and community members who continue to stand beside us—offering not only financial support, but also time, trust, and empathy. Your continued belief in our mission allows us to reach those who are most deserving, even when our resources are modest.

The past year was not without its challenges. We made the difficult decision to pause our signature Gala in 2025 due to the severe economic pressures affecting families, organizations, and communities—both here in Canada and across the world. Yet even in these constrained times, hope did not disappear. Instead, it found quieter ways to surface.

Through this collective effort, we were still able to:

1. Offer support where it was urgently needed
2. Create moments of connection and belonging
3. Restore a sense of dignity and reassurance
4. Spark small smiles that carried great meaning

As global turmoil continues to unfold, our sincere hope is that recovery—economic, social, and human—will take root. Until then, we remain committed to standing together, grounded in compassion and guided by purpose.

As you continue through this report, know this: **because of you, hope was delivered.** Perhaps it arrived as a kind word, a shared meal, a safe space, or a moment of relief—but it reached someone who deserved better. And that, together, is something we can be proud of.



Shabina Arfeen

Help Me Projects! Board of 2024



Hina Ashraf
(Co Founder)



Adnan Alvi



Shabina Arfeen
(Co Founder)



Muhammad Alam

6th ANNUAL GALA 2024

The most outstanding of all our five previous galas was undoubtedly the **6th Annual Gala and Fundraiser**. With an incredible turnout of over **600 community members**, it marked our largest gathering to date and resulted in our **highest fundraising success** yet.

The evening was devoted to supporting **Civil Hospital Karachi**, with a clear and meaningful objective: the delivery of **five hospital beds and other critical medical equipment** to the Neurology Department. Guests enjoyed a **sumptuous dinner**, followed by a **captivating musical evening**, as the powerful and soulful voices of **Qawwali** filled the air and created an atmosphere of unity and purpose.

Most importantly, the **goal we set out to achieve was fully realized**. Empowered by this success, we moved forward immediately to make the necessary arrangements to ensure the medical equipment safely reached its destination—turning generosity into tangible, life-changing impact.





Visit to Civil Hospital - A Milestone Moment

On a warm and crisp December 22, 2024, in Karachi, Help Me! Projects marked a proud and emotional milestone. This was the day we fulfilled a promise to our donors—to deliver critical medical equipment to the **Neurology Intensive Care Unit of Civil Hospital**. It was our first major donation to the hospital we have proudly adopted as ambassadors in Canada.



We delivered:

- Two high-tech ventilators
- Advanced ICU monitors
- State-of-the-art patient beds



We were met with heartfelt gratitude by the Medical Superintendent, Dr. Khalid Bukhari, who warmly welcomed us and shared his deep appreciation. He emphasized how vital this equipment is for Civil Hospital, which serves the most impoverished communities of Karachi and interior Sindh.

Local TV channels and media outlets covered the event extensively, giving it significant visibility across the city.



Dr. Bukhari personally gave us a tour of the hospital, highlighting the newly constructed medical wing the Endocrine dept.—an impressive unit years in the making. Spearheaded by a former health minister, Prof. Saad Khalid Niaz and passionate advocate. A graduate from Dow University of Health Sciences and proceeded to the UK for his post-graduation where he acquired his MRCP (Member of the Royal College of Physicians). This wing stands as a beacon of dignity and compassionate care for those battling endocrine disorders. Despite serving some of the poorest individuals in the region, the facility is equipped with modern technology and infused with a sense of healing calm.

As this visionary behind the project powerfully stated (paraphrased):

“Yes, our patients may be extremely poor—but why should they not receive care in facilities equipped with cutting-edge technology, surrounded by an environment that makes them feel respected and valued?”

At Help Me! Projects, we deeply resonate with that sentiment. We remain committed to supporting Civil Hospital and carrying forward the legacy of service and compassion exemplified by Dr. Ruth K.M. Pfau, Civil Hospital. Though our contribution may be a drop in the ocean, we believe that every drop matters.

An Orphanage by Noor Foundation – Islamabad

We provided modest funding support toward the construction of an orphanage being developed by the Noor Foundation in Islamabad. As our community is aware, supporting the welfare and wellbeing of orphans has long been an important part of our work. This year, we once again extended our support to help provide care, safety, and hope to vulnerable children who are often overlooked and underserved.

GAZA – Humanitarian Response

During the reporting year, Gaza continued to face an unprecedented humanitarian crisis, with prolonged conflict severely affecting civilian life and disrupting access to essential services. Children and families were particularly impacted, facing food insecurity, displacement, and limited access to basic necessities.

In response, Help Me! Projects undertook a targeted humanitarian initiative to support children in Gaza. A dedicated donor campaign was launched to mobilize community resources and direct them toward urgent relief efforts. Alam Law partnered with Help Me! Projects as a key collaborator in this initiative.

JOIN US FOR THE SUPPORT OF

GHAZA

CATASTROPHIC HUNGER CRISIS

Organized by

ALAM LAW FIRM, LAWYERS

HELP Me! Projects

ALAM LAW will match all the donations raised at the event

Date & Time: Thursday Sep 19, 2024 at 6:30 PM
Address: 5100 Dixie Road, Mississauga, ON L4W 1C9

The poster features a blue background with a white banner at the top. The word 'GHAZA' is written in large, stylized letters with the Palestinian flag colors. Below it, the text 'CATASTROPHIC HUNGER CRISIS' is written in white. The 'Organized by' section includes logos for 'ALAM LAW FIRM, LAWYERS' and 'HELP Me! Projects'. A central image shows a group of people, including children, holding metal pots and pans. At the bottom, the event details are listed in white text.



To ensure accountability and effective delivery, funds were channeled through the international organization Minhaj Foundation, which coordinated with humanitarian partners in the Kingdom of Jordan—serving as a critical access point for aid into Gaza. This established pipeline enabled donations to reach the intended beneficiaries safely and responsibly.

This support for Gaza was also enacted through a private generous donor and Help Me! Projects chose ICNA Canada Relief to be the recipient of this donation.



Through this initiative, Help Me! Projects reaffirmed its commitment to supporting vulnerable populations in crisis across the world and to stewarding donor contributions with transparency, care, and impact.

This support for Gaza was further realized through the generosity of a private donor and Help Me! Projects intentionally selected ICNA Relief Canada as the recipient organization to ensure the donation reached communities in greatest need.



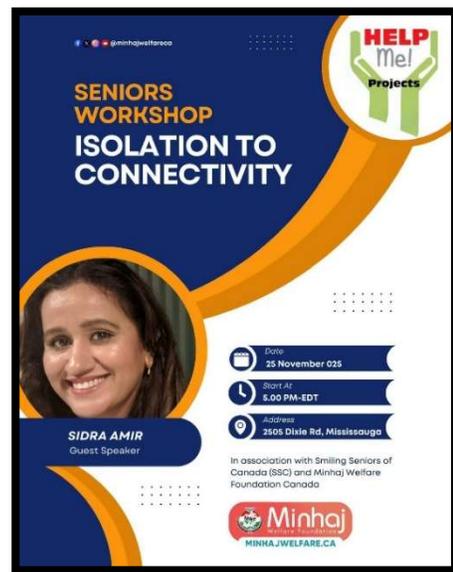
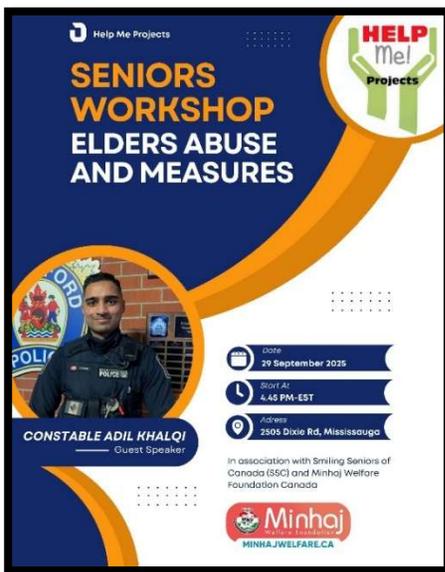
SENIORS PROGRAM – FUNDED BY NEW HORIZONS

During the 2024–2025 program year, Help Me! Projects once again received funding from Employment and Social Development Canada (ESDC) to deliver a comprehensive series of workshops for seniors in our community. These workshops were designed to address pressing issues affecting older adults, with a strong focus on awareness, prevention, and practical support.

Minhaj Foundation played a vital role in the success of this initiative by generously providing access to their venue and supporting outreach to their senior community, resulting in strong participation across all 14 workshops delivered throughout the year.

The workshops were facilitated by our dedicated coordinators, Shireen and Sidra, who guided participants through critical topics such as elder abuse, financial exploitation, and social isolation—harsh realities that many seniors face but are often reluctant to discuss. Through open dialogue, real-life examples, and practical strategies, participants gained a better understanding of how to recognize warning signs, protect themselves, and access community resources to address these challenges.

This initiative strengthened seniors' knowledge, confidence, and sense of connection, while reinforcing Help Me! Projects' ongoing commitment to promoting dignity, safety, and wellbeing among older adults.



HELP ME! PROJECTS

FINANCIAL YEAR END 2023, 2024

HELP ME! PROJECTS
STATEMENT OF REVENUE AND EXPENDITURES
AS AT December 31st, 2024
(UNAUDITED - SEE NOTICE TO READER)

	<u>2024</u>	<u>2023</u>
RECEIPTS		
Donation income	\$ 113,237	\$ 74,176
Tickets sold	\$ 17,410	\$ 17,000
Grant - New Horizon for seniors	\$ -	\$ 13,967
Total Revenues	\$ 130,647	\$ 105,143
Program expenses		
Project programs - Pakistan	\$ 58,941	\$ 40,739
Project programs - International	\$ 40,140	\$ -
Project programs - Canada	\$ 12,940	\$ 25,000
Program expenses for seniors	\$ 11,999	\$ 11,564
Advertising and promotion	\$ 345	\$ 4,850
	\$ 124,365	\$ 82,153
General and administrative		
Bank Charges & interest	\$ 1,568	\$ 1,426
Professional fees	\$ 1,340	\$ 1,582
Office supplies	\$ 750	\$ 3,067
	\$ 3,658	\$ 6,075
Total program and administrative expenses	\$ 128,023	\$ 88,228
EXCESS OF REVENUE OVER EXPENDITURES	\$ 2,624	\$ 16,915
Accumulated Excess of Revenue Over Expenditures, beginning of year	\$ 28,883	\$ 11,968
Accumulated Excess of Revenue Over Expenditures, end of year	\$ 31,507	\$ 28,883