

Help Me Project

Annual Report 2020 - 2022



Help Me! Projects, Charitable Business # 75131 0491 RR001

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Message from the President

Help Me! Projects, like the rest of the world, had been deeply impacted by the pandemic COVID-19 during the years 2020, 2021 and 2022. The year 2020 began like any other year, full of hope for a good year. The organization was ready to roll up its sleeves and continue to work towards uplifting the community. We were fortunate enough to have had our 4th Annual Gala before the end of the 1st quarter of 2020 and here we were just winding up the business of the Gala when the horror and seriousness of an epidemic hit Canada and the world. Emergency was declared. Social distancing and mandatory closure of all establishments was imposed. Each succeeding month brought the world to its knees. The world as we knew it began changing. There came a time when the streets of our city were empty of vehicles. COVID-19 created a new world of poverty in the under-resourced countries of the world, particularly Pakistan. With a population already burdened with poverty, the country was struck a further blow when Nature took its aim at Pakistan, and it experienced one of the most disastrous floods ever. The most crushed were the daily wage earners, who lost their livelihood due to emergency lockdowns and the shutdown of all systems during the floods.

Canada had challenges of a different nature. Availability of Personal Protective Equipment i.e. masks, face shields, gloves and sanitizers became the most important issues of the day to keep our frontline staff at hospitals safe and equipped to fight against the dreaded COVID-19 epidemic.

Help Me! Projects was in no way held back by the difficult circumstances. The organization moved forward, adopting, adapting, and addressing new challenges and continued to fundraise quietly through its social network platforms, replacing in-person events with new virtual technologies. The organization has been working diligently for the past 3 years providing assistance whenever and wherever situations/emergencies arose.

As we continue to fulfill this goal, we look forward to another successful year, **2023!**

Shabina Arfeen

ANNUAL GALA - MARCH 7, 2020

Our Annual Gala had the biggest turn out with a guest list of **600** community members. Our regular sponsors continued to participate at the event bringing in their sponsor dollars. The Mayor of Mississauga, Bonnie Crombie attended the Gala praising the Muslim community for their spirit of generosity, especially during Zakat. The Annual Gala 2020 was considered to be the most successful fundraising year.



Audience



Ovais Iqbal – Our fundraising speaker



Our Volunteers



Muhammad Alam and Mayor Crombie e



Left to Right: Mcee Sidra Amir, Hina Ashraf (Director), Asma Alvi, Adna Alvi (Director), Muhammad Alam (Director), Fouzia Akhtar (Director) & Shabina Arfeen (Director) f



Guests g

ANN ANNUAL GALA - MARCH 7, 2020 ... Continued



Artists performing at Annual Gala



He Help Me! Project Team with the Band



Dinner

NISA HOMES 2021

NISA Homes, Shelters for women and children were the recipient of the funds raised at the Annual Gala 2020. Help Me! Projects played a significant role in assisting NISA Homes to achieve their goals in the year 2021.

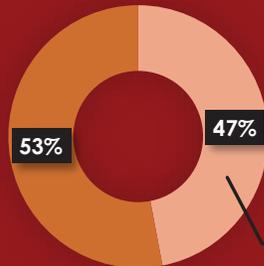
Clients Served



272 Children

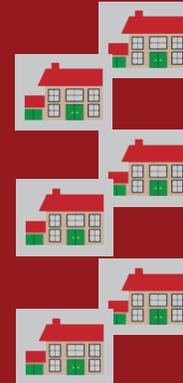


303 Women



children under the age 14

6 Shelter Locations



Mississauga

Scarborough

Windsor

Edmonton

Calgary

Vancouver

2,100

received services outside of the Shelters



Yas Yasmine Youssef (Director) and a staff member of NISA Homes

In the words of **Yasmine Youssef**, **Director of NISA Homes**, "The support from Help Me! Project allowed us to not give up during this crucial time and to continue supporting clients remotely to ensure they found safety. **85%** of these clients are now supporting themselves and their children on their own".

TRILLIUM HEALTH CANADA - 2021

"Giving is not just about donation it is about making a difference".

Help Me! Projects made a difference by donating funds to **Trillium Health Partners** towards the purchase of Personal Protective Equipment to help the frontline health workers to fight back COVID-19. Help Me! Projects presented a cheque with its heartfelt gratitude to the Hospital's health care workers for being forefront fighters dealing with the pandemic with courage and fortitude.



Left to Right:

Staff from Trillium Health Partners Foundation, Fouzia Akhtar, Muhammad Alam and Adnan Alvi (Help Me! Board of Directors)

AKL FOUNDATION, KARACHI - 2021

Help Me! Projects provided funds to **AKL Foundation**, Karachi to provide the most hard-hit daily wage earners who were left destitute and starving due the closure of Karachi during the emergency lockdowns for the best part of 2 years. Bags of food containing basic food items like Rice, Oil, Tea, Sugar, Flour, Lentils were distributed to the community in Karachi.



KIRAN FOUNDATION, KARACHI - 2021

Kiran Foundation, Karachi, who have been the recipient of Help Me! Projects funds since 2017, received financial support during COVID-19, particular during Ramadan. Attached is a letter of appreciation from Kiran Foundation, Karachi.



Milton Halal Food Bank

In Canada, we provided gift cards for food distribution to the Milton Food Bank during COVID-19.



CIVIL HOSPITAL, KARACHI - 2022

Help Me! Projects is glad to announce that a third medical equipment was delivered to **Civil Hospital** in February of 2022. A Doppler DC-30 ultrasound machine was presented to the Radiology department to assist patients in the Labour room. Two directors o Help Me! Projects ensured that this delivery took place in their presence. The Civil Hospital administration staff, particularly Dr Keshwani, Head of Radiology Department, Dr. Soomro, Chief Medical Officer and their staff gave a warm welcome to Help Me Projects' team and organized a small ceremony to celebrate the donation.



CITY OF MISSISSAUGA GRANT - 2022

Help Me! Projects was successful in receiving a grant from City of Mississauga. This funding was given to HMP to spread knowledge and awareness of different cultures in order to promote tolerance, closeness and affinity amongst the diverse and ethnic communities that reside in the Region of Peel. Help Me! Projects undertook representation of the Islamic Culture, focusing on current Everyday Muslim Life and the presence of Art and Architecture in Islamic Heritage. A two-pronged approach was followed to achieve the delivery of this goal.

CULTURE AND HERITAGE OF ISLAM – WORKSHOPS

Three workshops were presented through Zoom, Two to the community and one to a classroom of a middle school in Toronto. The workshops were very successful.

This workshop was just a small introduction to Islamic culture and with more time, more detailed learning would be great

Reinforced comments on the need to continue dialogue about matters in Islam and Islamic culture that are portrayed negatively in the mainstream media, to foster understanding.

We have come to know that there are similarities amongst the mainstream religions in terms of requiring people to be "good" human beings



THE CALLIGRAPHY OF ISLAM - EXHIBITION

An **Art Exhibition** on Calligraphic in Islamic culture was held at Alam Law offices. A young artist, Rafia Masud presented her calligraphic art pieces on Canvas. The other artist Zafeer-ul Inam presented calligraphic art through the medium of Metal. The exhibition was well attended. The audience learnt the connection between calligraphy the art and the recitation of Quranic verses.



FLOOD RELIEF - 2022

SABEEL-E- MUSTAFA & KIRAN FOUNDATION

Pictures below tell the story of the year 2022 and how the floods overcame Pakistan. Help Me! Projects again connected with two organizations Sabeel-e-Mustafa and Kiran Foundation and provided funding for mosquito nets, tents, bags of food and clothing distributed in Lakhra and Lasbela of Balochistan.





KIRAN FOUNDATION



APNA HOMES ORPHANAGE - 2022

Help Me! Projects continues to support the Orphanage. The children are growing with nourishment and nurturing. This establishment is being run by Trust Muskurahat by Asma Salman.



HELP ME! PROJECTS
STATEMENT OF REVENUE AND EXPENDITURES
AS AT December 31st, 2020
(UNAUDITED - SEE NOTICE TO READER)

	<u>2020</u>	<u>2019</u>	
RECEIPTS			
Donation income	\$ 69,555	\$ 59,579	
Total Revenues	\$ 69,555	\$ 59,579	
Program expenses			
Project programs - Canada	\$ 15,000	\$ 32,000	
Project programs - Pakistan	\$ 7,000	-	
Project programs - Covid-19 Canada	\$ 9,000	-	
Project programs - Covid-19 Pakistan	\$ 6,160	-	
Fundraising events	\$ 20,492	\$ 14,815	
Advertising and promotion	\$ 1,513	\$ 1,734	
	\$ 59,165	\$ 48,549	
General and administrative			
Office supplies	\$ 472	\$ 1,161	
Professional fees	\$ 1,950	\$ 1,100	
Bank Charges & interest	\$ 1,282	\$ 968	
Insurance	\$ -	-	
	\$ 3,704	\$ 3,229	
Total program and administrative expenses	\$ 62,869	\$ 51,778	
EXCESS OF REVENUE OVER EXPENDITURES	\$ 6,686	\$ 7,801	
Accumulated Excess of Revenue Over Expenditures, beginning of year	\$ 27,796	\$ 19,995	
Accumulated Excess of Revenue Over Expenditures, end of year	\$ 34,482	\$ 27,796	

S. Arfeen
SHABINA ARFEEN

Fozia Arfeen
Fozia Arfeen

HELP ME! PROJECTS
STATEMENT OF REVENUE AND EXPENDITURES
AS AT December 31st, 2021
(UNAUDITED - SEE NOTICE TO READER)

	<u>2021</u>	<u>2020</u>	
RECEIPTS			
Donation income	\$ 29,617	\$ 69,555	
Total Revenues	\$ 29,617	\$ 69,555	
Program expenses			
Project programs - Pakistan	\$ 18,084	\$ 7,000	
Project programs - Canada	\$ 12,500	\$ 15,000	
Project programs - Ramadan food drive	\$ 5,500	-	
Advertising and promotion	\$ 2,098	\$ 1,513	
Project programs - Covid-19 Canada	\$ -	\$ 9,000	
Project programs - Covid-19 Pakistan	\$ -	\$ 6,160	
Fundraising events	\$ -	\$ 20,492	
	\$ 38,182	\$ 59,165	
General and administrative			
Professional fees	\$ 1,771	\$ 1,950	
Bank Charges & interest	\$ 863	\$ 1,282	
Office supplies	\$ 73	\$ 472	
	\$ 2,707	\$ 3,704	
Total program and administrative expenses	\$ 40,889	\$ 62,869	
EXCESS OF REVENUE OVER EXPENDITURES	\$ (11,272)	\$ 6,686	
Accumulated Excess of Revenue Over Expenditures, beginning of year	\$ 34,482	\$ 27,796	
Accumulated excess of Revenue Over Expenditures, end of year	\$ 23,210	\$ 34,482	

Fozia Arfeen

S. Arfeen

DONORS 2020

TITLE DONOR: HINA AND IRFAN ASHRAF

\$1000 – \$2500	\$500 – \$900		\$100 – \$450		
Alam Law Office	Adnan Hashmi	Neha Arfeen	Al Barkah Travel & Tours	Imran Summer	Rahila Saif
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Hicy & Vincy Periera	Huda Abbasi	Toyota Bolton	Ariella Boehm	Mir T. Javed	Shoukat Ali
Islamic Society of Peel	Ikram Ghani	VIP Optical	Arif Salaam	M. Noorani	S. Kazmi
Syed Muneeb Ahmed	Jaswinder Dhillion	Wazeer Abbas	Azra Saeed	Moazzam Khan	Subohi Kazmi
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			Global West Realty	Naeem Saghir	Zeeshan Hayat
				Obaidur Rahman	Zohaib Tabbasum

We thank all donors and apologize in advance if there are any omissions.

DONORS 2021

Title Sponsor: Sana-ul and Omair-ul-Haque

\$1000 - \$2500	\$500 - \$900	\$100 - \$450
Asghar Ghori	Adnan Alvi	Aiza Arfeen
Bismah Zubair	Faizan Ashraf	Dr. Durya Ali
Hina & Irfan Ashraf	Reaan Shaukat	Hina Latif
Islamic Society of Peel	Sajjad Ali Mushtaz	Neha Arfeen
Sahar & Syed Arshad Ali	Tahir Ali	Omar Salaheen
Sobia Sana	Tariq Amir	Osama Shaukat
Zareesh Qamar	Tarique Salaheen	Sahar Ather
		Tarique Arfeen

We thank all donors and apologize in advance if there are any omissions.



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