



HUMAN RELIEF
MISSION
المواسات



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AFGHANISTAN

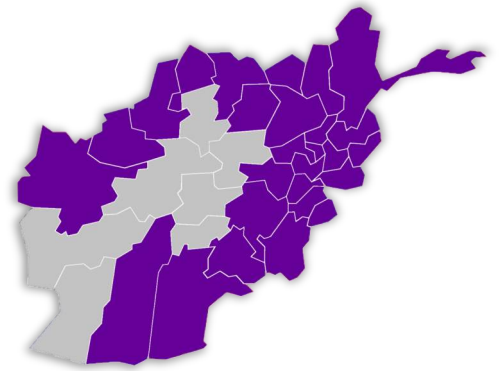
WORKING ON
THE GROUND **2022**

**OVER 1.37 MILLION
MEALS DISTRIBUTED
IN THE YEAR 2022**

**KEY
FACTS**

**WORKING
IN OVER**

27



**PROVINCES IN
AFGHANISTAN**



**HUMAN RELIEF
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**62 HRM HAS OVER
AMBULANCES
OPERATING ACROSS
AFGHANISTAN**

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100% DONATION POLICY

HRM has a 100% donation policy, so every single penny donated goes to benefit the right people, at the right time, every time.

Gift Aid, donations designated for administration costs and non-restricted funds are excluded.

TRUSTEE STATEMENT

In the name of Allah, the merciful and compassionate

As a trustee of Human Relief Mission, I am privileged to be part of an organisation that embodies the very essence of compassion and humanity. Our mission is a journey of hope, where we reach out to those in desperate need, offering them support and a chance for a better life. With each passing day, our commitment to making a positive impact grows stronger, and our dedication to uplifting the most vulnerable in society remains unwavering.

At the heart of our endeavours lies the belief that every life holds immeasurable value. Whether it is a child seeking education amidst conflict, a family struggling to rebuild after a natural disaster, or a community yearning for access to clean water, we stand united to extend a helping hand.

Together, with the HRM team, we rally behind the cause of humanitarian relief, transcending boundaries and differences. We cherish the strength that emerges when we work in tandem with local partners, volunteers, and beneficiaries. Their resilience and determination fuel our resolve to overcome obstacles and forge lasting solutions.

Transparency and accountability are the bedrocks of our organisation. As trustees, we shoulder the responsibility to ensure that every resource is utilised with utmost efficiency, and every decision is guided by our commitment to Islamic and ethical values.

Working with Human Relief Mission has taught me that our collective power to make a difference lies not just in the magnitude of our actions, but in the profound connections we forge with the charities and partners we work with.



Sami-Ulhaq Mujahid
Trustee

ABOUT US



Human Relief Mission is a UK registered charity with the Charity Commission of England and Wales holding registration number 1160380. HRM has been working in the United Kingdom and around the world, mainly in Afghanistan since 2012.

HRM is an independent, non-governmental, non-profitable charity organisation with no affiliation with any regional, ethnic or political organisations in the United Kingdom, Afghanistan or anywhere else in the world, and we believe in helping humanity through welfare regardless of race, religion or gender.

HEAD OFFICE

As head office of Human Relief Mission, we are responsible for the day to day running of the charity. Some of these functions include:

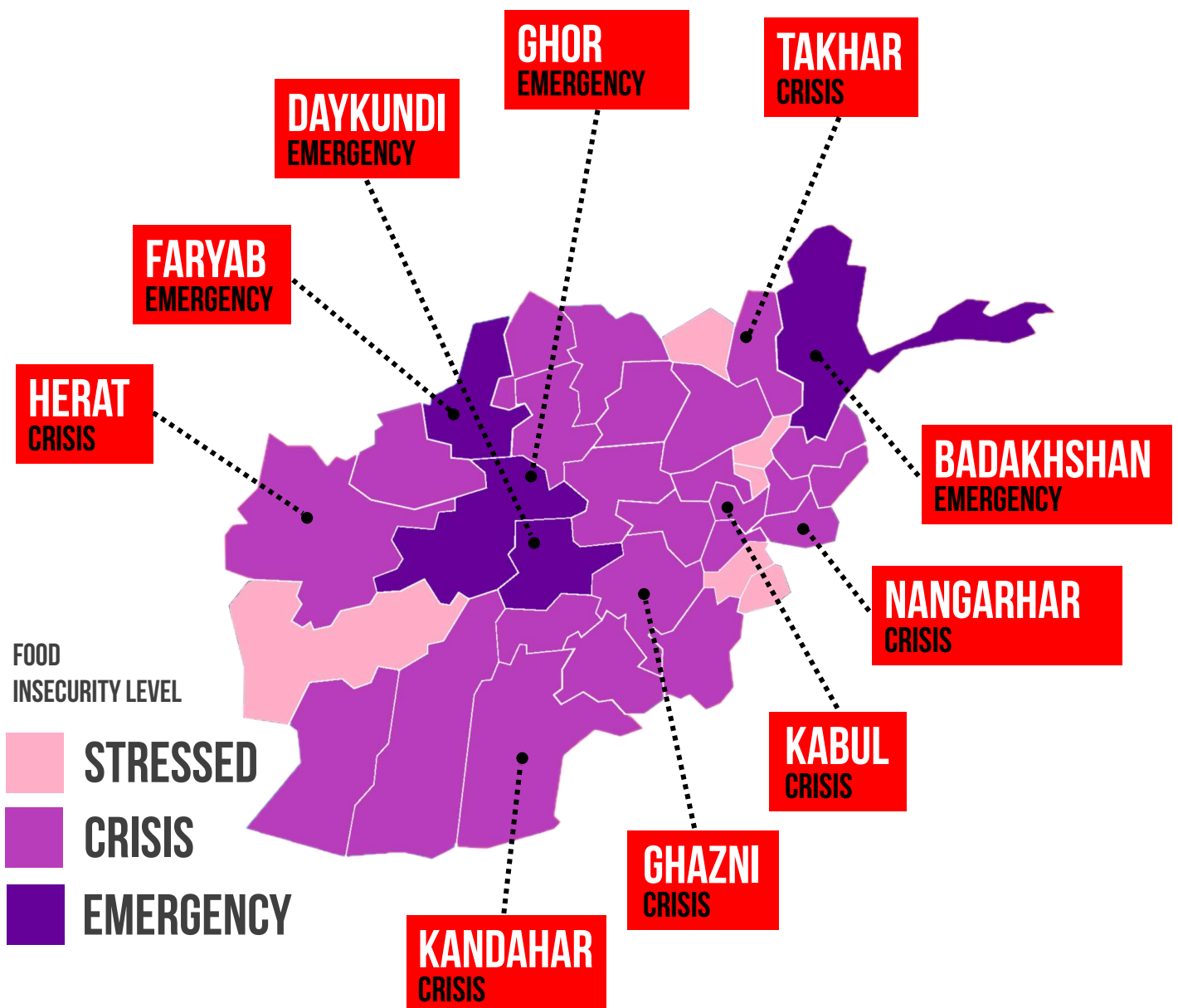
- **Project Implementation**
- **Accounting and Finance**
- **Fundraising**
- **Feedback and Media**
- **Operations**
- **Raising Awareness**

FOOD SECURITY

AFGHANISTAN

19 MILLION AFGHANS LIVE IN FOOD INSECURITY

Nearly half of the population in Afghanistan are facing food insecurity, including **two million children** who are already malnourished, according to the World Health Organisation.



**“TWO MILLION
AFGHAN CHILDREN
ARE MALNOURISHED”**

**WORLD HEALTH
ORGANISATION**



FOOD PACKAGES

HRM distributes food packages to needy families in Afghanistan with the intention to supply a family of seven with enough food for an entire month.

Many families have no breadwinner but even for those that do, it lifts the burden of providing food for them and their families.

HOT MEALS

Many of us in the UK have the luxury of choosing what to eat on a daily basis, whereas millions in Afghanistan do not have this privilege. Human Relief Mission distributes hot meals out of soup kitchens in our regional offices, and we setup food camps in deprived areas where hot meals are distributed.

**WELFARE.
SUFFICIENCY.
INDEPENDENCE.**

FRESH BREAD

HRM distributes fresh bread from our local bakeries on a daily basis. Each family from that area is given ten pieces of fresh bread.

Fresh breads are also taken to deprived areas where they are distributed.

IN THE YEAR OF 2022 WE DISTRIBUTED



**13,468
FOOD PACKS**



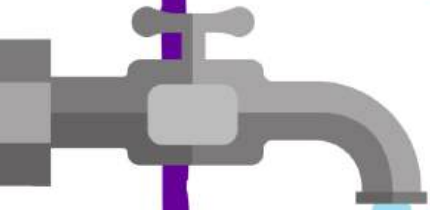
**78,320
HOT MEALS**



**1,710,280
FRESH BREAD**

WATER AID

IN AFGHANISTAN
OVER 31 MILLION
SUFFER WATER
SHORTAGE



WATER
SANITATION
HYGIENE



To combat the need for clean water in Afghanistan, HRM drills water wells and installs hand pumps for entire community to use. In areas where water wells cannot be dug, a water tank is delivered and fresh water is distributed amongst the communities that are going through extreme water shortages.

IN 2022, OVER 96,000 PEOPLE GAINED ACCESS TO SAFE WATER THROUGH HRM SUPPORT

WATER WELLS & HAND PUMPS

A water well is drilled and a hand pump is installed for a community of around 250 families to use. A standard water well is generally up to 25 metres deep and a hard ground water well can reach anywhere up to 90 metres.

We estimate the life span of a standard water well to be around 10 years but depending on use, others have lasted longer.



HRM WATER WELL

OVER 225 MILLION LITRES OF WATER CAN NOW BE ACQUIRED, ANNUALLY

HEALTH SERVICES

MEDICAL CAMPS



IN THE YEAR OF 2022 WE
SET UP OVER
**60 MEDICAL
CAMPS**

Our Mission

Our mission is not only to alleviate the immediate health concerns of the communities but also to raise awareness about healthcare needs and create a platform for further medical support.

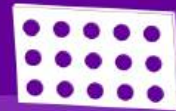


Did you know?

Over 16 million
don't have access
to healthcare
in Afghanistan...

That's nearly

40%



Our Medical Camps

With a vision to bring quality medical services to the underserved parts of Afghanistan, we set up medical camps that provide health checks and distribute prescribed medicine.



FREE EMERGENCY AMBULANCE SERVICE



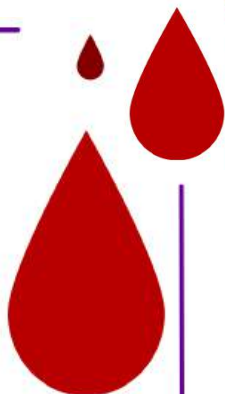
The free emergency ambulance service is one of HRM's most successful projects. The aim behind this initiative is to reach underserved Afghans who face obstacles in traveling to urban hospitals and health centres. The fleet of operational ambulances serves as a lifeline, tirelessly transporting patients to and from health facilities all across the country.

By providing this vital healthcare service, HRM endeavours to bridge the gap in healthcare accessibility, ensuring that every Afghan, regardless of their location, has the opportunity to receive the medical attention they need offering a lifeline to those struggling in the midst of a healthcare crisis.

HRM AMBULANCES PERFORMED OVER 13,000 EMERGENCY TRIPS IN 2022

BLOOD DONATION AWARENESS CAMPAIGN

A drop for you,
an ocean for someone else.



HRM conducts pop-up events in public places and universities across the country. Through informative presentations and blood group testing by our medics, we encourage volunteers to join our blood donor database.

These efforts are crucial in a healthcare sector that has been neglected due to years of conflict, leading to an increased demand for blood transfusions.

SPONSORSHIPS

ORPHAN SPONSORSHIP

Orphans in Afghanistan endure profound suffering due to the loss of one or both parents amidst the nations history of conflict and instability. Struggling with basic necessities, they face food insecurity, lack of healthcare, and limited access to education, perpetuating a cycle of poverty. The absence of parental care makes them vulnerable to exploitation, trafficking, and abuse, further deepening their distress.

Emotional trauma and mental health issues plague these young souls, yet access to appropriate support is scarce. Additionally, cultural stigma isolates them from their communities, adding to their sense of loneliness.



**“CURRENTLY THERE ARE OVER
1.6 MILLION ORPHANS
IN AFGHANISTAN”**

| UNICEF

STUDENTS & HUFAAZ

With the support of our donors and partners, HRM supports orphans throughout Afghanistan. We firmly believe that education is the key to a better future, and HRM is committed to making a lasting impact. Through our sponsorship programme, students and hufaaaz are sponsored until they graduate high school or complete hifz. This sponsorship includes covering their tuition fees, providing uniforms, daily meals, and all necessary educational material.

WIDOWS & NEEDEY FAMILIES

In Afghanistan, widows face immense challenges due to cultural norms and economic hardships. However, amidst these struggles, HRM plays a vital role in extending a helping hand to these vulnerable women, empowering them to rebuild their lives.

HRM provides financial aid, and advocates for their rights. We empower widows to overcome challenges and rebuild their lives. Our mission is to bring positive change to the lives of countless widows, fostering a brighter and more resilient future for them and their families.

TECHNICAL INSTITUTE

For over a decade, HRM has been deeply committed to making a difference in the lives of orphans in Afghanistan. Through our experience on the ground, we have recognised the harsh reality that many orphans face, being forced to become breadwinners rather than pursuing further education and career aspirations. To address this pressing issue and provide viable solutions, we have established a Technical Institute, where we take an apprenticeship approach to educate and empower these vulnerable children.

At the Technical Institute, we prioritise teaching orphans and providing them with a formal education and we offer specialised technical training, with a focus on becoming proficient car mechanics and gaining practical skills that open up various opportunities for their future.



CONSTRUCTION

MASJID CONSTRUCTION

In nations like Afghanistan, masjids are more than places of worship, they are community centres and places of learning and teaching. Anybody that is at the masjid is in a safe environment. At HRM we build masjids in communities where there is a dire need for them, or areas where masjids have been left in ruins due to war.

A TOTAL OF **30 MASJIDS** BUILT IN OVER **12 PROVINCES**



Kunar Masjid



Nangarhar Homes

HOUSE CONSTRUCTION

In Afghanistan, the plight of homeless families demands urgent attention. The lack of adequate shelter exposes them to harsh conditions and vulnerability. By prioritising the construction of homes for these families, we can provide not only safety and stability but also a chance to break free from poverty's grip. Access to secure housing offers a path towards empowering the nations future generations. Addressing this critical need is crucial in fostering a more resilient and compassionate society in Afghanistan.

BAKERY CONSTRUCTION

HRM is dedicated to restoring independence to those in need. Our bakeries in Herat, Kabul, and Nangarhar not only supply fresh bread to the most vulnerable but also offer employment opportunities to multiple families, with at least five families benefiting from a stable income. From every bakery we distribute over 1000 pieces of bread on a daily basis. Through these efforts, we aim to uplift lives and empower individuals with the means to break free from hardship and regain their independence.



Kabul Bakery

NATURE RESTORATION



GREEN AFGHANISTAN

Decades of conflict and violence, coupled with drought and earthquakes, have had devastating impacts on Afghanistan's natural environment, once pristine and rich in agricultural diversity. HRM is prepared to lead the way in nature restoration with our project: Green Afghanistan.

We aim to plant trees all over the country and in addition, this project will yield benefits many times greater than the amount of the funding given such as, supporting future agricultural income for farmers, supporting the reforestation of Afghanistan, generate income for families by reducing unemployment and promoting ecological awareness.

ISLAMIC PROJECTS



AQIQAH

At the birth of a child, the Aqiqah is performed as part of the sunnah of the Prophet (peace be upon him). It involves the sacrifice of livestock; such as goats and sheep. An Aqiqah for a son involves two livestock and an Aqiqah for a daughter is done with one livestock. With HRM you can perform your Aqiqah in Afghanistan and distribute meat to needy families.

WALIMA FEAST

A Walima is a joyous occasion for any Muslim community and it is an expression of a married couples happiness and gratitude to Allah.

With HRM, there is no better way to put blessings in a marriage than donating a Walima feast to our needy brothers and sisters in Afghanistan.

QURAN PROJECT

The team at Human Relief Mission distribute Qurans in Afghanistan, fostering accessibility to the holy book. Amidst challenges, this project aims to provide comfort, guidance, and a source of solace to Afghan communities. By making the Quran more available, the effort seeks to uplift spirits and offer a sense of unity during trying times, spreading the message of peace and resilience.

EID GIFTS



EMERGENCY RELIEF





EMERGENCY RELIEF PACKS

During times of natural disasters, HRM plays a crucial role in distributing emergency relief packs for the survivors in need. The emergency relief packs include essentials like food, hygiene kits, kitchenware and cooking pots as well as a temporary shelter with a plastic carpet and floor mattresses.

HRM's systematic approach ensures efficient allocation and distribution of resources, addressing the urgency of the situation. By coordinating relief efforts and offering free ambulance services, HRM helps provide a lifeline to those impacted, offering much needed support during their most vulnerable moments.

EMERGENCY MEDICAL AID

Amidst emergencies in Afghanistan, HRM extends vital aid by establishing medical camps and offering free ambulance services for those that need further medical attention. These actions cater to urgent medical needs of Afghans, delivering essential healthcare where it's most needed.

These initiatives not only address immediate health concerns but also demonstrate the significance of coordinated efforts in providing crucial relief to affected communities.



Paktika Earthquake

PARTNERSHIP

As a charitable organisation, we hold a firm commitment to our partners who work with us on the ground in Afghanistan. It is our duty to ensure that the trust they place in us is valued. We uphold the Amanah (trust) that has been bestowed upon us, ensuring that donations are utilised exactly as intended. To assure our donors and supporters that their contributions are used responsibly and directed to their intended purpose, we offer regular media updates and maintain comprehensive reporting.

MEDIA FEEDBACK

The primary focal point of the feedback that we give to our partners revolves around media content. This includes photographs and videos capturing project implementation and delivery. This media content is tailored to the partners charity and branding, featuring personalised banners, high visibility vests (or any other outer wear provided), and distinctive branding on the distributed aid. This allows our partners to use this media content for their own advertising and fundraising on their channels

REPORTING

A comprehensive project proposal will be submitted prior to project implementation, and a detailed project completion report will be provided following the project completion. Relevant beneficiary data will be included in the reports where applicable and when required by our partners, individual case studies can also be presented.

DEPLOYMENTS

We also invite our partners and their donors to come and travel with us to Afghanistan so they get a chance to oversee and inspect the work that has been carried out and the aid that has been distributed. This gives our partners and their donors a chance to physically see all the beneficiaries they have helped.

**HRM CONDUCTED A TOTAL NUMBER OF
5 DEPLOYMENTS IN 2022**

Need more information?

Contact Us

 160 Harehills Lane,
Leeds, LS8 5JP

 0300 102 1674

 info@humanreliefmission.com



YOUR BADGE.

YOUR BANNER.

YOUR TEAM.



OUR PARTNERS



one nation



GLOBAL
RAHMAH FOUNDATION



AL-IMDAAD FOUNDATION UK



The Qamar Trust

**AFGHAN
CHARITY WEEK**



THE AKHIRAH TEAM

JSH JUNIOR SPORTS HUB
COMMUNITY | FAMILY | WELLBEING

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Head Office

160 Harehills Lane
Leeds, West Yorkshire
LS8 5JP, United Kingdom
Tel: 0300 102 1674

Bank Details

Name: Human Relief Mission
Bank: HSBC
SC: 40-27-14
Ac No: 11518151



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