



**ARYANA AID**

UK Charity Registered No. 1130232

ANNUAL REPORT

[www.aryanaaid.org.uk](http://www.aryanaaid.org.uk)

Tel: +44 (0)208 804 3561



*Rebuilding*

LIVES & COMMUNITIES

Aryana Aid is a volunteer-led UK registered charity which aims to relieve poverty in Afghanistan and Pakistan, working on the ground with good practice and sustainable delivery programmes at its heart.



Making a positive change to oneself and the communities of the world for the sake of Allah (swt).

## Afghanistan Facts

Decades of war has made Afghanistan the world's most dangerous country and the largest producer of refugees and asylum seekers. Some 20 million people out of the 32 million population are living in poverty.

**30%** Some 30% of the population have limited or no access to health services

**40%** 40% of children under the age of 5 are growth stunted

**70%** Over 70% of the population is illiterate

**30%** Approximately 30% of 5-14 year olds are child labourers

**30%** Half of the population still lives without access to clean water sources

**2<sup>ND</sup>** It has the second highest maternal mortality rate in the world and the third highest infant mortality rate.

## CHAIRMAN'S MESSAGE



Assalamu'Alaikum  
[Peace and Blessings  
of God Be Upon You]

Welcome to the  
Aryana Aid Annual  
Report. On behalf  
of our entire team I  
would like to thank

you for your support and share how together, we have helped relieve the suffering and pain of those less fortunate than us.

Outside of media interest, this past year has seen a number of unfolding crisis in Afghanistan, compounded by years of conflict.

The situation always reminds us of the fragility of life and the enormity of the humanitarian and development task ahead. Our new strategy, faith inspired action, aims to better prepare for these challenges with regionally focused projects aimed at investment in health service infrastructure, the disruption of food poverty and the pursuit of educating the next generation of young Afghans.

We are determined that with your help and support and by the Grace of Allah (swt) our ability and reach will grow further. National

development is all about transformational change, change that has a lasting impact. Therefore, as well as protecting life and dignity, we aim to empower communities, working beyond a crisis to help rebuild the lives of those affected. We rely on the generous donations of our supporters who pledge to our numerous campaigns and projects; none of this would be possible, if it was not for your support.

Your continued acts of kindness have made a huge difference to our work in helping poor people in one of the neediest and most neglected regions in the world. We are truly humbled and grateful to have your support. Whether through donating, volunteering or simply remembering us and the needy in your prayers, we would like to say thank you. I hope you enjoy reading about the great progress we have made together and I hope this report plays a small part in reassuring our donors about the commitment we make to the myriad of programs being delivered by our teams on the ground.

Sincerely,

**Syed Raza**  
Chairman

## OUR RECENT ACCOMPLISHMENTS

○ **Sponsorship of 1,360 Orphans & 33 Widows**

○ **Emergency Shelters Provisions For 250 Refugee Families**

○ **Installation of 8 Tube Wells & 68 Water Pumps**

○ **Medical Aid Supplies for 15,268 Patients**

○ **Food Distribution Program Support to 699 Families**

○ **Winter Packs Supplied to 485 Families**

○ **Qurbani Project Supplied 4,505 Families with Meat**

○ **Ramadan Project Support to 954 families**

○ **Women Empowerment Schemes Support 50 Widows**

○ **Disability Support Provided to 850 Children**

# Orphans

## SPONSORSHIP



We have always been inspired by faith to embrace, protect and support Afghan children who have lost their parents and loved ones.

Brave and beautiful children like 6 year old Zahra who lost her father to conflict. Afghanistan has been called the worst place to be a child.

UNICEF has reported that one in five Afghan children will die before their 5th birthday. More than 600,000 children sleep on the streets of Afghanistan and over 2 million are orphans. They don't know their date of birth, have no birth certificate, have lost every thread of any family network, and celebrate no holidays. Some of them were forced to watch as their parents, relatives, or friends were manhandled, assaulted or killed. These children are unprotected and prone to exploitation, many suffer from chronic malnutrition and widespread occurrence of micro - nutrient deficiency.

A large proportion work in order to provide for themselves and their families. These children not only miss out on their education, but also miss out on their childhoods. Protection and development of children is the long-term solution. Our orphan sponsorship programme is one of our cornerstone projects, its priority is on providing a nurturing environment where children are educated and do not have to worry about working or providing for their siblings.

Aryana Aid is rebuilding the shattered lives of traumatised children by providing safe homes, food, clothing, medicine and education. Children like Abdul Wahab and Fatima lost both their parents in Kunduz at a young age, Abdul Wahab is supported by

Aryana Aid but sadly we have yet to find a sponsor for his sister Basera .

There are over 1360 orphan students who Aryana Aid currently supports in Afghanistan and many more are on the waiting list. We keep increasing our capacity to help these students better their lives and build a better future for Afghanistan.

## Sponsor AN ORPHAN

By donating **£300**, you can help and sponsor an orphan for a whole year and provide the child with all of their basic needs such as , nutritious meals, clothes, healthcare, education, accommodation all in a loving and caring home.



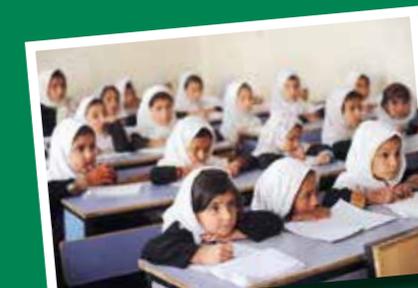
## Fatima's Success Story

Fatima is seven years old, in May 2015 her father was killed in a road side bomb blast in Kunduz Afghanistan, leaving Fatima and her four sisters and mother without any income to pay for food and education.

Her mother Hajira was paralysed a year after her fathers death, she died a few months later. Fatima and her sisters were able to find a new home at an Aryana Aid orphanage in Kabul. Fatima says she enjoys playing with toys and riding bicycles. She is now in class 2 at the Kayinat School which is supported by Aryana Aid and her wish when she grows up is to be a doctor. Aryana Aid orphanage relies on your donations to help more orphans like Fatima.

## Schools

Aryana Aid have established and run several schools and orphanages in Afghanistan, accommodating 1360 students, the other school in Baluchistan in Pakistan caters for 430 students.



# Sheltering THE HOMELESS

Help us provide emergency shelter for desperate families left homeless following a generation of conflict in Afghanistan. Our emergency shelter project provides essential items to help protect them from freezing temperatures that can fall below -26° during in the winter months.

According to the UN High Commission for Refugees (UNHCR), nearly 5.7 million refugees have returned to Afghanistan in the last decade. However, the lack of job opportunities in the region means that millions become dependent on the government to help them find shelter and to help them re-integrate back into society.

The population of Kabul has tripled in the last seven years, and the government's land allocation scheme has a waiting list of several thousand families. Although hundreds of makeshift camps have been created to 'house' the homeless, many people choose

to settle on mountain ranges and areas outside of the official camps; emergency responses are often needed to prevent casualties resulting from the harsh winter conditions.

Aryana Aid has been working with local people to address homelessness since 2009.

Thanks to the generosity of our donors, we've supplied tents, winter clothing, winter food and fuel to desperate Afghan families and also purchased resettlement land for those that are most in need.



## Abdul Hai's STORY

'I lost my house and my land in the war, and I struggled to support ten members of my family because of the ongoing security crisis. I visited Aryana Aid after I was unable to find work, and I told them about my problems.

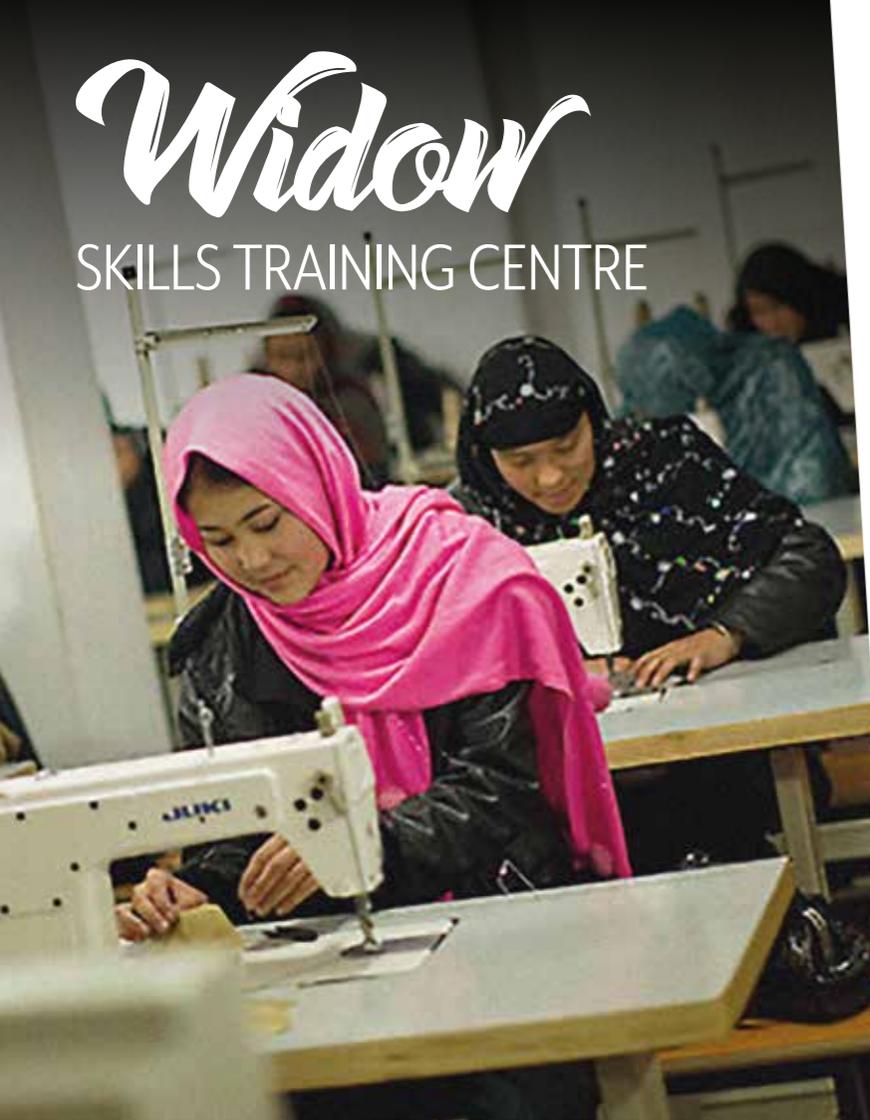
The charity's volunteers helped me write an application for a small piece of land which was granted to me by the committee. The charity also helped me build a house on the land that I had been awarded. I am truly grateful for the help and support given to me by Aryana Aid; my family and I will remember the charity in our prayers for the rest of our lives'.

## Winter Packs

Winter Packs: Just **£130** will provide a family sized tent with a separate kitchen, washroom and sleeping compartment to house 3-4 people.

# Widow

## SKILLS TRAINING CENTRE



Our women empowerment schemes in Afghanistan have 320 widows enrolled with many more on our waiting list.

Our training centre for women in Kabul is a ground-breaking new initiative for Afghan widows, it aids them in developing vocational and life skills. Studies have shown that 57% of girls in Afghanistan are married before the age of 16.

The majority of child brides are not schooled or trained for vocational work outside of the family home. In fact 80% of Afghan women cannot read or write and only 25% are employed, compared to 88% of Afghan men.

Afghanistan has one of the highest number of widows in the world; official estimates suggest 1.5 million. The average age of an Afghan widow is 35 years, and about 90% of Afghan widows also have an average of four or more children to support.

**'80% OF AFGHAN WOMEN CANNOT READ OR WRITE AND ONLY 25% ARE EMPLOYED, COMPARED TO 88% OF AFGHAN MEN.'**

Although there is more work available in urban areas than rural areas, there are not many job opportunities for unskilled women; most widows therefore end up doing menial work, begging or entering illicit trades to support themselves and their young families. A large number of widows also attempt suicide because they are unable to cope with their circumstances. Aryana Aid has been supporting widows at its training centre in Kabul.

Our centre teaches widows tailoring, embroidery and cookery amongst other skills that they need to find semi-skilled work or to set up micro businesses, helping them become economically independent. There is no better gift than an education, or teaching of a new skill, that could potentially mean financial independence. It also means a brighter future for all, as skills can be passed down through generations. We also provide advice about avoiding exploitation from dishonest employers and customers.

**320 women aged between 20 and 45 years are currently enrolled onto our free classes taught by our salaried teachers.**



**Sponsor**  
A WIDOW

Sponsor a widow like Qamar annually for **£420** which covers 12 months in Micro-Business courses like tailoring, embroidery and cooking.

## Qamar's STORY

Aryana Aid has been supporting widows at its training centre in Afghanistan. . When Qamar Gul's husband died four years ago, she was forced to beg on the street and work as a farm labourer and housemaid, yet she could still not support herself and her five children. Gradually her dreams of becoming self-reliant and providing for her family were shattered. This is until Aryana Aid trained Qamar Gul

and other women in her village to learn tailoring, giving her the equipment and materials to make a fresh start. Now Qamar Gul has her own small business with four employees, enabling even more women to stand independently. She says she is proud but not shy and overjoyed that she no longer has to beg on the street and knock on door after door, asking for help.

# HELP US ALLEVIATE *Hunger*

Aryana Aid distributes essential food items to undernourished men, women and children who are unable to sustain themselves with a regular meal due to food shortages.

Wages of ordinary Afghans no longer cover essential food items. The problem is worse for those living in rural areas, especially in the villages around Kandahar and Helmand.

There is little incentive for local farmers to produce more food as the Afghan economy is still largely dependent on the illegal trade of opium. 90% of the world's opium comes from Afghanistan, and poor farmers are able to earn more from opium production than wheat or rice. The sad reality is that there are thousands of people who go hungry each and every day in both Afghanistan and Pakistan because they simply can not afford to buy even the most basic food.



Aryana Aid does its best to feed as many hungry people as it can reach. We stretch every penny to make sure that nothing is wasted. We do this by locally sourcing rice, flour, tea, sugar, cooking oil and meat for the most vulnerable communities in the region, saving money and helping the local economy, which benefits local workers and farmers.

The food is bought by our local volunteers who work together to distribute it to families living in poverty and ensure that each grain of rice is given to those who need it most, those who are not able to provide for themselves. We aim to give every person the peace of mind that they will have food on the table each and every day.

**Let us Feed the Needy, just £70 can help sustain a family's food rations for one month**

## *Emergency* AID PROGRAMME

The people of Afghanistan have been victims of war, famine and natural disasters.

Millions of lives are affected, with survivors being left without clean water, shelter and families. We aim to do everything within our power to get their lives back to normal by providing shelter, clothes and food to those who have lost their homes, and by offering homes to children who have lost their families, as well as providing appropriate medical care for those who are ill or injured.



*Help Us  
Feed The  
Needy*

Help us feed the needy, just **£70** can help sustain a family's food rations for one month



# Water

## FOR LIFE PROGRAM

Many villages in Afghanistan are suffering from drought which has further reduced the already scarce clean water supplies. Contaminated water results in regular outbreaks of typhoid, cholera, diarrhoea, dysentery and the high incidence of kidney stones.

According to UNICEF, thousands of Afghan children die from diarrhoea and other water-borne diseases every year. Only 13% of Afghans have access to water that has officially been approved by local authorities; almost 96% of people living in rural areas still rely on unsafe drinking water. Some rural areas don't have access to any water because local sources were either destroyed in the war, have dried up or fresh water from the mountains is being unfairly redirected or stored by villages closer to the source.



Villagers down-stream often walk miles to access water from contaminated wells, rivers and springs, some must make the journey several times a day to meet the sanitation, food preparation and farming needs of their families. It's an exhausting and often dangerous activity, especially during the winter months when walking routes become hazardous with snow.

Aryana Aid has been working with local engineers to supply safe water to hundreds of rural villages across Afghanistan.

**In the last year, Aryana Aid has managed to build 45 water pumps, and 25 electric tube wells around villages in Afghanistan, as well as many more in Pakistan.**



**£600**

Provides a new **Hand Pump** for **300** poor people

**£1200**

Provides a new **Water Well** for **900** poor people

**£3600**

will build a **Solar Powered Water Tank** supplying an entire village

## Sustainable Water Solutions

Aryana Aid has built many water pumps, water wells and solar powered water tanks in numerous villages, harnessing natural energy from the sun and using it to pump pure water from deep below the ground into large seven meter storage tanks. The water is then split between four borehole wells and

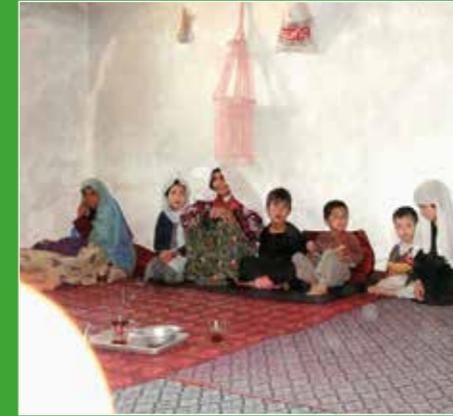
channeled for the consumption of hundreds of local villagers. The solar powered water tanks are an environmentally friendly and very successful solution which we are taking to remoter regions. For people like 22 year old Reza Gul, the well means that she doesn't have to carry heavy, back-breaking

buckets of water over long distances for her family every morning. The poverty driven issues in her village Istalif are far from over, but this is one way Aryana Aid has helped provide a sustainable solution to what was a long-standing water crisis.



LONG TERM CARE FOR  
*Widows*

Support a  
**widow and her  
family** for 1 year for  
only **£840**



Help us support a widow with the sustainability she needs to rebuild her and her children's lives, a caring and loving environment without hunger and disease.

Rebuilding shattered lives with a safe home, food, clothing, medicine and education is the core objective of our widow sponsorship scheme. It is estimated that the war has resulted in over 2 million war widows in Afghanistan. These widows are displaced, destitute,

illiterate and suffering mentally from the horrors of the war, which they have seen first-hand.

Often, they can only survive by sending their young children out to work in the streets and as such the cycle of poverty continues. Without a helping hand from generous people, their destitution will impact on the lives of their children and their children's children for generations. The tales of terror and endurance told by some of the widows are so harrowing that it is hard to believe they survived at all. Thousands of women and children

refugees in Afghanistan will not be relocated under the official government Vulnerable Persons Resettlement Scheme. The money you give goes towards individual and community development. We provide counselling, vocational training and support, half-way houses and encourage them to take control of their lives and plan a future.

**We can't give them back the past but we can let them know that we care about their future.**



## SHARING THE BLESSINGS OF *Ramadan*

In both Pakistan and Afghanistan last year thousands of Muslims benefited from Iftaar packs distributed by Aryana Aid.

Alhamdulillah these packs not only fed poor families for Suhoor and Iftaar, but importantly enabled them to fast and receive the blessings of this glorious month. Ramadan is a time for giving to those less fortunate, You can donate your Zakat, Sadaqah and Lillah towards any of our projects. Remember, a small donation can make a big difference.

**Iftaar Food Pack - £75**

**Eid Gift for Orphan - £12**

## *Your Zakat Partner*

The third pillar of Islam requires all followers of the faith to donate 2.5% of their personal wealth to help others in need every year. Zakat cleanses your wealth and adds blessings to it. Personal wealth is granted by Allah (swt) and should be considered a trust by us during our lifetime.

Though it is preferred to give your Zakat in Ramadan, you can donate your Zakat at anytime during the year and you can also set up a direct debit to pay your Zakat in monthly instalments.

We have created a simple online calculator for you to determine your Zakat for the current year, please visit:

[www.aryanaaid.org.uk/zakat](http://www.aryanaaid.org.uk/zakat)



## *Wheelchair* DISTRIBUTION PROGRAM

An indiscriminate bomb or shell takes lives and limbs from the innocent. Aryana Aid has a special Wheelchair Distribution Program in Afghanistan.

Reports made by renowned organisations such as Human Rights Watch and the UN indicate that Afghanistan remains one of the most heavily mined countries in the world.

A large number of Afghan children are physically disabled. During the late 1980s, according to United Nations estimates, more than 300,000 Afghan children, victims of war, were disabled.

A survey taken in 2005-2006 found that there were between 747,500 and 867,100 disabled Afghans, or 2.7% of the population. More than 50% of the disabled lived in Kabul, Khandahar, and Herat provinces which have seen

the most fighting during the past three decades.

This is the result of more than three decades of landmine use by numerous armies and factions. Among the disabled, half were under the age of 19. There are probably over 400,000 disabled Afghan children, victims of direct conflict and left over landmines.

Our aim and dream is to be able to provide every disabled man, woman and child in Afghanistan a wheelchair, so that they can achieve some level of normality in their lives. You might not be able to fully comprehend how a handicapped person feels, but you can certainly help restore their smile.

**Join us to fight disability across Afghanistan.**



A simple donation of **£120** will help **purchase and deliver a wheelchair** to a needy recipient.

# Financial Summary 2018 – 2019

With your generous donations we have seen a steady growth in our income, allowing us to spend more where the need is greatest.

	Year Ended 2018	Year Ended 2019
Ramadan	£20,920	£36,320
Winter Pack	£14,515	£16,565
Emergency Relief / Shelter	£11,050	£16,490
Water & Sanitation	£23,800	£45,800
Widow Family Sponsorship	£12,600	£14,400
Food Pack ( Food Distribution Program )	£21,000	£27,900
Orphan Sponsorship & Education	£39,040	£43,041
Qurbani Sacrificing of Animals Eid Festival	£8562	£9762
Health Mobility Support ( Wheelchair Program)	£16,520	£20,020
Medical Aid	£6832	£12,252.51
Widow Skill Training / Women Empowerment Program	£8500	£12,300
<b>TOTAL FOR PERIOD</b>	<b>£183,339.00</b>	<b>£254,850.51</b>

## EXPENDITURE BY REGION



We operate a 100% donation policy, every penny you donate is spent where requested and our administrative costs are covered by donations made specifically for this purpose or from our Gift Aid claim which allows tax paying donors to increase their contribution by 25%.

'And whatsoever you spend of anything in Allah's Cause, He will replace it. And He is the Best of providers' [Al Qur'an 34:39]

We need your support, your Zakat, Sadaqah and Lillah can be donated to the following projects:

### Ramadan Project

Iftar Food Pack - £70  
Eid Gift for Orphans - £12  
Zakatul Fitr - £5 per person  
Kaffarah - £5 per person per day  
Fidya - £5 per person per day

### Emergency Relief

Family Sized Tent - £130

### Orphan Sponsorship

£25 per month or  
£300 for whole year

### Widow & Family Support

£70 per Month or  
£840 for whole year  
Winter Pack £75

### Water Sanitation

Small Pump - £600 (300 people)  
Large Pump - £1200 (900 people)  
Tube Well - £3600 (Whole Village)

### Widow Skills Training

£35 per month or £420 per year

### Mobility Support Wheelchair Project

£12 For a pair of crutches  
£15 For urgent wheelchair repairs  
£40 For a refurbished wheelchair  
£120 For a new wheelchair  
£360 A year for disabled child care

### Medical Health Camp

£500 For medicine kits  
£7500 Donate an ambulance

### Support Small Business

£600 Provides a dairy cow

### School Project

£1800 Maintain school for 1 year  
£6500 Build a rural school

### Sponsor a Wedding

£1800 Single ceremony

# Ways to Donate



## BY CARD

Call our donation hotline  
+44 (0)20 8804 3561



## BANK TRANSFER

To make a donation directly via bank transfer, please use the account details below:

### UK DONATIONS

Bank: Barclays  
Account Name: Aryana Aid  
Sort code: 20-29-77  
Account No. 90526584

### INTERNATIONAL DONATIONS

IBAN (if not UK)  
GB65 BARC 2029 7790 5265 84  
Swift Code: BARCGB22



## ONLINE

Donating online is fast and secure. Please visit  
[www.aryanaaid.org.uk](http://www.aryanaaid.org.uk)



## CHEQUES

Please make cheques payable to 'Aryana Aid' and post to:  
Aryana Aid, Unit 1,  
62 Alexandra Road,  
Enfield, London EN3 7EH

Please label your donations clearly with your name, contact details and the project you would like your donation to be used for. Please write any specific directions on the back of the cheque.

# Make a life changing difference to a child's future



## You Give, We Serve



Unit 1, 62 Alexandra Road Enfield, London, EN3 7EH Tel: +44 (0)208 804 3561  
[www.aryanaaid.org.uk](http://www.aryanaaid.org.uk) / Email: [info@aryanaaid.org.uk](mailto:info@aryanaaid.org.uk)

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