



HELPING HAND
FOR RELIEF AND DEVELOPMENT

Orphan Support Program

ANNUAL REPORT - 2024



Together
WE ARE | **SERVING.
HEALING.
EMPOWERING.**



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Transforming Lives

Since 2005, Helping Hand's Orphan Support Program has been a lifeline for thousands of orphaned and vulnerable children around the world. Thanks to your unwavering support, the program has grown to serve over 28,500 orphans across 21 countries and 4 refugee populations, offering consistent care, protection, and opportunities for a brighter future.

Your contributions are directly impacting the lives of children in: **Pakistan, Kashmir, India, Bangladesh, Afghanistan, Sri Lanka, Nepal, Indonesia, Philippines, Jordan, Lebanon, Turkey, Morocco, Kenya, Somalia, Uganda, Tanzania, Macedonia and Haiti**

HHRD provides donors with a dedicated web portal that allows sponsorship of individual children based on location, refugee population, age and gender. Donors can discover individual orphan stories on the website or can choose to support multiple children across the world. HHRD's Orphan Support Program follows beneficiaries up to age 18.

This Annual Report describes the efforts, successes, challenges, and financial standing of HHRD's Orphan Support Program for the calendar year 2024. It was a difficult year, in part because rising costs forced us to increase the requested sponsorship donation levels. This was something HHRD struggled with because we value our donors and seek to provide the greatest number of services for the greatest number of people while also keeping costs down. However, it was determined that the increase was necessary, and there were impacts on individual sponsorships as well as staff time.

This impactful work would not be possible without the generosity of our donors. Your support not only meets the immediate needs of these children—it also lays the foundation for long-term success and self-reliance.

Together, we are transforming lives, one child at a time. Helping Hand remains committed to transparency, impact, and compassion, ensuring that every donation brings hope, dignity, and opportunity to those who need it most.

Thank you for being a vital part of this mission.



Program Implementation Overview

The Orphan Support program at Helping Hand works is a comprehensive child development model that strives to provide age appropriate support essential for the development of each child

All country deliver on each of these promises in different ways depending on the local economy and global events. For example, in some countries, tuition is paid directly to the school, while in other countries, families are given cash assistance to pay educational fees. The program takes stewardship of donor funds seriously. Need assessments are conducted to determine where clusters of sponsorships will be available. Individual families must provide proof of residency, financial need, school records and other forms of documentation to ensure that funds benefit deserving orphans.

Each child enrolled in the program benefits from a holistic support model that includes:

- **Food and Subsistence:** Regular provision of nutritious meals and essential
- **Medical Assistance:** yearly health assessment, access to follow-up check-ups, referrals to specialists if needed for chronic illness management and emergency care
- **Educational Sponsorship:** School fees, uniforms, books, and academic support, enabling children to stay in school and excel.
- **Psychosocial Upliftment:** Counseling, mentorship, and extracurricular activities that support emotional healing and healthy development.
- **Child Protection Services:** Follow-up of children in schools and at homes ensuring space living spaces along with key stake holder training for staff, guardians and teachers to protect the children from exploitation, abuse, and neglect.



Education Support

Education is a powerful tool that can uplift orphans out of poverty by opening doors to better opportunities and brighter futures. By gaining access to quality education, orphaned children develop essential skills such as literacy, critical thinking, and problem-solving, which are crucial for breaking the cycle of poverty. Education not only empowers them to secure stable employment but also boosts their confidence and independence. With the right support, these children can overcome their circumstances, become self-reliant, and contribute positively to their communities, ultimately creating a pathway toward long-term success and financial stability.

Helping Hand ensures that all registered orphans are attending school. All essentials required in pursuit of academics such as school fees, book bags, school supplies, uniforms, shoes etc. are provided so the children go to school ready to learn.



Food and Sustenance

Access to proper nutritious food is essential for orphans to grow, thrive, and reach their full potential. A balanced diet supports healthy physical development, strengthens the immune system, and enhances brain function, which is critical for effective learning and concentration. Without adequate nutrition, children are more likely to suffer from illnesses, fatigue, and developmental delays that can hinder their education and overall well-being. For orphaned children, who often face additional emotional and psychological challenges, consistent access to healthy meals provides not just nourishment but also a sense of care and stability. Ensuring proper nutrition is a foundational step toward helping orphans lead healthy, productive lives.

In 2024, Helping Hand worked tirelessly to create food security for our registered orphans across the world. Our staff and partners worldwide worked on procurement and distribution of food packages customized to the local palate and the needs of the registered children and their families. At least 6 large food packages which included both dry and fresh rations, enough for the orphan families for more than a month, were delivered to the children's homes. This increase in food came with the challenge of ensuring the overhead cost of procurement and delivery are kept to a minimum as the worldwide inflation is at our donors' end as well. Our teams worked diligently in securing the best quote available, partnering with government agencies on the ground to ensure efficient distributions. In countries where the cost of procurement and delivery were high, a portion of the funds dedicated for food supported was given out as cash allowance and food vouchers which the orphan families can take to their local supermarkets.



Health Care

Access to proper health care is vital for orphans to grow up healthy and resilient, especially in impoverished communities where they are more vulnerable to disease and environmental hardships. Without timely medical attention, children often suffer from preventable and treatable conditions such as anemia, malnutrition, and waterborne diseases like cholera and diarrhea, which can severely impact their growth and development. In many regions, orphans also face region-specific threats like malaria, dengue fever, and parasitic infections such as hookworm or schistosomiasis, which thrive in poor sanitary conditions. Additionally, chronic illnesses can go undiagnosed and untreated. Natural calamities like floods, droughts, and extreme hot or cold weather exacerbate these issues, increasing the risk of illness and injury. Access to regular check-ups, vaccinations, clean water, and emergency care can make a life-changing difference, ensuring that these vulnerable children have a fighting chance at a healthier, brighter future.

In 2024, Helping Hand conducted comprehensive annual health checkups for all registered orphans worldwide. Across all 21 countries where the organization is active, children also received support through specialist referrals, follow-up care, surgeries, and access to necessary prescription medications. Hygiene kits—containing essentials like toothpaste and toothbrushes, soap, shampoo, towels, and nail clippers—were distributed, alongside educational sessions highlighting the importance of personal hygiene for overall well-being. A few years ago, a field assessment by Helping Hand staff in Africa (Kenya, Uganda, Somalia, and Tanzania) identified that many girls were missing 7–10 days of school each month due to a lack of access to sanitary napkins, as their mothers could not afford them. As a result, the girls often stayed home, missing valuable classroom time. In response, Helping Hand began providing sanitary products to female orphans, empowering them with the confidence and freedom to attend school consistently and ensuring that a natural biological process does not become a barrier to their education.





Psychosocial Support

Psychosocial Upliftment plays a crucial role in the healthy growth and development of orphaned children, providing them with emotional support, a sense of belonging, and opportunities for self-expression. Activities such as group celebrations, club participation, sports competitions, art showcases, and festive gatherings like Eid celebrations help create a joyful and inclusive environment. These experiences allow children to build friendships, develop teamwork and communication skills, and boost their confidence and self-esteem. Coming together for such events not only strengthens their social bonds but also helps them heal from trauma, reduces feelings of isolation, and nurtures a positive outlook on life. For orphans, who often lack traditional family support, these moments of connection and joy are essential for their emotional well-being and overall development.

In 2024, our registered orphans were engaged in a host of activities ranging from Quran memorization, religious and National celebrations, sports and arts competitions etc. All 28,500 orphans in 21 countries celebrated Eid Ul Fitr and Eid ul Adha with food and fun activities. All children received Eidi in the form of cash, new clothes, shoes, toys and sweets to celebrate with their families and friends.



Child Protection

Ensuring regular child protection follow-ups at both schools and homes is essential for safeguarding orphans, who are among the most vulnerable members of society. Without the consistent presence of a parental figure, they are at higher risk of facing abuse, neglect, or bullying—whether from peers, caregivers, or others in their environment. By actively monitoring their well-being through school visits, home assessments, and counseling sessions, we can detect early signs of harm and intervene promptly. These protective measures create a safer environment where children feel valued, heard, and secure. When orphans are protected and supported, they are more likely to grow up with confidence, emotional stability, and the ability to reach their full potential in all aspects of life.

In 2024, the staff from Helping Hand was in constant connection with the orphans. Field officers spent time with the teachers and the children to gauge their academic performance and provided interventions if needed to improve academic outcomes. Home visits were made to ensure the children are living in safe spaces and not being neglected or abused. These children are extremely vulnerable, surrounded by illiteracy and poverty, forced into things that are harmful for them physically and mentally. For identified cases, counseling and guidance were provided to both the children and their caregivers to help address the challenges they were facing. These sessions aim to find practical solutions, offer emotional support, and create a more positive and stable environment for the child. By working closely with caregivers, Helping Hand staff were able to promote better understanding, strengthen relationships, and ensure that the necessary steps were taken to improve the overall well-being and development of the children.



The Plight of the Refugee Orphans

Orphans among refugee children are among the most vulnerable in the world, having lost not only their homes but also the protective presence of their parents. Without a stable caregiver, they are at heightened risk of exploitation, abuse, neglect, and child labor. Their emotional trauma is often deepened by the loss, violence, and instability they have endured. Lacking access to consistent education, healthcare, and safe shelter, these children face significant barriers to recovery, development, and a hopeful future. Protecting and supporting orphaned refugee children is crucial to ensuring their basic rights, safety, and well-being.

Palestinian Refugees: The Palestinian refugee crisis began in 1948. Over 75 years later, millions of Palestinians remain displaced, with many living in refugee camps across the Middle East. Generations of Palestinian children have grown up in refugee camps in Lebanon, Syria, and Jordan. Many have been orphaned by repeated cycles of violence and war, enduring chronic instability, limited access to education, healthcare, and basic human rights, with no lasting solution in sight.

The Syrian civil war began in 2011, displacing over 13 million people, causing millions to seek refuge in countries like Turkey, Lebanon, and Jordan. Over 13 years later, many Syrian children remain in limbo—millions are orphaned or separated from their families, living in refugee camps or urban poverty. They face limited access to education, health services, and a secure environment, with the trauma of war continuing to affect their mental and emotional well-being.

The Rohingya refugee crisis escalated in 2017, following a brutal military crackdown in Myanmar's Rakhine State. Over 700,000 Rohingya, including many orphaned children, fled to neighboring Bangladesh, where they continue to live in cramped and under-resourced camps. This humanitarian crisis, now in its 8th year, has left children with limited access to schooling, healthcare, and basic rights, while many continue to live in fear and without legal recognition.

The conflict in Yemen in 2015 led way to the Yemeni refugee crises, plunging the country into a humanitarian disaster that has displaced millions, and left thousands of children orphaned. For over nine years, Yemeni children have faced bombings, famine, and disease outbreaks, all while growing up in unstable conditions. With health systems collapsing and educational institutions destroyed or inaccessible, these orphaned children are among the most at risk of long-term physical and psychological harm.

In 2024 Helping Hand was able to extends vital support to around 2400 refugee orphans in Jordan, Lebanon, and Bangladesh, addressing their urgent needs and offering them a pathway to a more stable and hopeful future. The refugee orphans are provided with both physical and emotional security, helping them heal from the trauma of displacement and loss. Through access to medical care, educational assistance, and food security, Helping Hand tackles some of the most pressing challenges these children face. Chronic food insecurity, in particular, often leads to serious health issues such as developmental delays, anemia, and low body mass index (BMI), hindering their growth and ability to thrive. By meeting these basic needs, Helping Hand empowers these vulnerable children to regain a sense of normalcy and pursue a brighter future.

Success Stories:

Haneen Abu Al-Khail



In the Irbid Camp, a bright and talented girl named Haneen lived with her mother and five sisters in a home once filled with love. Although a refugee family living in substandard conditions, they had a father to protect them until he tragically passed away, leaving them in a difficult financial situation, struggling with food and financial security.

Haneen's challenges began to ease when she was sponsored by HHRD's Orphan Support Program. Through this program, she participated in activities, including summer and winter clubs. She began memorizing the Holy Qur'an, completing three parts so far. Her talent for public speaking emerged, allowing her to welcome guests, recite poetry, and present at events for HHRD and her school.

HHRD's support extended beyond activities, providing Haneen's family with monthly food parcels, financial assistance, recreational trips, gifts, an educational platform, and an annual medical check-up. This comprehensive care significantly improved her family's financial stability, her health, and her academic performance—this year, her GPA reached an impressive 99.6%, Mashallah.

Haneen now dreams of completing her education, building a career, and one day becoming a sponsor for other orphans through HHRD, giving back the same warmth and compassion she received.

Abdimalik Rashid



Abdimalik in Primary school



Abdimalik in Secondary school

In the Mukuru area of Nairobi, 18-year-old Abdimalik Rashid lives with his elder brother, Sudeis, under the care of their grandmother, Halima Hassan. Their lives took a positive turn in 2015 when HHRD launched its intervention in Mukuru through the Orphan Support Program, enrolling both Abdimalik and his brother as beneficiaries.

Through the program, Abdimalik received essential support, including scholastic materials, Eid gifts, mentorship, and food packages, as well as psychological and social care. This assistance enabled him to excel in his studies, completing primary education with a strong score of 310 out of 500 marks. He was then sponsored through HHRD's Education Support Program (ESP) to pursue secondary education.

Grateful for the impact of the program, Abdimalik said, "I sincerely give thanks to the Almighty Allah. I also thank my donors for standing with me and my brother when we thought we had lost it all. I don't have enough words to appreciate you, but Allah will continue to bless you."

Monika Zainab



Monika's life was forever changed in 2016 when her husband died suddenly from a heart attack, leaving her with three young children—Aon Abbas, Mehwish, and Tayour—and pregnant with her fourth child, Moosa. With her husband's death, Monika faced overwhelming emotional and financial strain. As a laborer, her husband had been the family's sole provider, and his passing left Monika with no reliable source of income.

Desperate to support her family, Monika began working as a maid, earning PKR 9,000 a month. With PKR 8,000 going towards rent, she had only PKR 1,000 to cover the rest of their monthly needs. In this desperate situation, her eldest son, Aon Abbas, left school to work in a hotel washing dishes. Unfortunately, his young age and the harsh realities of child labor made it unsustainable, and he was soon forced to quit, further deepening their struggles.

Hope arrived in 2024 when HHRD's Chakwal team enrolled Mehwish, Taymour, and Moosa in the Orphan Support Program (OSP). This intervention supported education, food sustainability, health, and development. Monika was overjoyed and deeply grateful for the assistance.

The family had suffered greatly from last year's floods, which destroyed all their household items, leaving them with nothing but their daily meals. Thanks to Helping Hand, Monika received monthly support for food, educational and health support for her children, which has been crucial in helping her family through these difficult times. Monika's tears of gratitude highlight the profound impact of this support.

With HHRD's help, Monika is now hopeful for her children's future. The support has given them the stability and opportunities they desperately need. Monika's heartfelt message to donors and HHRD is one of immense thanks and hope. She dreams of her children growing up to be successful and compassionate individuals who can positively contribute to society.

Recommendations and Next Steps

Enhanced Educational Resources and Support

Education is one of the most vital resources that HHRD can provide. It is imperative that we continue to recognize and remove barriers to both elementary and secondary educational opportunities and help orphans achieve success. This involves local and international knowledge sharing to respond appropriately to shifting governmental priorities and crisis situations. For example, HHRD provides learning centers in regions where refugees have difficulty accessing public education including Jordan, Lebanon and Bangladesh. In these cases, HHRD works alongside the beneficiary country's established educational system to relieve overcrowding and ensure that underserved children gain literacy skills.

There was a significant shift in Kenya's education system in 2024, leading to a variety of challenges that will affect HHRD's sponsored orphans. In cases such as these, HHRD should be responsive to the needs of teachers and implement interventions as appropriate. There may be ways that HHRD can assist such as in-kind donations of school supplies or teacher training workshops.

HHRD may also want to further develop the existing after-school programs and summer camps to enrich the children's learning experiences. These programs may focus on skill development, creativity, and critical thinking, ensuring children's academic growth and personal development.



Supporting Girls

According to research, the majority of money earned by women goes to support their families and communities. This means that educating girls and allowing women to work leads to a more stable environment for everyone.

HHRD is adapting to evolving situations in several locations by continuing to support female orphans regardless of school enrollment status. Many HHRD water projects allow sponsored orphans to spend less time fetching water and more time on their studies, and shelter relief provides solar electricity to extend the hours of the day available for school work. In addition, OSP provides sanitary supplies for all sponsored families, as well as workshops to help girls understand their changing bodies.

HHRD intends to continue these and other necessary supports to promote healthy, sustainable development in the countries that we serve.

Your support is not just changing lives—it's restoring hope and building futures.



Thank you



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