

ALLEVIATE MENTAL SUFFERING

England & Wales · Charity number 1188776

Details

Other names AMS

Status Registered

Legal form CIO

Registered 2020-03-26

Register [View on the Charity Commission register](#)

Contact

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London
SW13 9ET

Phone 07711502652

Email rafeena1@yahoo.com

Activities

Objects: THE OBJECTS OF THE CIO ARE:(1) FOR THE PUBLIC BENEFIT TO PRESERVE AND PROTECT THE PHYSICAL AND MENTAL HEALTH OF PEOPLE IN PAKISTAN WHO HAVE: (A) SUFFERED FROM ADDICTION TO DRUGS AND OTHER HARMFUL SUBSTANCES OR (B) BEEN VICTIMS OF SEXUAL OR OTHER PHYSICAL ABUSE THROUGH THE PROVISION OF FINANCIAL ASSISTANCE AND; (2) TO ADVANCE EDUCATION FOR THE PUBLIC BENEFIT IN PAKISTAN ON THE DANGERS OF ADDICTION TO DRUGS AND OTHER HARMFUL SUBSTANCES, THE IMPORTANCE OF PHYSICAL AND MENTAL HEALTH AND WELLBEING AND THE AVAILABILITY OF SUPPORT SERVICES, IN PARTICULAR THROUGH THE PROVISION OF FINANCIAL ASSISTANCE FOR SUCH EDUCATION.

Activities: (1) to promote and protect the physical and mental health of people in Pakistan who have (a) suffered from addiction to drugs and other harmful substances or (b) been victims of sexual or other physical abuse through the provision of financial assistance and;(2) to advance the awareness of at risk persons in Pakistan on the dangers of addiction to drugs and other harmful substances, the import

Classification

- **How:** Makes Grants To Individuals, Makes Grants To Organisations
- **What:** The Advancement Of Health Or Saving Of Lives

Geography

- **Area of benefit:** OVERSEAS
- Pakistan

Finances

Period end	Income	Expenditure	Assets	Employees
2025-06-30		£0	£0	-
2024-06-30		£0	£0	-
2023-06-30		£0	£0	-
2022-06-30		£0	£0	-
2021-06-30		£0	£0	-

Trustees

Name	Role	Appointed
Dr Ide Maire Delargy		2020-01-01
Dr Mateen Durrani		2020-01-01
MUKARRAM SATTAR		2020-01-01
Rafeena Allana		2020-01-01

ALLEVIATE MENTAL SUFFERING

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Accounts

**Alleviate Mental Suffering
Income and Expenditure Account
For the year ended Jun 30, 2025**

	-- Amount --	
	2025	2024
Income		
Donation	-	-
	<hr/>	<hr/>
Total Income	-	-
	<hr/> <hr/>	<hr/> <hr/>
Expenditure		
Expenses	-	-
	<hr/>	<hr/>
Total Expense	-	-
	<hr/> <hr/>	<hr/> <hr/>
(Defecit)/Excess of Income Over Expenditure	-	-
Carried Over to Balance Sheet	-	-
	<hr/> <hr/>	<hr/> <hr/>

ALLEVIATE MENTAL SUFFERING

England & Wales - Charity number 1188776

Accounts

**ALLEVIATE MENTAL SUFFERING
INCOME AND EXPENDITURE ACCOUNT**

For the year ended June 30, 2024

	2024	2023
	----- Rupees -----	
INCOME		
Donation	-	-
	<hr/>	<hr/>
Total Income	-	-
 EXPENDITURE		
Expenses	-	-
	<hr/>	<hr/>
Total Expense	-	-
 (Defecit)/Excess of Income Over Expenditure	<hr/>	<hr/>
Carried Over to Balance Sheet	-	-
	<hr/> <hr/>	<hr/> <hr/>

ALLEVIATE MENTAL SUFFERING

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Accounts

**ALLEVIATE MENTAL SUFFERING
INCOME AND EXPENDITURE ACCOUNT**
For the year ended June 30, 2023

	2023	2022
	----- Rupees -----	
INCOME		
Donation	-	-
	<hr/>	<hr/>
Total Income	-	-
EXPENDITURE		
Expenses	-	-
	<hr/>	<hr/>
Total Expense	-	-
(Defecit)/Excess of Income Over Expenditure	<hr/>	<hr/>
Carried Over to Balance Sheet	<hr/> <hr/>	<hr/> <hr/>

ALLEVIATE MENTAL SUFFERING

England & Wales - Charity number 1188776

Accounts

**ALLEVIATE MENTAL SUFFERING
INCOME AND EXPENDITURE ACCOUNT
For the year ended June 30, 2022**

	2022 RUPEES	2021 RUPEES
INCOME		
Donation	-	-
Total Income	<hr style="border-top: 1px solid black;"/> - <hr style="border-top: 1px solid black;"/>	<hr style="border-top: 1px solid black;"/> - <hr style="border-top: 1px solid black;"/>
EXPENDITURE		
Total Expenses	<hr style="border-top: 1px solid black;"/> - <hr style="border-top: 1px solid black;"/>	<hr style="border-top: 1px solid black;"/> - <hr style="border-top: 1px solid black;"/>
(Deficit)/Excess Of Income Over Expenditure		
Carried Over To Balance Sheet	<hr style="border-top: 1px solid black;"/> - <hr style="border-top: 3px double black;"/>	<hr style="border-top: 1px solid black;"/> - <hr style="border-top: 3px double black;"/>

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**ALLEVIATE MENTAL SUFFERING
INCOME AND EXPENDITURE ACCOUNT
For the year ended June 30, 2022**

	2022 RUPEES	2021 RUPEES
INCOME		
Donation	-	-
Total Income	<hr style="border-top: 1px solid black;"/> - <hr style="border-top: 1px solid black;"/>	<hr style="border-top: 1px solid black;"/> - <hr style="border-top: 1px solid black;"/>
EXPENDITURE		
Total Expenses	<hr style="border-top: 1px solid black;"/> - <hr style="border-top: 1px solid black;"/>	<hr style="border-top: 1px solid black;"/> - <hr style="border-top: 1px solid black;"/>
(Deficit)/Excess Of Income Over Expenditure		
Carried Over To Balance Sheet	<hr style="border-top: 1px solid black;"/> - <hr style="border-top: 3px double black;"/>	<hr style="border-top: 1px solid black;"/> - <hr style="border-top: 3px double black;"/>