

THE HELP AND AWARENESS FOUNDATION

England & Wales · Charity number 1197323

Details

Status Registered

Legal form CIO

Registered 2022-01-04

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

Contact

Address 16 Birch Tree Way
Croydon
CR0 7JY

Phone 07984223842

Email SHUMAILZAHID0@GMAIL.COM

Activities

Objects: TO ADVANCE THE EDUCATION OF PERSONS LIVING IN PAKISTAN, IN PARTICULAR BUT NOT EXCLUSIVELY BY:• PROVIDING AND ASSISTING IN THE PROVISION OF FACILITIES NOT REQUIRED TO BE PROVIDED BY THE LOCAL EDUCATION AUTHORITY FOR EDUCATION AT TEACHING INSTITUTIONS• AWARDING TO SUCH PERSON SCHOLARSHIPS, MAINTENANCE ALLOWANCES OR GRANTS TENABLE AT ANY UNIVERSITY, COLLEGE OR INSTITUTION OF HIGHER OR FURTHER EDUCATION.• PROVIDING FOR EDUCATION OR PROVIDING FOR PERSONS TO UNDERTAKE TRAVEL IN FURTHERANCE OF THAT EDUCATION OR TO PREPARE FOR ENTRY TO ANY OCCUPATION, TRADE OR PROFESSION ON LEAVING ANY EDUCATIONAL ESTABLISHMENT.• PROMOTING LEARNING FOR PLEASURE BY PEOPLE NO LONGER IN FULL TIME EMPLOYMENT THROUGH THE CONTINUED DEVELOPMENT OF THEIR INDIVIDUAL CAPABILITIES, COMPETENCIES, SKILLS AND UNDERSTANDING IN SUBJECTS OF EDUCATIONAL VALUE• PROMOTING RESEARCH FOR THE PUBLIC BENEFIT IN ALL ASPECTS OF THAT SUBJECT AND TO PUBLISH USEFUL RESULTS.

Activities: We are working with thousands of poor families in Pakistan who are struggling to give education to their kids. We have a private registered College specially for women for free education so they can get good knowledge and stand on their feet and make their own future.

Classification

- **How:** Makes Grants To Individuals, Makes Grants To Organisations, Provides Advocacy/advice/information
- **What:** Education/training
- **Who:** Children/young People, Other Defined Groups, The General Public/mankind

Geography

- Pakistan

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£7,433	£2,693	-	-
2024-03-31	£1,147	£0	-	-
2023-03-31	£931	£185	-	-

Trustees

Name	Role	Appointed
Fatima Majid		2022-01-04
Muhammad Suleman Ali		2022-01-04
Shumail Suleman		2022-01-04

THE HELP AND AWARENESS FOUNDATION

England & Wales - Charity number 1197323

Accounts

The Help and Awareness Foundation

Accounts

31/03/2025

City Accountants

Chartered Certified Accountants

108 Shireland Road

Smethwick Birmingham B66 4QJ

cityaccountants@mail.com / 0121 5333 777

www.city-accountants.co.uk

The Help and Awareness Foundation Trustees' Report

Legal and administrative status

The Help and awareness Foundation is registered as a charity under number 1197323. The principal address of The Help and awareness Foundation is 16 Birch Tree Way Croydon CR0 7JY.

The Objectives of Marham Welfare Forum (MWF)

To advance such other charitable purposes (according to the law of England and Wales) as the trustees see fit from time to time in particular by relieving need and poverty to people in poor areas of Pakistan. We are working with thousands of poor families in Pakistan who are struggling to give education to their kids. We have a private registered College specially for women for free education so they can get good knowledge and stand on their feet and make their own future.

Trustees

The Trustees at the end of the year were :-

The Help and Awareness Foundation
Mrs Shumail Suleman
Mrs Fatima Majid
Mr Muhammad Suleman Ali

Recruitment and Appointment of Trustees

The charity is governed by a board of trustees drawn from the local community. This is to ensure that the board has the skills and experience required to oversee the management of the charity and its operations.

The charity trustees are responsible for the general control and management of the charity. The trustees give their time freely and receive no remuneration or other financial benefits.

Trustee Induction and Training

All new trustees receive a planned induction programme before taking up their place on the board. This includes an explanation of their roles and responsibilities, an introduction to other trustees, an overview of recent activities and an explanation of board format and process.

The trustees have a risk management strategy which includes an annual review of the risks the charity faces and the establishment of systems and procedures to mitigate those risks and implementation of procedures designed to minimise any potential impact on charity should those risks materialise.

Reserves Policy

The trustees aim to ensure that sufficient funds are maintained to enable the charity to carry out its activities.

Review of activities for the year

The Help and Awareness Foundation achieved a Gain of £4,740 during the year .

By order of the Trustees

Mrs Shumail Suleman

Chairman
11/12/2025



**The Help and Awareness Foundation
Independent Examiner's Report
to the Trustees of The Help and Awareness Foundation**

I report on the accounts of The Help and Awareness Foundation for the period ended 31.03.2025, which are set out on pages 3 to 6.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

- i) which gives me reasonable cause to believe that in any material respect the requirements : to keep accounting records in accordance with section 130 of the 2011 Act; and to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2011 Act, have not been met; or
- ii) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

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11-Dec-25

**The Help and Awareness Foundation
Statement of Financial Activities
for the year ended 31/03/2025**

	Note	(Unrestricted) 31/03/2025 £	(Unrestricted) 31/03/2024 £
Income from charitable activities and generated funds	1	7433	1,147
Resources Expended			
Cost of generating funds (cost of projects)	1		-
Direct charitable expenditure and administrative expenses	1	(2,693)	

Total Resources Expended		(2,693)	-

The Help and Awareness Foundation		<u>4,740</u>	<u>1,147</u>

**The Help and Awareness Foundation
Balance Sheet
as at 31/03/2025**

	Notes	2025	2024
Fixed assets			
Other fixed assets	3		-
Current assets			
Bank/building society balances	6,633	1,893	
Cash in hand	<u>-</u>	<u>-</u>	
The Help and Awareness Foundation	<u>6,633</u>	<u>1,893</u>	
Current liabilities			
Other liabilities and accruals	<u>-</u>	<u>-</u>	
Net current assets		6,633	1,893
31/03/2024		<u><u>6,633</u></u>	<u><u>1,893</u></u>
Represented by			
Accumulated Funds			
Balance at start of period		1,893	
Net surplus		<u>4,740</u>	<u>1,893</u>
		<u><u>6,633</u></u>	<u><u>1,893</u></u>

The Help and Awareness Foundation
Notes to the Accounts
for the year ended 31/03/2025

1 Income and Expenditure analysis	2025	2024
	£	£
Income		
Donations	7,433	1,147
Activities to generate funds		
Rental income		
Interest receivable		
The Help and Awareness Foundation	<u>7,433</u>	<u>1,147</u>
Direct costs		
Donations (project expenditure)	2,693	
Rent, rates, power and insurance costs		
Property insurance		
	<u>0</u>	<u>0</u>
Repairs and renewals of property and equipment		
Repairs and maintenance		
	<u>0</u>	<u>0</u>
Telephone, fax, stationery and other office costs		
Telephone and fax		
Cleaning		
	<u>0</u>	<u>0</u>
Advertising and business entertainment costs		
Advertising and PR		
	<u>0</u>	<u>0</u>
Bank, credit card and other finance charges		
	<u>0</u>	<u>0</u>
Accountancy, legal and other professional fees		
Other legal and professional		
	<u>0</u>	<u>0</u>

**The Help and Awareness Foundation
Notes to the Accounts
for the year ended 31/03/2025**

2 Plant, machinery and motor vehicles	Plant and machinery £
Cost	
At 01/04/2024	0
At 31/03/2025	<u>0</u>
Depreciation	
At 01/04/2024	0
At 31/03/2025	<u>0</u>
Net book value	
At 31/03/2025	<u>-</u>
3 Other fixed assets	2025 £
Premises	<u> </u>

THE HELP AND AWARENESS FOUNDATION

England & Wales - Charity number 1197323

Accounts

The Help and Awareness Foundation

Accounts

31/03/2024

City Accountants

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To advance such other charitable purposes (according to the law of England and Wales) as the trustees see fit from time to time in particular by relieving need and poverty to people in poor areas of Pakistan. We are working with thousands of poor families in Pakistan who are struggling to give education to their kids. We have a private registered College specially for women for free education so they can get good knowledge and stand on their feet and make their own future.

Trustees

The Trustees at the end of the year were :-

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Mrs Shumail Suleman
Mrs Fatima Majid
Mr Muhammad Suleman Ali

Recruitment and Appointment of Trustees

The charity is governed by a board of trustees drawn from the local community. This is to ensure that the board has the skills and experience required to oversee the management of the charity and its operations.

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Trustee Induction and Training

All new trustees receive a planned induction programme before taking up their place on the board. This includes an explanation of their roles and responsibilities, an introduction to other trustees, an overview of recent activities and an explanation of board format and process.

The trustees have a risk management strategy which includes an annual review of the risks the charity faces and the establishment of systems and procedures to mitigate those risks and implementation of procedures designed to minimise any potential impact on charity should those risks materialise.

Reserves Policy

The trustees aim to ensure that sufficient funds are maintained to enable the charity to carry out its activities.

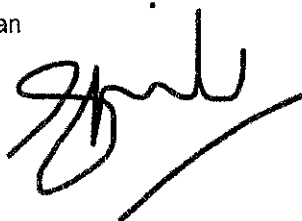
Review of activities for the year

The Help and Awareness Foundation achieved a Gain of £1147 during the year .

By order of the Trustees

Mrs Shumail Suleman

Chairman
17/01/2025



**The Help and Awareness Foundation
Independent Examiner's Report
to the Trustees of The Help and Awareness Foundation**

I report on the accounts of The Help and Awareness Foundation for the period ended 31.03.2024, which are set out on pages 3 to 6.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

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17-Jan-25

**The Help and Awareness Foundation
Statement of Financial Activities
for the year ended 31/03/2024**

	Note	(Unrestricted) 31/03/2024 £	(Unrestricted) 31/03/2023 £
Income from charitable activities and generated funds	1	1147	931
Resources Expended			
Cost of generating funds (cost of projects)	1	-	-
Direct charitable expenditure and administrative expenses	1	-	(185)
Total Resources Expended		-	(185)
The Help and Awareness Foundation		<u>1,147</u>	<u>746</u>

**The Help and Awareness Foundation
Balance Sheet
as at 31/03/2024**

	Notes	2024	2023
Fixed assets			
Other fixed assets	3	-	-
Current assets			
Bank/building society balances	1,893	746	
Cash in hand	-	-	
The Help and Awareness Foundation	1,893	746	
Current liabilities			
Other liabilities and accruals	-	-	
Net current assets		1,893	746
31/03/2024		<u>1,893</u>	<u>746</u>
Represented by			
Accumulated Funds			
Balance at start of period		746	
Net surplus		<u>1,147</u>	<u>746</u>
		<u>1,893</u>	<u>746</u>

**The Help and Awareness Foundation
Notes to the Accounts
for the year ended 31/03/2024**

1 Income and Expenditure analysis	2023	2023
	£	£
Income		
Donations	1,147	931
Activities to generate funds		
Rental income		
Interest receivable		
The Help and Awareness Foundation	<u>1,147</u>	<u>931</u>
Direct costs		
Donations (project expenditure)		
Rent, rates, power and insurance costs		
31/03/2024		
Property insurance		
	<u>0</u>	<u>0</u>
Repairs and renewals of property and equipment		
Repairs and maintenance		
	<u>0</u>	<u>8</u>
Telephone, fax, stationery and other office costs		
Telephone and fax		
Cleaning		
	<u>0</u>	<u>0</u>
Advertising and business entertainment costs		
Advertising and PR		
	<u>0</u>	<u>17</u>
Bank, credit card and other finance charges		
	<u>0</u>	<u>10</u>
Accountancy, legal and other professional fees		
Other legal and professional		
	<u>0</u>	<u>150</u>

**The Help and Awareness Foundation
Notes to the Accounts
for the year ended 31/03/2024**

	Plant and machinery £
2 Plant, machinery and motor vehicles	
Cost	
At 01/04/2023	0
At 31/03/2024	<u>0</u>
Depreciation	
At 01/04/2023	0
At 31/03/2024	<u>0</u>
Net book value	
At 31/03/2024	<u>-</u>
3 Other fixed assets	2024 £
Premises	<u> </u>

THE HELP AND AWARENESS FOUNDATION

England & Wales - Charity number 1197323

Accounts

The Help and Awareness Foundation

Accounts

31/03/2023

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Reserves Policy

The trustees aim to ensure that sufficient funds are maintained to enable the charity to carry out its activities.

Review of activities for the year

The Help and Awareness Foundation achieved a Gain of £746 during the year .

By order of the Trustees

Mrs Shumail Suleman

Chairman
07/02/2024



**The Help and Awareness Foundation
Independent Examiner's Report
to the Trustees of The Help and Awareness Foundation**

I report on the accounts of The Help and Awareness Foundation for the period ended 31.03.2023, which are set out on pages 3 to 6.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

The Help and Awareness Foundation

Basis of Independent examiner's report

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

- i) which gives me reasonable cause to believe that in any material respect the requirements : to keep accounting records in accordance with section 130 of the 2011 Act; and to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2011 Act, have not been met; or
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07-Feb-24

**The Help and Awareness Foundation
Statement of Financial Activities
for the year ended 31/03/2023**

	Note	(Unrestricted) 31/03/2023 £
Income from charitable activities and generated funds	1	931
Resources Expended		
Cost of generating funds (cost of projects)	1	
Direct charitable expenditure and administrative expenses	1	(185)
		<hr/>
Total Resources Expended		<hr/> (185) <hr/>
		<hr/>
The Help and Awareness Foundation		<hr/> 746 <hr/>

**The Help and Awareness Foundation
Balance Sheet
as at 31/03/2023**

	Notes	2023
Fixed assets		
Other fixed assets	3	
Current assets		
Bank/building society balances	746	
Cash in hand	<u>-</u>	
The Help and Awareness Foundation	<u>-</u>	
Current liabilities		
Other liabilities and accruals	<u>-</u>	
		746
Net current assets		<u>746</u>
31/03/2023		<u><u>746</u></u>
Represented by		
Accumulated Funds		
Balance at start of period		-
Net surplus		<u>746</u>
		<u><u>746</u></u>

**The Help and Awareness Foundation
Notes to the Accounts
for the year ended 31/03/2023**

1 Income and Expenditure analysis	2023
	£
Income	
Donations	931
Activities to generate funds	
Rental income	
Interest receivable	
The Help and Awareness Foundation	<u>931</u>
Direct costs	
Donations (project expenditure)	
Rent, rates, power and insurance costs	
31/03/2023	
Property insurance	
	<u>0</u>
Repairs and renewals of property and equipment	
Repairs and maintenance	
	<u>8</u>
Telephone, fax, stationery and other office costs	
Telephone and fax	
Cleaning	
	<u>0</u>
Advertising and business entertainment costs	
Advertising and PR	
	<u>17</u>
Bank, credit card and other finance charges	
	<u>10</u>
Accountancy, legal and other professional fees	
Other legal and professional	
	<u>150</u>

**The Help and Awareness Foundation
Notes to the Accounts
for the year ended 31/03/2023**

2 Plant, machinery and motor vehicles	Plant and machinery £
Cost	
At 01/10/2020	0
At 30/09/2021	<u>0</u>
Depreciation	
At 01/10/2020	0
At 30/09/2021	<u>0</u>
# Net book value	
At 30/09/2021	<u>-</u>
 3 Other fixed assets	 2023
	£
 Premises	 <u><u> </u></u>