



Abid Welfare

Preparing for the Future 2.0

Charity number: 1125363



“Charity does not decrease wealth”

Prophet Muhammed (peace be upon him)

Chair's message

Abid Welfare is dedicated to saving lives, empowering communities, and alleviating inequalities. I want to explain why I am so passionate about this. I came to the United Kingdom in the late 80's and settled in its second city Birmingham from Azad Kashmir.

I began caring for my disabled son when he was born in 1990 and spent many years that followed in hospitals across Birmingham. I'm proud of the NHS, and grateful for the care the amazing doctors, nurses and staff provided to my son at no cost. When I travelled to Pakistan, I saw the lack of basic healthcare facilities. I knew that I had to contribute in some way to make this better. I spoke with many others who felt the same. So, in 2008, we set up Abid Welfare, a vast community effort with the aim of giving back to those less fortunate than ourselves in Azad Kashmir. The region is home to 4.5 million people, approximately **36% live in poverty**.

In August 2013, our vision to create a hospital in the Dadyal town of Azad Kashmir became a reality, when Abid Memorial Hospital, opened its doors to its first patients. Since then, the hospital has supported thousands of poor and needy people from the region, improving their quality of life.

In recent years, we have provided free cataract surgeries for hundreds of people in need, helping to restore sight, providing hope and rebuilding communities. In 2022, we oversaw relief aid to those impacted by the devastating Pakistan floods.

We live in unprecedented times and my vision going forward is to support more communities. At Abid Memorial Hospital, we aim to set up a maternity unit and a heart ward. I know the importance of going into communities and so in February 2023, we held our first community clinic which delivered basic medical aid right in the heart of the community.

Only 14 years ago, we embarked on a journey of Abid Welfare together, from our first ambulance. Many of you, were with us from the beginning, you responded to our call. In difficult times you've never left our side, you've remained firm in your support, and you reminded us of a saying by the Prophet Muhammed (peace be upon him); *"Charity does not decrease wealth". It is with this reminder that we ask you to stay with us towards an Abid Welfare 2.0, where we envision Abid Welfare continuing to improve the quality of life for people across Azad Kashmir.*

Rajasab Ali

Chair, Abid Welfare

Reflecting on our past

How far we've come

Abid Welfare is a registered charity in England & Wales with the Charity Commission (1125363).

The charity was registered in August 2008 with the aim to; *'relieve sickness and to promote and protect good health by such means as the trustees deem fit, in particular but not exclusively by the provision and servicing of a hospital to provide free medical care'*. The charity operates in Azad Kashmir and Pakistan.

In August 2013, Abid Memorial Hospital in Dadyal Tehsil in Azad Kashmir, was officially opened by Former Prime Minister of Azad Kashmir Chaudhry Abdul Majid. The hospital has eight staff. The team is led by an operations manager who oversees the day-to-day operations of the hospital.

The make-up of the staff is 5 males and 3 females. This includes a Lady health visitor whose role is to provide basic nursing care and maternal child health services.



Discussing our present

Look at what you've achieved

Abid Memorial Hospital

Located on Siakh Road,
Durani, Zaman Chowk,
Dadyal, Azad Kashmir.

Abid Memorial Hospital provides the following services:

- Outpatient department (to treat cough, to treat fever, provide stitches, treat dehydration, treat stomach problem, inter alia)
- Basic maternity services (excluding specialist e.g. Caesarean section)
- Regular eye clinics to treat cataracts
- Community clinics
- In-house pharmacy (medical store)
- In-house laboratory
- In-house opticians with qualified optometrist



Eye clinics

The demand for eye treatment in the region is extremely high. Pakistan has 2.8% of the world's population but 4% of the world's blind population, almost 75% of individuals who were blind had treatable causes; the two most important treatable causes of blindness were unoperated and glaucoma.

Despite more than 75% of all blindness being avoidable, poverty means that many are forced to live with treatable cataracts and suffer without their eyesight.

Abid Welfare has already run several eye clinics since its establishment. The alternative is a 5-hour round trip to Rawalpindi or the capital Islamabad, and then the cost of treatment, which is expensive and beyond most people means.

A clinic that we have previously run attracted over **500 people** across 2 days and enabled us to undertake more than **50 life changing cataract surgeries**.

Case study

Name: Mr Fazal Ahmed | **Locality:** Dadyal | **Age:** 75+

"I couldn't see short-range from my right eye, and they (Abid Memorial Hospital) checked and said I have cataracts. I've been suffering for 3 months.

I can't tell the difference in the night between high and low places. My operation was completely free. I pray for those people who run this institution, they gave me a great deal of respect during my visit as a patient."



Community Clinics

In February 2023, Abid Memorial Hospital held a community clinic in the village of Ankar, some 5.8 miles from the hospital.

This is our commitment to getting out into communities, who may find it difficult to attend. During the clinic, we undertook **free health checks on 155 patients in total:**

 **56 Men**

 **93 Women**

 **6 Children**

Abid Welfare 2.0

Setting our vision for the future

Abid Welfare 2.0 is our strategic plan over the next 5 years.

Through our knowledge and experience and having undertaken a needs assessment, we have identified the key areas that we will aim to work on. Abid Welfare is committed to protecting the health of the people of Azad Kashmir.

40 patients
received medicine

79 patients
received near glasses

65 patients
blood sugar was checked

68 patients
blood pressure was checked

37 patients
received specific health advise for their particular health conditions

3 patients
were diagnosed and booked in for cataracts surgeries

4.5 million people
live in 1768 villages
that make up
Azad Kashmir

30% of Azad Kashmir population
is unemployed



Through the support of our donors and supporters, we will look at providing the following:

1. We will look at a setting up a food pack programme
2. We will look to address maternal healthcare
3. We will set up a dental clinic
4. We will build and equip a cardiac clinic

1. Food pack programme

Poor families typically spend over **60%** of their income on food.

Abid Welfare will identify those in need and will initiate a food pack programme for poor and vulnerable people who are not able to eat even one nutritious meal per day.

• In Azad Kashmir, **29% of the population is undernourished**

• **57.1% of people** in Azad Kashmir are food insecure

• In terms of nutrition, **31.7% of children under the age of 5 are stunted¹**



A **£40 Food Pack** will provide a family of 5 with enough essentials to feed them for **1 month**. To provide 100 families every month this will cost **£4000**.

Please support us.

¹<https://www.pndajk.gov.pk/uploadfiles/downloads/Policy%20Brief%20AJK.pdf>

2. Expanding our maternal healthcare services

Neonatal mortality is the number of neonates (new born babies) probability of dying within the first month of life.

The Neonatal mortality rate in Azad Kashmir is **36%**. The figures shown below illustrate just how unfortunate new mothers and their babies are in Azad Kashmir compared to Singapore and United Kingdom, with deaths per 1000 live births.²

Country	2011	2020
Singapore (best)	1	1
United Kingdom	3	3
Azad Kashmir	43	36

²<https://www.pndajk.gov.pk/uploadfiles/downloads/Policy%20Brief%20AJK.pdf>



We aim to:

- Expand and equip a Maternity Ward including a Delivery Room with modern resuscitation equipment and incubators for babies who need them.
- Expand the Abid Memorial Hospital's existing Phlebotomy Service (blood testing and transfusions). For example, by buying new specialist refrigerators and blood testing equipment.

Purchase of:

- Instrument trolley
- Medical trays and bowls
- Suction machine
- Anaesthesia machine
- Cautery machine
- OT light
- Patient Monitor 5 parameter
- Autoclave machine double drum 16x30

3. In-house dental clinic

We aim to set up a dental clinic at Abid Memorial Hospital.

Patients will be able to be seen by hygienist and be booked in for treatment with a dental surgeon if necessary.

Our dental services will include:

- Dental cleaning and polishing
- Tooth fillings
- Dental Extraction (Tooth removal)
- Root canal treatment
- Crown placement



4. Cardiac (heart) service – cardiology clinic

The World Health Organization (WHO) states heart diseases are the leading cause of death globally, taking an estimated 17.9 million lives each year.

In Pakistan, according to WHO data, **240,720 people** died from coronary heart disease in 2020.

Hypertension (high blood pressure) is increasing in young adults between the ages of 30 and 40, which can lead to a heart attack. Treatment for heart disease is costly, and patients are referred outside of Azad Kashmir for procedures, like angiography and angioplasty.

Abid Welfare's vision is to set up a cardiology clinic at Abid Memorial Hospital, with the capability for an in-house diagnosis service to include:

- Electrocardiography (ECG)
- Exercise tolerance test (ETT)
- Echocardiography
- Stress Echo



Please
support
our work



How to donate

Donations can be made using the following details:

Account name: Abid Welfare

Account number: 90345563

Sort code: 20-08-98

Barclays Bank

Charity Number: 1125363

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Reflecting on our **Past**, discussing our **Present**,
setting our vision for the **Future**