



Class - II		
Time	Topic	Teacher
I	Fox	Lein
II	Tiger	Lein
III	Fox	Lein
IV	Tiger	Lein
V	Fox	Lein
VI	Tiger	Lein
VII	Fox	Lein
VIII	Tiger	Lein
IX	Fox	Lein
X	Tiger	Lein
XI	Fox	Lein
XII	Tiger	Lein

Impact Report 2020

Introduction

The COSARAF Foundation was established in 2007 by Haroon and Farouq Sheikh, and the wider Sheikh family, to benefit communities and individuals in the UK and abroad. The Foundation supports projects in the UK and overseas, with a particular focus on Africa (especially East Africa) and South East Asia and administers both Zakat and non-Zakat funds.

COSARAF delivers its key objectives through the following grant-making vehicles:

- Major Grants: working with third parties to deliver projects in line with its priorities.
- Hardship Grants: a small grants and donations programme to support those in need.
- Small Grants: normally one-off, to trusted third parties.
- Scholars' Fund: one-off small grants to undergraduate British Muslim students
- Ramadan Projects: In line with the Islamic values of the trustees, a separate funding pot has been established for distribution during the holy month of Ramadan.

In addition to Hardship Grants and Ramadan Projects, the trustees have established three strategic priorities for the Foundation's work:

- Enabling young people to realise their potential.
- Empowering women and girls.
- Promoting strong and cohesive communities.



“The commitment to our long-standing partners and the investment in new projects demonstrates the ambitions of the trustees to ensure that the Foundation delivers life-changing impact across all of its priorities. Together, we seek to leave a sustainable legacy of positive

change in those communities in which we work. Whilst we know the challenges remain as great as ever, I am confident that the Foundation is making an increasingly-important contribution to some of the most critical issues facing our communities.”

- Chairman Haroon Sheikh

Summary of Impact

Despite the pandemic, COSARAF Foundation-funded partnerships and programmes have much to report, with numerous examples of rapid adaptation to the challenges in meeting their objectives. Some partners have had to switch priorities to meet the most basic needs and others have elevated their offering using digital platforms. Overwhelmingly throughout a year dominated by COVID-19, COSARAF Foundation and its partners have increased their reach and depth in environments of even greater need.

Total beneficiary numbers have increased 10-fold from last year's

54,000 to a cumulative **588,517** individuals who have been directly supported by COSARAF Foundation funding since we put in place our new impact assessment approach two years ago.

COSARAF Cumulative Beneficiaries

2019 and 2020



In 2020,

505,207 people have benefitted directly from COSARAF Foundation-funded partnerships, with the significant increase driven largely by the reach of BAT's mental health programme in Pakistan. In addition, in 2020 during **Ramadan** COSARAF Foundation supported **24,600** people, while Hardship Funds supported a further 297 individuals grantees.

Using the Impact Assessment Framework developed last year, many of the partners are now able to report clearly on both the breadth (or reach) of their

activity as well as the depth, recognising the value in both reaching many beneficiaries and also achieving substantial or even transformative change for some as a result of their initiatives. In 2020, at least

62,000 beneficiaries experienced substantive improvement in their lives, changing their behaviour or increasing their skills. Partners are more consistently able to evidence that their programmes had delivered transformative impact, with at least

1,381 individual beneficiaries' lives having been transformed for the long-term.

COSARAF Partner Programmes

Cumulative Beneficiaries 2019 and 2020



Also contributing to the legacy of COSARAF Foundation's support are the

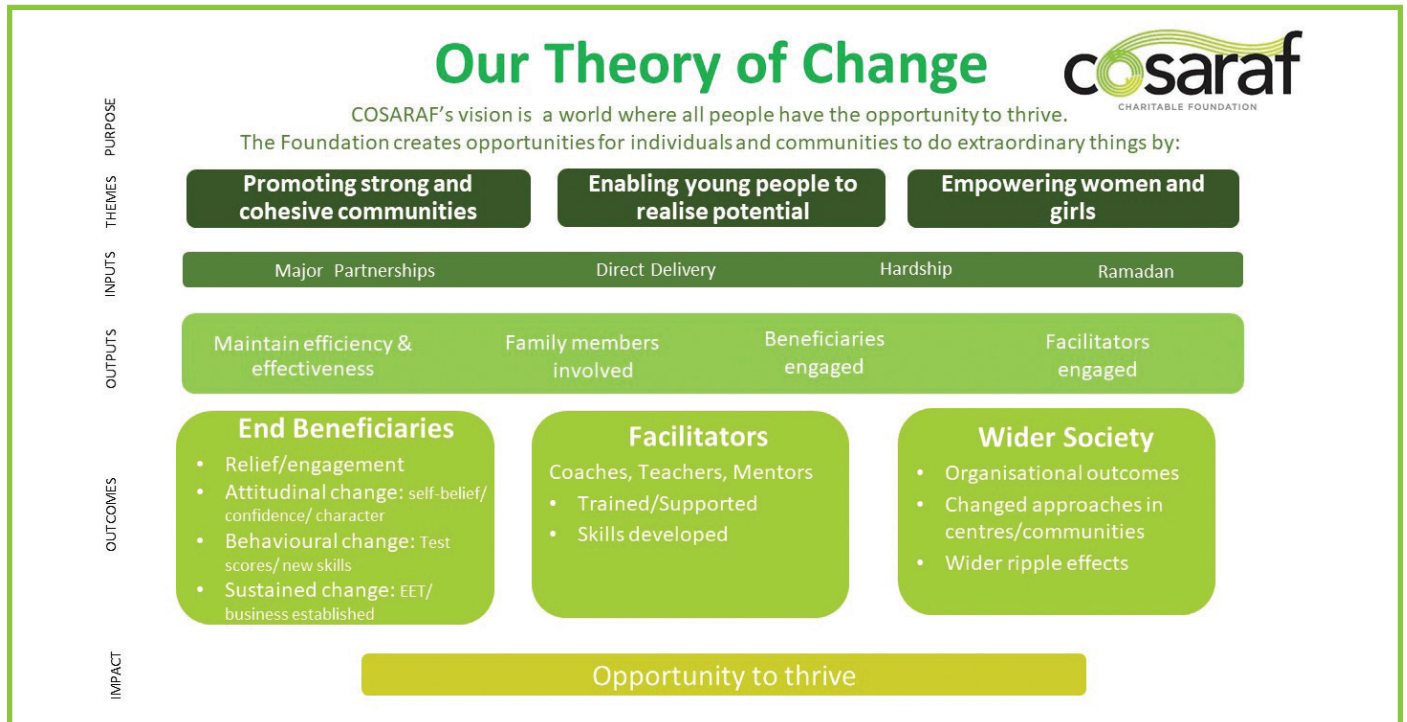
2,663 facilitators who have been trained and supported (teachers, coaches, mentors). Better-trained facilitators bring longevity to the impact of funding, improving the skills and capabilities of those delivering programmes this year and in the future.

In addition, half of the partnerships were able to unlock other funding because of COSARAF's support, amplifying the value of the Foundation's commitment to them.

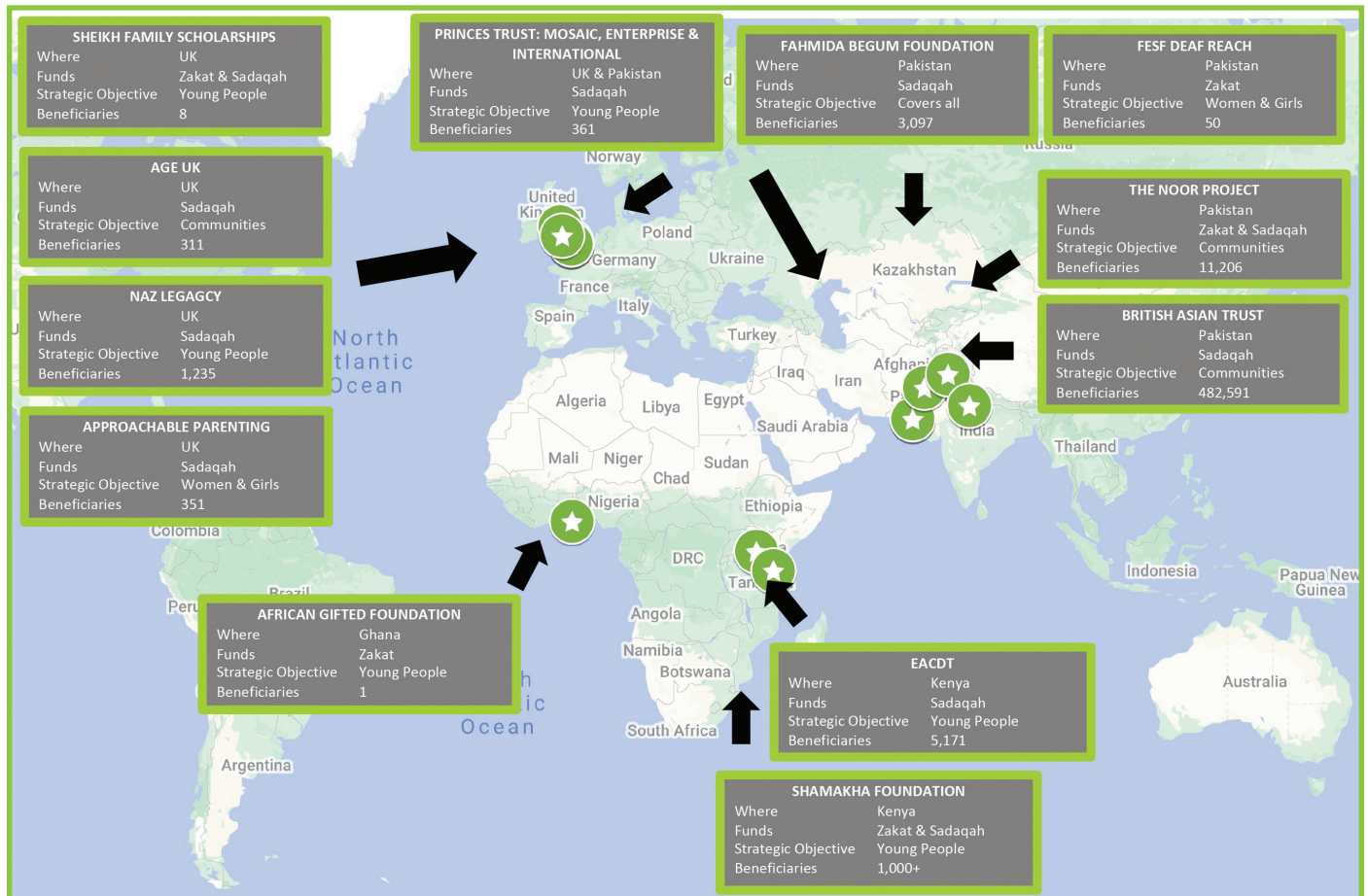
In 2020, the COSARAF Foundation's reach continued to grow globally, with key centres of impact in the UK, Pakistan, India and Kenya.

To measure the success of the Foundation in meeting these objectives, we have worked with

Bean Research to develop a Theory of Change and accompanying Impact Assessment Framework. The Impact Assessment Methodology provides a common set of indicators by which the impact of the Foundation's work is assessed. The diagram below depicts the approach the Foundation takes to measuring impact and the basket of measures used to judge the extent to which the Foundation is meeting their objectives. This is the second year of reporting against this framework.



COSARAF Global Reach 2020



COVID-19 Response and Adaptations

“ The impact of the Coronavirus has been felt particularly acutely on those on whom the Foundation has targeted its support. Around the world, the health risks and the economic impacts of COVID-19 have fallen disproportionately significantly on the poorest communities. Young people have had their education severely disrupted and the employment opportunities savaged by the global pandemic. And, sadly, in very many communities it is women and girls who have borne the brunt of the impacts of Coronavirus. ”

- Chairman Haroon Sheikh

In the past year, the COSARAF Foundation responded swiftly to support its partners and communities. Whilst the negative impacts of COVID-19 forced some programmes to halt, many of the partners were able to adapt and pivot their programmes, responding to changing needs, increased demand and restricted face to face interaction.

Youth Leads and **Prince’s Trust Enterprise Programme** (in Pakistan & UK) moved online, with FESF Deaf Reach implementing a Distance Learning Programme and students receiving low-cost laptops pre-loaded with digitalised sign language programmes. Others adapted their support, such as Shamakha Foundation switching to food parcel outreach and **Herts Welcomes Refugees** providing IT equipment and training to refugees and volunteers.

Four partners in particular stand out as having extended their funded programme reach and depth of delivery as a result of the pandemic:

- **British Asian Trust** launched a new social media campaign reaching 10.3m, a pro-active helpline, an app for accessing support and an online programme for

984 clinical practitioners (the social media campaign & support for practitioners are both in addition to original targets). That means that its community outreach programme has provided **725,506** with basic mental health information (against target of 500,000), while

442,098 individuals

have pro-actively accessed information and where they could find support (against target of 120,000), and

40,493 have so far accessed support, up from 14,031 last year (against target of 50,000).

- **East Africa Character Development Trust (EACDT)** in Kenya developed community-centred approaches (rather than through schools) helping current pupils to engage their communities and supporting

5,171 individuals

(against a target of 2,500) and

57 new facilitators. Through the pandemic, it has also been able to support students from other schools, children who discontinued their education, parents/guardians, and community leaders. They also delivered a feeding programme for over

3000 people.

- **Naz Legacy Foundation**, which pivoted to an online offer, was able to extend reach to

1,235, against a target of 300.

- **Age UK’s** Friendship Service saw a **300%** increase in demand among isolated older people affected by the pandemic.

Enabling Young People to Realise Their Potential

The COSARAF Foundation believes that, with the right support, every young person can succeed. COSARAF Foundation funds projects that help young people from disadvantaged backgrounds to improve their outcomes at school and work. Projects are funded based on their potential to:

- support those that cannot afford education
- encourage entrepreneurship
- support young people to develop their skills and take advantage of opportunities
- support orphans and those growing up without parental support

Through the projects described below, the Foundation has enabled young people to better reach their potential. The scope of supporting education and development is wide: from delivering a Character Development programme in Kenya to thousands of children to ensuring a gifted young woman from Nigeria can access an international university education in Hong Kong. With that in mind, there is also a range in the breadth and depth of impact sought and achieved, with EADCT in Kenya reaching

5,171 children with **10%** achieving transformational change, while the University scholarships support fewer people, but 100% of which have proven transformational change.

Sheikh Family Scholarships

In the UK,

18 scholars received financial assistance in 2020. Although work experience has been on hold due to COVID-19, the Scholarships have been particularly important in supporting students during the pandemic and relieving them of the financial burden of studying. In addition to supporting individual students, the work the scholars have gone on to do has had a ripple effect on their communities and their success encourages people from diverse backgrounds into further education. Eight scholars have received a Sheikh Family Scholarship and 10 Muslim students received hardship funding at Downing College (Cambridge), which has allowed them to focus on their studies.

“I feel as though one of the most profound benefits the bursary has had, is eliminating the feelings of inadequacy and anxiety that stem from the notions that Cambridge is a place where

people like myself do not belong due to being a minority, both ethnically and religiously.”

- Adama Sise, Downing College, Cambridge University

At St Anne's College, Oxford University, two scholars have reported significant improvement in circumstances and attitudes. One student ranked first in academic achievement in her year.

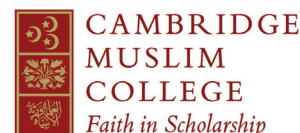
“The financial support for our students has meant that during a global pandemic they have been able to focus on their studies and then prioritise helping the community. The financial worries they may have ordinarily experienced have been addressed by the funding from the Foundation and as a result, they can have an even greater impact through extracurricular activities that benefit others around them.”

- St Anne's College, Oxford University

Two students at Cambridge Muslim College received scholarships and the additional support COSARAF has offered to them has been recognised as a worthwhile inclusion into the BA programme for all.

“We came to appreciate more the importance of mentorship and additional pathways for our students to add value to the BA programme. That COSARAF offers external support like placements has led us to now consider embedding these mechanisms into the programme itself.”

- Cambridge Muslim College



At the University of Warwick, of the three scholars, two students graduated with an MA in Islamic Education (1 Distinction, 1 Merit) and one completed the first term with distinction.



Nighat Shaheen
Warwick MA Islamic Education
(Merit)



Hasfa Zadrán
Warwick MA Islamic Education
(Distinction)



Mohammed Makda
Warwick MA Islamic Education
First term: Passed (Distinction)

“ Her study makes an original contribution to understanding educational challenges facing British Muslim children and young people. ”

“ I have witnessed a remarkable transformative educational experience...I am confident that she will be an inspiring role model for many young British Muslim women to pursue further education. ”

“ (Mohammed is)..highly motivated to engage with personal and professional development opportunities and become an agent of positive change within his local community. ”

- Warwick University, MA Islamic Education Course Leader

At Birkbeck University of London, COSARAF Foundation has funded an MA in the School of Arts for a Muslim student, Farrah, originally from Syria.. Birkbeck believes that these scholarships play a significant role in encouraging under-represented students to pursue postgraduate education in the arts. Farrah has demonstrated that to encourage diverse thoughts, voices and impact within the Arts, scholarship funding is vital. It has not only enabled an individual to study but given her confidence to share, and help others, through her own experiences.

“ Scholarships, like the one generously funded by the COSARAF Foundation, play a significant role in encouraging underrepresented students to pursue postgraduate education in the arts. ”

- Birkbeck University of London

Recognising the wider role of scholarships, the recent All-Party Parliamentary Group on Religion in the Media report cites the COSARAF Foundation scholarships in helping to improve diversity in the media.

In addition, **27** students were supported through the Foundation's Scholars' Fund grants in November 2020. The Scholars' Fund supports undergraduate British Muslims in financial hardship attending recognised UK universities.



In Africa, the Foundation continues to fund students at the African Science Academy (the school

founded by the African Gifted Foundation) for one academic year. Young Muslim African girls are often discouraged from studying STEM subjects and the COSARAF Foundation's support has helped provide young Muslim African women with the support and education they need to thrive and the confidence to pursue careers in STEM. Funding in 2020 ensured that another academically gifted young Muslim woman from a low-income background in Nigeria had access to further education. This funding has had a transformational outcome. At 15 years old, the recipient graduated with an A* in A-Level Maths, A in Further Maths and A in Physics. She is now studying BA Art & Science at Hong Kong University on a full scholarship.



A core element of the CBCDP initiative was to engage selected pupils with leadership potential from the schools as 'mentors' in their own communities and help the EACDT team in the delivery of the programme, working with coaches and independently. Immediate impact and potential for long-lasting, transformational impact is evident.

In 2020, the programme has benefitted **5,171** individuals (against a target of 2,500) and supported

57 new facilitators. While schools were closed, EACDT began working in informal 'slum' communities. Although community centric work became the focus, the team ensured that this work embraced as many of its current pupils and their families as was practically possible. This led to its Character Development work being extended to parents, other siblings and other members of those communities, previously not exposed to the project. EACDT, with additional support from COSARAF Foundation and others, also organised a feeding programme that helped

3,305 people.

“ Now more than ever the COSARAF support for EACDT is having a wider impact than at any other time and is helping to support the most vulnerable members of Kenya’s economically and socially deprived communities. ”

- EACDT

East Africa Character Development Trust

George is an 18-year-old secondary school student living in the Kawangware slums, who was offered school fees sponsorship in 2019. Participation in the programme has enabled George to build resilience in the face of adversity (the death of his mother and the particularly difficult times resulting from the Covid-19 pandemic lockdown, including his sister losing her job). With rent arrears and the threat of homelessness, George stepped up to support his sisters. A neighbour who recognised George as a respectful, disciplined and determined young man offered him a job as a banana salesperson. George also worked with friends to transport people and goods using a motorcycle in the evening. The support of the programme helped George to develop resilience, improved his prospects and gave him optimism for a better future.

“ As a result of funding from the COSARAF Foundation, the African Gifted Foundation has ensured that Seminat, another brilliant, academically gifted young Muslim woman from a low-income background, has been given the education she deserves ... (the funds) will ensure that Seminat continues to develop into a brilliant young female scientist we know she will become. ”

- African Gifted Foundation

“ When you believe in yourself and what you are doing, everything else becomes easy. Thanks to COSARAF Foundation, I hope to use what I have learnt to become an ethical leader who will help solve problems in Africa. ”

- Seminat Ayeni

East Africa  The East Africa Character Development Trust (EACDT) aims to transform the lives of thousands of disadvantaged young Africans through sport and education. In Kenya, EACDT has successfully adapted to the challenges of COVID-19 by developing the CBCDP programme (Community Based Character Development Programme), with a bespoke curriculum and existing pupils enrolled as mentors for their communities, creating a community rather than school centred approach.

Reducing Barriers for Young People

In the UK and abroad, COSARAF works with its partners to reduce the barriers faced by young people to education and career development. The impact assessment conducted shows that the partnership programmes below have successfully met this objective, creating change not just for those young people supported, but creating a ripple effect on the organisations involved.



Naz Legacy Foundation facilitates positive engagement and integration between all communities and faiths. COSARAF Foundation has supported the Diversity

Programme to provide unique experiences for pupils from diverse backgrounds, enabling them to connect with organisations and have experiences that are not available in school.

As a result of the COVID-19 pandemic, the programme adapted, delivering all events linked to the Diversity Programme virtually from June 2020. This virtual delivery increased demand from schools and reach grew significantly, with

1,235 direct beneficiaries in 2020 (against a target of 300). The Diversity Programme evidence shows that

60% of participants now think differently about the issues and organisations covered (such as Extremism and Hate Crime, and Civic Action; the Civil Services, Foreign Commonwealth Development Office Services, the MET Police and Parliament).

“ Before the webinar, I would have kept silent, but I have now learnt that you have to stand up against oppression. ”

Naz Legacy Case Study: Diversity Day with the Metropolitan Police (November 2020)

Over 200 students had honest and open discussions about their experience of the Police Service and how it could be improved. Changes in participants' attitudes and perceptions of the **MET Police** were measured by post-workshop evaluations.

- **72%** of pupils said the workshop helped **change their perceptions** about the MET police.
- **92%** of the pupils felt **more informed** about the roles & opportunities available and **72%** felt that the session had encouraged them to think more positively about the **career opportunities** available at the MET police.
- **60%** agreed that the MET police were approaching **diversity and inclusion** well.



OXFORD UNIVERSITY
ISLAMIC SOCIETY

As a result of funding from the COSARAF Foundation, the Oxford University Islamic Society has been supported in delivering the Oxford Muslim Access

Conference (OMAC) to influence, empower, and inform prospective Muslim students to apply to Oxford and other higher education institutions. The Foundation has sponsored the event for two years. Due to restrictions imposed because of the COVID-19 pandemic, OMAC 2020 was hosted across two-days online via Zoom.

88% of the 150 attendees say they want to apply to Oxford.

“ It was heartening to know that the Foundation was willing to support us in transforming the conference into an online event. This allowed us to continue being ambitious about the scale of the project, and we were able to achieve our desired impact goals. ”

- OUIS



In the UK, Youth Leads supports young people aged 12-22 to enrich their skills, reach their potential, and influence change, through programmes of volunteering, social action projects, and learning experiences. In 2020, the COSARAF Foundation helped fund Youth Leads to support 86 underprivileged and disengaged young people in Greater Manchester. During the year, all delivery shifted online and Youth Leads received an advance from COSARAF to support the purchase of equipment to enable them to continue in a virtual capacity.

“I have really enjoyed the volunteer programme; it has helped me to develop my writing skills and also given me insight into various careers that I didn't know much about. I feel that the programme was very beneficial and an excellent use of my time - it took me out of spending time with drug dealers. I would recommend it to anyone wanting to develop new skills or just get back on the right path because life is too short! ”

- Child C



Prince's Trust

The Prince's Trust Enterprise programme helps young people in the UK start a business. COSARAF Foundation's support of the Enterprise programme has provided the team with the resource needed to pivot the programme from face-to-face delivery to the Explore Enterprise Course delivered remotely. Additional opportunities were created, including specialist workshops, inspirational masterclasses and informal peer-to-peer opportunities. There were

5,272 beneficiaries in total across the programme and 18 were supported directly by the COSARAF Foundation in 2020.

89% of those on the Enterprise programme moved into a positive outcome: setting up in business, securing alternative employment, re-engaging with education, or securing additional training or volunteering opportunities.

Mosaic offers mentoring programmes in schools; creating opportunities for 11 to 18-year-olds who are growing up in the UK's most deprived communities.

In the first lockdown, all programmes stopped, but over the summer period, the programme was converted to be delivered virtually. Piloted in the autumn term, national delivery was planned across the UK from January 2021, but then postponed due to continuing restrictions.

1,041 students in total benefitted from the programme, 83 funded by COSARAF, against a target of 290 for the year.

Further afield, Prince's Trust International launched Enterprise Challenge Pakistan (ECP) 2020 in October 2020. COSARAF Foundation supported the successful transition to virtual delivery ensuring young people could still receive skills training and educational support through the COVID-19 pandemic. ECP worked with 19 schools across six regions of Pakistan using digital tools and content. 260 students participated in the programme, with

92.9% of participants indicating an improvement in at least one skills domain between the start and end of the programme. Akbar Sheikh, COSARAF Foundation Trustee Treasurer, participated as a judge in the National Finals in February 2021.

Empowering Women and Girls

The Foundation contributes to empowering women and girls, and achieving gender equality, through their funding of a range of projects that:

- develop skills
- support women and girls facing abuse, discrimination, and disadvantage
- support widows and the bereaved in hardship

In Pakistan, this priority is supported through the Fahmida Begum Foundation, The Noor Project and FESF – Deaf Reach School. In the UK, COSARAF Foundation partners with Home-Start Croydon, All Sports Women and Approachable Parenting.



A flagship project for the COSARAF Foundation, the Trust's vision is that the disadvantaged communities of Mehran Town have access to the resources they need to flourish as educated, economically

active and valued members of society. The Fahmida Begum Centre, currently rented, houses both a school and a medical centre. Planning is currently in place for the construction of a new building, to create a physical centre to support the Mehran Town community long term.

In 2020, FBF delivered:

- Educational initiatives through the school (supporting 84 students)
- Scholarships for 13 students studying at other institutions
- Provision of daily meals to the unemployed, women workers and elderly of Mehran Town (immediate relief for 1,857 in the community)
- Free medical checks and medications at the healthcare facilities
- Shelter homes and opportunities for women's empowerment
- Teacher training (24 facilitators supported this year)

The outreach has been sustained and extended, with

1,240 engaging with the centre, as well as the 1,857 benefitting through the feeding programme. This brings the total number of beneficiaries to over 3,000 in 2020.



Fahmida Begum Foundation: Teacher Training Integral to Overall Impact

Selection and training of teachers is an important element of FBF's strength in delivering its operations. At the school, regular classroom observations are in place to evaluate the quality of teaching provided and consistency between the curriculum plan and the actual delivery of the material by teachers. Where outsourcing or upskilling is required, the Foundation has reached out to other providers to support this training. In recent years this has included Dawood Public School, Oxford University Press and other online service providers who are engaged to provide CPD to the Fahmida Begum Foundation teachers.



The Noor Project's mission is to equip impoverished communities with the tools to escape poverty and

become self-sustainable. During 2020, The Noor Project distributed 1250 meals a day, regularly feeding up to

10,000 people. They also provided food bank rations to 366 people who had lost jobs during the pandemic.

The Noor Project has engaged 544 unemployed people in their six-month workshop courses;

73% of those participants have been assessed by the teachers as having increased confidence and attitudes to work and **81%** of which have subsequently entered into employment.

The Noor Project has also run shorter two-month long courses on stitching, embroidery, computing and beauty therapy for 296 students.

“ I was so surprised to get to know that there is an organisation that not just helps people to survive but empowers them. ”

- A beneficiary who completed training as a Beautician and now supports her family.

COSARAF Foundation's funding also supports The Noor Project's School, Orphanage and Elderly Home.

“ As a result of funding from the COSARAF Foundation, The Noor Project (TNP) has achieved its goals and the system has successfully provided services to trainees, students, and other beneficiaries... The ripple effects are evident as the main focus isn't solely on education but also empathy and kindness, becoming a compassionate human being aware of the obstacles the majority of the population has to face because of the lack of resources. ”

- The Noor Project

The Noor Project Case Study

Saima was responsible for the welfare of her three children, after her husband died. She requested a monthly allowance from The Noor Project, which she was allocated for six months. She then joined a six-month stitching course.

“ I remember those dark years of my life when we had nothing to eat and the future seemed bleak but TNP convinced me otherwise and directed me to realise my potential. I have now re-shaped my life and own a stitching station at my house, selling clothes while also running a small grocery shop where I sell candies and biscuits to kids. My children are now studying in school and their future already looks better, I'm so grateful to TNP for this new beginning. ”

- Saima



The Foundation continues to support the Deaf Reach School in Karachi, Pakistan,

which has enabled the education and academic progress of 50 deaf students, with a

68% improvement in results, meeting its targets and delivering transformational change to its participants.

Despite the global pandemic, and the school operations being severely hindered, Deaf Reach adapted to the changing circumstances, safeguarding teachers and staff while continuing students' learning and the retention of their language. Deaf Reach implemented a Distance Learning Program (DLP). Students received low-cost laptops loaded with digitised content interpreted in Pakistan Sign Language (PSL), focused on 4 core subjects: English, Urdu, Mathematics and Science.

In addition, teachers connected with the students weekly to address challenges and encourage continued engagement with the content provided. This project has enabled the continued education and academic progress of deaf students in Pakistan, while learning at home.

This project has allowed FESF to look for digital alternatives to teaching the deaf and scaling the project to cover all Deaf Reach campuses. An unexpected benefit of COVID-19 is the new understanding of how digitised content and teaching methods can assist FESF to make education more accessible and allow for remote lessons and skill retention for deaf students.

“ As a result of funding from the COSARAF Foundation, Deaf Reach has empowered 50 deaf girls through quality education. Through this program, these girls will be able to pursue professional job opportunities and gain financial autonomy. ”

- FESF

FESF Deaf Reach School: Case Study

Bakhtawar (12) lives in the village of Tando Qaiser in Sindh Province, Pakistan. She has been attending Deaf Reach School for the past four years. Before joining the school, Bakhtawar would sit idle at home all day. The school's pick and drop transport facility and free scholarship encouraged her father, Jumman, to enrol Bakhtawar and her younger sister at the school. Not only have both daughters furthered their education, learning to sign fluently and read and write, but they also teach the rest of the family how to write in both English and Urdu. Bakhtawar aspires to join the Pakistan Army, for their discipline and spirit, while her mother hopes that Bakhtawar can ultimately use her skills to teach other children like herself. Her uncle adds that after seeing her write and read in English, people no longer think that Jumman and his family are lacking or challenged in any way. Instead, people are impressed that the Deaf are capable of all of that and much more.



All Sports Women brings together women from different

backgrounds through sport, to learn from one another, and create understanding and awareness, regardless of their sexuality, religious, cultural or political beliefs. The programme was still delivered to 30 women from different backgrounds this year, albeit regularly halted due to the pandemic, and will start again as soon as restrictions allow.

HOME START Croydon

Home-Start Croydon is committed to promoting the welfare of families with at least one child under five years of age. HSC's Mums Space Project is funded by COSARAF Foundation

and supports busy mums in the community. Due to lockdown restrictions, regular get-togethers were replaced by a virtual offering and the Mums Space Project grew and evolved in unexpected ways. Participants adapted and engagement shifted online. The use of Zoom to facilitate the group has been made possible by support from the COSARAF Foundation.

“ As a result of funding from the COSARAF Foundation, Mums Space has established Empowerment Friendship Spaces for Mums to connect with themselves and as a group. ”

Virtual meetings occur weekly, instead of fortnightly face-to-face gatherings, with a multitude of offerings from Zoom sessions consisting of talks and courses that inspire and empower; a cycling group for diverse women; and WhatsApp groups specifically supporting mums, especially through the difficult COVID-19 periods. 63 mums and seven facilitators are benefiting from the programme.

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“ The impact on health and well-being, confidence building, and entrepreneurship has been huge. At the beginning we would never have imagined that without our face-to-face interactions our Mums space group could have mobilised with such an effect by encouraging and supporting one other ... ”

- Home-Start Croydon



Approachable Parenting

The Foundation supports Approachable Parenting's Sparklers programme. This project aims to further develop the skills of Muslim women volunteers (called 'Sparklers') to enable

them to provide a wide range of quality support to (mainly Muslim) women.

The programme effectively pivoted its offer and delivery during the COVID-10 pandemic, offering information, advice and guidance sessions on Zoom delivered by staff and/or health professionals, online training and phone calls. 351 parents received regular support via WhatsApp and 10 parents received one-to-one support.

The COSARAF Foundation funding has supported staff training sessions and the employment of a coordinator (to March 2021). An additional donation to purchase devices to maintain the What's App groups supported continued delivery. 78 staff were trained and enabled to continue their work with beneficiaries, despite COVID-19 restrictions.

“ As a result of funding from the COSARAF Foundation, ...we were able to allay the fear of having and raising a baby in a pandemic... The funding also allowed us to build upon our existing knowledge surrounding mental wellbeing, protective behaviours, mentoring, listening, and communicating. This ensures the support we offer is tailored to and responsive to an individual's needs. ”

Promoting Strong & Cohesive Communities

Social cohesion is the capacity of a society to ensure the welfare of all its members, minimising disparities and avoiding polarisation. COSARAF Foundation promotes community engagement by supporting projects that:

- promote equality and integration
- encourage religious tolerance and freedom to practice religious beliefs
- provide health, education and basic needs



The British Asian Trust, supported by a three-year partnership with the CareTech Foundation and COSARAF Charitable Foundation, looks to create a transformative change in mental health in Pakistan, including the availability and quality of services, care, and a positive shift in attitudes towards mental health issues in Pakistan.

The British Asian Trust is an excellent example of adapted delivery and extended reach in response to COVID-19. BAT's mental health response was delivered through a variety of remote access and delivery models, including: a new proactive helpline (IRD) supporting those isolating with coping strategies; a new app developed with Digital Pakistan (Sehat Kahani) to provide mobile health provision; and, a new multi-channel campaign to raise awareness of mental health and signpost to relevant services (Taskeen).

Mental Health in Pakistan

Clear levels of outcomes for British Asian Trust



British Asian Trust launched a new social media campaign reaching 10.3m, a pro-active helpline, an app for accessing support and an online programme for

984 clinical practitioners (the social media campaign and support for practitioners are both in addition to original targets).

Its community outreach programme provided **725,506** people with basic mental health information (against target of 500,000), while

442,098 individuals have pro-actively accessed information and been signposted to where they could find support (against target of 120,000).

40,493 have been provided with clinical access to mental health provision, up from 14,031 last year (against target of 50,000).

Aga Khan University provided digital webinars, remote training and support for **1,711 professionals**

The COSARAF Foundation's advice and guidance have been integral to the BAT's programme success. COSARAF Foundation has provided technical advice and input, advising on the interventions, and providing valuable insights on the programme's sustainability. The Foundation has also played a crucial role in promoting the programme and fundraising communications, as well as participating in the Let's Move to Invest in Mental Health webinar (part of the World Mental Health Day campaign).

“The support and flexible approach of COSARAF Foundation has been particularly valued by us at this time of crisis, as it allowed us to respond quickly and pivot the intervention to be able to address the growing need for digital mental health services.”

- British Asian Trust



Plan International UK's Enterprise for Change programme has now been

completed, supporting

41,907 young people across eight countries. In Malawi,

1,235 Farmer Field schools have been established to support diversification of income and support an increase in crop yield.

Plan International is using the learnings from this programme to develop a 'Livelihoods for All' programme. In response to COVID-19, additional outreach projects have taken place, such as soap distribution to

185,000 people through the Farmer Field School weekly meetings.



In 2020, the Age UK Telephone Friendship service (now in partnership with Silver Line) saw a

300% increase in demand as a result of older people's isolation through the pandemic. It handled

6,907 referrals, with 3,200 receiving regular contact and others directed to other more appropriate services. There is good evidence of resolved loneliness and isolation and that this was a service relied on by the elderly community, in the pandemic. 2020 now completes the project's third year of funding.

Age UK Case Study

Amrita, 92, lives alone in South London. After her husband died 10 years ago, she found it difficult to face loneliness. Craving some companionship, Amrita came across the Age UK Telephone Friendship Service, was matched with a befriender and now has weekly phone calls.



With coronavirus meaning that Amrita is now keeping herself to herself in her home, the telephone calls have been a real lifeline. She says:

“ Loneliness is awful. It can make you feel trapped. But if you can do something about it, like use the Age UK Telephone Friendship service, it can become more bearable. ”



Herts Welcomes Refugees provides a range of assistance and support to refugees and asylum seekers across the county. The charity uses funds from the COSARAF

Foundation to finance a volunteer coordinator position. This role has been critical to meet the new operating conditions, creating networks of What's App groups, training and supporting volunteers on delivery Zoom meetings etc..

The programme adapted to COVID-19 restrictions with the use of technology and continued to support refugees and volunteers, still delivering bespoke assistance to its beneficiaries, from navigating the digital requirements of lockdown to helping refugees with the English language or subject skills to further their education. The programme adapted by providing IT equipment to help refugees engage electronically and by using volunteers more flexibly via Zoom.

This programme, which is different in nature from most supported by the Foundation as it provides supporting infrastructure for the programme, benefitted

79 refugees

“ The invaluable support from the Cosaraf Charitable Foundation allowed HCF to keep its Hertfordshire Children's Fund open in what was an exceptionally challenging year for many local families. Every grant awarded has had a huge impact on the lives of the children and parents supported and, without the ongoing generosity of Cosaraf, these families would have simply gone without, compounding their challenging circumstances. ”

- Hertfordshire Community Foundation

and 70 volunteers. Of the 79 refugees supported, 17 were children, which is an increase from the previous year. Although the numbers supported by this programme are not large, the impact on individuals has been significant.

Herts Welcomes Refugees: Case Study

With limited IT skills and no computer, K found it impossible to help her children to complete the work set by their school when schools closed in lockdown. HWR provided a Chromebook with instructions in English and Arabic on how to set it up, created an email account and downloaded Zoom. K has taken part in several women's groups and her children attend the children's activity groups that HWR provide. She is also taking part in an online ESOL course, as well as attending college. The Volunteer Co-ordinator liaised with another volunteer who is an IT professional to produce the instruction manual, organised its translation into Arabic and the printing and distribution of the manual.



Hertfordshire Community Foundation

Hertfordshire Community Foundation (HCF) is an independent charity that encourages local philanthropy. Through its

Children's Fund, in 2020 the charity supported a total of 90 vulnerable families in desperate need of basic items such as cookers, fridges, washing machines, children's beds and pushchairs. As with many other partners, HCF has seen a significant increase in the volume of applications resulting from the Covid-19 pandemic, as a growing number of vulnerable families are facing poverty and an inability to afford basic household items. COSARAF Foundation funding directly supported 42 families living in Hertfordshire facing extreme hardship.

Hardship Grants

In addition to providing for those in hardship through its partners, the COSARAF Foundation also provides Hardship Grants directly to individuals in genuine financial need. In 2020, COSARAF Foundation provided

297 hardship grants.

Bean Research undertook the analysis of 2020 Hardship Grants to better understand the drivers of need and expected spend of hardship grants, and the social issues COSARAF's Hardship Grants are helping to alleviate. Key findings include:

- Drivers of financial need are multi-factorial and multi-dimensional.
- Unemployment and debt are the largest drivers of need.

Hardship Case Studies

“The family are ethnic Kabilyans from Algeria who have recently claimed asylum in the UK. They have previously lived in a friend's single bedroom but now live in Hotel Accommodation provided by the Home Office... They are provided accommodation and food and therefore are not provided with any further money from the Home Office.”

- Asylum Seekers

- 1 in 7 applicants are fleeing abuse or are struggling as a result of asylum seeker status.
- 1 in 3 grants is spent on rent arrears, 1 in 3 on wider debt.
- A quarter of grants are spent on household items, furniture and white goods.
- Almost 1 in 5 need help with food and basic needs.

The recipients and reasons for applications vary widely. The following case studies show the real need for hardship funds and how COSARAF Foundation has made a difference in individuals' lives.

“A came to the UK as a refugee from Myanmar in 2007 and has never been assisted to get British Citizenship and housing. He has been employed by various restaurants and newsagents and living in those restaurants and newsagents, sleeping on the tables and chairs. He was living in a restaurant but had to move out due to Covid-19 shutting the restaurant down. He became a rough sleeper.”

- COVID-19 Exacerbating Need

“J has been involved with the Criminal Justice System as a result of the trauma she has experienced which led to her using alcohol as a coping mechanism, leading to her offence.... She was recently involved in a domestically violent relationship. This led to her suffering trauma which has severely impacted her mental health. J now suffers from anxiety as a result of this and struggles to leave her house. She had to give up her job due to this taking over many aspects of her life. She is now also struggling to find work due to her criminal history. Her violent ex-partner destroyed many parts of her home in aggressive altercations.”

- Mental Health and Abuse



RAMADAN Feeding Programme



In 2020, Ramadan coincided with the COVID-19 outbreak. COSARAF Foundation continued to help thousands across the world, working with local partners to design new delivery mechanisms to support 24,600 people during Ramadan this year.

COSARAF Foundation is working with partners to help report outcomes as a result of Ramadan feeding programmes. The World Food Programme reports feeding programmes to have some of the strongest evidence of impact in relation to educational attainment, gender equality and social protection. It calls for increased investment targeted at the ages of 5-21, particularly through school (and take home from school) feeding programmes where WFP's new evidence shows the maximum impact on developing human potential.

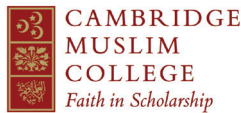
The Foundation has supported Ramadan projects run by the following partners:



Case Study: Shamakha Foundation

Due to COVID-19, in April 2020, with government restrictions on gatherings and crowd density, the Feeding Centre and Mgalani Feeding ceased to operate. Priority shifted from the centralised community feeding projects to the distribution of Monthly Food Packs to families and homes of the surrounding community. From April 2020, 200 monthly food packages, were distributed, with each pack sufficient for a family of five. The Foundation faces the challenge of reigniting the feeding centre operation while implementing infrastructure to maintain social distancing, sanitisation and sterile PPE requirements, to operate within Government policy.

With thanks to all our partners this year





The COSARAF Charitable Foundation

Metropolitan House

3 Darkes Lane

Potters Bar

EN6 1AG

0300 111 7890

cosaraf.org

Charity Registration No. 1118481