



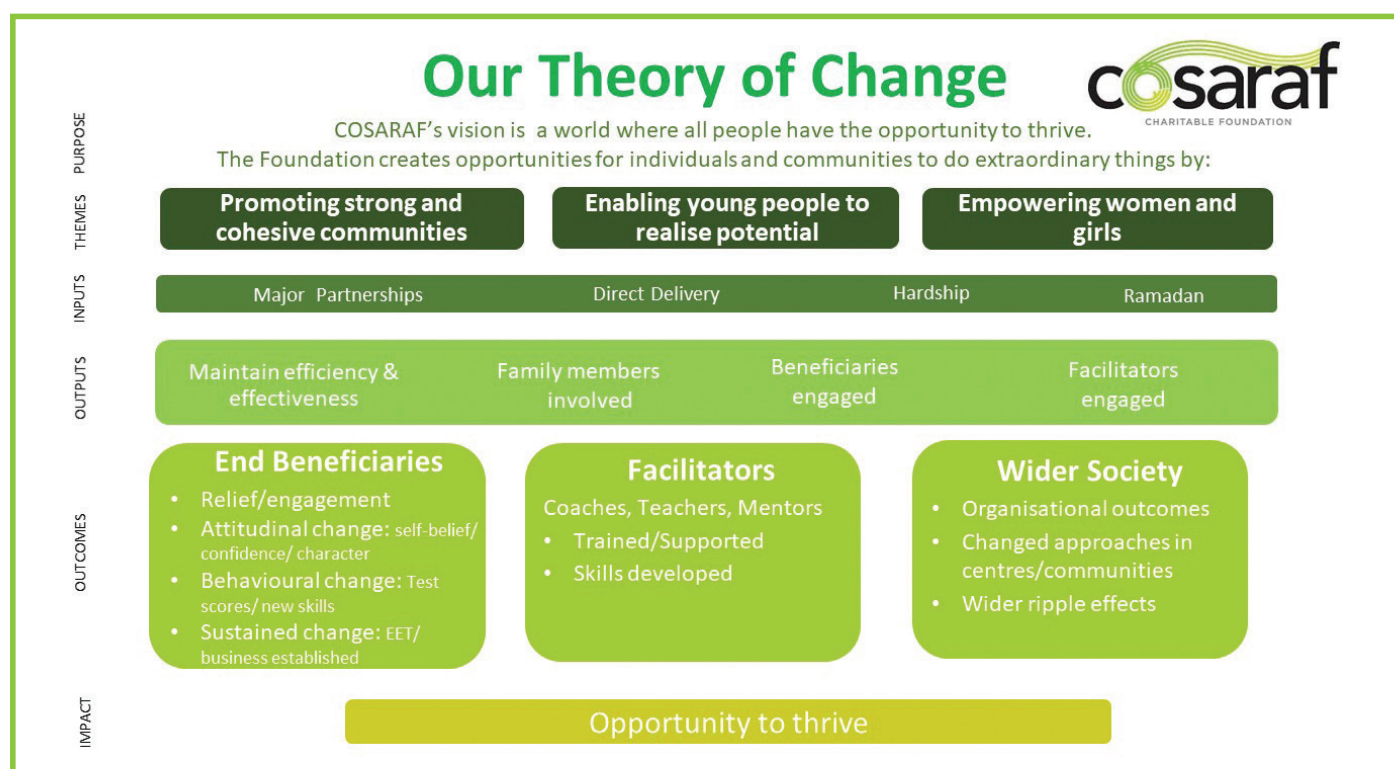
COSARAF Charitable Foundation Impact Report 2021



Introduction

This impact report documents COSARAF Foundation activities in 2021. 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 Southeast Asia, administering both Zakat and non-Zakat funds.

In 2019, Bean Research conducted a Theory of Change process and developed an accompanying Impact Assessment Framework, developing a common set of indicators by which the impact of partners' initiatives is assessed. This year again, Bean Research has worked with each partner to agree key indicators of impact against which initiatives are monitored and evaluated. This is our third year of reporting against this framework, building up a robust picture of the difference the COSARAF Foundation can, and does, have.



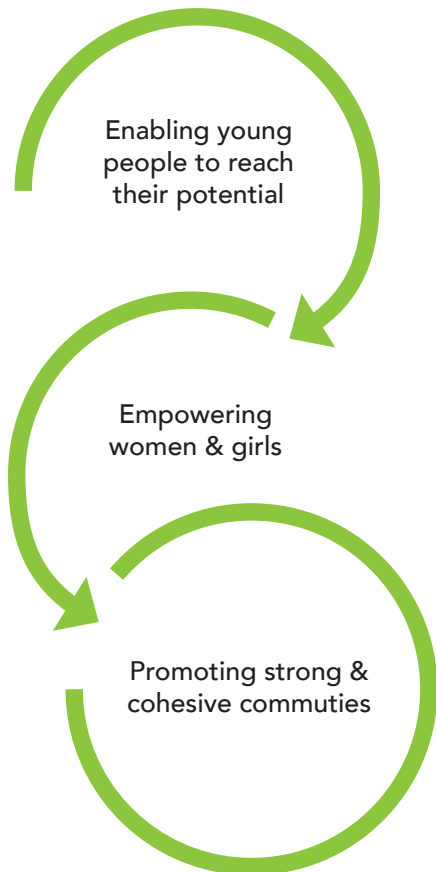
As part of the impact measurement, COSARAF assesses the outcomes on people that their partners support ('end beneficiaries') based on the B4SI framework, assessing the depth of impact through engagement in an activity, substantive change and transformational impact. This is reported on at a macro level to provide insight to Trustees in balancing the portfolio of partners and grants to ensure a balance between reaching as many people as possible (breadth of impact) and ensuring lasting social change through transformational change (depth of impact).

"Together with long-term partners, we seek to create a legacy of positive change in communities. This report shows that in 2021 we were able to reach more people, now more than a million, and deliver more in-depth impact than ever before. We remain ambitious that by working in partnership we can enable young people to realise their potential, empower women and girls and promote strong and cohesive communities."

- Haroon Sheikh, Chairman

Summary of Impact

The COSARAF Foundation has continued to build on its work to benefit communities and individuals both at home and abroad, with a focus on the UK, Pakistan and East Africa. Grants are awarded to projects which prioritise three key objectives:



In 2021, a total of **618,518** individuals were supported by the COSARAF Foundation, doubling last year's cumulative total. This means that since 2019, the Foundation has orchestrated a positive impact on the lives of **1,207,035 people**.

COSARAF Cumulative Beneficiaries 2019-2021

The difference the COSARAF Foundation made in 2021 includes:

599,297

people benefitted directly from COSARAF Foundation-funded partnerships
+102% on 2019/20.

18,930

people receiving immediate relief through the provision of food during Ramadan
+51% on 2019/20

291

people receiving Hardship Grants

484 facilitators

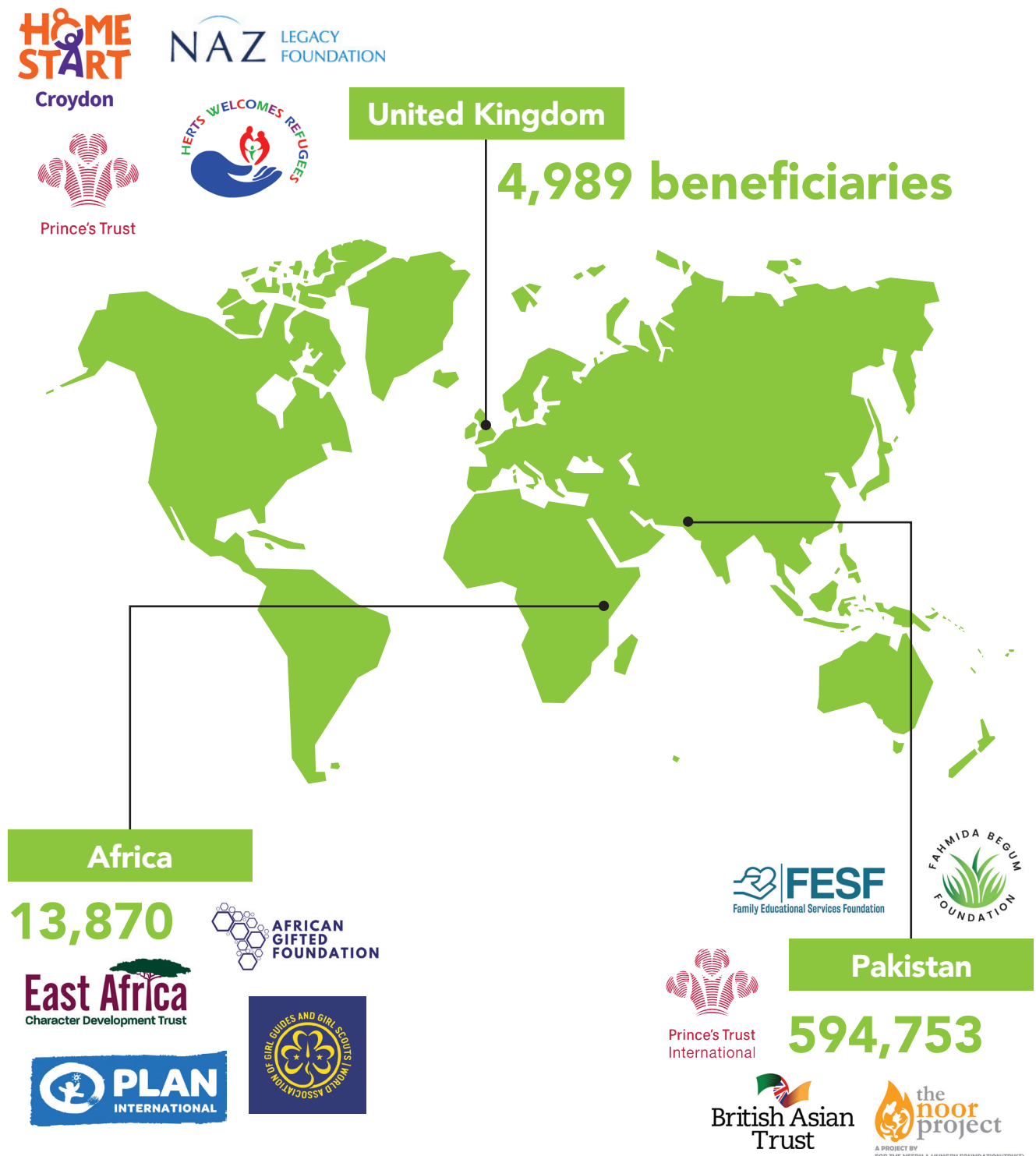
(teachers, coaches, mentors) were trained and supported **+17%** on 2019/20. This training improves the longevity and impact of the funding, improving the skills and talents of those delivering the Foundation's Partner Programmes.



Our Global Reach

The COSARAF Foundation continues to focus on activity in the UK, Pakistan and East Africa, particularly Kenya. Individual country reports, to accompany this report, are available.

As a result of the Foundation's funding many Partner Programmes in these areas have unlocked additional financial support, including the East Africa Character Development Trust (EACDT) and Plan International in Africa, along with The Noor Project and Enterprise Challenge (through the Prince's Trust International), in Pakistan.



Major Partnerships

Since 2019, the COSARAF Foundation has funded numerous Partner Programmes which have brought both immediate relief and long-term substantive and transformational change to over

1.1 million people

across the globe.

Over a million of these have been actively engaged in programmes and activities, with

87% benefitting from substantive change in terms of new technical and life skills, which they can use to improve their prospects.

This year,

599,297 people have benefitted from involvement in Partnership Programmes and activities.

“What I see now is a crop stand I have never had in my years of cultivating soya. This gives me hope that I will have a very good yield this year. It has also made me have confidence in my skills to produce more.”

Fostina, Livelihoods for All, Malawi.

This year,

31,568 people benefitted from substantive change to help them improve their life outcomes, while

447 experienced transformational and sustained positive change in their lives.

Overall, COSARAF-funded programmes have brought transformational change to the lives of

17% of all those supported. These individuals create a ripple effect, acting as agents of change in creating a positive impact on both their families and communities.

“The COSARAF Foundation is supporting me and others to realise their dreams of studying when it might have been impossible otherwise. I’ve developed as a teacher and a student because of my studies, and I am a better person for it.”

Sheikh Family Scholar

Additionally,

20% of all those helped have received immediate relief through the provision of Hardship Grants and Ramadan Feeding Programmes, while **3%** have been trained as facilitators learning the skills required to deliver the Partnership Programmes.

COSARAF Partner Programmes

Cumulative Beneficiaries 2019 and 2021



Enabling Young People To Reach Their Potential

The Foundation works with both UK and International Partners to help reduce barriers and improve opportunities of disadvantaged young people through educational and career development.

In 2021,

4,630 young people benefitted from COSARAF-funded programmes enabling and empowering them to reach their potential, with

23% achieving substantive change. This year **12** individuals have accessed transformational change to make a positive impact on their own lives and the wider community through scholarships and accessing graduate-level qualifications. In addition,

283 facilitators

were trained and supported to become teachers, coaches and mentors enabling them to deliver the Partnership Programmes for years to come.

Reducing Barriers

Poverty, disability, and discrimination are some of the barriers faced by young people that the COSARAF Foundation seeks to address. The following three projects showcase how COSARAF-funded initiatives are helping to reduce these barriers in the Foundation's three main regions of activity – the UK, Pakistan, and Kenya.



NAZ LEGACY FOUNDATION

NAZ has built on its work encouraging community cohesion, through COSARAF-funded projects, reaching a cumulative total of

2,845 young adults (against a target of 2,048). Their programmes and workshops are inspiring positive integration,

awareness of career development options and the confidence to stand up to discrimination and extremism.

74% increased resilience against hate and division.

67% increased civic participation.

60% confidence to challenge hate crime and extremism.

"It's made me see we can all be part of civic participation."



FESF
Family Educational Services Foundation

The Foundation continues to provide funding to the Deaf Reach School in Karachi, Pakistan to cover the education costs of **50** deaf girls for one academic year. Along with academic support, the girls receive life skills and improved communication with their families through learning Pakistan Sign Language. This work also raises community awareness relating to deaf education and skills.

Shahida is grateful that her daughter has the same opportunities as hearing children at Deaf Reach, learning academic and communication skills to help her become self-reliant.



East Africa
Character Development Trust

As a result of funding from COSARAF, the EACDT has now helped to improve the lives of

3,803 young people in Kenya, through sport and character development education, against a target of **2,500**. Of these **3,736** enjoy indirect benefits through community outreach schemes, such as food relief. A total of

760 young people

benefitted from substantive change and **87** facilitators have been trained to coach basic cricket skills and support character development.

Through his love of sports, Ian has blossomed from a shy boy to a confident young character ambassador, developing leadership skills and resilience. He now mentors his peers and pupils in Nairobi and is training to become a car mechanic.

Supporting young people to reach their potential

Partnership Programmes funded by the COSARAF Foundation continue to have a positive impact in improving the outcomes for disadvantaged youth, both at school and work.

Funding is awarded to projects that support those unable to afford education, particularly for those growing up without parental support. The emphasis is on developing skills, encouraging entrepreneurship, and helping young people to realise their potential by taking advantage of opportunities to improve their life outcomes.

The projects below highlight how COSARAF funding is helping young people in the UK, Pakistan and Ghana, East Africa.

Sheikh Family Scholarships



In 2021, **12** students were supported through the Foundation's Sheikh Family Scholarships across a range of subjects at Cambridge, Oxford and

Warwick Universities. The scholarships support young British Muslims from disadvantaged backgrounds, directly benefitting the students and their families, allowing them to **'lean into their dreams.'**

This also generates a positive community impact through the engagement of hard-to-reach communities, inspiring and widening access to educational opportunities.

"Beyond academics, I've tried to do as much access & outreach work as possible to give back and get involved with events similar to the work the COSARAF Foundation does for students of disadvantaged backgrounds."

International



Prince's Trust
International

With funding from the Foundation, the ambition of Enterprise Challenge, Pakistan to improve the lives of young people through skills training, business and educational support has grown. 40 mentors were trained and 260 young people across 19 schools participated. The teamwork, communication, confidence, decision-making and problem-solving skills learnt will continue to benefit the children, their families, and the wider community long into the future.

90% understood the meaning of social entrepreneurship.

87% felt capable of setting up their own business.

At 15 years old, Fatima is establishing an e-commerce platform to connect remote female craft makers with customers further afield, including tourists. She hopes that enabling them to increase their income will improve their economic independence and ability to make their own decisions to improve their future outcomes.



AFRICAN
GIFTED
FOUNDATION

Each year COSARAF awards a £6,000 scholarship to an academically gifted Muslim girl from a disadvantaged background to study A levels at the African Science Academy, enabling them to become future STEM leaders.

Before receiving her scholarship Rahinatu Mohammed worked 7 days a week in a local market to support her family, but with the Foundation's funding is on track to receive outstanding A Level results, allowing her to gain a fully funded scholarship to one of the world's most prestigious universities.

Her growing confidence and positive future, will directly help her to improve her life, while the indirect beneficiaries, include her family and all those girls inspired and empowered to emulate her success. Rahinatu described the scholarship as, **"God's direct response to my prayers."**

Empowering Women & Girls

The COSARAF Foundation funds a range of UK and International Projects designed to support women and girls facing abuse, disadvantage, and hardship.

In 2021,

11,319 women and girls benefitted from COSARAF-funded programmes inspiring, enabling and empowering them to better life outcomes.

30% learned skills leading to substantive change in circumstances and opportunity, while a significant **408** women and girls benefitted from positive transformational change. The projects also trained and supported **34** teachers or coaches, ensuring the continued longevity of the programmes.

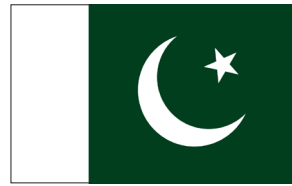
COSARAF-funded projects aim to achieve gender equality, provide support to women and girls facing abuse and hardship, alongside developing skills to improve their life outcomes. The three projects outlined below in the UK, Pakistan and Kenya have received funding to help overcome poverty, social exclusion, abuse, discrimination and to encourage entrepreneurship.



With **49** beneficiaries, Home Start, Croydon has now helped

112 young Muslim mothers improve their confidence, their engagement with the community, their career prospects, mental health and wellbeing. The biggest achievement of 2021, was the growth in entrepreneurship, leading to **6** mums setting up businesses, effecting a positive transformational change in their lives.

One isolated and anxious mum began to share her love of plants with the group, earning the title, Our Plant Lady. The engagement and feedback were so positive, her confidence and self-belief flourished, and she has now set up a plant business, receiving a Business in Croydon award.



In Pakistan, the Noor Project continued to equip impoverished women with the communication and life skills enabling them to escape poverty. Funding from COSARAF allowed the charity to impact the lives of **10,120** women, bringing both immediate relief to

80% substantive change to **12%** and transformational change to an impressive **352 individuals.**

The Health Clinic successfully helped Zubaida get her undiagnosed diabetes under control and as a result, she was able to undergo surgery to restore her eyesight. These positive health outcomes have enabled her to lead a more enriched and independent life.



To help young girls understand and combat gender-based violence and abuse, COSARAF funding has trained 34 leaders who have worked with

1,100 Kenya Girl Guides to recognise and address abuse in their community.

They are now being encouraged to develop community projects to raise awareness of violence against women. This project is ongoing, yet 86% already say they would now speak out publicly about gender discrimination and violence.

"This training has equipped me with the knowledge of where to seek help in case one is being abused, and to help girls understand what is not acceptable."

Young Leader

As part of the Foundation's aim to promote equality, integration, and religious tolerance, many Partnership Programmes are based on building cohesive communities. To date, these projects have trained **167** teachers or coaches who have helped to improve the lives of

Promoting Strong & Cohesive Communities

580,192 people both at home and abroad. Of these, **29,203** have achieved substantive change, while

77 individual

lives have benefitted from positive transformational change.

The UK and Pakistani projects outlined below, highlight how the Foundation's funding is helping to promote community cohesion through better integration of those on the fringes of society – refugees, the poverty-stricken and the sick. While the work of Plan International in Africa serves as an excellent example of how improved skills can uplift and benefit the wider community.



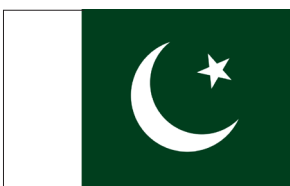
The Foundation has provided funding for Herts Welcomes Refugees enabling them to assist and support refugees and asylum seekers. In 2021, the funding helped to establish an Arabic School to help meet the needs of Syrian families, directly benefitting **45** children in learning Arabic and **6** Syrian women in training to become volunteer teachers.

"I really want to learn Arabic because it's my language."

Mohammed, 7 years old

"I have really improved my skills and I am looking forward to becoming a full Arabic teacher. We are really looking forward to developing and extending the school."

Arwa, volunteer teacher



Established to support impoverished communities of Mehran Town, Pakistan, Fahmida Begum Foundation provides education, food, medicine, shelter, and work opportunities. This year, it has opened a new building. To date,

2,742 people have been supported, but it is clear that these people become agents of change, inspiring, uplifting and benefitting the wider community. So far, a quarter have benefitted from at least substantive change as a direct result of engagement with the Foundation.

Living in a roof top shelter with sole responsibility for three granddaughters, life was a constant challenge for Nazeeran, until FBF provided the family with daily food packets, quilts, clothing, and medical assistance. FBF also looks after the educational needs of the girls empowering them to move out of the poverty zone to benefit both the family and wider community.



COSARAF funds have helped support Plan International's Livelihoods for All programme in Zambia, developing work and entrepreneurship skills and encouraging savings & loan groups, and the Farming for the Future programme in Malawi, supporting 89,492 farmers and establishing 3,139 farmer Field schools to enable those living in south-eastern and northern Africa to materially improve their livelihoods. COSARAF has also supported the Supporting Adolescent Girls into Education in Zambia, contributing to a Girls Education Challenge programme which is funded by the UK government via the FCDO. In fact, COSARAF funding of £19,800 has unlocked an additional £198,000 of government funding.

Overall, the programme has supported **9,422** girls are now taking part in the project, with **105** girls transitioning back into the formal **school system** after boosting their literacy and numeracy at their Learning Hubs and **2,035** girls starting **apprenticeships** on 12 different courses with **191** craftspeople. **73** girls have chosen traditionally male trades such as carpentry.

84% of men taking part in Positive Masculinity Groups now show **positive attitudes** about gender equality and combatting violence and abuse of girls.





Hardship Grants

Alongside working with its partners to alleviate impoverishment, the COSARAF Foundation provided Hardship Grants worth **£81,524** during 2021.

Mental health was a significant driver of financial hardship, along with an inability to work caused by immigration status and caring duties.



37%

Faced mental health problems



16%

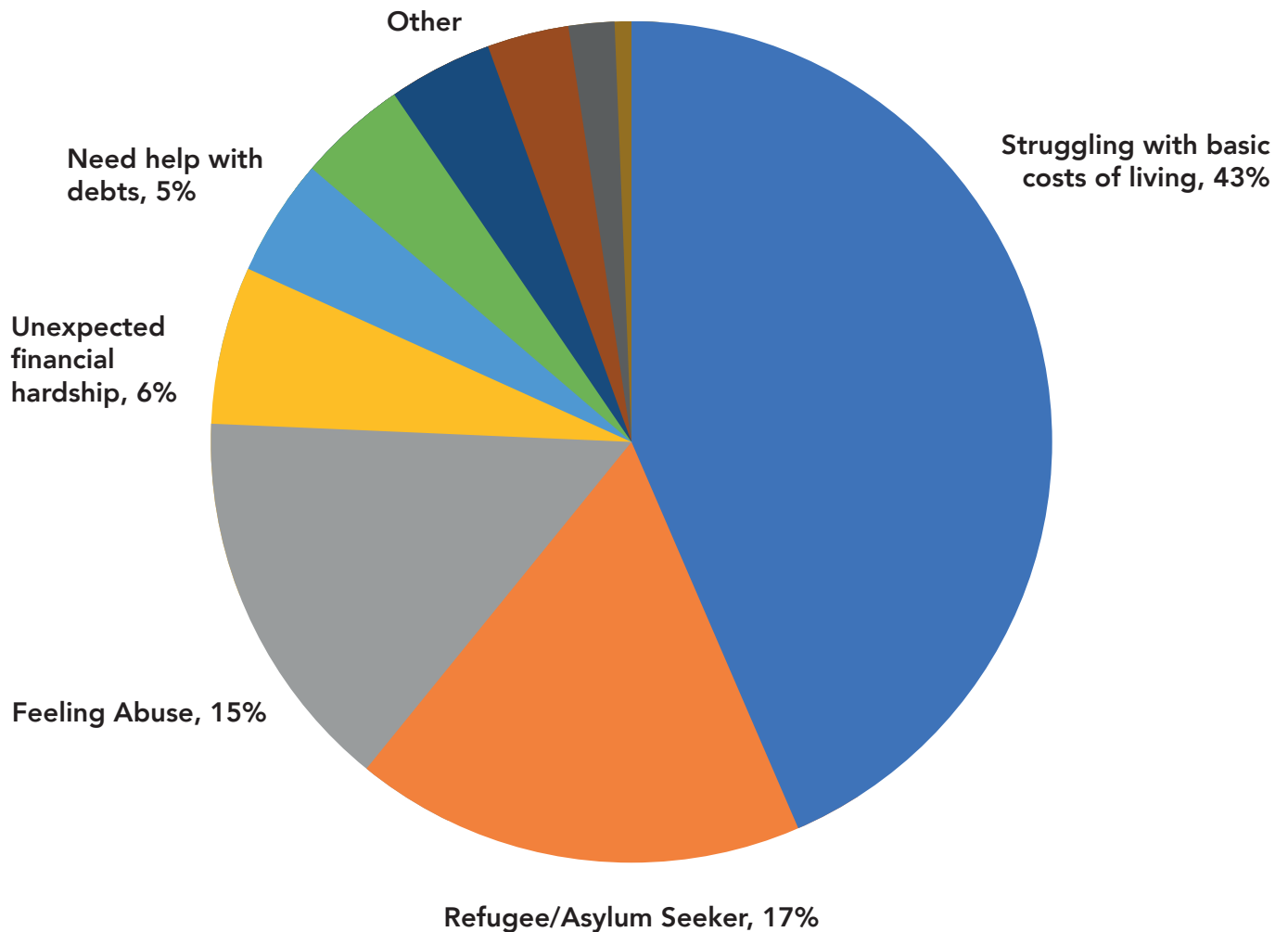
Had no right to work



16%

Were primary carers

Main reasons for seeking a grant:



How were the grants spent?

Around a third of applicants needed help paying off debt, more specifically to cover rent and utility bill arrears. A further third used the grants to help with the basic costs of living, particularly food and clothing costs, while furniture poverty was also evident.

Grants ranged from £50 to help a family with school expenses, food, and clothing, up to £500 to help those with debt arrears or to pay the costs of passport, immigration, and citizenship fees.



33%

Paying off debt



32%

Basic needs



26%

Household goods

“

Just wanted to let you know that the application for citizenship for X's son was successful and just in time for him to go to uni! Thanks so so much, the family are incredibly grateful for your support. Despite being born in the UK and having never left, he has been undocumented for all of his life until now, so your help has been absolutely crucial.

”

- Immigration Advice and Advocacy Worker, ASIRT

“

I just wanted to say an absolutely huge thank you to you and your team for awarding me a Grant of £250 to purchase a new Microwave, get some clothing and for food!!! My bank balance currently stands at zero and I've been really struggling, I'm so grateful, I can now go out and purchase some food and clothes, the difference you have made to me is massive.

”

- Hardship Grantee

“

She is so grateful. I was just on the phone to her, and she asked me to convey her thanks. She has been sleeping on the floor, on a thin mat, and as a result has been sleeping very badly. The COSARAF grant will make a huge difference to her quality of life.

”

- Islington Mind

Ramadan Feeding Projects



Honouring the Islamic values of the trustees, the COSARAF Foundation has supported **18,390** people during the holy month of Ramadan.

Ramadan feeding projects, rooted in the charitable pillar of Islam, zakat, provide immediate food relief through multiple UK and International charities.



A donation of £1,000 helped London-based City Harvest to deliver **4,000** culturally appropriate meals, through their partner charities to those in need during Ramadan 2021. This saved the charities £8,000

in food costs. City Harvest rescue food destined for landfill, offering a sustainable solution for food waste, helping both the people and the planet.



Impoverished families find it hard to fulfil Ramadan in providing iftar and suhoor meals. In 2021, the Foundation provided a grant to the Join Hands Trust to distribute 185 food packages to the poorest

families in Madurai, India during Ramadan. Each pack includes food for the 30 days of prayer and fasting.

“

Most of the time I am avoids the morning food because food my children have too little. On Ramadan days I depend on my neighbours who lend me food for suhur and iftar. COSARAF have given me a Ramadan package that is of great help to me as it makes fasting in Ramadan easier.

”

Banisha, widow with two sons and an elderly mother

With thanks to all our partners this year



Prince's Trust





The COSARAF Charitable Foundation

Metropolitan House

3 Darkes Lane

Potters Bar

EN6 1AG

0300 111 7890

cosaraf.org

Charity Registration No. 1118481