Prospr Paediatric Relief

Child healthcare in resource-poor regions



ANNUAL REPORT 2025

Trustees’ annual report for the year ended 31 December 2025

Registered charity no. 1197781 · Charitable Incorporated Organisation

Trustees: Dr Adam Jan and Dr Haseeb Qureshi

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OBJECTIVES AND AIMS

Prospr Paediatric Relief aims to combat paediatric healthcare disparities in resource-poor countries through research, awareness, and targeted projects. Our key focus areas include addressing malnutrition and neonatal resuscitation, with the goal of improving child healthcare globally.

KEY ACTIVITIES

During 2025, the charity focused on its Nutrition Programme in the Buner and Swat districts of Khyber Pakhtunkhwa, Pakistan.

1. Nutrition Programme:

The Nutrition Programme tackles child malnutrition by treating children with severe acute malnutrition (SAM) and counselling families on correct feeding, including breastfeeding, safe formula preparation and weaning.

Since November 2024 the programme has run from Al-Khidmat Hospital Buner, a charity hospital that provides inpatient ward and outpatient clinic space. In May 2025, at the request of its paediatrics department, a second outpatient clinic opened at Dagar District Headquarters (DHQ) Hospital, which had no dedicated Nutrition Stabilisation Centre.

Both sites are covered by one locally employed, qualified nutritionist, with clinical oversight from a consultant paediatrician and support from a programme manager. Inpatient care follows the WHO two-phase protocol for SAM (F75 stabilisation, then F100 rehabilitation), with a follow-up review 4–6 weeks after discharge.

Every inpatient, outpatient and follow-up contact is recorded in clinical registers, building a dataset to guide future evidence-based interventions against malnutrition.

These activities directly supported our mission to address paediatric healthcare disparities through sustainable, preventative care in resource-poor regions.

ACHIEVEMENTS AND PERFORMANCE

Nutrition Programme:

- Outpatient visits rose from 98 in 2024 to 1,294 in 2025, following the opening of the Dagar DHQ clinic. July 2025 was the busiest month to date, with 232 patient contacts across both sites.
- Since the programme began in November 2023 it has reached around 1,943 children, including 305 inpatient admissions (to February 2026). 92% of inpatients gained weight during their stay, with a median stay of 4 days.
- Of the SAM inpatients who returned for follow-up, 74% had improved their weight-for-height Z-score and 34% had reached a healthy weight range.
- Every family seen received structured nutritional counselling, and 100% of mothers were recorded as receptive or very receptive.
- The programme remains low-cost: around £2.66 per child reached and £17 per inpatient admission.

Challenges:

- 83 children with SAM seen as outpatients could not be admitted because their families could not afford to stay in hospital for a 4–5 day admission. Reaching these children is the programme’s most important unresolved challenge.

Progress Towards Goals:

In line with its 2024 plans, the charity broadened the nutrition project by opening a second site at no extra staffing cost, and continued collecting the data needed for future publication. Income in 2025 remained very low (£120), so programme costs were met mainly from the charity’s reserves.

BENEFICIARIES AND PUBLIC BENEFIT

- **Primary Beneficiaries:**
  The primary beneficiaries of our initiatives are the children and mothers of Pakistan, who directly benefit from our targeted, evidence-based interventions.
- **Public Benefit Example:**
  In 2025 a single nutritionist covered two hospitals, seeing up to 232 patients in a month. Most cases arise from preventable gaps in feeding knowledge rather than food scarcity, so counselling mothers has a lasting effect on their children’s health.



RISK MANAGEMENT

Financial: income in 2025 was £120 against spending of £3,209.63, leaving £942.41 in reserves at 31 December 2025, enough for around three to four months of activity at current spending. The trustees aim to raise £5,000–£8,000 a year to sustain and grow the programme.

Reliance on individuals: the programme depends heavily on one nutritionist and a small number of people. To mitigate this, the trustees continue to seek a partner charity to secure the programme’s long-term future.

GOVERNANCE

- There were no changes to the board of trustees in 2025. The trustees are Dr Adam Jan and Dr Haseeb Qureshi.
- No trustee received any payment or reimbursement from the charity during the year.
- The charity employs one nutritionist in Pakistan under local employment arrangements, and a programme manager paid on an ad hoc, hourly basis. Three volunteers support the charity.
- Related party transactions: Dr Adam Jan donated £120 to the charity during the year. In January 2025 the charity paid £70.13 to Dr Ali Jan, a relative of Dr Adam Jan, to reimburse supplies he purchased for the programme.
- Trustees meet quarterly to review and discuss updates and progress.

PLANS FOR THE FUTURE

Looking ahead, the charity plans to:

1. **Community Outreach:**
   Run structured outreach visits to remote villages to reach children with SAM who cannot be admitted.
2. **Community Health Workers:**
   Train local women to carry out home visits, basic assessments and follow-up.
3. **Fundraising and Online Presence:**
   Raise £5,000–£8,000 a year and build a stronger online presence to increase awareness and donations.
4. **Research and Publication:**
   Prepare a peer-reviewed publication from the programme’s dataset of nearly 2,000 children.

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FINANCIAL STATEMENTS 2025

Receipts and payments accounts for the year ended 31 December 2025

Registered charity no. 1197781 · Charitable Incorporated Organisation

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FINANCIAL STATEMENTS

	For this year (2025)
Receipts (Income)	
Donations	£120.00
Total Receipts	**£120.00**
Payments (Spending)	
Charitable activities (overseas payments)	£3,209.63
Total Payments	**£3,209.63**
Net (deficit) for the year	**(£3,089.63)**
Cash at start of year (1 Jan 2025)	£4,032.04
Cash at end of year (31 Dec 2025)	**£942.41**

Statement of Assets and Liabilities at 31 December 2025

- **Cash at bank:** £942.41
- **Liabilities:** £0.00

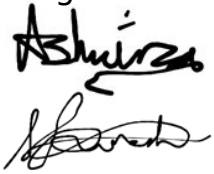
Analysis of payments (all overseas, Pakistan)

- **Nutritionist salary (11 payments):** £1,476.97

- **Programme manager pay (ad hoc, hourly):** £150.00
- **Nutritional supplies and Al-Khidmat bed fees (paid via programme manager):** £1,512.53
- **Reimbursement of supplies – Dr Ali Jan:** £70.13
- **Total payments:** £3,209.63

Notes

- **Basis of preparation:** These accounts are prepared on a receipts and payments basis.
- **Transfers overseas:** All payments were sent to Pakistan through GlobalWebPay Ltd, a money transfer service, and paid out in Pakistani rupees.
- **Trustee remuneration:** No trustee received any payment or reimbursement during the year.
- **Related parties:** All donations (12 × £10) were received from trustee Dr Adam Jan. £70.13 was paid to Dr Ali Jan, a relative of Dr Adam Jan, to reimburse supplies purchased for the programme.

Signatures:	Print Name:	Date of Approval:
	Dr Adam Jan	26/10/2026
	Dr Haseeb Qureshi	26/10/2026