

# HealthProm

Ensuring vulnerable children have the best start in life



## YEAR IN REVIEW

2025

## Chairman's Foreword

I am pleased to present our annual report for 2025, which shares the story of HealthProm's work and the tangible difference it has made to vulnerable families, women, and children over the past year.

Since our founding at the end of the Cold War, HealthProm has sought to foster openness, cooperation, and shared learning between East and West. Over the decades, this spirit of partnership has guided programmes that strengthened health systems, supported civil society, and championed the rights of disadvantaged communities.

This world has changed. The political and security challenges make it difficult to pursue our mission. We nevertheless remain committed and have found ways to adapt our work within the framework of our existing mission, policies and values. From improving maternal and infant health in Afghanistan to supporting refugee and migrant families here in the UK, our programmes demonstrated the enduring power of collaboration to create lasting social impact. The report sets out the detail.

To deliver this reorientation of our work, we have strengthened our capacity to deliver high-quality support in the UK, expanded project teams and have build strong partnerships with local authorities. Despite a challenging funding environment we have successfully diversified our funding sources including support from a number of new trusts and foundations.

We are deeply proud of what has been achieved through the dedication of our partners, staff, and volunteers, and we are immensely grateful to all those – including our donors and supporters – who make this work possible. We remain committed to doing more where opportunities exist.

I hope this report gives you confidence in the value of our mission and inspires you to continue supporting our efforts in the year ahead.

With best wishes,  
Simon Ray  
Chair of the Board of Trustees



# Summary

**HealthProm's impact this year has been profound across its key areas of work in Afghanistan and the UK, strengthening the health, education, and livelihoods of vulnerable children, women, and families affected by conflict and displacement.**

In Afghanistan, HealthProm continues to evidence significant reductions in avoidable maternal and infant deaths in the remote Kaldar district, an area woefully under-resourced in adequate healthcare for expectant mothers and newborns. Through the provision of midwifery support, new birth kits, mass immunisation, training and deployment of community health workers, thousands of women and infants have received lifesaving interventions, without which they risk serious life-limiting illness, debilitating defects, and all too often, death.

Our livelihoods support programme in the area has equipped **hundreds of families with vocational training and resources**, while our girls' education programme has enabled over **700 girls to access home-based learning**, despite the severe restrictions enforced by Taliban law. 2025 also saw the beginnings of our expansion work into neighbouring districts as part of a longer-term growth plan to improve the lives of thousands more women and children.



Afghan Refugee ESOL Class

In the UK, HealthProm has emerged as a leading organisation in North London supporting Afghan and Ukrainian refugees by providing educational support, mental health services, and employment advice to hundreds of beneficiaries. Over the last year we far exceeded our reach targets, providing core-subject tutoring, youth counselling and art therapy sessions, and employment mentoring for hundreds of displaced individuals. Fostering integration and wellbeing, our programmes evidence clear improvements to mental health and livelihood outcomes for beneficiaries fleeing from war, disease and persecution.

Much is still to be done. Afghanistan remains one of the highest risk countries in the world for maternal and infant deaths, and severe Taliban restrictions on women's freedom and rights are increasingly oppressive. Refugees in the UK are arriving into a more hostile environment and dwindling resources for the most needy are harder to access. This report highlights HealthProm's continued commitment to improving health outcomes, educational opportunities, and social inclusion, underpinned by strong partnerships and a fully integrated approach that addresses both immediate needs and long-term empowerment.



Afghanistan Infant and Maternal Health Programme



OMED Programme - Kaldar

# International Work

## Building Health, Hope, and Opportunity for Women and Girls in Afghanistan

In 2025, our work in northern Afghanistan transformed the lives of women and children through strengthened health, livelihoods, and education initiatives. Reaching all 24 villages in rural Kaldar district – home to around 24,600 inhabitants – our Infant and Maternal Health Programme provided **1,800 women, and 1,080 infants, with essential pre- and postnatal care.**

In Chahi and Kaldar districts, 58 Community Health Workers received initial and refresher training, enabling them to deliver life-saving support and maternal health education directly within their communities. Each health worker now reaches an average of 150 patients a month. As a result, **maternal mortality in our target areas remains at zero for a third year running**, ensuring mothers and their newborns have a stronger start in life.

Through our Girls' Education Programme, **500 girls under 12 gained access to primary education, while more than 200 older girls developed vital literacy and numeracy skills** through community-led, home-based learning in literacy and numeracy.

Our Opportunities and Means for Education and Development Programme (OMED, meaning 'hope' in Farsi) **empowered more than 300 women and families through training** in income-generating skills such as sewing, agriculture, and bakery. A further **150 families benefited from poultry and gardening initiatives**, increasing household food security, and increasing incomes by an estimated average of 10%. These opportunities have helped women gain financial independence and build community resilience in severely challenging economic conditions.

**“This time I gave birth to my child safely and for the first time, I was not afraid of death.”**

**Haritha, Mother – Joi Jadid**

Together, these programmes highlight how locally driven approaches strengthen health systems, expand opportunities, and create lasting improvements in the lives of women and girls in rural Afghanistan. In the coming year, we will progress our work to expand these initiatives into neighbouring districts, with ambitious plans to increase our regional reach by at least six villages per year.

# Aisha's Story:

## Hope Returns to Qara Ja Village

In the remote village of Qara Ja, life was a daily struggle—especially for mothers. With no health centre, pharmacy, or trained workers, families faced illness in their householders with only prayer and fear. Common sicknesses dragged on, and each winter brought waves of pneumonia, flu, and diarrhoea that claimed multiple young lives each year.

Aisha, a mother of four, remembers the helpless nights beside her feverish children. **“We had nowhere to go,”** she says. **“Even if a child was very sick, all we could do was hope.”**

Then came a turning point: a Community Health Worker (CHW), recruited, trained and deployed by our team on the ground in Afghanistan, arrived in Qara Ja. Finally, someone medically skilled, trusted, and equipped was among them—visiting families, bringing essential medicines, and teaching mothers how to protect their children’s health.

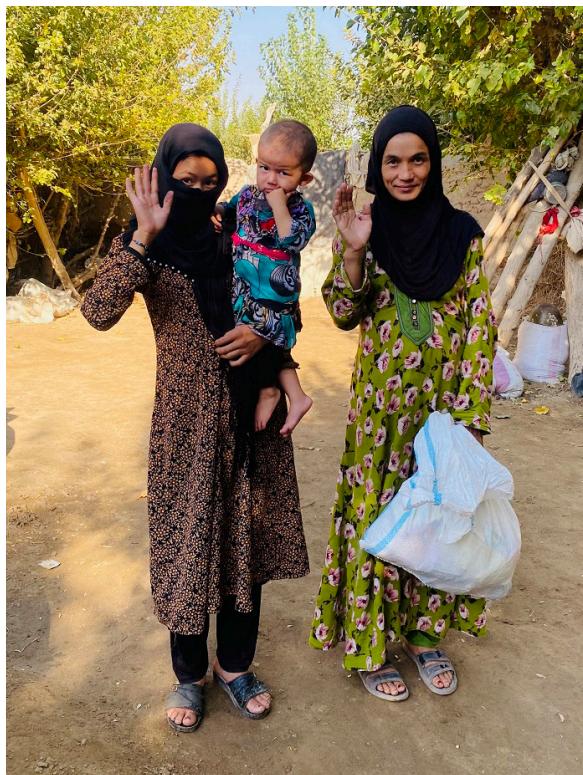
Change came quickly. When one child had a fever, Aisha knew what to do. When another showed signs of dehydration, she prepared oral rehydration salts with confidence.

**“Before, we had no hope,”** she says. **“Now we know there is medicine in our own village—and our children can be saved.”**

## The Health Worker’s presence transformed Qara Ja:

- Children no longer died from preventable illnesses.
- Families use medicines safely and understand hygiene and disease prevention.
- Maternal and child deaths have fallen sharply.
- Mothers like Aisha finally feel supported and secure.
- Today, Qara Ja feels alive. Children laugh and play outdoors, and neighbours speak of gratitude and renewal. As one elder said, “The medicine the health worker brings is not just medicine—it is life.”

**For Aisha, the change is personal and profound. Her children are healthier, her fear has lifted, and for the first time, she looks to the future with hope.**



Afghanistan Infant and  
Maternal Health Programme

# UK Work

## Supporting Refugee Children and Women in London

In North London, our Afghan and Ukrainian Refugee Children's Programme continued to provide safe spaces for learning and emotional recovery for families displaced by conflict. **Over the past year, 225 children and young people have received tailored support in Maths, English and Science**, helping them catch up with their peers and build confidence in the classroom.

Alongside academic support, 50 refugee children took part in social and recreational activities designed to promote integration, cultural exchange, and mental well-being. **As a result of the tutoring, 37 young people reported significantly improved GCSE grades compared to their mock predictions. 150 reported greater emotional stability and connection within their new communities.**



Gateway to Education



Gateway to Education

Our collaborative approach with local authorities and community partners – including Islington and Camden Councils – has ensured **more coordinated and effective wraparound support for refugee families**, reducing barriers to education, social welfare, employment and mental health services.

Through our **Support for Refugee and Migrant Women Programme**, we reached over 200 women with workshops on rights awareness, well-being, and employability skills. A further 50 received

**one-to-one advocacy and mental health support** to help them navigate complex UK systems and rebuild their sense of independence and belonging. **120 attended community sport and exercise classes**, building social connection as well as promoting physical health.

Together, these initiatives have strengthened community ties and opened pathways for refugee and migrant women and children to rebuild their lives with dignity and hope in London. In 2026, we will be building on this work, expanding into new boroughs, broadening and deepening our community partnerships and increasing our reach to vulnerable refugee women and children across the capital.

# Abasin's Story

Abasin is a 15-year-old from Afghanistan, who dreams of becoming a doctor. After arriving in the UK last year, he struggled with declining grades and loneliness. Through HealthProm's tailored classes with Farsi-speaking tutors, he made his first friends in London and regained his academic confidence. His personalised learning plan helped his Maths grade increase from a Level 5 to a Level 8 in GCSE mocks. Abasin called HealthProm a "game-changer" for his social life, wellbeing, and academics.

# ZR's Story

"I am in year 9. It has been nearly a year since I joined HealthProm's classes, and they have been very helpful for me.

A year ago, when I first arrived in the UK, everything was completely new and challenging. My school lessons, especially Maths and English, were particularly difficult for me. I also struggled to make friends and found it hard to talk to my classmates, which made me feel very disappointed and lonely.

But, since joining my Saturday classes at HealthProm, I have gained the confidence to speak English and have made friends both at school and in the programme. Through these classes, I, along with my friends, had the opportunity to attend the Laddington summer camp. I visit museums, the Royal Observatory, and go on other exciting outings. By attending the Maths classes, I can now easily solve fractions, ratios, and more.

I feel much more confident in my studies, and I am so grateful that I found this programme and had the chance to be a part of it. I truly love my tutors and friends here, and I want to thank HealthProm for organising these wonderful classes. I dream of becoming a lawyer one day so that I can help others and make a difference in my community."



Summer Camp for Ukrainian children

**“I am so grateful that I found this programme and had the chance to be a part of it.”**

**ZR**

# Organisational Highlights

**Mindful of global shifts which have impacted both financial and social implications of the nature of HealthProm's programmes, our strategic focus for both our UK-based and international work has been centred on strengthening our capacity and partnerships.**

During the year, we developed our organisational capacity to deliver high-quality support to refugees and migrant communities across London. We expanded our dedicated project team, including Afghan and Ukrainian coordinators, experienced tutors, and volunteers who bring lived experience, a sense of familiarity and cultural understanding to their work with refugee families.

We continued to demonstrate accountability and transparency through regular impact and progress reports, which highlight improvements in educational attainment, emotional well-being, and social integration among participants. We worked to diversify our revenues, and support from exciting new partners such as the Lewin Trust, the Hollyhock Foundation, Coles Medlock, Postcode Society Trust and the CC & HH Taylor 1984 Trust, has been instrumental in maintaining and expanding programme quality and reach, particularly in Afghanistan.

To further strengthen our governance and strategic direction, we welcomed new trustees with expertise in organisational development, fundraising, and international programming – ensuring that the charity remains well-positioned for sustainable growth and long-term impact.

Sustained funding from the UK Government, Camden and Islington Councils, and other key supporters has enabled the continuation and expansion of our UK programmes. We have deepened our partnerships with local authorities, community-based refugee groups, and London-wide charities, enhancing coordination, carving mutual referral routes, and extending our reach and expertise across both boroughs, and beyond.



Open Doors Project



Feedback from OpenDoors Participants



Open Doors Project



Open Doors Project

# Thank You to Our Supporters

We extend our heartfelt thanks to all our donors, partners, and volunteers whose generosity and commitment have made this work possible. Your support has transformed and saved lives – improving health, education, and livelihoods for women, children, and families facing extraordinary challenges in Afghanistan and here in the UK.

“The medicine the CHW brings is not just medicine. It is magic. It is life.”

Village Elder – Kaldar District

As we look ahead to 2026, your continued partnership will be vital in helping us reach more communities in need and to sustain the progress already made. Every contribution – whether financial, in-kind, or through shared expertise – helps build a future where every child and woman can live with safety, dignity, and opportunity.

“The medicine the CHW brings is not just medicine. It is magic. It is life.”

Village Elder – Kaldar District

- Educational Opportunity Foundation
- Big Lottery Fund
- Camden Council
- Charities Aid Foundation
- Derwent London
- Eleanor Rathbone Charitable Trust
- Foreign, Commonwealth and Development Office
- GV and SJ Britten Trust
- HCD Memorial Fund
- Islington Council
- The CB & HH Taylor 1984 Charitable Trust
- Coles Medlock
- Linda Norgrove Foundation
- Postcode Society Trust
- Lewin Trust
- RA and VB Reekie Charitable Trust
- Raindance Charitable Trust
- Souter Charitable Trust
- The Fulmer Charitable Trust
- The Hollyhock Charitable Foundation
- UK Government
- W F Southall Trust



# Get Involved

There are many ways to be part of our work and help make a lasting difference for women, children, and families struggling for survival, or rebuilding their lives.

- Visit our website to learn more about our programmes and the impact your support can have – or make a donation to help us continue providing vital health, education, and livelihoods support. [Visit www.healthprom.org/](http://www.healthprom.org/) and go to the 'Donate' page.
- You can also take on a personal challenge, such as running the London Marathon or organising your own fundraising event, to raise awareness and funds for our projects. **Phone: +44 (0)20 7832 5832 Email: [getintouch@healthprom.org](mailto:getintouch@healthprom.org)**
- Join our community online by following us on Facebook and sharing our stories. You can amplify our message by recommending us to friends, colleagues, or anyone looking for a cause that creates measurable, lasting impact. [www.facebook.com/HealthProm/](http://www.facebook.com/HealthProm/)
- For those wishing to leave a lasting legacy, consider including a gift in your will to help ensure that future generations benefit from the opportunities we build today. This can be done through our donate page, or for a more detailed conversation about your lasting legacy, please contact [tanya@healthprom.org](mailto:tanya@healthprom.org)

**Together, we can continue to bring hope, dignity, and opportunity to those who need it most. Thank you!**



Open Doors Project: Easter Eggs Master Class