



CAP

FOUNDATION

Community

Against

Poverty

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WHO WE ARE

Community against Poverty (CAP) Foundation was formed in 2011 and registered with the Charity Commission in the UK in 2012. We are an international humanitarian relief and Charity Organisation.

We have a strict 100% donation policy as a group and we raise funds from individuals, community events, organisations and companies.

We at CAP Foundation campaign to raise awareness for the right of a better future for some of the most poorest and deprived communities throughout Bangladesh.

Our aim is not just to provide charity but to provide resources to empower and inspire communities for people to build, create, and plan for a brighter future.

Our mission is to eradicate poverty, offer education, and facilitate health and welfare by developing innovative and sustainable solutions that enables individuals and families to achieve basic living standards and a life of opportunity.



The projects reflect the unique and dynamic qualities of both the group's mission and its people through three main principles:

Global Reach, Effective Engagement & Innovation.

With a strong group of dynamic people as Board Members and a large network of volunteers spread across our offices in both London and Bangladesh, 100% of donated proceeds reach to the ground on supporting communities and individuals in rapid time and enables usage of all contributions wisely making Community against Poverty (CAP) Foundation one of the most efficient humanitarian agency in the field of charity.

Our projects reflect a global vision with local focus. We work to deliver long-term, sustainable and cost-effective solutions. Our strategy of inspiring and empowering lies at the core of the group's culture, while we support other charities and non-profit organizations around the world in managing urgent global disasters.

COMMITTED TO 100% DONATION POLICY

Cap Foundation understands the importance of trust/amanah; the responsibility and accountability it brings. It is why all public donations that Cap Foundation receives are fully allocated to its designated project you have intended.

For example:

If a donor gives £100 with the intention of helping towards building a house, Cap Foundation will ensure that your donation is only used for the Shelter Accommodation InshaAllah.

All our Admin and operation cost are covered through the following methods:

Tax reclaimed from the UK government's Gift Aid Scheme. This allows taxpayers to increase the value of their donation by 25%. This additional money is allocated to the charity's administration fund.

Income generated from small projects i.e. Sport Activities & Tournaments, Mountain Trek and Charity Car Wash are allocated towards operational costs.

Business and partners donations are given specifically to support the operational and admin cost.

Standing Orders made by supporters is specifically advised that this monthly donation will be used for all administration purpose. However, if a donor wants to set up a standing order to complete his/her commitments then this money will be strictly used for its designated projects.

Donation pots are placed in different businesses, which are collected at the end of each month and the loose changes are allocated towards the administration support.

1. Each year a team of volunteers, including trustees, management and respected donors from UK travels to Bangladesh on field visit to deliver all projects and visit all sites to meet the beneficiaries personally and ensure your donation have made a positive impact to those who are in need. Each person who travels with us covers their own cost for travel/accommodation, and that is the policy Cap Foundation have in place.



**100%
DONATION
POLICY**



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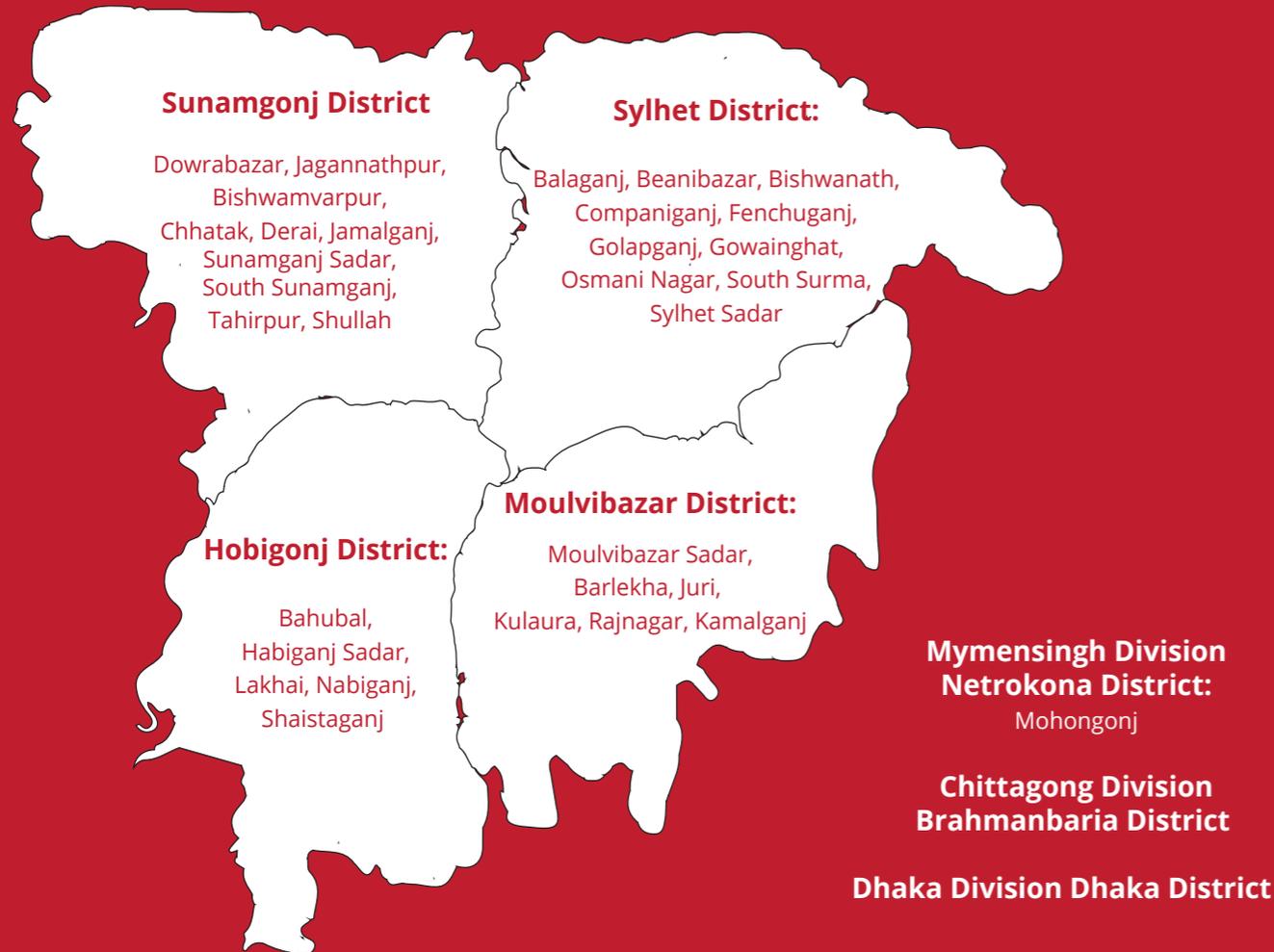


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Quality services ✓

GREATER SYLHET DIVISION



WATER WELL



**We have completed 195 Units (each unit is allocated to an average of 12 families)
Approx 75,560 people have been supported within greater sylhet division.
The total cost was £68,250**

Many households in Bangladesh depend on water points that are highly stressed and function for only a few months every year. People who do not have wells or piped water near the areas where they live have to walk to distant rivers and streams to collect water for their domestic use. This means that time that could be spent earning a living and bettering their lives is wasted in an endless search for water. Lack of clean, readily available water not only poses a serious health risk to the members of these communities, but also risks putting them foul of the Islamic emphasis on cleanliness and purity.

Clean and Readily Accessible Water Changes Lives

The women in these rural communities are the primary caregivers to children, the old and the infirm. If a woman has to spend long hours in her day searching for water for her family, it has a direct impact on the quality of care she can provide to those who depend on her. Having wells and watering points close to rural families ensures that a woman can spend more time caring for their families and has a direct impact on the quality of their lives.



Elimination of Water-Borne Diseases

More children die every year in Bangladesh due to water-borne diseases than those killed by all other illnesses combined. Half of the hospital beds in the country are filled by people suffering from diseases directly associated with the lack of clean drinking water.

We Need Your Help

Digging wells and boreholes for the large number of poor communities that requires them is a daunting and expensive task that, nonetheless, we are able to achieve through the generosity of donors like you. Our research inspection teams in the Sylhet region work with the local community and experts in the water sector to provide sustainable sources of water which help to improve lives and spur development in rural Bangladesh. You can complete one Water Well for £400 which will benefit a minimum of 10 families within one community which is around 40-50 people every day, that's approximately over 18000 people a year.



SANITATION



Completed 145 Units (each unit is allocated to 1-3 families) Approx 435 families now Safe with adequate sanitation facilities. The total cost was £25,250

The country of Bangladesh has one of the world's highest population densities. It is about the same size as England, but has more than three times its population, with the total number of Bangladeshis standing at more than 155 million. This means that there are over 1000 people per square kilometre. The result is that there is incredible strain on the meagre resources available as the country struggles to accommodate this massive population's water and sanitation needs.

Sanitation

Most of the people who live in the rural areas of Bangladesh do not have any access to proper drainage systems in their communities or basic sanitation facilities in their homes. The dense population also means that it is inevitable that toilets and water points will often be located near each other. The resulting contamination of water sources results in waterborne diseases being a major threat to these communities.

CAP Foundation Sanitation Projects

We assist communities in need of sanitation facilities by providing new toilets in areas where there are none, or rehabilitating existing ones. This helps the impoverished people of rural Bangladesh to live in more humane and sanitary conditions, drastically improving the quality of their lives. The rural poor of the country already have enough challenges to contend with, without having to deal with sick children or elderly people due to diseases like cholera and diarrhoea.

We Need Your Help

Through the funding we receive from donors like you, the CAP Foundation has been helping these rural communities build water and sanitation facilities that can better withstand harsh weather, disasters and climate change.

In order to ensure that we reach the neediest and deserving people, we have volunteers on the ground in the greater Sylhet area, divided into two teams. The first consists of researchers who identify areas that have large numbers of people in need of assistance. The second – an inspection team -visits individuals and families, to ensure that the people we support are will benefit most from our assistance and to follow up on the impact our assistance has on these communities.



SHELTER ACCOMMODATION



41 Units (Each Shelter House is given to a large family's average 5-8 members 320 people including family members £70,200

Charities in Bangladesh have been delivering various projects and doing a lot of work in recent years. CAP Foundation has been at the forefront when it comes to delivering projects in Bangladesh. For several years, CAP Foundation has been putting roofs over the heads of some of the most impoverished families in Bangladesh. The houses we build for the people who are most in need are constructed by people from the community, thus providing an income to a more of the rural poor.

Why Bangladesh?

Despite the continued general growth of the Bangladeshi economy, many of the country's rural folk are poor and struggling to attain even the basic standards of living. There is an enduring cycle of poverty mainly because of poor wages and low education levels. By placing roofs over the heads of these families, our aim is to try and help provide these vulnerable people with at least one of the most basic human needs – shelter. This would then allow families to concentrate more effort on food and education.help out in these efforts.

We Need Your Help

The main aim of our Shelter Accommodation project is to support vulnerable families who live in precarious or dangerous dwellings that are susceptible to the extreme monsoon weather. Through the development of strong, safe and secure housing, we are able to provide them with the long-term security that is a first step out of the cycle of poverty. However, this program is expensive and we appreciate all the help we can get to assist our brothers and sisters in Bangladesh. Your donations help us to get building materials and hire the labour required to build houses for the rural poor. We endeavour to use 100% of all donations that we receive in our charitable programs, and are completely accountable to the Almighty and our donors.

A Shelter House cost: £1800 to build. You can team up with friends and family to take a challenge to help us and support a vulnerable Family in Bangladesh.



YOU CAN PROVIDE SANITATION TO ONE OR MORE FAMILIES FOR JUST £250.

MENTAL HEALTH AND WELL-BEING CENTRE SYLHET - BANGLADESH



Secured a long term
building lease

Background

Global Scenario says that the Mental Disorder is the 4th deadliest disease out of top 10. Currently 450 million people are affected, that is 12% of the world population.

In Bangladesh we have 16.1% Adult and 18.4% children's have diagnosable mental health condition (source: 2003-2005 national Survey Report).

Every year there are about 10,000 people committing suicide in Bangladesh due to mental disorder.

Our Aim

To have a Mental Health provision in Bangladesh to tackle mental health stigma and stereotypes that exists within villages and towns. The centre will accommodate and raise awareness around Mental Health issues, asses and plan to provide initial support to individuals and families.

Our Objective

To provide a personalised service that meets the need of the individuals who are suffering from Mental Health disorder within Greater Sylhet Division and throughout Bangladesh.

Outputs from the centre:

The centre has now employed 1 Qualified Psychotherapist & 4 Mental Health First Aid Para-Counsellor & 10 volunteers to support its functions.

- Client's Mental Health assessment for need based intervention: Integrative Psychotherapy | Group psychotherapy
- Medical Treatments in partnership with Sylhet Women's Medical College & Osmani Medical College Hospital
- Individual and group counselling for patient and their NOK
- Home visit- follow-up of medical treatment, personal care, support for social functioning, livelihood training and employment etc
- Positive Engagement Sessions
- Deliver Community based workshop and awareness Programs
- Group and Family therapy service
- First Aid MH training services



MENTAL HEALTH AND WELLBEING CENTRE
The Road to Recovery

Monica Building, Bagbari, Sylhet, Bangladesh. www.capfoundations.com

GIVE YOUR ZAKAT WITH



**Let us focus on the Al-Fuqara:
The Poor – Those who have
neither assets nor any means
to earn their living, some
scholars include those who
have little money and are not
eligible to pay Zakat.**

Giving Zakat is compulsory and a quality of the believers as Allah says "Who are active in paying Zakat." (Surah Al-Mu'minun 23:4).

In Arabic the root of the word Zakat stems from cleanliness, growth, blessing and praise which are suggested in the Quran and Ahadith.

What is Zakat?

The third pillar of Islam which is an Ibadah (worship) just like fasting. It can be described as financial worship as some of the great scholars have said.

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BANGLADESH TEAM

Alhamdulillah we are blessed to have so many Volunteers working in Bangladesh for Cap Foundation. We have 10-12 Volunteers with 1 Co-ordinator within each Sub-district who reports to our Country? Director.

Our volunteer comprises in two specific teams;

The Research Team – The volunteer’s research and make recommendations for the most rural places and identify the needs for all our projects. Also, local individuals who are struggling and living under poverty can apply directly to the organisation.

The Inspection Team – every application goes under a strict scrutiny process before one can be approved. i.e. for our Water Well project – minimum 5-10 families have to apply from one community to ensure they maximise our support. Therefore the team will visit the village to consult with activists? (Murabbi’s) and inspect if there are any other facilities available and where the best location to place the project for everyone to have access.

We are always recruiting volunteers throughout UK.

Please visit our website or contact the office for an informal chat on:

0203 137 3015

Get Involved

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PLANNING A WEDDING OR MEHNDI?

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Cap Foundation's Project Delivery and Achievements

Projects	Unit Delivered	People Supported	Costs
WATER WELL	195 UNITS (each unit is allocated to average 12 families)	APPROX 75,560 people within greater sylhet division	£68,250
SANITATION	145 UNITS (each unit is allocated to 1-3 families)	APPROX 435 families	£25,250
SHELTER ACCOMMODATION	41 UNITS (Each Shelter House is given to a large family's average 5-8 members)	320 PEOPLE including family members	£70,200
MENTAL HEALTH & WELBEING CENTRE	Qualified Psychotherapist to provide: Full assessment to diagnose patients Integrative psychotherapy Group psychotherapy Medical Treatments in partnership with Sylhet Women's Medical College & Osmani Medical College Hospital Positive Engagement Sessions In-House MH Workshop for NOK (patient's family members) and Patients Deliver Community based workshop and awareness programs Group and Family therapy service First Aid MH training services	STARTED JANUARY 2017	£31,540
RAMADAN FOOD DISTRIBUTION	We deliver all our food packs before Ramadan begins to secure food for all the needy & destitute people for the entire month of Ramadan	APPROX OVER 20,000 PEOPLE	£125,500
SCHOLARSHIP	Students are selected from Union level who are most talented, but struggling to continue due to financial obstacle)	100 STUDENTS	£10,000
LIVELIHOOD PROJECT RICKSHAW	190 UNITS (Empowering individuals and to become self-sufficient and manage families livelihood)	190 MAN with large family	£25,150
LIVELIHOOD PROJECT SEWING MACHINE	360 UNITS (Empowering Women to become independent and help to maintain the cost of their education and livelihood)	360 FEMALES with large family	£28,575
FIRST AID TRAINING TO CAP VOLUNTEERS	An UK qualified First Aid Teacher trained 20 volunteers who will be available to assist on emergency situation in respected Sub-Districts/Upazila	40 VOLUNTEERS from 8 Sub-Districts/Upazila	£4,000
TOTAL PROJECT COST			£388,465

Ramadan Live TV Appeal 2017

**Sky 814
Channel S**



Date: Friday 16th June 2017

Time: 5pm - 4am

Donation Hotline: 0208 523 1666

Studio Hotline: 0208 523 4111

Projects to Donate

Projects	Unit Cost	Our Targets	Total Costs
Shelter Accommodation	£1800	50 House	£90,000
Water Well	£400	50 Units	£20,000
Sanitation	£250	50 Units	£12,500
Livelihood Projects: Rickshaw	£185	50 Units	£9,250
Livelihood Projects: Sewing Machine	£85	50 Units	£4,250

Total Target for Ramadan

£136,000



**Help us this Ramadan and be part
of Giving Together**

We collect: Zakat | Sadaqah | Lillah | Fidya

Donation Option:

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Account No: 93522946

Office Donation Line: **020 3137 3105**

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