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# Thank you



For the past five years, in collaboration with children, elderly and special-needs care homes, and community agencies across Sri Lanka, we have been able to make a meaningful impact on the lives of the most vulnerable members of our communities. We extend our heartfelt gratitude to the volunteers, donors, and partner organizations who made this work possible.

# நன்றி



ஜந்து ஆண்டுகளாக தொடர்ந்து மாதாந்தம் இலங்கையில் உள்ள காப்பகங்கள், வலையமைப்புக்கள், சமூக சேவை நிறுவனங்கள் ஊடாக விளிம்புநிலை மக்களுக்கு எம்மாலான சிறு உதவிகளை செய்ய எம்மோடு கைகோத்து நிற்கும் புரவலர்கள், தன்னார்வலர்கள், கூட்டுச் செயற்பாட்டாளர்களுக்கு நெஞ்சார்ந்த எம் நன்றிகள்

February 29, 2025

# எம்மைப்.பற்றி

# அறம் செய்வோம் அறக்கட்டளை உத்வேகம்

இலங்கையில் யுத்தம் ஓய்ந்து பல ஆண்டுகள் கடந்து விட்ட நிலையிலும், அதன் தொடர் விளைவுகள் இன்னமும் தமிழர் தாயகத்தில் வியாபித்து காணப்படுகிறது. வடக்கு கிழக்கு மற்றும் மலையகத்தில் பல காப்பகங்கள் சிறுவர் மூத்தோர் மற்றும் விசேட தேவையுள்ளோரை பராமரித்த வண்ணமுள்ளது. இயற்கை அனர்த்தங்களும் சமூக பொருளாதார காரணிகளும் இவை தொடர்ந்து இருப்பதற்கான தேவையை உண்டாக்குகின்றன. இவையனைத்தும் பொது மக்களின், பொது அமைப்புக்களின் நன்கொடைகளிலேயே தங்கியுள்ளன. ஆனாலும், காப்பகங்கள் பற்றிய புரிதலும் அவற்றின் தேவைகள் பற்றிய அறிதலும் மிகக் குறைவாகவே காணப்படுகிறது.

இந்த இல்லங்களைப் பற்றிய விழிப்புணர்வை ஊட்டும் வண்ணம் அறம் செய்வோம், அதை இன்றே செய்வோம் என்ற குறிக்கோளுரையுடன் Let Us Help Now வினை நண்பர்கள் சிலர் சேர்ந்து 2018 இல் தொடங்கினார்கள். இந்த இல்லங்களைப் பற்றிய தகவல்களை இணையம் ஊடாக வழங்கி, உதவ முன்வருபவர்களை நேரடியாக இல்லங்களுடன் தொடர்புகொள்ள வைப்பது முதன்மை நோக்கமாக அமைந்தது. மேலும், எம்மாலான சிறிய உதவிகளை நேரடியாக இல்லங்களுக்கு மாதாந்த செயற்திட்டங்கள் ஊடாக வழங்கி அங்கு வாழும் எம் உறவுகளின் வாழ்க்கைகளை மேம்படுத்தி வருகிறது.

அறம் செய்வோம் அறக்கட்டளை LetUsHelpNow Foundation என்று கனடாவிலும் (12031167), LetUsHelpNow Foundation Australia Incorporated (A0119831E) என்று ஆஸ்திரேலியாவிலும் பதிவுசெய்யப்பட்ட ஒர் இலாப நோக்கமற்ற தன்னார்வர் நிறுவனம் ஆகும். கனடா, ஆஸ்திரேலியா, ஐக்கிய இராச்சியம் மற்றும் இலங்கையில் இருந்து தன்னார்வப் பங்களிப்பாளர்களையும், இயக்குநர்களையும் அறம்செய்வோம் அறக்கட்டளை கொண்டுள்ளது. இந்தப் பணியில், நாம் அனைவரையும் கூட்டுச் செயலாற்ற, பங்களிக்க அன்புடன் அழைக்கிறோம்.

# நூக்கங்கள்

- குழந்தைகள், மூத்தோர், சிறப்புத் தேவையுள்ளவர்களை பராமரிக்கும், அவர்களுக்கு சேவை வழங்கும் காப்பகங்கள், வலையமைப்புக்கள், சமூக சேவை நிறுவனங்கள் பற்றிய விழிப்புணர்வு ஊட்டுதல், தகவல்களைக் கொண்டு சேர்த்தல்.
- மாதாந்தச் செயற்திட்டங்கள் ஊடாக அந்த விழும்புநிலை மக்களின் அன்றாட வாழ்வில் சிறிய முன்னேற்றங்களை ஏற்படுத்தல்.
- காப்பகங்கள், வலையமைப்புக்கள், சமூக சேவை நிறுவனங்கள், உள்ளூர் அரச அலுகுகள், புலம்பெயர் அமைப்புக்களிடையே தொடர்புகளை ஊக்குவித்தல், எளிதாக்கல்.

# **LetUsHelpNow Foundation**

# **Inspiration**

After many years since the end of war, the effects of the war persist throughout the Tamil homeland. Children, elders and special needs people are still at care homes in North, East and Upcountry. Natural disasters, economic and social determinants have entrenched the need for sustained support for those affected. The care homes, community networks and community services organizations depend on public donations for their operations. Yet, there is limited awareness and understanding about these organizations.

LetUsHelpNow began as an initiative to directly help and bring awareness to children, elderly and special needs care homes, community networks and agencies serving vulnerable people in North, East and Upcountry of Sri Lanka. It was started in July 2018 by a small group of volunteers in diaspora and Sri Lanka.

LetUsHelpNow Foundation is a registered not-for-profit (12031167) organization in Canada and Australia (A0119831E), and has contributors and directors from Australia, United Kingdom, and Sri Lanka. We welcome collaborations and contributions from all.

# **Objectives**

- Promote and bring awareness about organizations that provide shelter, food and care
  to children, the elderly and people with special needs.
- Provide direct assistance through monthly projects that improve the lives of the people served by care homes and community agencies.
- Facilitate connection among care homes, community agencies, diaspora and service organizations.

# எம்மைப்.பற்றி

# 2024 ஒரு மீள்பார்வை

அறம்செய்வோம் அறக்கட்டளை விழிம்புநிலை சிறுவர்கள், மூத்தோர்கள், சிறப்புத் தேவையுள்ளவர்களின் அடைக்கலங்களாக விளங்கும் காப்பகங்களைப் பற்றி விழிப்புணர்வினை கொண்டுவரவும், அவற்றுக்கு நேரடியாக உதவிடும் நோக்கிடனும் ஐந்து ஆண்டுகளுக்கு முன்னர் தொடங்கப்பட்டது. வடக்கு, கிழக்கு, மலையகத்தில் உள்ள அனைத்து காப்பகங்கள் மற்றும் வலைப்பின்னல்கள் (community networks) பற்றிய தகவல்களை திரட்டி, உறுதிப்படுத்தி இணைய முகப்பு ஊடாக வழங்கியிருக்கிறோம். மாதாந்த திட்டங்கள் ஊடாக பெரும்பாலான காப்பகங்களோடும், வலைப்பின்னல்களோடும் சேர்ந்து இயங்கியுள்ளோம். இவ்வாறு, கடந்த ஐந்து ஆண்டுகளில் காத்திரமான ஒரு பங்களிப்பினை அறம்செய்வோம் அறக்கட்டளை வழங்கியுள்ளது.

2024 இந்தப் பணிகள் மேலும் நெறிப்படுத்தப்பட்டு தொடர்ந்தன, விரிவடைந்தன. 14.7 மில்லியன் ரூபா பெறுமதியான 40 செயற்றிட்டங்களை கனடா அவுஸ்திரேலியா, பிரித்தானியா மற்றும் இலங்கையினைச் சார்ந்த 211 நன்கொடையாளர்களது தொடர்ச்சியான மாதாந்த சிறு நன்கொடைகள் மூலம் நிறைவு செய்யக்கூடியதாக இருந்தது. இதன் ஊடாக 32 காப்பகங்களைச் சார்ந்த 2500 மேற்பட்ட நபர்கள் பயன்பெற்றார்கள். எமது பண பரிமாற்றம் மற்றும் வங்கிக் கட்டணங்கள் உள்ளடக்கிய நிர்வாகச் செலவுகள் 1% குறைவாக அமைந்து, 99% நன்கொடைகள் பயனாளிகளுக்கு நேரடியாக சென்றடைந்தது.

எமதுசெயற்திட்டங்கள் அவசர உதவி, அடிப்படைத் தேவைகள், கல்வி மற்றும் திறன் மேம்படுத்தல், நூலகம்-கலைகள்-விளையாட்டு, மற்றும் நிலைத்தன்மை மேம்படுத்தல் ஆகிய பிரிவுகள் ஊடாக அணுகி நிறைவேற்றிவருகிறோம். கோவிட், 2022 பொருளாதார நெருக்கடி ஆகிய கால கட்டங்களை கடந்து இருந்தாலும், உணவு, உடை, படுக்கைப் பொருட்கள், தளபாடங்கள் ஆகியவற்றுக்கே பெரும்பாலான நிதியுதவி வழங்கப்பட்டது.

சரியான தேவைகளை அறிந்து, வழங்கப்படும் உதவிகள் முழுமையாக பயன்படுத்தப்படுகிறனவா என்பதை உறுதிசெய்யும்வண்ணமே அறம்செய்வோம் அறக்கட்டளை தனது பணிகளை முன்னெடுக்கிறது. எடுத்துக்காட்டுக்கு, நவீல்ட் செவிப்புலன் விழிப்புலன் இழந்தோர் பாடசாலை மாணவர்களுக்கு செவிப்புலன் கருவிகளை வழங்கும் போது, பொருத்தமான கருவிகள் வழங்கப்படுகிறனவா, அதற்கான பராமரிப்புத் தேவைகள் என்ன, மின்கலங்களை வழங்குவது, மாணவர்கள் கேக்கப் பழகத் தேவையான பேச்சுப் பயிற்சி, இவை பற்றிய பின்தொடர்களுக்கான ஏற்பாடு உட்பட்ட விடயங்களை உள்ளடக்கியே அந்தச் செயற்திட்டம் முன்னெடுக்கப்பட்டுவருகிறது.

காப்பகங்களோடும் வலைப்பின்னகளோடும் நாம் தொடர்ச்சியாக மேற்கொள்ளும் கருத்துப்பரிமாற்றங்கள் ஊடாக அவர்களின் பிரச்சினைகளை மேலும் விளங்கிக்கொள்ளக் கூடியதாக உள்ளது. இவ்வாறான கருத்துப் பரிமாற்றங்கள் ஊடாக காப்பகப்பிள்ளைகள் பாடசாலைகளில் எதிர்நோக்கும் சவால்களை நன்கு புரிந்துகொள்ளக் கூடியாக இருந்தது. காப்பப் பிள்ளைகள் வேறுபடுத்தப்பட்டு, அவர்களுக்கு கல்வி வராது போன்ற மனப்பான்மை சில ஆசிரியர்களிடமும் கல்வி நிர்வாகிகளிடம் காணப்படுகிறது. எதாவது குறைகள் இருப்பின், அவை மிகப்படுத்தப்பட்டும் காட்டப்படுகிறன. மேலதிக ஆதரவினை, பள்ளிக்கு வெளியேயான வகுப்புக்கள் ஊடாக வழங்குதல் இத்தகைய தடைகளை உடைப்பதற்கான ஒரு வழி என்பதை அறிந்து, இந்தச் சிக்கல்கள் கூரிமையாகத் தெரியும் மலையத்தில் கற்றல் பாலம் என்ற செயற்திட்டம் ஊடாக உதவி வருகிறோம்.

# 2024 Year in Review

தொடக்கத்தில் இருந்தே, எமது கவனம் அடிப்படைத் தேவைகளுக்கு அப்பால் என்று அமைந்து வருகிறது. நூல்கள், விளையாட்டு உபகரணங்கள், இசைக் கருவிகள் வழங்கு வதன் ஊடாகவும், மகிழ் என்ற செயற்திட்டத்தின் ஊடாக சிறு சிறு ஆசைகளை நிறைவேற்றுவதன் ஊடாகவும் காப்பகங்களில், அகதி முகாம்களில் வசிப்பவர்களின் வாழ்க்கைத் தரத்தை மேம்படுத்த விழைகிறோம். இந்த ஆண்டு இந்தியாவில் இயங்கும் 79 அகதி முகாம்களுக்கு 1412 சிறுவர் நூல்களை தும்பி அமைப்பின் ஊடாக விநியோகித்தோம். மூத்தோர் இல்லம் ஒன்றுக்கு தொடர்ச்சியாக பத்திரி ;கை வழங்கும் ஏற்பாடு செய்தோம். பிஷப் டானியல் ஆண் சிறுவர் காப்பகத்துக்கு காற்பந்தாட்ட உபகரணங்கள் வழங்கப்பட்டன. ஐந்து மூத்தோர் காப்பகங்கள் சுற்றுலா செல்வதற்கான ஆதரவினையும், மலையகத்தில் உள்ள எட்டு காப்பகங்களைச் சார்ந்த 225 சிறுவர்கள் ஒரு நத்தார் பரிசினை தாமே தெரிவு செய்து பெறுவதற்கான ஏற்பாட்டையும் மகிழ் செயற்திட்டத்தின் ஊடாக வழங்கினோம்.

காப்பகங்கள் தொடர்ச்சியாக பொதுமக்களின் நன்கொடைகளில் பெருதும் தங்கி இருப்பது அவை அடிப்படைத் தேவைகளுக்கு அப்பால் சிந்திக்க தடையாக இருக்கின்றது. அறம்செய்வோம் அறக்கட்டளை காப்பகங்களினதும், வலைப்பின்னல்களைச் சார்ந்த குடும்பங்களினதும் நிலைத்தன்மையும் (sustainability) தற்சார்பினையும் மேம்படுத்தும் செயற்திட்டங்களை முன்னெடுத்துவருகிறது. இந்த ஆண்டு நவீல்ட் செவிப்புலன் விழிப்புலன் இழந்தோர் பாடசாலையில் மழைநீர் சேகரிப்பு மற்றும் விவசாயம் மேற்கொள்ளுதல் செயற்திட்டம் தொடர்ந்தது. இந்த செயற்திட்டம் the Canada Fund for Local Initiatives (CFLI) நிதி ஆதரவில் முன்னெடுக்கப்பட்ட செயற்திட்டம் ஆகும். 16,000 லீட்டர்கள் உடைய 14 மழைநீர் சேகரிப்பு தொட்டிகளை கட்டப்பட்டு, அவற்றில் இருந்து கிடைக்கும் நீரைப் பயன்படுத்தி மரம்நடுதல் மற்றும் விவசாயப் பணிகள் விரிவடைந்தன. மன்னாரில் WE-CAN (wecan-sl.org) அமைப்பின் ஊடாக 200 மாற்றுத் திறனாளிகள் குடும்பங்களின் வீட்டுத் தோட்ட செய்கைக்காக மரக்கறி கன்றுகளும், இயற்கை உரமும் வழங்கப்பட்டது.

மேற்சுட்டப்பட்ட செயற்திட்டங்கள் இந்த ஆண்டு நாம் மேற்கொண்ட செயற்திட்டங்களின் எடுத்துக்காட்டுக்களே ஆகும். இந்த அறிக்கையிலும், எமது வலைத்தளத்திலும் இவை பற்றி விரிவான தகவல்களை நீங்கள் பெற முடியும்.

இந்த ஆண்டு மாதாந்த கூட்டங்கள் மாதத்தின் முதலாவது சனிக்கிழமைகளில் நடைபெற்று, திட்டங்கள், நிரிவாக முன்னெடுப்புக்கள் பற்றி கலந்தாலோசிக்கப்பட்டன. இது ஒரு திறந்த சந்திப்பு, அனைவரையும் வரவேற்கிறோம். அறக்கட்டளையினது அனைத்து செயல் வினைகளும் தன்னார்வளர்களின் ஒன்றினைந்த முயற்சி ஆகும். இந்தப் பணிகளுக்கு தொடர்ந்து ஆதரவு தரும் நன்கொடையாளர்கள், தன்னார்வலர்கள், காப்பக அறங்காவலர்கள், நிர்வாகிகள் அனைவருக்கும் எம் சிரம் தாழ்த்திய நன்றிகள்.

நன்றி

சுபகரன் பாலசுப்பிரமணியம்

# 2024 Year in Review

LetUsHelpNow Foundation was started five years ago to raise awareness of, and provide assistance to, children's homes, elder care homes, special needs care homes, and community agencies that support vulnerable people in the North, East, and Upcountry regions of Sri Lanka. With the help of volunteers, donors, and collaborators, we have been able to make a meaningful impact on the lives of people in the majority of these care homes.

In 2024, we continued to build on our collaborations and activities. Through the ongoing monthly small donations of 211 donors from Canada, Australia, the United Kingdom, and Sri Lanka, we were able to complete 40 projects valued at 14.7 million rupees. More than 2500 people from 32 care homes benefited. Our administrative costs remained below 1%, ensuring that 99% of donations reached the beneficiaries directly.

Our work is centered on five key sectors: crisis relief, basic needs assistance, education & capacity building, promoting library, arts & sports, essential infrastructure improvement, and supporting sustainability. Although COVID and the 2022 economic crisis have passed, many care homes and vulnerable members of our communities continue to struggle to meet basic needs. The majority of our funding went toward food, clothing, bedding supplies, and furniture.

LetUsHelpNow Foundation carries out its work with a focus on identifying core needs and ensuring that the assistance provided is fully utilized. For example, when providing hearing aids to students at the Nuffield School for the Deaf and Blind, the project is carried out with careful attention to several factors: ensuring that the devices are appropriate for each student, understanding the maintenance requirements, supplying the necessary batteries, arranging speech therapy so that students benefit from the the devices effectively, and establishing proper follow-up mechanisms. All these considerations are part of an on-going engagement with the school in this project.

Our ongoing discussions with care homes and community networks have helped us identify the difficulties that children from care homes face in schools. Many students are already behind academically when they arrive at the care homes. This issue is further exacerbated by the discriminatory attitudes they encounter at school from some teachers, administrators, and other students. The care homes students are often perceived as less capable, and any shortcomings they display tend to be overly emphasized. Recognizing that additional educational support is a key way to break these barriers, LetUsHelpNow Foundation funds the Learning Bridge program in the Upcountry region, providing tuition and catch-up classes for these students.

# 2024 Year in Review

From the beginning, we wanted to focus on quality of life factors and long term solutions. By providing books, sports equipment, musical instruments, and fulfilling small personal wishes through the Magizh program, we aim to improve the quality of life of those living in care homes and refugee camps. This year, LetUsHelpNow distributed 1,412 children's books to 79 refugee camps operating in India through the Thumbi organization. We arranged for newspaper delivery at a senior citizens' home. Football equipment was provided to the Bishop Daniel Boys' Home. Through the Magizh program, we also supported five elder care homes in organizing excursions, and enabled 225 children from eight care homes in the Upcountry Country to choose and receive a Christmas gift of their own.

Care homes rely on public donations for much of their day-to-day operations, which often prevents them from planning beyond basic needs. LetUsHelpNow Foundation helps implement initiatives that strengthen the sustainability of care homes as well as the people served through community networks. This year, the Rainwater Harvesting Systems Installation at the Nuffield School for the Deaf and Blind to Enable Agriculture project continued. With the financial support of the Canada Fund for Local Initiatives (CFLI), fourteen rainwater tanks, each with a capacity of 16,000 liters, were constructed. The water collected from these tanks has been used to expand tree planting and agricultural activities. In Mannar, through the WE-CAN (wecan-sl.org) organization, tree seedlings, vegetables, and organic fertilizer were provided to 200 households of differently-abled families to support home gardening.

Above, we have highlighted some of the projects we undertook in 2024. Please see our website (letushelpnow.org/projects) for details on all projects. Our regular governance meetings, where we discussed projects and made decisions, took place on the first day of each month. These meetings are open to all volunteers and the public. We extend our heartfelt thanks to all donors, volunteers, care home trustees, and administrators in Sri Lanka and the diaspora for their kindness and support.

Thank you

Subakaran Balasubramaniam

# எமது.செயலாக்கம்



நேரடியாக உதவிகளை வழங்கும் செயற்பாட்டு மாதிரியை LetUsHelpNow முன்னிறுத்துகிறது. தகவல்களை வழங்கி, உதவ முன்வருபவர்களை இல்லங்களுடன் நேரடியாக தொடர்புகொள்ள நாம் ஊக்குவிக்கிறோம். மேலும், இல்லங்களின் தேவைகளை அறிந்து நேரடியாக மாதாந்த செயற்திட்டங்கள் ஊடாக உதவிகளை வழங்கி வருகிறோம். இந்த மாதாந்த செயற்திட்டங்கள் பின்வரும் படிநிலைகளைக் கொண்டுள்ளன: தேவையறிதல், நிதிசேகரித்தல், செயற்திட்டம் நடைமுறைப்படுத்தல், நிதி விபரம் மற்றும் வெளிப்படைத்தன்மை பேணல்.

#### தேவையறிதல்

அறம் செய்வோம் அறக்கட்டளையின் மாதாந்த செயற்திட்டங்களின் முதல் கட்டம் தேவையறிதல் ஆகும். இலங்கையிலுள்ள பராமரிப்பு இல்லங்கள், வலையமைப்புக்கள், சமூக சேவை நிறுவனங்களோடு நாம் வாட்ஸ்அப் குழுக்கள், நேரடி உரையாடல்கள், செயற்திட்ட கூட்டுச் செயற்பாடுகள் ஊடாக தொடர்ச்சியான தொடர்பில் இருக்கிறோம். தேவைப்படும் பொழுது சூம் சந்திப்புக்கள் ஊடாகவும் ஒரு பிரதேசத்தில் உள்ள இல்லங்களின் தேவைகளை நாம் கேட்டறிகிறோம். மேலும், உள்ளூர் அரச அலுவர்கள், தன்னார்வலர்களோடும் நாம் இணைந்து செயற்படுகிறோம். இத்தகைய உரையாடல்கள் ஊடாக முக்கிய தேவைகளை அடையாளம் காண்கிறோம்.

தேவைகளின் காரணங்களும் அவற்றிற்கான அண்ணளவான நிதித்தேவைகளும் கண்டறியப்படுகின்றது. உள்ளூர் அரச அலுவர்கள், துறைசார் வல்லுனர்கள் உட்பட்ட பல தரப்பட்டவர்களில் உள்ளீடு பெறப்பட்டு செயற்திட்டம் பற்றிய விரிவான கலந்துரையாடல்களை எமது மாதாந்த சந்திப்பில் மேற்கொள்கிறோம். இந்த திறந்த சந்திப்பில் அனைவரையும் பங்கேற்க வரவேற்கிறோம். எமது நிதிவளம், தேவைகளின் அவசரத்தன்மைகள் இல்லங்களிலுள்ளவர்களின் எண்ணிக்கை, செயற்திட்டம் நிறைவேற்றப்படுவதற்கான சாத்தியக்கூறுகள் என்பவற்றிற்கு ஏற்ப மாதத்திற்கு ஒரு திட்டம் அல்லது ஒன்றுக்கு மேற்பட்ட திட்டங்கள் அனுமதி பெறுகின்றன.

#### நிதிசேகரித்தல்

மாதாந்த நன்கொடையாளர்களிடம் செயற்றிட்டம் மற்றும் இல்லம் பற்றிய விபரங்கள் பகிரப்படுகிறது.

#### செயற்கிட்டம் நடைமுறைப்படுத்தல்

இல்லங்களிடமிருந்து தேவைகளுக்கான பொருட்களை வாங்குவதற்கான ஆகக்குறைந்த இரண்டு விலைகோரல்கள் பெறப்பட்டு கலந்தாலோசித்து தெரிவு நடைபெறுகிறது.

உத்தேசிக்கப்பட்ட நிதியானது மாத இறுதிக்குள் மூன்று நாடுகளிலிருந்தும் சேகரிக்கப்பட்டு, இல்லங்களின் வங்கிக்கணக்கிற்கு நேரடியாகவோ அல்லது இலங்கையிலுள்ள பொதுக் கணக்கிற்கோ அனுப்பப்படுகிறது. இலங்கையிலுள்ள பொது கணக்கில் வைப்பிலிடப்படும் நிதியானது, பின் இல்லங்களின் வங்கிக்கணக்கிற்கு அனுப்பப்படுகிறது. இல்லங்கள் தேவையான பொருட்களை விலைமதிப்பு கோரப்பட்ட இடங்களிலிருந்து பெறப்பட்டு தேவைகளை நிவர்த்திசெய்கின்றன.

#### நிதி விபரம் மற்றும் வெளிப்படைத்தன்மை பேணல்

இல்லங்கள் தமக்கு வழங்கப்பட்ட நிதிக்கான பற்றுச்சீட்டு, பொருட்கள் கொள்வனவு செய்த பற்றுச்சீட்டுகள், கொள்வனவு செய்யப்பட்ட பொருட்களின் புகைப்படங்கள் மற்றும் அவை அனைத்தையும் குறிப்பிட்டு ஒருசிறு நன்றிக்கடிதம் என்பவற்றை வழங்குகின்றன.

இவை அனைத்தும் நன்கொடையாளர்களிடம் அவ்வப்போதே பகிரப்படுகின்றது. செயல் திட்ட நிறைவில் அனைத்து விபரங்களும் இணைத்தள செயல் திட்ட பக்கத்திலும் முகநூற் பக்கத்திலும் பகிரப்படுகிறது.

#### **Our.Process**

# Action MODEL.

LetUsHelpNow advocates for a direct assistance community action model. We provide information about care homes that donors can directly engage with to donate and/or provide other support. Further, LetUsHelpNow undertakes targeted direct assistance through monthly projects to fulfill major urgent needs in care homes. Each project has the following life cycle: Needs Assessment, Project Planning, Fundraising, Project Delivery, and Finance and Transparency.



#### **Needs Assessment**

The first step of LetUsHelpNow's monthly project's life cycle is Need Assessment. We are in constant contact with care homes through our WhatsApp groups, direct conversations, and project collaborations. We hold periodic meetings with care homes as well. We collaborate with local government units and volunteers as well. Through these discussions, we identify priority needs.

LetUsHelpNow assesses the needs and the reasons for the requests. We determine the funding required as well as how the project can be delivered. The assessment includes direct communication with homes, input from local regulatory agencies, and input from our advisors and donors. Factors such as the number of beneficiaries, the urgency of the request, fit with our focus and capacities, are considered for deciding upon a project. These deliberations take place at our monthly meetings. All are welcome to attend these open meetings.

#### Fundraising

The project description and details of the homes are shared with our small group of monthly donors. The small donations are collected by country co-ordinators.

#### **Project Delivery**

Majority of projects involve purchase and delivery of materials. LetUsHelpNow requests minimum two quotations from the care homes. Further, it seeks out other input regarding selecting the supplier. The funds are directly sent to the homes bank accounts. Homes make the purchases and provide receipts, thank you letters and pictures.

In some cases, LetUsHelpNow volunteers assist with the purchase and delivery of the materials. Further, volunteers go to the homes to verify the delivery of the material

#### Finance and Transparency

Majority of projects involve purchase and delivery of materials. For each project, the homes provide request letters, quotations, the receipt for the donation, the receipts for the materials, the pictures of the materials and a thank you letter listing the materials. Further, donation and transaction details are documented. These are collected and published online at our website as well as other communication channels such as WhatsApp and Facebook.

consistent Small'actions \* Lots of people = BIG change

# **Our Work.In Numbers**

# **2024** HIGHLIGHTS.

Beneficiaries

2,500+

children and elders

Care Homes

32

children, elder & special needs homes

**Districts** 

11

in East, North & Upcountry

Donations

<sub>Rs</sub> 14.7M

Donors

211

Total Donors

Refugee Camps

**79** 

Sri Lankan refugee camps in Tamil Nadu, India

Median Donation

**25** cad

Number of Projects

40

Community Orgs

3

# மாதாந்த திட்ட பார்வை

அறம் செய்வோம் அறக்கட்டளை தனது பணிகளை மாதாந்த செயற்திட்டங்கள் ஊடாக முதன்மையாக முன்னெடுக்கிறது. இந்தப் பணிகளை நாம் சிறுவர்கள், மூத்தோர், சிறப்புத் தேவையுள்ளவர்களுக்கு சேவையாற்றும் காப்பகங்கள், வலையமைப்புக்கள், சமூக சேவை நிறுவனங்களோடு இணைந்து மேற்கொள்கிறோம். மாதாந்தம், மலையகம், கிழக்கு, வடக்கு என்று சுழற்சி முறையில் செயற்திட்டங்கள் நிறைவேற்றப்படுகின்றன.

எமது செயற்பாடுகளை பின்வரும் பிரிவுகளாக அணுகலாம்: அவசரகால உதவி, அடிப்படைத் தேவைகள் உதவி, நூலகம்-கலைகள்-விளையாட்டுத் துறைகளை ஆதரித்தல், கல்வி மற்றும் திறன் மேம்பாடு, நிலைத்தன்மை ஊக்குவிப்பு மற்றும் அவசிய உட்கட்டமைப்பு மேம்பாடு.

2024 இல், 14.7 மில்லியன் இலங்கை ரூபா பெறுமதியான, 40 செயற்திட்டங்கள், 11 மாவட்டங்களில் நிறைவேற்றப்பட்டன. இவற்றின் ஊடாக 32 காப்பகங்கள், 3 வலையமைப்புக்கள், தமிழ்நாட்டு 76 இலங்கை அகதி முகாம் சிறுவர்கள் என கிட்டத்தட்ட 2,500 க்கும் மேற்பட்ட பயனர்கள் பயன் பெற்றார்கள்.

பின்வரும் பக்கங்களில் நாம் பிரிவு வாரியாக விரிவான தகவல்களை உங்களோடு பகிர்கிறோம். மாதச் செயற்திட்டங்கள் தொடர்பான விபரங்களை எமது வலைத்தளத்திலும் பார்க்கலாம்.

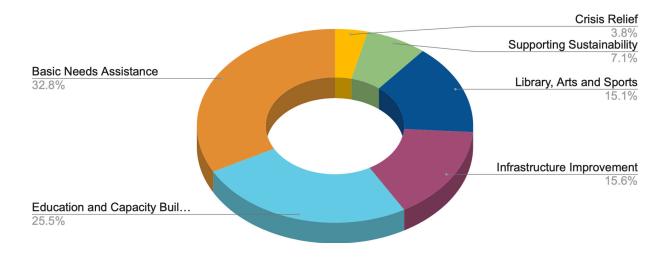
# **Monthly Projects Overview**

The LetUsHelpNow Foundation primarily carries out its activities via monthly projects. We collaborate with care homes, community networks and agencies serving children, elders, and special needs people. The projects are rotated by region from Upcountry, East to North.

Our work broadly focuses on the following sectors: Crisis Relief, Basic Needs Assistance, Promoting Library, Arts & Sports, Education and Capacity Building, Supporting Sustainability and Infrastructure Improvement. In 2024, we implemented 40 projects, worth 14.7 million Sri Lankan rupees. This benefitted more than 32 care homes and 3 community networks in 12 districts, and 79 refugee camps in Tamil Nadu, serving 2500+ children, elders and special needs people.

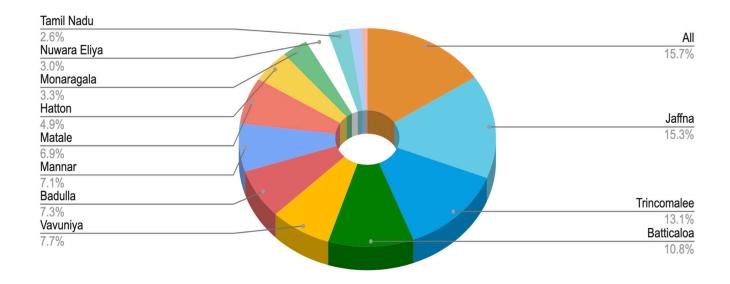
The following sections discuss our work and impact by sector and focus areas. Detailed information about each month's project can be found on our website.



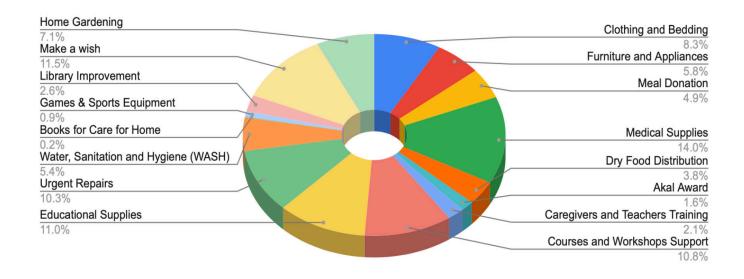


# Project Summary FUND DISTRIBUTION.

# by District

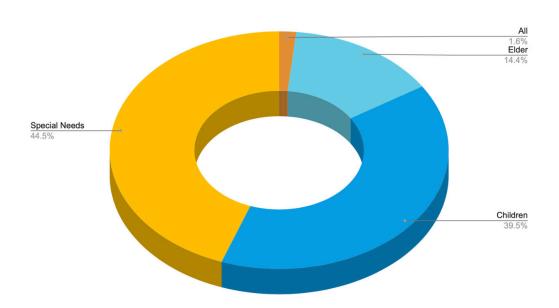


### by Donation Type

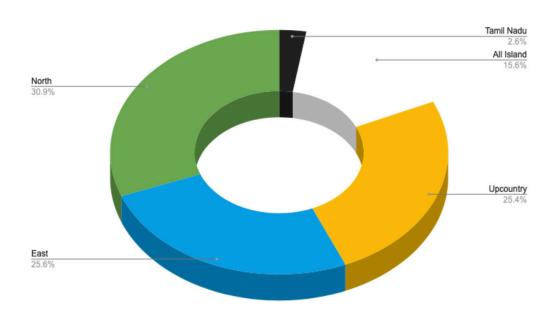


# Project Summary FUND DISTRIBUTION.

by Home Type



by Region



# **Crisis Relief**



Beneficiaries: 3 Care Homes

Budget: Rs. 0.56 M

In 2024, economic stagnation continued in Sri Lanka, impacting the vulnerable populations the hardest. Some care homes faced difficulty meeting their basic needs. They received reduced local donations and support. LetUsHelpNow Foundation provided funds for three care homes to purchase dry-food.

# **Crisis Relief**

#### DRY FOOD DISTRIBUTION

Name	District	Туре	Amount
HOPE Organization, Trincomalee	Trincomalee	Special Needs	112,270.98
Maranatha Child Development Centre, Hatton	Hatton	Children	200,000.00
Sri Shanmuga Girls Home, Trincomalee	Trincomalee	Children	250,000.00



# **Basic Needs Assistance**



Beneficiaries: 25 Care Homes

Budget: Rs. 4.8 M

LetUsHelpNow bridges gaps in care homes meeting their basic needs. In 2024, we provided bedding supplies (bed sheets, blankets, mattress, bed frames) and clothes to eight care homes. We assisted two care homes with furniture, including custom special needs furniture for Ozanam Centre.

# **Basic Needs Assistance**

### CLOTHING, BEDDING, FURNITURE AND APPLIANCES

Name	District	Туре	Amount
Amman Women And Child Development Centre, Ampara	Ampara	Children	181,932.33
Good Shepherd Children's Home, Valaichenai, Batticaloa	Batticaloa	Children	166,185.57
Hari Boys Home, Batticaloa	Trincomalee	Children	150,000.00
Ravishankar Children home, Monaragala	Monaragala	Children	70,000.00
Seerpathadevi Children's Development Centre, Ampara	Ampara	Children	60,678.52
Shakthy Girls Home, Batticaloa	Batticaloa	Children	242,999.42
Thilahawathiyar Girls Home, Baticaloa	Batticaloa	Children	170,000.00
Vivehananda Girls Home, Batticaloa	Batticaloa	Children	170,000.00
Ozanam Centre, Batticaloa	Batticaloa	Special Needs	222,400.00
St Francis Boys Home, Mattale	Matale	Children	381,068.50



#### **Basic Needs Assistance**

#### FURNITURE AND APPLIANCES



#### **Equipment for Special Needs Physiotherapy Room**

The Ozanam Centre is a care home in Batticalo providing care for children and adults with special needs and disabilities. A dedicated doctor visits the home and provides physiotherapy sessions to 25 children. The care home needed specialized equipment and a proper physiotherapy room. The home administrators noted that the equipment would significantly improve the children's access to physiotherapy and speech therapy sessions.

LetUsHelpNow Foundation provided funds to purchase the required equipment and improve the room setting.

### Specialized Furniture for The Ark: Home for Mentally Challenged Children

The Ark, a home for children with intellectual disabilities in Uduvil, Jaffna, cares for thirty children with cerebral palsy. They requested specialized furniture to help the children sit or stand. We explored purchasing this furniture locally and from India. When we were unable to find suitable vendors, we helped source design plans instead. The home then engaged local woodcraft artisans to build the furniture. The LetUsHelpNow Foundation provided LKR 241,000 to support the construction of this specialized equipment.

### **Basic Needs Assistance**

#### MEAL DONATION

Name	District	Туре	Amount
Amman Women And Child Development Centre, Ampara	Ampara	Children	181,932.33
Good Shepherd Children's Home, Valaichenai, Batticaloa	Batticaloa	Children	166,185.57
Hari Boys Home, Batticaloa	Trincomalee	Children	150,000.00
Ravishankar Children home, Monaragala	Monaragala	Children	70,000.00
Seerpathadevi Children's Development Centre, Ampara	Ampara	Children	60,678.52
Shakthy Girls Home, Batticaloa	Batticaloa	Children	242,999.42
Thilahawathiyar Girls Home, Baticaloa	Batticaloa	Children	170,000.00
Vivehananda Girls Home, Batticaloa	Batticaloa	Children	170,000.00
Ozanam Centre, Batticaloa	Batticaloa	Special Needs	222,400.00
St Francis Boys Home, Mattale	Matale	Children	381,068.50

ஆற்றுவார் ஆற்றல் பசியாற்றல் அப்பசியைப் மாற்றுவார் ஆற்றலின் பின்

Tamils have the tradition of Annathanam, where one offers food to anyone in need. In memory of or in celebration of a special occasion, people arrange for meal donations at care homes, special needs schools and community organizations. In 2024, LetUsHelpNow Foundation facilitated 21 meal donations to 13 care homes. We assisted by arranging special meals on specific dates as well as facilitating funds transfer.

The LetUsHelpNow portal provides contact details and bank details for the care homes and community agencies. We encourage donors to contact the care homes directly to sponsor meal donations. Thank you to people who remember the vulnerable during your special times, and for being an example to us all.



#### **Basic Needs Assistance**

MEDICAL SUPPLIES - GIVE THE GIFT OF HEARING TO A CHILD NUFFIELD SCHOOL FOR THE DEAF AND BLIND (KAITHADI, JAFFNA)



Beneficiaries: 35 Children

Budget: Rs. 2 M

Give the Gift of Hearing to a Child is an ongoing project by LetUsHelpNow and community partners to provide appropriate hearing aid and maintenance support for children who would significantly benefit from receiving hearing aids. This is a multi-phase project that seeks to transform the lives of children with hearing impairment.

#### Background

Nuffield School for the Deaf and Blind (Kaithadi, Jaffna) is the primary institution comprehensively serving the deaf community in North, East and Upcountry Sri Lanka. The school has been operating since 1956, including during the war. Currently, 136 deaf, and 8 visually impaired children attend the school, the majority residing at the school.

#### **Problem**

Hearing impaired children face bleak educational prospects. According to the "Free But Not Fair": A Critical Review of Access to Equal Education for Deaf Children in Sri Lanka" research article, "no deaf learner accessing education exclusively through Sri Lankan Sign Language has entered a local university.".

During LetUsHelpNow Foundation's work with the school, from medical assessment records, we learned that children would significantly benefit from using hearing aids. The school did not provide hearing aid due to various

reasons, including lack of funding resources, lack of sufficient medical assistance, and limited capacity to maintain the devices in good repair. In addition to the initial cost of the equipment, continued servicing of the devices was identified as a major barrier in making use of hearing aids.

#### Solution

The "Give the Gift of Hearing to a Child" initiative, led by the LetUsHelpNow Foundation in collaboration with community organizations, aims to provide essential hearing aids to children in need. These young recipients are carefully selected based on thorough medical assessments. While many children would benefit from receiving hearing aids for both ears, the current phase focuses on providing aid for one ear to maximize impact and reach as many children as possible. Beyond the hearing devices, this initiative also integrates speech therapy and offers ongoing support. By enhancing communication abilities and fostering inclusion, this program transforms the lives of these children, increasing their chances of seamlessly integrating into mainstream society. Vision Care Jaffna was selected as the preferred local vendor based on factors such as cost, warranty, continuous equipment maintenance, and configuration support.

In 2023, 127 students underwent medical evaluations conducted by Vision Care Jaffna. Among these students, 85 children were identified as candidates for hearing aids. Specifically:

- 38 students need advanced-level hearing aids
- 22 students need moderate-level hearing aids
- 25 students need basic-level hearing aids

#### 2024 Updates

In 2023 (Phase 1), 25 children received hearing aids. Phase 2 was completed in January 2024 in collaboration with IMHO Canada provided hearing aids to 11 children. Phase 3 was completed in December 2024 in collaboration with Express 1993 Advanced Level Students provided hearing aids to 12 children. At the end of 2024, 60 of the 85 children who can benefit from hearing aids had received them.

Further, students received speech and language therapy at the Nuffield School to help them hear. Therapy is necessary to enable students to identify sounds as well as improve their speech. Further, LetUsHelpNow Foundation is continuing to support this project by seeking to provide hearing aids to all students, as well as by monitoring the effective use of these devices.

# **Education and Capacity Building**



Beneficiaries: 17 Care Homes

Budget: Rs.3.7 M

Education and capacity building are critical for improving the lives of people at care homes. Students in care homes are stereotyped and discriminated against in the education system. The care homes can only support them until they are studying. As they transition to living on their own, they need to be equipped with education and skills to build a successful life.

LetUsHelpNow undertook various projects to support education and capacity building. We provided educational supplies such as laptops and stationary to care home students. LetUsHelpNow Foundation and community partners provided funding for catch-up and tuition classes at Upcountry care homes. Further, we supported training for special needs caregivers, teachers and parents.

# **Education and Capacity Building**

#### EDUCATIONAL SUPPLIES

Name	District	Туре	Amount
Bishop Daniel Boys Home, Nuwara Eliya	Nuwara Eliya	Children	40,000.00
Canaan Harvest Children's Home, Badulla	Badulla	Children	251,513.05
Dharisanam School For Visually Handicapped, Batticaloa	Batticaloa	Special Needs	200,000.00
HOPE Organization, Trincomalee	Trincomalee	Special Needs	229,198.87
Maranatha Child Development Centre, Hatton	Hatton	Children	124,000.00
Ravishankar Children home, Monaragala	Monaragala	Children	150,000.00
School and Hostel for the hearing impaired, Trincomalee	Trincomalee	Special Needs	150,336.00
Vaalvagham - Home For The Visually Handicapped, Jaffna	Jaffna	Special Needs	472,500.00



# **Education and Capacity Building**

LEARNING BRIDGE: EDUCATIONAL SUPPORT FOR UPCOUNTRY CARE HOMES CHILDREN



Catch-Up and Tutoring Classes for Upcountry Care Home Children is an ongoing project by LetUsHelpNow Foundation and community partners to provide funding for catch-up and tuition classes at care homes to help improve educational and life outcomes of the children at these care homes.

#### Background

Children who have endured extreme hardships, including loss of parents, poverty, sexual abuse, violence, and child labour are placed at children care homes by the Department of Probation and Child Care Services. Many of these children carry with them deep emotional and psychological trauma. These children face severe challenges in getting basic education and integrating with the larger society.

#### Problem

When the children join the care homes, they are often many years behind in their education. For example, children aged 10 - 15 lack basic skills such as reading and writing. Initially, care homes need to provide remedial or catchup learning opportunities through non formal units, before they can join the school or the formal education system. Once they join the school, the care homes students face discrimination. They are often stereotyped as less capable. Any shortcomings are highlighted with bias compared to other children. These children struggle to fit in

within the school.

Further, these children face additional restrictions. For instance, they are unable to attend tuition classes outside the care homes, because they require the presence of staff to attend with them. Many tuition classes discriminate against these children as well, and refuse to enlist them.

As the care homes often struggle to meet the basic needs such as food, clothes and shelter, they find it difficult to fund the catch-up classes and tuition classes. Extra curricular activities such as sports, arts and crafts are rarely funded. Thus, many of the children who have already endured unspeakable hardships face bleak prospects. Solution

LetUsHelpNow Foundation held a discussion with Upcounty care homes on Nov 10, 2023. Upcountry children's home (Badulla), Maranatha Child Development Centre (Nuwara Eliya), Louis Mary Children Development Centre (Badulla), and Sjaloom Children Home (Matale) participated in the meeting, and several others provided feedback via other forums. The above noted challenges, and possible solutions emerged through these discussions. Through the feedback, LetUsHelpNow Foundation identified funding for the catch-up and tuition classes at care homes as the top priority. At the start of 2024, LetUsHelpNow provided funding for ten Upcountry care homes for catch-up and tuition classes. This provided fees and honorariums for teachers and volunteers to come to the care homes and teach the classes.

The funding was provided quarterly. Homes must provide reporting about the classes, number of students who benefit as well as about student progress. Volunteers and board members also visited the care home to evaluate the project impact.

# **Education and Capacity Building**

#### Funds to Support Special Needs Teach



HOPE is a Trincomalee-based organization dedicated to helping persons with disabilities. Their vision is "an inclusive society providing persons with disabilities a dignified life with ample equal opportunity in the community."

One of their main projects is the Multi Skills Development project. This project engages persons with disabilities and their parents through a daycare program. It develops the skills of the students through various activities and training, including drama, play therapy, yoga, gardening, handicrafts, computer lessons, and daily living activities. Additionally, HOPE provides transportation support to ensure all beneficiaries can participate in the program. About 20-30 beneficiaries participate in the program at any given time.

The project was paused due to COVID-19, but the LetUsHelpNow Foundation provided funds to restart it with one teacher in 2022. We continue to support the funds to pay the special needs teacher salary throughout 2024. The teacher has knowledge and skills in working with differently-abled people, including delivering physiotherapy and counselling. More than 24 special needs children from Trincomalee benefited from this program

# **Infrastructure Improvement**



Beneficiaries: 3 Care Homes

Budget: Rs 2.3 M.

Infrastructure wants and needs of care homes can vary. Often, essential maintenance, repairs and improvements are needed. Care homes may not have the budget to undertake even the basic repairs such as repairing washrooms.

LetUsHelpNow does not fund any major infrastructure development projects, except for urgent repairs, and improvements that address Water, Sanitation and Hygiene (WASH) related concerns.

# **Infrastructure Improvement**

ROOF REPAIRS AT THE JAFFNA JAIPUR CENTRE FOR DISABILITY REHABILITATION (JJCDR)



The Jaffna Jaipur Centre for Disability Rehabilitation (JJCDR) serves as the primary prosthetics and orthotics center in the North and East of Sri Lanka. Founded by a team of mothers, this non-profit organization is governed by an all-women volunteer board. JJCDR offers prosthetics, orthotics, mobility devices, and physical rehabilitation services. The prolonged civil war in Sri Lanka has led to a significant disabled population in the North and East provinces, with a significant need for mobility devices. JJCDR provides its services at near cost. Currently, it has 19 staff, including 7 disabled staff members. In 2023, JJCDR provided 125 artificial limbs, 60 tricycles and completed 550 repairs.

JJCDR has a mobility manufacturing workshop near their main office. The workshop building was in bad repair. Fully repairing the workshop facilities will assist JJCDR to provide better services to their clients. The primary beneficiaries of this project are the differently abled community who require prosthetics, orthotics, mobility devices, and physical rehabilitation services.

LetUsHelpNow Foundation provided LKR 1,508,239.92 to replace the full roof of the workshop building. This assistance will help JJCDR to protect that asset and make better use of that facility.

# **Infrastructure Improvement**

#### WATER PURIFICATION SYSTEM FOR SIVAN ELDERS HOME, VAVUNIYA



Sivan Elders Home (Vavuniya, Northern Province) cares for 98 elders. Twenty-six elders were bedridden, and twenty-seven had acute mental health needs.

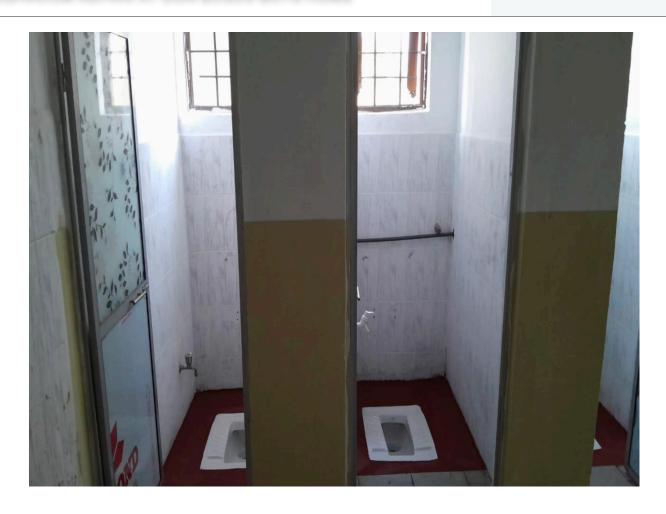
The care home was using two small water purification systems to obtain water for daily needs such as drinking and cooking. However, due to salinity in the water, the cost of maintaining these systems had been increasing. Furthermore, the water from these systems was insufficient to meet the care home's needs.

To address this issue, the care home requested a new water purification system. LetUsHelpNow had previously assisted other care homes with similar systems. We consulted them. Further, we analyzed models and maintenance support locally available, and assisted the care home in selecting a vendor.

After carefully selecting the appropriate model and vendor, LetUsHelpNow provided LKR 680,000.00 to purchase and install the water purification system at the Sivan Elders Home

# **Infrastructure Improvement**

#### WASHROOM REPAIR AT DON BOSCO BOYS HOME



Care homes in Sri Lanka often lack adequate washroom facilities. Further, the washrooms are unclean and go unrepaired. LetUsHelpNow focuses on repairing and building washrooms.

At Don Bosco Boys Home in Mannar, 70 students, both residents and daily attendees, received vocational training. The home's restroom needed urgent repairs, and they requested financial assistance to repair it. The LetUsHelpNow Foundation provided LKR 106,600.00 to help with this repair.

# **Library, Arts and Sports**



Beneficiaries: 17 Care Homes

Budget: Rs. 2.2 M

Literature, arts, music, and sports enrich our lives. They are essential for physical, mental and emotional health. These activities provide recreation, as well as help improve creativity and communications skills. Due to resource constraints as well as cultural factors, libraries, arts and sports are often not well used at care homes.

LetUsHelpNow promotes library, arts and sports by providing sport and musical equipment, improving facilities, and by providing opportunities to partake in these activities. In 2024, we provided football equipment for Bishop Daniel Boys Home. The home offers football training for boys at the care home as well as youth from the surrounding areas. We supported the distribution of children books to 79 refugee camps in Tamil Nadu, India. Further, we facilitate newspaper distribution to elder care homes.

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# **Library, Arts and Sports**

#### CHILDREN BOOKS DISTRIBUTION TO REFUGEE CAMPS IN TAMIL NADU, INDIA



Since 1983, waves of Sri Lankan Tamil refugees have been coming to Tamil Nadu, fleeing the war and persecution in Sri Lanka. As of 2022, there were 58,843 Sri Lankan Tamil refugees, residing in 108 camps in 29 districts. There were more than 34,000 refugees living outside of the camps. These refugees in and outside of the camps face immense legal, social and economic hardships. For instance, they must register their attendance with the camp, cannot undertake higher studies, and have limited job prospects. Researchers and refugee agencies have noted that the Tamil refugees are treated like criminals. Higher incidence of suicides is a sad indicator of the extreme conditions endured by the refugees.

LetUsHelpNow Foundation has been exploring ways to engage and assist the refugees, specially students at the camps. In 2022, we supported a mentorship program at the Bhavanisagar refugee camp.

Thumbi (thumbigal.com) is a series of colourful, artistic, engaging bilingual (Tamil and English) children's story books. LetUsHelpNow Foundation collaborated with Thumbi publishers to distribute a full set of the series to 79 refugee camps. 1,412 books were distributed. Thank you to Thumbigal publishers for coordinating the distribution.

# **Library, Arts and Sports**

# மகிழ் MAKIZH



Makizh is a unique initiative that seeks to bring joy to the lives of children and elders at care homes. These children and elders don't get many opportunities to travel or to see attractions. They usually don't get unique gifts. The long term vision of this initiative is to model the program after Make-A-Wish, which helps fulfill wishes of seriously ill children.

In 2024, LetUsHelpNow assisted five elderly care homes to take the elders on day trips. We assisted eight Upcountry care homes to buy small Christmas gifts for all 225 children from these homes. Many children went to the store and picked up the gift for themselves.

# **Library, Arts and Sports**

# MAKE A WISH

Name	District	Туре	Amount
ADVARO Vipulanandhar Elders Welfare Organization, Batticaloa	Batticaloa	Elder	104,000.00
Bishop Daniel Boys Home, Nuwara Eliya	Nuwara Eliya	Children	60,500.00
Canaan Harvest Children's Home, Badulla	Badulla	Children	110,000.00
Grace Elders Home, Trincomalee	Trincomalee	Elder	80,000.00
Karuna Nivasa, Trincomalee	Trincomalee	Elder	199,800.00
Louis Mary Children Development Centre, Beragala, Badulla	Badulla	Children	34,119.73
Maranatha Child Development Centre, Hatton	Hatton	Children	129,215.09
Nanthavanam Elders Home, Batticaloa	Batticaloa	Elder	80,000.00
Ravishankar Children home, Monaragala	Monaragala	Children	125,000.00
Sivan Elders Home, Vavuniya	Vavuniya	Elder	260,732.88
Sjaloom Children Home, Matale	Matale	Children	30,000.00
St Francis Boys Home, Mattale	Matale	Children	105,000.00
St Joseph Elders Home, Trincomalee	Trincomalee	Elder	263,051.56
Upcountry children's home, Badulla	Badulla	Children	101,000.00



# **Supporting Sustainability**



Beneficiaries: 3 Care Homes

Budget: Rs. 1 M

Operational sustainability and stability are important for people at care homes as well as staff and volunteers helping administer these homes. As institutions of last resort, these homes do not receive appropriate levels of support from the government or the larger society. Initiatives that reduce expenses, generate income, and enhance the living environment help improve the financial and environmental sustainability of care homes. In 2024, LetUsHelpNow mainly supported rainwater harvesting and gardening projects.

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# **Supporting Sustainability**

### RWHS INSTALLATION AT NUFFIELD SCHOOL TO ENABLE AGRICULTURE





Rainwater Harvesting Systems Installation at the Nuffield School for the Deaf and Blind to Enable Agriculture and Agriculture Based Education for Deaf and Blind Youth" was a two year (2023/2024) project funded by the Canada Fund for Local Initiatives (CFLI). The project was a collaborative project by LetUsHelpNow Foundation and the Nuffield School for the Deaf and Blind in Jaffna to design and install a rainwater harvesting system at the school.

### Problem

The objective of the project was to address three interrelated problems: lack of usable water, food insecurity, and lack of educational and employment prospects for deaf students.

The Nuffield school location has salty ground water for most of the seasons, which cannot be used for drinking or farming. There were no other major sources of water. However, the school had 14-acres of land, and 17 buildings on its property from which rainwater can be collected from. The food crisis in 2022/2023 stretched the limited operational food budget of the school. Further, the deaf and blind students have limited educational and vocational training prospects. To meet these needs, the school wanted to undertake farming. A major limiting factor identified to undertake farming was water.

### Solution

A large-scale rainwater harvesting system (14 buildings) was implemented at the school. Each tank can collect 16,000 liters of water, providing the school with over 224,000 liters of water to undertake major farming activities.



In 2024, enabled by the availability of water, the raised-bed gardening and farming at the school was expanded several fold. Fruit trees were planted. The food produced was used by the school.

In the long term, the rainwater harvesting system, the farm, and the agriculture based training can be a model to overcome environmental, economical and social challenges to meet the needs of a community.



LetUsHelpNow Foundation and Nuffield School for the Deaf and Blind organized the virtual Water Scarcity and Rainwater Harvesting – Knowledge Sharing Forum on September 28, 2024, as part of the RWHS Installation at Nuffield School to Enable Agriculture project.

# **Supporting Sustainability**

### **HOME GARDENING**



WE-CAN (wecan-sl.org) is an organization that serves differently-abled people in the Manthai West Divisional Secretariat, Mannar, Northern Province. It was formally registered in 2016 and has 600 members. Many members have lost limbs or were injured during the war. Their tagline is "Creative Jobs for the Differently Abled".

We assisted them in 2022 by providing home gardening kits to 300 families. Building on that project, this month (July 2024), we will be assisting WE-CAN in providing home gardening kits to 200 families with disabled members. These families have been selected with the help of the district administration.

The vegetable and fruit plants can be planted either in the ground or in bags. The plants include eggplants, chillies, chillipeppers, tomatoes, okra, papaya, vine greens, and green vegetables. Initial organic fertilizer will also be provided.

Furthermore, two individuals with special needs will be engaged in implementing this project. They will distribute the plants, provide advice about home gardening, and collect feedback from the community.

Most homes reported good experience and results in implementing home gardens. Several homes shared their produce with their neighbors, and some even generated small income from the surplus produce. From engaging people hands-on in a creative endeavor to helping alleviate the food crisis, home gardening is a good project model to build skills and sustainability.

# **Supporting Sustainability**

# HOME GARDENING

Name	District	Туре	Amount
Miani Girls Home, Batticaloa	Batticaloa	Children	130,000.00
Nuffield School for the Deaf and Blind, Jaffna - Lanka Rainwater Harvesting Forum	All	Special Needs	10,000.00
WECAN, Mannar	Mannar	Special Needs	908,024.00



# **Akal Award.2024**

# **Akal Award**

# அகல் விருது

For the past five years, LetUsHelpNow Foundation has been helping children, elderly, and special needs care homes, community networks and service organizations in Sri Lanka in small ways to improve their lives.

In that short time, we have met and collaborated with many great people. We learned and matured from their life situations and experiences. The community we are part of and serve together provides us with courage, guidance and strength to continue our work.

"It takes a village to raise a child." The collective efforts of the care homes' trustees, administrators, staff, donors, supporters, government officers, and religious leaders make it possible to care for and improve the lives of the most vulnerable members of our community.

Many do not consider this work as a service. In contrast, this forms a natural part of their lives. They consider it their privilege. Most of their daily thoughts are dedicated to improving the lives of those dependent on them. The wider society is not aware of their example and contributions.

LetUsHelpNow Foundation would like to recognize and celebrate exemplary individuals who inspired and guided us.

### **Akal Award**

LetUsHelpNow Foundation's Akal Award recognizes and celebrates the exemplary individuals who have dedicated their lives to support and care for the vulnerable members of our community.

Through this award, we hope to document and share their life stories, motivations, selfless service, accomplishments, methods, lessons learned, and the impact they had on our community. As one of us, they are role models and inspiration for the next generation.



# **Akal Award.2024**

# **Dr. Jayadevi Ganesamoorthy**



LetUsHelpNow Foundation is honored to present the 2024 Akal Award to Dr. Mrs. Jayadevi Ganesamoorthy. Dr. Mrs. Jayadevi Ganesamoorthy has dedicated her life in service of differently abled people as a medical doctor, lecturer and as one of the founders of the Jaffna Jaipur Centre for Disability Rehabilitation.

In 1987, she co-founded an institution in Jaffna for the manufacture and fitting of artificial limbs. The institution expanded and grew into the Jaffna Jaipur Rehabilitation Centre for the Disabled. She worked tirelessly to ensure that this centre provided, and continues to provide, essential services to all those who lost limbs due to the prolonged war. Even today, though she serves as its Patron, she visits the centre whenever possible to personally meet and see the beneficiaries. Dr. Mrs. Jayadevi Ganesamoorthy considers all her service as service to god. She agreed to receive the Akal Award only out of her affection for us, and that too humbly at her own residence.

The award was presented to her on 17 Sept, 2025 at a simple event held at her home. Dr. Dayalini Mahendran, the Sri Lanka President of the Aram Seivom Foundation, along with Subakaran Balasubramaniam on behalf of the Foundation's Directors, and volunteer Mahesan, participated and had the honour of presenting the award. Dr. Mrs. Jayadevi Ganesamoorthy donated the Awards funds of LKR 225,000 to Jaipur Rehabilitation Centre for the Disabled. She requested the funds be used for the annual excursion of children with cerebral palsy.

LetUsHelpNow Foundation is honoured to celebrate the inspiring example and service that Dr. Mrs. Jayadevi Ganesamoorthy has offered to our communities.

# **Financial** REPORT.

YEAR	PROJECTS
2020	Rs 4,145,166.30
2021	Rs 10,358,700.28
2022	Rs 15,440,389.89
2023	Rs 16,819,676.17
2024	Rs 14,682,932.58

# Statement of Revenue and Expenditures

Year End at 31st December 2024

Revenue	Amount in Local Currency	Amount in SLR	Amount in SLR
Canadian Donations Received	\$39,058.76	8,600,293.70	
Australian Donations Received	\$22,225.00	4,382,156.30	
Great Britain Donations Received	£3,916.00	1,485,892.56	
Sri Lankan Donations Received	Rs292,050.00	292,050.00	
Total Donations Received			14,760,392.57
Expenses			
Crisis Relief		562,270.98	
Supporting Sustainability		1,048,024.00	
Infrastructure Improvement		2,294,839.34	
Library, Arts and Sports		2,682,306.07	
Education and Capacity Building		3,515,421.33	
Basic Needs Assistance		4,580,070.86	
Total Project Expenses Paid			14,682,932.58
Bank / Transfer Fees in CAD	\$191.60	41,421.32	
Transfer Fees in GBP	£3.00	1,905.62	
Transfer Fees in AUD	\$174.56	34,133.04	
Total Admin Cost			77,459.99
Total Expenses			14,760,392.56
Surplus/Deficit			0.00

<sup>\*</sup> CAD Canadian Dollar, SLR Sri Lankan Rupee, GBP British Pound, AUD Australian Dollar

# **Financial** REPORT.

# **Monthly Projects**

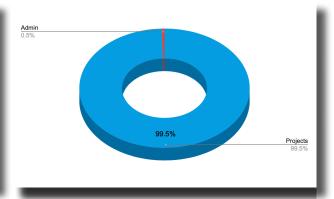
Year End at 31st December 2024

Month	Donations Receive	d in Local Currency			Dona	tions Received in	Srilankan Rupees		Total In SLR
WOTH	Canada (\$)	Australia (\$)	UK (£)	SriLanka (Rs)	Canada	Australia	UK	SriLanka	IOIAI III SEK
January	\$3,632.06	\$1,560.00	\$275.00	\$75,000.00	\$879,408.52	\$327,779.40	\$111,000.00	\$75,000.00	1,393,187.92
February	\$2,103.71	\$1,890.00	\$275.00	\$23,000.00	\$488,060.72	\$379,578.60	\$106,763.84	\$23,000.00	997,403.16
March	\$6,600.90	\$3,428.00	\$675.00	\$0.00	\$1,486,082.48	\$673,121.77	\$254,000.00	\$0.00	2,413,204.25
April	\$3,337.08	\$3,170.00	\$275.00	\$124,450.00	\$724,097.28	\$617,474.79	\$101,513.05	\$124,450.00	1,567,535.12
May	\$2,082.52	\$1,505.00	\$275.00	\$0.00	\$462,319.44	\$302,366.54	\$101,513.05	\$0.00	866,199.03
June	\$2,140.40	\$1,375.00	\$275.00	\$0.00	\$478,969.78	\$279,201.07	\$104,100.00	\$0.00	862,270.85
July	\$3,853.10	\$1,955.00	\$275.00	\$0.00	\$848,779.80	\$381,951.46	\$106,200.00	\$0.00	1,336,931.26
August	\$2,652.28	\$1,350.00	\$289.00	\$0.00	\$590,856.28	\$273,229.20	\$111,203.78	\$0.00	975,289.26
September	\$2,752.40	\$1,197.00	\$275.00	\$19,600.00	\$598,005.60	\$243,504.51	\$106,599.42	\$19,600.00	967,709.53
October	\$1,571.54	\$1,190.00	\$335.00	\$0.00	\$333,166.48	\$229,514.11	\$130,000.00	\$0.00	692,680.59
November	\$3,159.64	\$1,970.00	\$335.00	\$0.00	\$663,524.40	\$374,139.44	\$122,999.42	\$0.00	1,160,663.26
December	\$5,173.13	\$1,635.00	\$357.00	\$50,000.00	\$1,047,022.92	\$300,295.43	\$130,000.00	\$50,000.00	1,527,318.35
Total	\$ 39,058.76	£ 22,225.00	£ 3,916.00	Rs292,050.00	8,600,293.70	4,382,156.30	1,485,892.56	292,050.00	14,760,392.57

### Revenue

# Solutions 2.7% 10.1% 10.1% 10.1% 2.57, 4.4strails 25.7%

# Expenditure



# Project EXPENSES.

Beneficiary	District	Donation Type	Amount
ADVARO Vipulanandhar Elders Welfare Organization	Batticaloa	Elder	144,000.00
Akal Award 2024 - Fund	All	All	225,000.00
Akal Award 2024 - Trophy / Hand Drawn Picture	All	All	12,500.00
Amman Women And Child Development Centre	Ampara	Children	181,932.33
Bishop Daniel Boys Home, Nuwara Eliya	Nuwara Eliya	Children	441,600.00
Canaan Harvest Children's Home, Badulla	Badulla	Children	801,933.52
Dharisanam School For Visually Handicapped	Batticaloa	Special Needs	200,000.00
Don Bosco Boys Home, Mannar	Mannar	Children	133,599.42
Good Shepherd Children's Home, Valaichena	Batticaloa	Children	166,185.57
Grace Elders Home, Trincomalee	Trincomalee	Elder	80,000.00
Hari Boys Home, Batticaloa	Trincomalee	Children	150,000.00
Home for the Mentally Challenged Children, The Ark	Jaffna	Special Needs	241,449.88
HOPE Organization, Trincomalee	Trincomalee	Special Needs	643,948.29
Jaffna Jaipur Centre for Disability Rehabilitation	Jaffna	Special Needs	1,508,239.92
Karuna Nivasa, Trincomalee	Trincomalee	Elder	199,800.00
Louis Mary Children Development Centre, Beragala	Badulla	Children	54,119.73
Maranatha Child Development Centre, Hatton	Hatton	Children	712,215.09
Miani Girls Home, Batticaloa	Batticaloa	Children	130,000.00
Nanthavanam Elders Home, Batticaloa	Batticaloa	Elder	80,000.00
Nuffield School for the Deaf and Blind, Jaffna	All	Special Needs	12,000.00
Nuffield School for the Deaf and Blind, Jaffna - Give the	All	Special Needs	2,049,106.52
Gift of Hearing to a Child			
Nuffield School for the Deaf and Blind, Jaffna - Lanka	All	Special Needs	10,000.00
Rainwater Harvesting Forum			
Ozanam Centre, Batticaloa	Batticaloa	Special Needs	276,400.00
Paralyses Nursing Home	Killinochchi	Special Needs	35,000.00
Ravishankar Children home, Monaragala	Monaragala	Children	481,573.37
School and Hostel for the hearing impaired	Trincomalee	Special Needs	150,336.00
Seerpathadevi Children's Development Centre	Ampara	Children	60,678.52

Beneficiary	District	Donation Type	Amount
Shakthy Girls Home, Batticaloa	Batticaloa	Children	242,999.42
Sivan Elders Home, Vavuniya	Vavuniya	Elder	1,130,732.88
Sjaloom Children Home, Matale	Matale	Children	190,000.00
Sri Shanmuga Girls Home, Trincomalee	Trincomalee	Children	295,000.00
St Francis Boys Home, Mattale	Matale	Children	821,068.50
St Joseph Elders Home, Trincomalee	Trincomalee	Elder	410,501.56
Thilahawathiyar Girls Home, Baticaloa	Batticaloa	Children	170,000.00
Thumbi Children books for 79 Sri Lankan Refugee Camps	Tamil Nadu	Children	379,788.06
Upcountry children's home, Badulla	Badulla	Children	221,000.00
Vaalvagham - Home For The Visually Handicapped	Jaffna	Special Needs	497,500.00
Vivehananda Girls Home, Batticaloa	Batticaloa	Children	170,000.00
WECAN, Mannar	Mannar	Special Needs	908,024.00
Yoga swamigal thiruvadi nilaiya home for the aged, Ki-	Killinochchi	Elder	64,700.00
linochchi			
			14,682,932.58

# **Celebrating.Lives**

# **In Memory**

The following donations were made by friends and relatives in remembrance and honor of special people in their lives. Thank you for making a difference.

In Memeory Of Anton Sinnarasa By Manimaran Philip

In Memeory Of Pushparani Balakrishner By Gajamuhan Balakrishner

In Memeory Of Veeragathy Nadarajah By Anusooya Nadarajah

In memory of Sithidevi Arulrajah by Kavitha Kandiah

In Memory Of Aberami Thillainathar By Thulasika Ledchumikanthan

In Memory Of Arumugham Kanagaratnam By Ken Aravindan

In Memory Of Arumugham Suntharalingam By Subapiratha Suntharalingam

In Memory of Balasubramaniam Kandiah by Ambi Balasubramaniam

In Memory of Chandradevi Kamalanathan by Ruby Muhunthan

In Memory of Dr. SIVABALAN THAMBIMUTHU

In Memory of Ganga Outschoorn By Aruran Rasaratnam

In Memory of Ganga Outschoorn By Dashanan Outschoorn

In Memory of Ganga Outschoorn By Dilrukshi Subakaran

In Memory of Ganga Outschoorn By Dilshan Outschoorn

In Memory of Ganga Outschoorn By Ilangovan Verrasingam

In Memory of Ganga Outschoorn By Shane Outschoorn

In Memory of Ganga Outschoorn By Sutha Subramaniam

In Memory of Ganga Outschoorn By Thulasika Ledchumikanthan

IIn Memory of DR.PUVANESWARY SIVABALAN

In Memory Of Mrs.S. Marcou's 10th Year Anniversary

In Memory Of Mylvaganam Mahendran By Muhunthan Mahendran

In memory of Nadarajah Veeragathy by ARULANTHASIVAM FAMILY

In memory of Nadarajah Veeragathy by KESAVAN PONNA PARANCHOTHY

In memory of Nadarajah Veeragathy by SUBA BALASUBRAMANIAM

# **Celebrating.**Lives

# **In Celebration**

The following donations were made in celebration of a special occasion. Thank you for making a difference on your or your loved ones special day.

In Celebration Of Nadarajah Veeragathy's Birthday By Nadarajah Family

In Celebration Of Navaranjani Suntharalingam's Birthday by Thulasika Ledchumikanthan

In Celebration of Navaranjani Suntharalingam's Birthday

In Celebration Of Suba's Birthday By Aruran Rasarathnam

In Celebration Of Suba's Birthday by Thulasika Ledchumikanthan

In Celebration Of Sutha Subramaniam's Birthday

# **Our Donors**

LetUsHelpNow work is made possible by the kind and generous donors and supporters. By joining our hands together, we were able to make a difference in the lives of children and elders at care homes in Sri Lanka. Thank you.

Ainkharan Subramaniyam Ajanthan Sivarajah Ambi Balasubramaniam Amuthan Subakaran Anakan Rasananthan Anantharuby Muhunthan Anton Suresh Madeva Anujan Logeswaran Anujeyan Manokeran Anusha Sivarajah Anusooya Nadarajah Aravinth Sivagnanaratnam Arjun Bagawandas Arulanthasivam Family Aruran Rasarathnam Australian Reunion Class Of 93 Balakumar Anandasamy Bertrand Marcou Bharaneetharan & Pushpa Bhavani And Anton Thavarajah Bhiranavan Sivalingam

Celebration Of Special Birthday Chandrakumary Selvathurai Chitparan Jegathesan Christmas Collection Class Of 93 Bday Contribution

Dilan Outschoorn Dilshan Outschoorn Dillrukshi Subakaran Dushy Kanagaratnam Dushyanthan Paranirubasingam

Eugen Marcou

Gajamuhan Balakrishner Gajan Perampalam Ganesharathinam Subramaniam Gaya Dharmagesan Gobitharan Harisa Ayurvedic Wellness Center

langovan Veerasingam Inthiranee Suntharalingam Irrupali Get Together 2024, Toronto

James Fredy
Janitha Sivaratnam
Jayabalini Krishnapillai
Jeeva Sivaratnam
Jeneeit Jeyakanthan
Jeyagowri Sitsabesan
Jeyanthi Sutha
Jeyaranee Subramaniam

Kajan Someswaran
Kalanithy Kanagasabai
Kamalambikai Murugesu
Kannan Criminal Defense Law Firm
Professional Corporation
Kannappa Swamigal
Kapilan Thayalan
Kathir Appathurai
Kavitha Kandiah
Ken Aravindan
Kesavan Ponna Paranchothy
Kishok Aruldchelvam
Kokulan Paramsothi
Komahan Pathmanathan

Lakshman Gunaratnam Loganathan Rattinam

Mahalakshmi Magesvaran Mahendrakumar Ramendra Mahilini Nithiyananthan Maithily Uthayasangar Mallikadevi Sabaratnam Manuventhan Mari Kirubaraja

# **Our Donors**

LetUsHelpNow work is made possible by the kind and generous donors and supporters. By joining our hands together, we were able to make a difference in the lives of children and elders at care homes in Sri Lanka. Thank you.

Mathivathana Suntharalingam Meenambikai Kandappa Melbourne Garlands Muhilan Mahendran Mylan Sutha Myuran Ganesaratnam

Nageswary Sangaralingam Nageswary Sivagurunathan Nalayini Savundranayagam Natkeeran Ledchumikanthan Nehru Gunaratnam Nila Sutha Nimalan Sathanathan Niranjan Kanagan Nirupana Janagan Nishakar Anantharajah Nithiadevy Ponniah Nivetha Nagaratnam

Pathma Sivananthan
Pirabagaran Thurairajah
Ponnampalam Kanthavel
Pooranie Nachinarkinian
Pradeeban Thamo
Prasanthan Athipar
Pratheepan Kanagasingham
Pratheepan Para
Punithawathy Sivabubramaniam
Pushpaharan Pathmanathan

Rajakulendran Loganatahn Ramesh Kumar Ramesh Sivalinkam Rathiranjana Mahadeva Ravi Rajaratnam Ravivarman Manooharan Rohiny Visakapperumal Ruby Thurairajah Rukmanidevi Vijayaratnarasa

S Premachandran Saranya Sutharshan Saraswathy Gnanasivam Sathasivam M Vivegananthan Satheskishan Kathiravelu Sekaran Gana Sellamma Kanagalingam Selvamalar Kathirgamamoorthy Sen Sivabalan Senthuran Sivalingam Shamila Rajasingam Shanthakumary Logeswaran Shanthini Ganeshasundaram Sharmila Sivapatham Shivapriya Suntharalingam Siva And Ajina Siva Sithamparapillai Sivaganga Nanthkumar Sivakumar Kanagasabai Sivaluxmi Mylvaganam Sivam Sri Sivasri Maheswaran Sivatharshini Ganeshalingam Sivayoganathan Ramanathan Sreevithiya Suthagar Sri Velautham Subakaran Balasubramaniam Subapiratha Suntharalingam Subash Srikantha Sugeeswaran Mahendrarajah Sujatha Barathan Sujatha Sivanathan Surega Jeeva Suresh Karunaharan Suseeladevi Thampithurai Suseelan Balasubramaniam Sutha Haran Sutha Subramaniam Sutharsen Chandrakumar Sutharshan Mahalingam

# **Our Donors**

LetUsHelpNow work is made possible by the kind and generous donors and supporters. By joining our hands together, we were able to make a difference in the lives of children and elders at care homes in Sri Lanka. Thank you.

T Bala
Thamayanthy Amirthalingam
Than Praba
Thanaluxmi Manikatheyagarajah
Tharmendra Subramaniam
Tharsigan Sampasivam
Thavam Balasingam
Thavamanidevi Balasubramaniam
Thilaka Kirupairajah
Thiribuwani Yathavan
Thiviyaa Sathiamoorthy
Thulasika Ledchumikanthan
Thushiyanthy Sriharan

# Uthayamalini Nadarajar

V&S Subramaniyam
Vaipoham Rentals
Vasanthini Balakrishnan
Vidhusha And Shodiyaa
Vije Kandasamy
Vipulananthan Nagalingam
Vithi & Mayooran Manickavasakar
Vivek Navaratnam

Yalini Jothilingam Yalini Mayurathas Yasika Vennayamoorthy Yasokaran Navaratnam Yasotha Baskaran Yathavan Langanarayanan

# **Our Collaborators**

LetUsHelpNow is entirely a volunteer-run organization. Compassion and kindness guides our mission as well as how we work. We strongly believe in collaboratively working together to overcome our common challenges. We are proud to collaborate with the following amazing individuals and community organizations.

# International Medical Health Organization (IMHO) Canada

MHO Canada is a charitable, humanitarian, organization that aims to relieve poverty and address health care gaps in under-served communities primarily working in Sri Lanka. LetUsHelpNow Foundation collaborated with IMHO in phase 2 of the Give the Gift of Hearing to a Child project.

# **Express 1993 Advanced Level Students**

Express Institute (Irrupalai, Kopay) 1993 Advanced Level Students is a group of friends who studied together in the early 1990s at Express Institute in Irrupalai, Kopay. They grew up side by side and sat for their Advanced Level exams in 1993. LetUsHelpNow Foundation collaborated with IMHO in phase 3 of the Give the Gift of Hearing to a Child project.

# Irrupali Get-Together 2024

The Irrupali Get-Together 2024 in Toronto is an annual event organized by people from the small village of Irrupali, Kopay who now live in Toronto. It is a place for the diaspora to meet, connect, and keep their roots alive. Each year, they aim to make it more than just a gathering by helping those in need back home

# **Our Volunteers**

Our volunteers in the diaspora helped with coordination, contacting homes, researching information about the homes, updating the website and social media, collecting funds, auditing, banking, design and communications. Your contributions are deeply appreciated.

### Ambi Balasubramaniam

Ambi helps with outreach to senior meetups, and coordinates their contributions.

### Anakan Rasanathan

Anakan assists in implementing good accounting practices and reviews the accounts.

# Anthony Shanthakumar

Shanthakumar helps to file annual taxes and prepare account realted reports.

### Dil Subakaran

Dil helps with documenting the donations.

# Shivapriya Suntharalingam & Yalini Mayurathas

Priya and Yalini helps with care home coordinations.

# Saranya Sutharshan

Saranya helps with eastern care home coordinations.

# **Our.**Team

# **The Board of Directors**

# CANADA.

# Kesavan Paranchothy

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# Praba Than

United Kindom

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# Hassim. Mary Rosilda

Sri Lanka

# **Our.**Commitment

# LetUsHelpNow

# **Focus**

We are focused on providing information about, and directly helping the homes with the most need.

# **Collaborative Community**

We are a 100% volunteer-based organization.

# **Dignity**

We value human dignity. Our actions and interactions with all are guided by this principle. We are proud of our "no banner, no photo" policy.

# Fast and Efficient

Every month, one project is developed, delivered, assessed and completed. Donor funds directly benefit the beneficiaries within four weeks.

# Cost Effective

LetUsHelpNow administrative expenses are less than one percent.

# **Transparency**

We publish monthly project account details along with request letters, receipts, photos of purchased materials and thank you letters online to ensure transparency and accountability.

# இன்றே.செய்வோம்

# எவ்வாறு பங்கேற்கலாம் ?

### நேரடியாக இல்லங்களுக்கு உதவுங்கள்

தயவுசெய்து இல்லங்களுக்கு நேரடியாக நன்கொடை வழங்கி உதவுங்கள். இல்லங்களைப் பற்றிய தகவல்கள், அவற்றின் தேவைகளை நீங்கள் letushelpnow.org வலைவாசல் சென்று பெறலாம்.

# மாதாந்தச் செயற்திட்டங்களில் இணையுங்கள்

சிறிய மாதாந்த நன்கொடை வழங்குவதன் ஊடாக இல்லங்களின் அவசியத் தேவைகளை பூர்த்தி செய்யும் செயற்திட்டங்களுக்கு ஆதரவு தாருங்கள்.

# ஒரு முறை/நினைவு மற்றும் கொண்டாட்ட பங்களிப்பு

ஒரு முறை அல்லது நினைவு அல்லது கொண்டாட்ட பங்களிப்பு ஒன்றை ஒரு குறிப்பிட்ட செயற்திட்டம், இல்லம் அல்லது நோக்கத்துக்காக வழங்கி உதவுங்கள்.

# தன்னார்வலராக இணையுங்கள்

இல்லங்களைப் பற்றிய விழிப்புணர்வூட்டல், தகவல் திரட்டல், அவற்றை தொடர்பு கொண்டு அவற்றின் தேவையறிதல் உட்பட்ட பணிகளை மேற்கொண்டு பங்கேற்க எம்மோடு இணையுங்கள். உங்கள் தன்னார்வப் பணிகள் ஊடாக இலங்கையில் இல்லங்களில் வாழும் சிறுவர் மூத்தோர் வாழ்க்கைகளில் மாற்றைத்தை உருவாக்குங்கள்.

# எவ்வாறு நிதியுதவி வழங்கலாம்?

- PayPal : இணைப்பு PayPal link
- **ച** ഖരെഖாசல் <u>letushelpnow.org/donate</u>

### கனடா

- eTransfer : நன்கொடையை மின்னஞ்சல் donate@letushelpnow.org க்கு அனுப்பல். அத்துடன்
   உங்களது பெயர், மின்னஞ்சல், தொலைபேசி விபரங்களையும் பகிரவும்.
   மேலதிக விபரங்களுக்கு <u>letushelpnow.org/donate</u> இனை பார்க்க.
- 💶 வங்கிவிபரம் : Meridian Account #: 010117998411 Branch/Transit #: 69252 Institution #: 837

### இதர நாடுகள்

 தொடர்பு கொள்ளல் பகுதியில் இருக்கும் விபரங்களை பயன்படுத்தி எவ்வாறு உதவலாம் என அறியலாம்.

# Lets.Do it

# How can I get involved?

### **DIRECTLY HELP THE CARE HOMES**

Please donate directly to care homes. We have provided information about homes and their needs at letushelpnow.org web portal.

### JOIN OUR MONTHLY PROJECTS

Contribute a small donation to support projects meeting urgent needs in care homes.

### ONE TIME/HONOUR, MEMORIAL, CELEBRATION CONTRIBUTION

Make a one time/honour, memorial, celebration contribution to help a specific project, home or cause.

### **BE A VOLUNTEER**

From helping us raise awareness about homes through campaigns, to researching homes, to contacting homes to assess their needs, volunteer with LetUsHelpNow to make a difference in the lives of children and elders at care homes in Sri Lanka.

# **How do I donate?**

- PayPal : Please find the PayPal link
- Visit <u>letushelpnow.org/donate</u>

### **CANADA**

- eTransfer : Please do an e Transfer to donate@letushelpnow.org with name, email, contact phone number as message. For more detail please visit <u>letushelpnow.org/donate</u>
- Bank Detail: Meridian Account #: 010117998411 Branch/Transit #: 69252 Institution #: 837

### **OTHER COUNTRIES**

Please check the next page for contact information to find about how you can donate

Name	District	Address	Phone
Amman Women And Child Development Centre	Ampara	Sagamam Road, Kolavil 01,Akkaraipattu	94 67 490 4955
Hermans Girls Home	Ampara	Kalmunai Road,Periyaneelavanai,Kalmunai	94 76 058 5344
Jesus Lives Girls Home	Ampara	Main street, Kalmunai- 01	94 67 492 1161
Methodist Girls Home	Ampara	Wesly School Road, Kalmunai	94 67 222 9182
RKM Sharatha Girls Home	Ampara	Girls Vidyalaya Road, Karaithivu - 05	94 67 222 3600
Seerpathadevi Children's Development Centre - Veeramunai	Ampara	Kovil Road, Veeramunai - 01, Samman- thurai	94 67 226 1144
Sri Indasara Child Development Centre	Ampara	DK/65, Aralaganvila Road,Dehiattakandiya	94 27 562 2919
St.Mary's Boys Home	Ampara	6 Carmel Fatima College Rd	94 71 354 5782
Swami Vipulananda Children's Development Centre	Ampara	Kurukkal Road,Akkaraipattu 7/2	94 67 227 7514
Canaan Harvest Children's Home	Badulla	No 320/8, 3rd Mile Post, Passara Road, Badulla	94 55 222 6212
Louis Mary Children Development Centre	Badulla	Lowe Viharagala, Nikapotha, Beragala, Badulla, Sri Lanka	94 77 206 1995
Sri Sudarshi School for the Deaf and Blind, Bandarawela	Badulla	Badulla Rd, Ella 90090, Sri Lanka	94 71 659 0117
The Ascension Home	Badulla	Church of the Ascension, Bandarawela	94 57 223 2822
Upcountry children's home	Badulla	19/6, Badulupitiya Road, Badulla	94 55 222 3335
ADVARO Vipulanandhar Welfare Organization	Batticaloa	Main Road, Kurukkal madam, Batticaloa	94 77 611 4482
Arudpany Girls Home	Batticaloa	Beach Road, Navakkuda	94 77 556 6849
Assisi Boys Home	Batticaloa	Main Road, Kurukulmadam	94 65 225 0313
Bethel Boys Children Home	Batticaloa	Zonal Education Office Rd,	94 77 632 8577
Bethel Girls Children Home	Batticaloa	Vipulanada Road, Valichenai	94 77 515 3078
Dharisanam School For Visually Handicapped	Batticaloa	42/32 Swami Nadarajanantha road, Nochchimunai, Batticaloa,	94 77 9594442
Eravur Children Care Home	Batticaloa	Meerakerny Road, Eravur, Batticaloa	94 77 996 6345
Good Shepherd Children's Home, Valaichenai	Batticaloa	Post Office Road,Valaichenai	94 65 225 7400
Hari Boys Home	Batticaloa	New Kalmunai Road, Batticaloa	94 65 222 9653
Jeevananda Girls Home	Batticaloa	Main Road, Pudukuduirippu	94 65 365 0438
London Sivan Kovil Girls Home	Batticaloa	Main Road Settipalayam	94 65 205 6336
Mangayarkarasi Girls Home	Batticaloa	Maruthadi Road, Batticaloa	94 65 205 7310
Manikkavasagar Boys Home	Batticaloa	Palaiyadithona, Santhiveli, Kiran	94 77 191 3037

Name	District	Address	Phone
Methodist Girls Home	Batticaloa	Bar Road, Kotamunai	94 65 222 5402
Miani Boys home	Batticaloa	Miyani nagar, Thannamunai, Batticaloa	94 77 459 0298
Miani Girls Home	Batticaloa	Miyani nagar, Thannamunai, Batticaloa	94 77 792 6410
Muslim Child Development Centre - Kattankudy	Batticaloa	Kattankudy 01	94 65 224 5308
Muslim Elders Home, Batticaloa	Batticaloa	Elders home road,kattankudi-01., Batticaloa	94 65 224 7222
Nanthavanam Elders Home, Batticaloa	Batticaloa	Atputhappillayar Road, kaluwanchikudy, Batticaloa	94 75 989 6964
Ozanam Centre	Batticaloa	Sathurukondan, Batticaloa	94 65 365 8636
Pariyowan Boys Home	Batticaloa	Trinco Road, Santhurukondan	94 05 222 2524
Ramakrishna Mission Boys Home	Batticaloa	New kalmunai road, kalladi	94 65 222 2752
Ramakrishna Mission Girls Home	Batticaloa	New kalmunai road, kalladi	94 65 222 2752
Sakthi Girls Home	Batticaloa	Shakthi Home Road, Kaluwanchikudy	94 65 225 0745
Shakthi Girls Home	Batticaloa	Arasadi Thervu, Kokaticholai	94 65 364 2290
Shanthi Bawan Girls Home	Batticaloa	Ghanasooriyam Square, Cross Road, Batticaloa	94 65 222 2524
Spaks GIrls Home	Batticaloa	Main Road, Periya Kallaru	94 67 222 1875
St Joseph Elders Home - Batticaloa	Batticaloa	96 Trinco Road, Batticaloa	94 71 851 1951
Swami Vipulananthar Elder Home	Batticaloa	82, Government quaters road, Kallady, Batticalaoa	94 65 222 6202
Thilahavathiyar Girls Home, Kathiraveli	Batticaloa	Main Street, Kathiraveli, Vaharai	94 77 457 6340
Thilahawathiyar Girls Home	Batticaloa	Hospital Road, Palukamam	94 65 225 1166
Thirugnanasampanthar Gurukulam	Batticaloa	Main Road, Kaluthavalai	94 65 225 0277
Trust Village Womens Development Centre	Batticaloa	Savukady Rd, Mayilampavelhi, Thanna- munai, Batticaloa	94 76 289 6463
Vidhyajothi Boys Home	Batticaloa	Central Road, Batticaloa	94 77 481 6576
Vipulanantha Children Home	Batticaloa	Main Road, Palukamam	94 65 225 1101
Vivehanada Children's Home, Valaichenai	Batticaloa	Rattnam Road, Valaichenai	94 65 205 1442
Yoga Swamy Saiva Girls Children Home	Batticaloa	Main Rd, Siththandi	94 65 205 0420
Forth Square Girls' Child Development Centre	Jaffna	No 35, Sellar Road, Nallur	94 77 064 1109
Hindu Board Boys' Child Development Centre	Jaffna	Kalasalai Road, Thirunelveli, Jaffna	94 77 990 5304
Hindu Board Girls' Child Development Centre	Jaffna	Kalasalai Road, Thirunelveli, Jaffna	94 77 699 2082
Holy Family Girls' Child Development Centre	Jaffna	Mirusuvil South Mirusuvil	94 77 908 1270
Home for the Mentally Challenged Children, The Ark	Jaffna	Uduvil, Chunnakam	94 76 308 4297
Karunai Girls' Child Development Centre	Jaffna	Palaly Road, Urumpirai, East, Urumpirai	94 77 255 4334

Name	District	Address	Phone
Karunalayam Annai krishnabai Girls' Child Development Centre	Jaffna	No 131, Palaly Road, Thirunelveli	94 77 905 4873
Karunalayam Boys' Child Development Centre	Jaffna	Karanthan, Neerveli	94 77 416 1002
Mother Teresa Amithi Illam - Jaffna	Jaffna	9, Kondavil , Jaffna	94 21 223 0302
Nuffield School for the Deaf and Blind	Jaffna	Nuffield School for the Deaf and Blind, Kaithadi, Jaffna	94 21 22 32202
Sakthy Children Home	Jaffna	Mayavan Kovilady, Karudavil North, Thon- daimanaru, Point Pedro	94 76 592 0327
Sivapoomi Elders Home	Jaffna	Tholpuram.Chulipuram	94 21 225 0085,
Sivapoomi School For Children With Special Needs Intellectuals Disability	Jaffna	Kondavil	94 21 224 9894
SOS Village Child Development Centre	Jaffna	No 219, Nayanmarkaddu, Nallur	94 77 373 3711
Sri Pramanantha Girls' Child Development Centre	Jaffna	Vathiri, Karaveddy, Jaffna	94 77 514 7045
Vaalvagham - Home for the visually handicapped	Jaffna	Sabapathipillai Road, Chunnakam	94 21 224 0146
Valluwar Child Development Centre	Jaffna	Vaddukoddai East, Vaddukoddai	94 77 525 9513
Arivucholai Boys' Child Development Centre	Kilinochchi	Thiruvaiaru West Thiruvaiaru	94 21 228 3313
Aropanam Boys' Child Development Centre	Kilinochchi	Uruththirapuram, Kilinochchi	94 21 228 5088
Association to empower the special needs children - ASSETS	Kilinochchi	20/2 Sub Post office road, Unit One,Thiruvaiyaru, Kilinochchi	94 77 509 4390
Gandhi Nilaya Children Home & Training Centre	Kilinochchi	D-8,Uruthirapuram,Kilinochchi	94 21 228 4310
Holy Family Girls' Child Development Centre	Kilinochchi	D-8,Uruthirapuram,Kilinochchi	94 76 685 3115
Killinochchi Special Needs Network - Sri Lanka	Kilinochchi	Malayapuram South, Karachi, Killino- chchi	94 76 657 2395
Mahadeva Saiva Boys' Child Development Centre	Kilinochchi	Puthumurippu, Kilinochchi	94 21 492 3121
Mahadeva Saiva Girls' Child Development Centre (11 – 18 Years)	Kilinochchi	Jeyanthinagar, Kilinochchi	94 21 492 3119
Mahadeva Saiva Girls' Child Development Centre (6 – 10 Years)	Kilinochchi	Jeyanthinagar, Kilinochchi	94 21 492 3118
Paralyses Nursing Home, Kilinochchi	Kilinochchi	Kanakambikaikulam, Kilinochchi	94 77 227 3774
Sencholai Boys' Child Development Centre	Kilinochchi	Thiruvaiaru, Kilinochchi	94 76 536 8308
Sencholai Girls' Child Development Centre	Kilinochchi	Thiruvaiaru, Kilinochchi	94 71 535 4504
Trist Children's Home	Kilinochchi	Ramanathapuram	94 21 206 0694
Yoga swamigal thiruvadi nilaiya home for the aged	Kilinochchi	Vannerikulam,Kilinochchi	94 76 709 9162

Name	District	Address	Phone
Annai Girls' Child Development Centre	Mannar	Uppukulam, Mannar	94 23 222 2483
Anpu sakotharar Boys' Child Development Centre	Mannar	Keeri, Mannar	94 77 534 4427
Sepamalai Mariyannai Irakathin Girls' Child Development Centre	Mannar	Pesalai, Mannar	94 23 205 0095
Sivanarul Boys' Child Development Centre	Mannar	Thiruketheeswaram, Mannar	94 23 205 0805
Sivanarul Girls' Child Development Centre	Mannar	Thiruketheeswaram, Mannar	94 23 2050 804
Vetijin Nalnampikai illam/ Good Faith Home of Victory	Mannar	No 43, Convent Road, Pattah, Mannar	94 23 2222 545
WECAN Person With Disability Creative Job	Mannar	Vettaya muripu, Adampan, Mannar	94 77 6576 807
Saradha mission Child Development Centre	Matale	Kirigalpotta, Matale	94 66 205 1721
Sjaloom Children Home	Matale	No 64, Ambanganaga, Kawatayamuna, Kawdupellela, Sri Lanka	94 71 856 8635
St.Francis Child Development Centre	Matale	90 Vihaara Rd, Matale	94 66 223 4092
Ravishankar Children home	Monaragala	2 1/2 Mile post, Ella road, Wellawaya, Monaragala	94 55 227 4962
Anpu Boys' Child Development Centre	Mullaitivu	Muthu Vinayagar Puram, Oddusuddan, Mullaitivu	94 71 535 4502
Bharathy Girls' Child Development Centre	Mullaitivu	Putharikuda, 4th ward, Mulliyavalai, Mullaitivu	94 71 535 4501
Good Shepherd Child Development Centre, Mankulam	Mullaitivu	Jaffna Road, Mankulam	94 21 206 0037
Iniya Vazhvu Illam	Mullaitivu	A Division , Thevipuram, Puthukkudiy-iruppu	94 21 206 1949
Ladani Girls' Child Development Centre	Mullaitivu	Silawaththai, Mullaitivu	94 21 229 1966
Pari Girls' Child Development Centre	Mullaitivu	Mulliyavalai, Mullaitivu	94 21 206 1034
Bishop Daniel Boys Home	Nuwara Eliya	4/1, 3rd Lane, Abeypure Rd, Kalukelle, Nuwara Eliya	94 71 204 5021
Happy home Child Development Centre	Nuwara Eliya	Wanigasekarapura, Kotagala	94 51 224 4174
Maranatha Child Development Centre	Nuwara Eliya	124/3 Nursing home road, Hatton	94 51 222 2489
Rainbow Child Development Centre	Nuwara Eliya	Drayton Estate, Kotagala	94 77 532 1680
Shalom Child Development Centre	Nuwara Eliya	Lackam Estate, Maskeliya	94 52 227 7222
Annai Saratha Children Home	Trincomalee	Mallihaitheevu, Muthur	94 26 205 4506
Anpu Illam	Trincomalee	167, Central Rd, Trincomalee	94 26 222 1214
Foursquare Home	Trincomalee	707 Anpuvalipuram	94 26 222 7170
Grace Girls Home	Trincomalee	3rd Mile Post, Cholaiyadi, Uppuveli	94 26 722 3644
Hasanath Boys Home	Trincomalee	Kurinchakerny, Kinniya	94 26 223 6135

Name	District	Address	Phone
Hassanath Girls Home	Trincomalee	Kurinchakerny, Kinniya	94 26 223 6135
HOPE Organization	Trincomalee	Urban Council Quarters (UC), No-10, Power house road, Trincomalee	94 76 329 3125
Karuna Nivasa	Trincomalee	Linganagar, Trincomalee	94 26 222 1374
My Father's House Boys Children Home	Trincomalee	46, Kandasamy Rd, Trincomalee	94 26 222 6861
Rawlathul Athfal Child Development Centre	Trincomalee	PMB Rice Mill, Muthur	94 77 934 7438
Rewatha Child Development Centre	Trincomalee	5th Post, Kandy Rd, Trincomalee	94 26 224 2328
Sahana Sewana - Rehabilitation And Training Of Disabled Persons	Trincomalee	Sahana Sewana, Serunuwara, Trincomalee	94 76 713 5757
Sivananda Thapovanam Boys Home	Trincomalee	Thirukadaloor, Trincomalee	94 26 222 1469
Sivayogasamayam Swami Gangadaranantha Children Home	Trincomalee	64 Main Street, Trincomalee	94 26 222 2049
Sri shanmuga Boys Home	Trincomalee	294 inner Harbor Rd, Trincomalee	94 26 567 0234
Sri Shanmuga Girls Home	Trincomalee	57, Viddyalaya Rd, Trincomalee	94 26 222 2521
St Joseph Elders Home - Trincomalee	Trincomalee	Uppuveli 3rd mile post, Trincomalee	94 262 222 855
Deva Anpu children Home	Vavuniya	Thiththikulam, Murunkanoor, Vavuniya	94 24 4921 859
Hindu Anpakam Children Home	Vavuniya	Mannar Road, Veppankulam, Vavuniya	94 24 222 3683
Mother Teresa Elder Home	Vavuniya	Pampaimadu, Vavuniya	94 24 205 4494
Salvatorian Girls Home	Vavuniya	Iluppaikulam, Neriyakulam, Cheddikulam	94 24 324 4577
Sivan Elders Home	Vavuniya	Ellappar Marutham kulam	94 24 222 1685
Sri Ahilandeswary Children Home	Vavuniya	Kovilkulam, Vavuniya	94 24 222 1685
Thangamma Elders Home	Vavuniya	No. 1 Puthukulam Road, Puthukulam, Kanagarayankulam, Vavuniya	94 76 248 2766
Organization for Rehabilitation of the Handicapped (ORHAN)	Vavuniya	2nd Lane, Balavinayagar Road, Thavasi- kulam, Vavuniya	+94 24 205 1204

# **Contact Us**

# letushelpnow.org

info@letushelpnow.org

<u>facebook.com/letushelpnow.org</u> <u>instagram.com/letushelpnow</u>



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