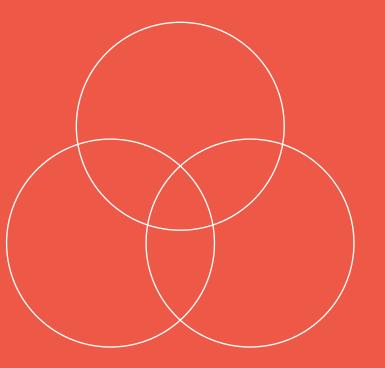


# CONTENTS



- 1. CEO's Remark
- 2. Principles and Mission
- 3. Breakthrough
- 4. Overview
- 5. Our programs
- 6. Short terms programs
  - (i) Bantuan Kecemasan (ii) Bantuan Infaq Ramadhan
- 7. Long Term Programs
  - (i) Projek Nadi
    - Tracking
    - Findings
    - Progress
  - (ii) Projek Adiwira
    - Findings
    - Progress
  - (iii) Projek Teroka
    - Findings
    - Progress
    - The Kuala Lumpur Tour
    - Mini Teroka
  - (iv) Projek Susu Ibu

"As we move forward, we're not just surviving, we're strategically adapting and amplifying our efforts to ensure a



# CEO Remarks

Assalamualaikum & warm welcome to our incredible supporters and friends,

I hereby present our ARBA Foundation's 2023 Impact Report with a sense of cautious optimism. While Malaysia's national recovery is underway, low-income families continue to struggle. Rising living costs, stagnant wages, and educational disruptions caused by the pandemic's long school closures have created a perfect storm for these families, with many children facing learning poverty and literacy difficulties.

Despite these challenges, ARBA Foundation remains steadfast in its commitment. We're more determined than ever to support struggling families, and it's thanks to your invaluable support that we can. This year, we're sharpening our focus on educational and well-being interventions.

This aligns perfectly with the government's recently announced plans for a more robust social safety net and poverty eradication efforts. With your generosity and these new initiatives, we can make a significant impact.

This report isn't just about numbers; it's a testament to the enduring power of collective action. As we move forward, we're not just surviving – we're strategically adapting and amplifying our efforts to ensure a brighter future for Malaysia's children. Thank you for being a part of this journey.

With heartfelt gratitude,

Azlan Shah Nabees Khan

CEO. ARBA Foundation

# PRINCIPLES

Genuine, Rooted & Impactful

# MISSION

Our mission is to help children escape the poverty cycle in one generation



# BREAKTHROUGH

#### **KUALA LUMPUR TOUR**

A magnificent four-day, three-night excursion for families to explore the city of Kuala Lumpur was arranged. For most of these families, it was their first school holiday trip in their lifetime. Some had the opportunity to travel via airplanes from Kedah and Kelantan too. Along with enjoyable activities like games, swimming pool sessions, and MRT ride around the city, educational excursions to Petrosains, IIUM, and Affin Banks were included as well to aspire these children to strive for a brighter future and to dream big.

#### **EMERGENCY HOUSING HELP**

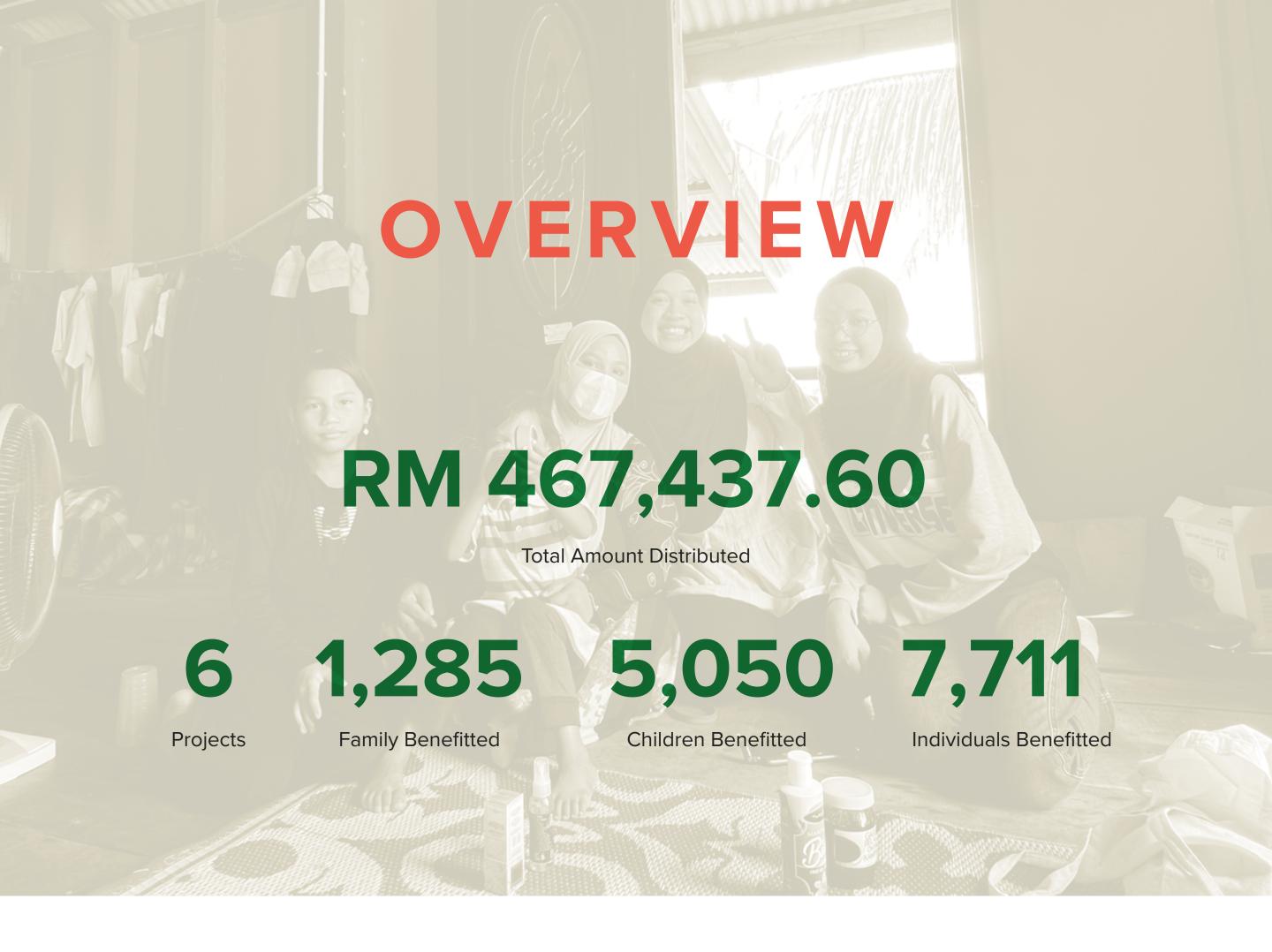
Improper housing has a significant negative impact on the lives of poor children. Some houses were overcrowded and poorly maintained, while some had structural and safety concerns. Children living in these conditions faced anxiety, depression and decreasing well-being. We managed to help several families to move to better housing, and the fees were all covered.

#### THE POVERTY ROUNDTABLE DISCUSSION AND TALKS

ARBA Foundation were given numerous opportunity to raise public awareness on complex issues of poverty together with experts through several established media platform and organizations such as Astro Awani, Ungku Aziz Centre, The Employees Provident Fund (EPF), Wanita Berdaya Selangor, Universiti Malaya (UM), and International Islamic University Malaysia (IIUM). Our best practices and challenges were addressed through these platforms to help communities understand poverty issues and to better develop a more cohesive approach in finding solutions.

#### LICENSED AS ZAKAT AGENT

Our team was honoured to be selected as the trusted intermediary for Lembaga Zakat Selangor. It's a great responsibility, and we shall continue to encourage participation in Zakat with complete integrity, fairness, and ethical dedication. We hope to bridge the gap between those obligated to give Zakat and those entitled to receive it.



Project	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Bantuan Kecemasan												
Bantuan Infaq Ramadan 2023		•										
Projek Nadi												
Projek Adiwira												
Projek Teroka									•			
Projek Susu Ibu												

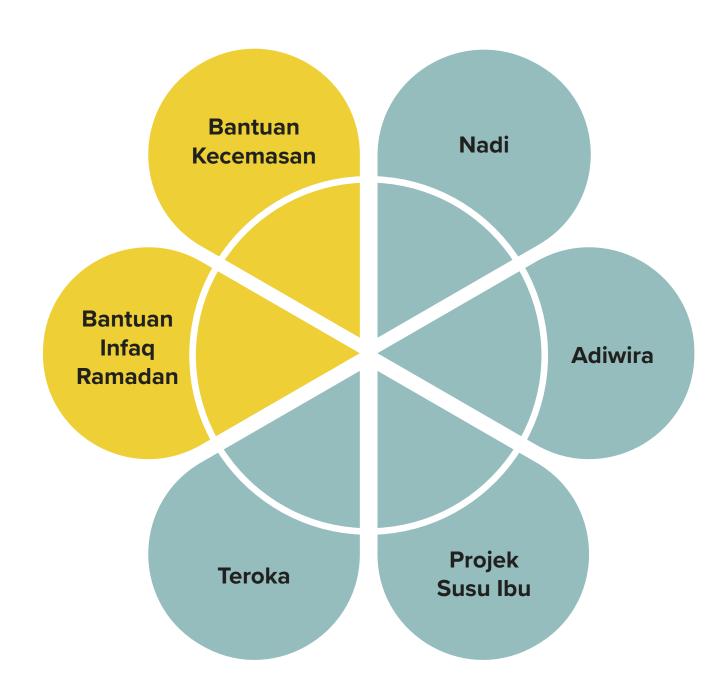
# OUR PROGRAMS

#### **Short Term**

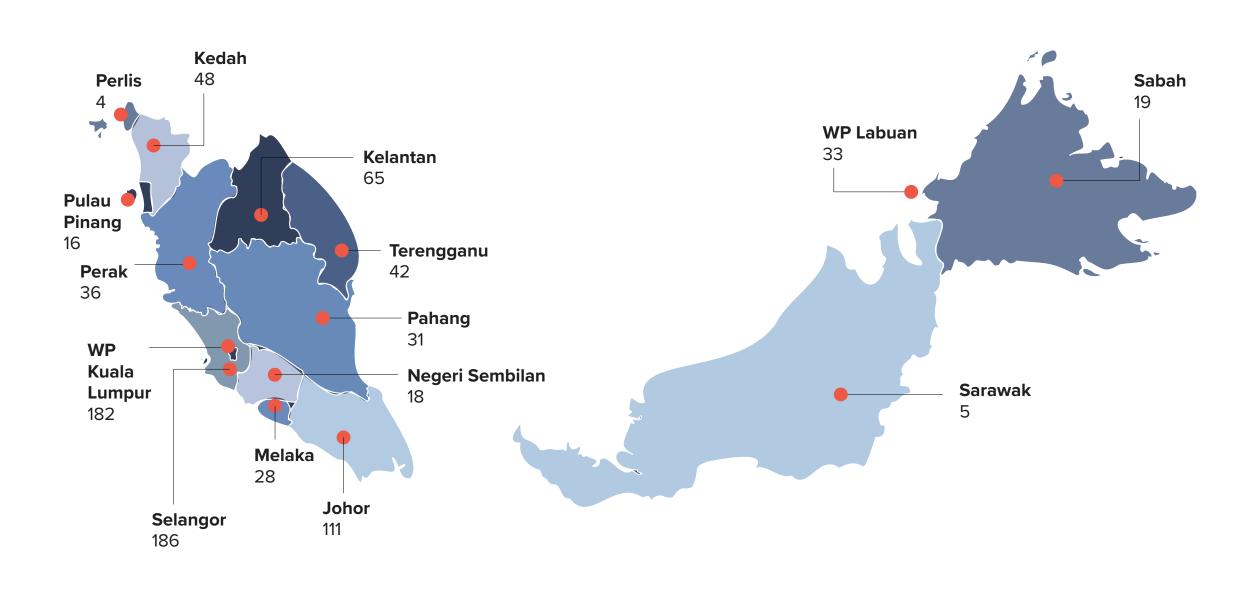
A one-off financial assistance programs that provide immediate and short-term solution to beneficiaries who are in desperate need of immediate assistance for various factors.

#### Long Term

A customised long-term commitment designed and executed through whole family approach. The impact is measure through data collection, analysis and monthly progress evaluations.



# SHORT TERM Programs RM 211,365.60 **Total Amount Distributed** 4,652 824 2,941 **Projects Family Benefitted** Individuals Benefitted Children Benefitted \* Household Needs School Supplies & Fees \$ Insufficient Income **Top 3 Reasons for Aids**



# BANTUAN KECEMASAN

RM 23,500.00

**Total Amount Distributed** 

104

371

526

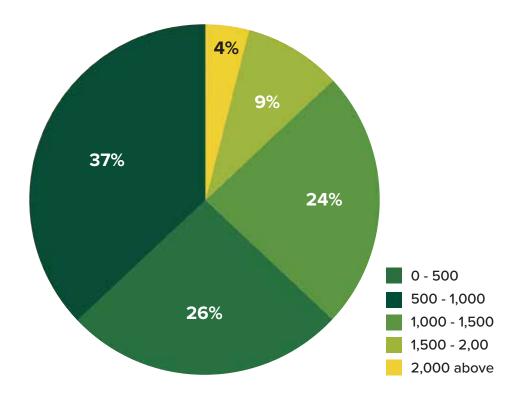
Family Benefitted

Children Benefitted

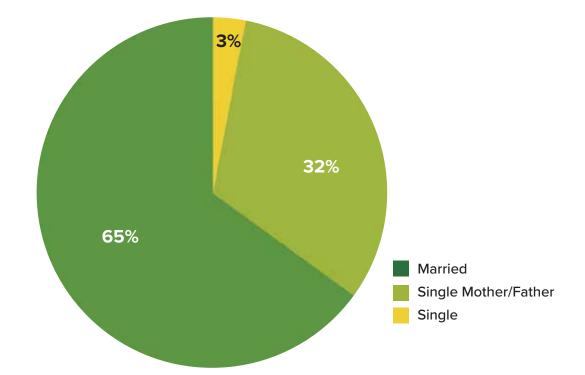
Individuals Benefitted

Every family faces unique challenges, whether it's losing a home, being unable to work and pay bills, having a child with a severe illness, or being involved in an accident. Sometimes, these difficulties may intensify seasonally, particularly during school holidays, school openings, hot seasons, or rainy seasons. Emergency applications are submitted using online forms with required documents and evidence attached. A comprehensive screening of every applicant will be completed within 72 hours before approval.





#### **Marital Status of Beneficiaries**



# BANTUAN INFAQ RAMADAN

RM 187,865.60

**Total Amount Distributed** 

720

2,570

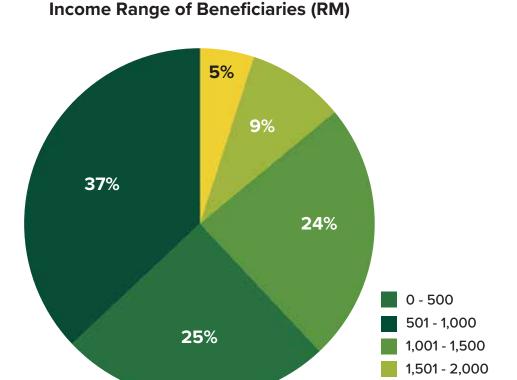
3,600

Family Benefitted

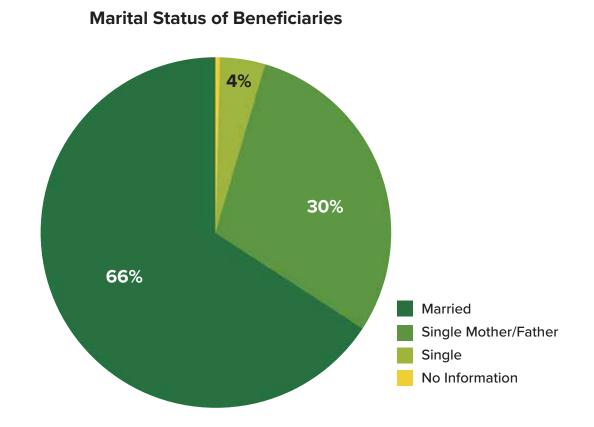
Children Benefitted

Individuals Benefitted

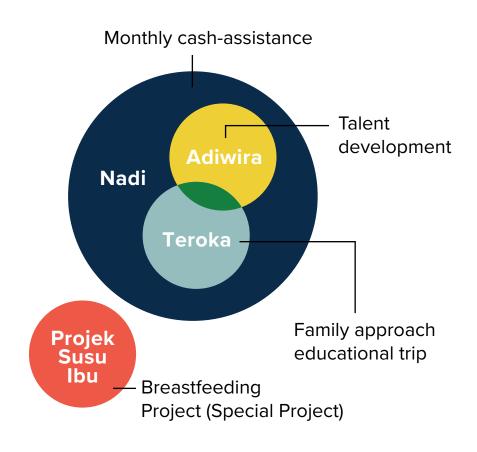
Ramadan is a month of immense blessings in our community. It is our largest one-off campaign to help low-income families who are unable to observe Ramadan in the way our communities do due to poverty and instability. Through Bantuan Infaq Ramadan, we help families secure their basic needs and make a positive difference in the lives of their children.

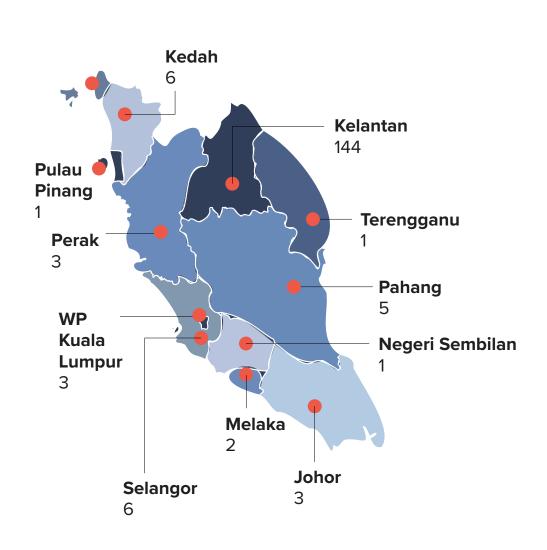


2,001 above



# RM 256,072.00 3,059 **Total Amount Distributed** 461 2,109 Children Benefitted Projects Family Benefitted Real change takes time and customised long term solutions are the way forward. Working with our collaborators, we design and execute interventions according to the multidimensional poverty framework, focusing primarily on health, education and well-being. We measure the impact through data collection, analysis and monthly progress evaluations.





RM 149,002.00

**Total Distribution** 

279

1,82

2,700

Family Benefitted

Children Benefitted

Individuals Benefitted

97% of low-income families cannot afford nutritious meals, decent housing, healthcare, or sufficient education for their children. They work several low-wage jobs for long hours yet struggle to make ends meet. The majority are buried under immense debt. We assist these families through Nadi, an unconditional long-term monetary assistance program. Each family has unique difficulties and circumstances. Families living in poverty have the right to make choices to improve their lives and be treated with dignity.

#### **How Nadi Works?**



1

**Need Analysis** 

Recipients are mostly sourced from short term program such as Infaq Ramadhan and one-off programs.

2

Long-term
Cash Assistance

Home visits are conducted to make direct observations on the home environment, family dynamics and lifestyle before agreements are made.

3

**Progress Tracking** 

Monthly activities are tracked to monitor their spending priorities and behaviour to encourage progress.

# TRACKING

#### Invention of Nadi 2.0 progress book

A customised progress book was introduced as a diary for each family to chart their daily expenditures, dietary intake, and emotions.

By using the progress book, families can gain a deeper understanding of how their daily choices impact their circumstances. The first edition of this book was introduced in 2022, and it has since been enhanced with features like a weekly emotional journal and a monthly working days record, all designed to help you make more informed decisions.



#### **Weekly Emotional Journal**

A weekly emotional journal acts as a form of emotional release, allowing the families to vent frustrations and anxieties, ultimately reducing stress levels. By writing down their feelings, our team could help identify triggers, patterns, and areas where they might need support.



#### **Monthly Working Days Record**

Keeping a daily wage record empowers these families to take control of their finances. While their days of work can be inconsistent, depending on weather, needs, and family emergency, this record allows them to make informed decisions about spending, saving, and planning for the future.



# FINDINGS

#### Out of **33 head of households** in Nadi:

7

head of households had struggled with their jobs this year

11

families under Nadi had issues on accommodations but all had been resolved.

The increase in rice's prices in September this year affected all families under Nadi.

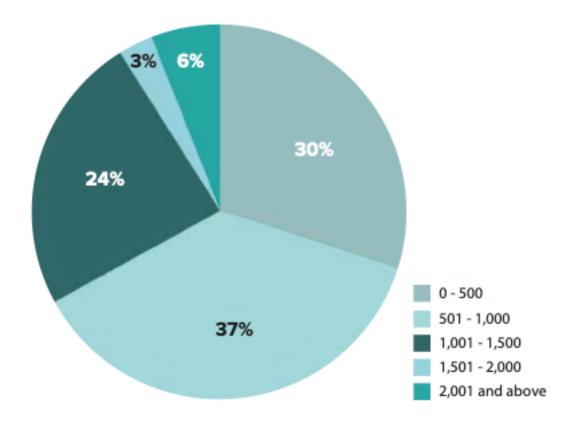
#### **Top 3 Reasons for Aids**



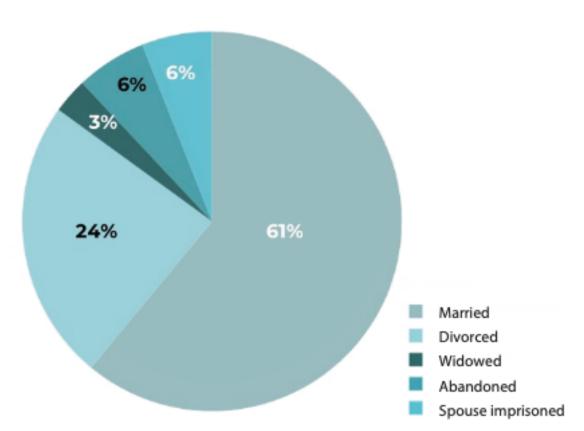




#### Income Range of Beneficiaries (RM)



#### **Marital Status of Beneficiaries**



# PROGRESS

Out of 33 head of households in Nadi:

100%

of the family eat at least twice adequate meals per day

100%

able to seek professional help and obtained prescribed medication for their health problem

97%

children completed the school year of 2023

88%

able to keep their job with dependable income

100%

managed to cover the housing cost and avoided the risk of being evicted

6

children furthered their studies to tertiary education





Encik Manan is a proud parent who always smiles and tells stories about his children's progress and ambition. Growing up in poverty, Encik Manan did not have the opportunity to complete his secondary schooling, and at the age of 15, he was already taking odd jobs to help his parents in Kampung.



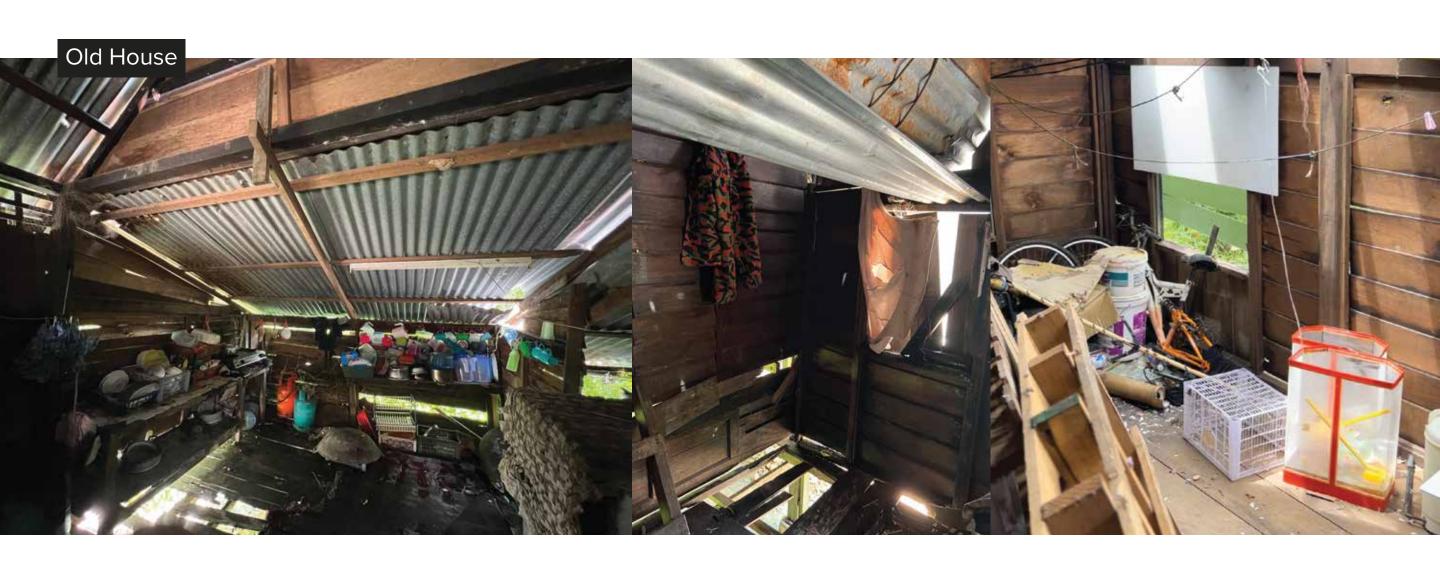
Living in Kedah, where odd jobs in maintaining paddy fields are prevalent, Encik Manan could only earn RM60 for three days, depending on the weather, planting season, and harvest season.

When no jobs are available in the paddy field, Encik Manan sells drinks and boiled peanuts on the streets near the mosque. People in Kampung referred to Encik Manan as a helpful and trustworthy individual because he is always willing to provide a helping hand. Encik Manan's income is hardly enough to raise his family of four, especially for his children's school expenses. His children are boys aged 15 years old, 11 years old and three years old. His first son dreams of becoming a teacher, and his favourite subject is History.



In November 2023, Encik Manan's family was finally given a better house by the Lembaga Zakat. It meant a lot to his family because they lived in an old timber house for 20 years, inherited from his parents. The roof was leaking heavily, and the hardwood floor had numerous holes, causing his youngest kid to slip and fall multiple times.

Encik Manan, a beacon of hope in the midst of the challenges faced by many underprivileged families, stands out for his exceptional character. Despite the complex issue of absent father figures, he has been a compassionate and deeply involved parent. His unwavering honesty and commitment to ARBA Foundation during every phase of Projek Nadi are truly inspiring and deserving of our utmost appreciation.





Learning poverty is growing bigger and faster. Children from low-income families receive fewer opportunities for talent and academic enrichment than children from higher-income backgrounds. As the school year progresses, children in poverty are not able to follow the teachings due to poor comprehension, which leads to lower self-esteem. Projek Adiwira focuses on advancing the education and achievements of children aged 7 to 21 through tailored approaches based on their talents and interests.

RM 12,255.00

**Total Distribution** 

Family Benefitted

Children Benefitted

### **How Adiwira Works?**



Listen & discover

We discover their interest through continuous two-way communication and assessment.

**Exploring** opportunities

We help them explore meaningful ways to pursue and strive in developing their talents.

**Connect to best** platforms

We identify the best platform, cover their expenses and track their progress systematically.

# FINDINGS

Out of **114 children** in Adiwira:

98%

of children that join Adiwira show improvement in their skills and development.

25

of children unable to join Adiwira because they do not have access to the programs they are interested in within their residential areas.

Most programs are located too far from every family and parents do not have transportation to send their children.

#### **Top 3 Adiwira Categories**

Academic Needs





# Multiple intelligences



Howard Gardner's Theory of Multiple Intelligences
This theory suggests that there isn't just one type of
intelligence, but rather several distinct
intelligences that individuals possess to varying
degrees. By using a combination of these
intelligences, one can cultivate beautiful and
thriving intelligence. Some may be naturally
stronger in one area than another, but everyone
can develop their intelligences through practice
and learning.

# PROGRESS

Out of **114 children** in Adiwira:

89

children participated with interest

8

total programs in Adiwira

100%

of children who joined Adiwira stayed in school

97%

improve in skills and developments







Aside from her health issues, Puan Laila has a child with Thalassemia. It isn't easy to cope with the necessity of regular hospital appointments for blood transfusions. It is time-consuming and emotionally taxing.

Puan Laila could not afford to rent. Thus, they reside in her parent's house with four other families of Puan Laila's siblings. With four families sharing a home, they have no personal space. They share common spaces such as restrooms and kitchens.

This creates difficulties in ensuring privacy for basic needs and routines. Her children are especially vulnerable to harassment in these settings, and Puan Laila claimed that her daughter has been repeatedly molested by one of her uncles.

For safety reasons, her daughter has requested to be transferred to a boarding school and has been officially accepted. Before that, Puan Laila's daughter received help with additional weekly classes to strengthen her basic spelling, reading, and counting abilities. After a year of support from the ARBA Foundation, her daughter could finally read and write better.

Families with low incomes need help in affording activities outside their homes. These children have been confined to their home environment since birth.

It's a stark reality that many of these children lack the motivation to pursue higher education, primarily because they are unable to see the bigger picture of what life has to offer. With most of their income dedicated to shelter and food, there's no room for family trips during school holidays. However, studies have consistently shown that children who travel tend to have better academic performance and earn incomes that are 12% higher than the average, underscoring the potential long-term benefits of such experiences.

Travelling and educational trips positively impact low-income children's cognitive development, social skills, and mental health. Experiencing new cultures and places broadens their horizons and increases their curiosity about the world.

RM 25,815.00

**Total Distribution** 

12

Family Benefitted

51

Children Benefitted

**72** 

Individuals Benefitted

### How Teroka Works?



1

Planning & budgeting

Families are offered opportunities with a budget to plan their family trip.

2

Make arrangements

Families are empowered to make the decision and necessary arrangement.

3

Capturing experience

Their valuable moments, feelings and excitement were captured to monitor well-being.

# FINDINGS

Vacation does not have to be expensive to be valuable. Even a staycation or a day trip can create lasting memories for these families and provide a break from their struggling routines. They often find creative ways to choose a trip close to home or places with minimal budget, demonstrating their resourcefulness and ability to create meaningful experiences for their children.

Before our every trip, families expressed concern about their children becoming hungry during the journey. They could not afford food outside, particularly in tourist areas, and families were glad to learn that we had provided them with food allowances. Families had immense joy in appreciating all the little things throughout the trips. Their favourite activities were family movie night, group games, swimming in the pool and eating dinners together.

#### **Top 3 Teroka Categories**



















# PROGRESS

Out of **33 head of households** in Projek Teroka:

12

families had joined Teroka at least once

14

total Teroka trips

100%

of children say they want to join the trip again next time

100%

of children say they have a good time during the trip

4

had changed their ambition after the trip

6

children furthered their studies to tertiary education





### THE KUALA LUMPUR TOUR

A magnificent four-day, three-night excursion for families to explore the city of Kuala Lumpur was arranged by ARBA Foundation. For most of these families, it was their first school holiday trip in their lifetime. Some also had the opportunity to travel via airplane from Kedah and Kelantan.

Our itinerary strikes the balance between fun and learning. From exciting games and refreshing swimming pool sessions to a thrilling MRT ride around the city, we've got it all. But we also believe in the power of education, which is why we've included visits to Petrosains, International Islamic University Malaysia (IIUM), and Menara Affin Bank. These educational excursions are designed to inspire children to dream big and strive for a brighter future.

### Friday, 25th August 2023

9.40 AM	Family from Kedah arrival
10.25 AM	Family from Kelantan arrival
10.45 AM	Check in accommodation
1.00 PM	Lunch
2.00 PM	Family from Melaka arrival
7.30 PM	Dinner

\*No activities for this day, leisure time for families to explore accommodation's facilities













### Saturday, 26th August 2023

7.30 AM	Breakfast
8.45 AM	MRT ride to KLCC
10.15 AM	Petrosains
1.00 PM	Lunch & Solat
2.00 PM	Petronas Twin Tower visit
3.30 PM	KLCC Park (swimming & playground)
6.00 PM	Back to accommodation
7.30 PM	Dinner

\*Exploring the heart of Kuala Lumpur

MRT Ride to KLCC













#### Saturday, 26th August 2023

\*Exploring the heart of Kuala Lumpur

Visit Petrosains













### Saturday, 26th August 2023

\*Exploring the heart of Kuala Lumpur

Visit Petronas Twin Tower













#### Saturday, 26th August 2023

\*Exploring the heart of Kuala Lumpur

\*KLCC Park (Swimming & Playground)













### Sunday, 27th August 2023

7.30 AM	Breakfast
9.00 AM	Games and activities by the pool
1.00 PM	Lunch and solat
2.30 PM	Swimming and leisure
8.00 PM	Dinner

\*Games and activities by the pool













## DAY 3 Sunday, 27th August 2023

\*Games and activities by the pool and shell-out dinner experience













## DAY 4

## Monday, 28th August 2023

\*Visit to IIUM

7.30 AM	Breakfast
9.00 AM	Visit to IIUM
1.00 PM	Lunch and solat
2.30 PM	Visit to Affin Bank at TRX
5.00 PM	Back to accommodation
7.00 PM	Dinner
8.00 PM	Games and sharing session













## DAY 4

## Monday, 28th August 2023

\*Visit to Affin Bank at TRX and games night













## DAY 5

### Tuesday, 29th August 2023

7.30 AM	Breakfast
10.00 AM	Interview session
12.00 PM	Check out accommodation
12.30 PM	Depart home

\*Departure day













## MINI TEROKA



## FAMILY PERSONAL TRIP

Throughout the year, several mini trips opportunity were given to families to break away from their daily routine and explore new fun activities close by their home. Every family will share their suggestion of activities and allowance will be provided.

Exposing them to new environments spark curiosity about the world beyond their immediate surroundings and help inspire them to succeed.

**JANUARY** 

Family A

Mini Teroka Cinema 'Mechamato'

**Family B** 

Mini Teroka Cinema 'Mechamato'

**OCTOBER** 

**Family C** 

Mini Teroka Zoo Negara

**Family D** 

Mini Teroka Petrosains

**DECEMBER** 

Family E, F, G

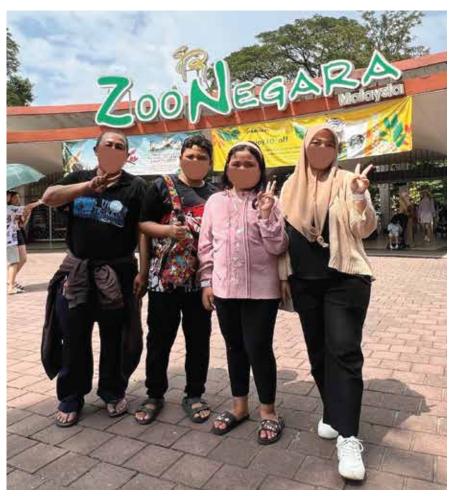
Mini Teroka Water Themepark

**Family H** 

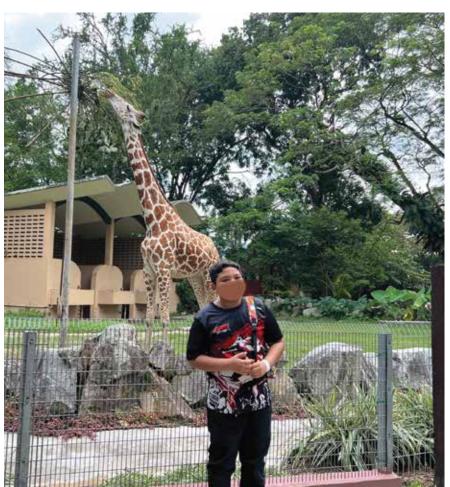
Mini Teroka A'Famosa

## MINI TEROKA ZOO NEGARA

Family C

















## MINI TEROKA PETROSAINS

Family D

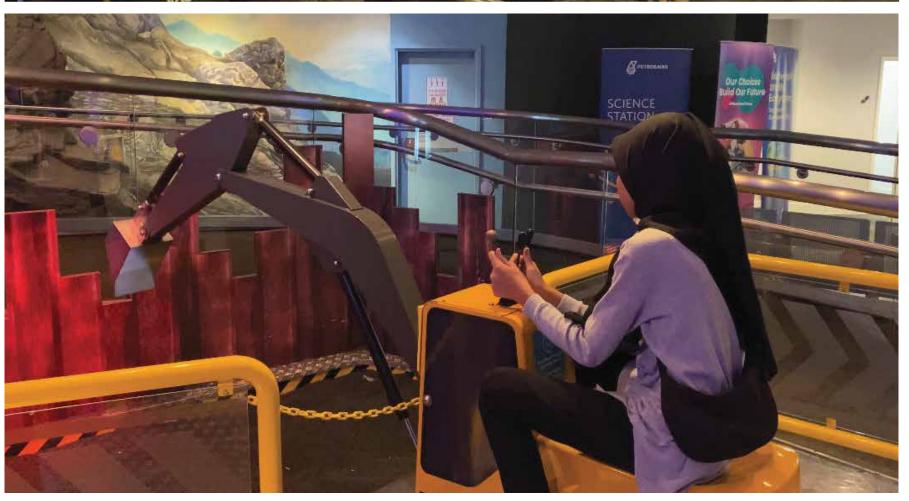






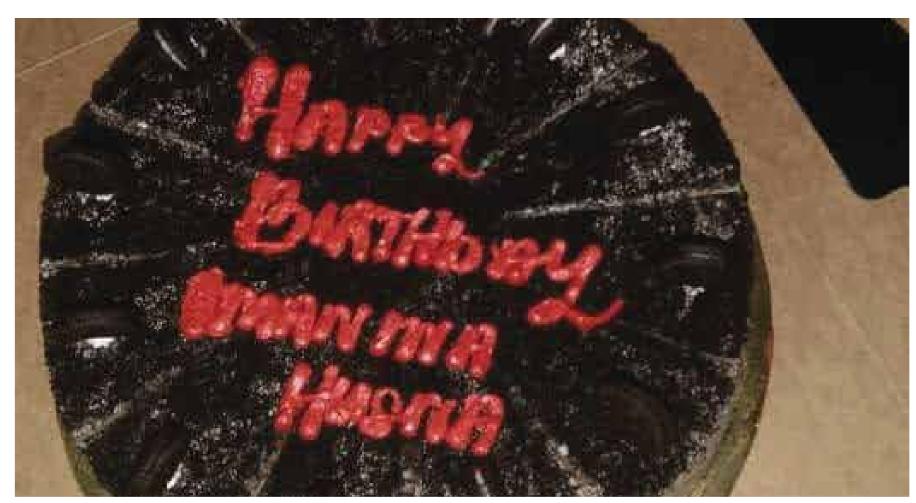






## MINI TEROKA WATER THEMEPARK

Family E













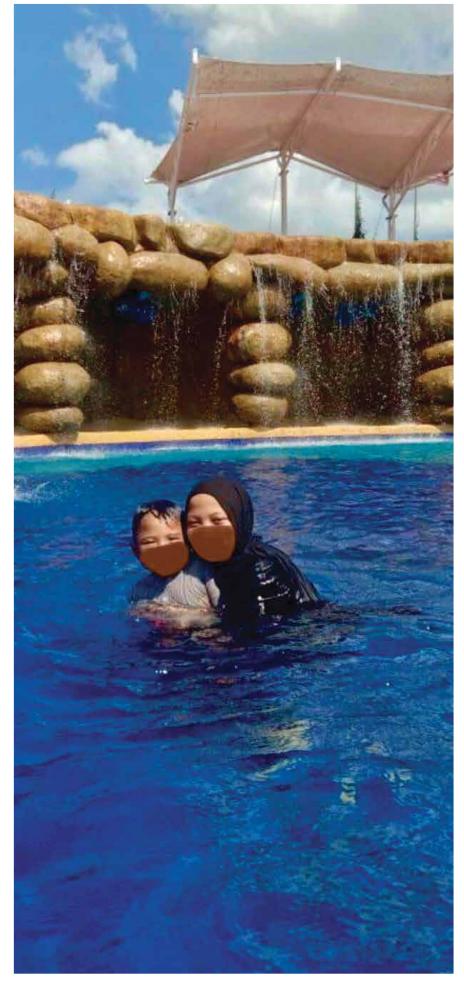
## MINI TEROKA WATER THEMEPARK

Family F











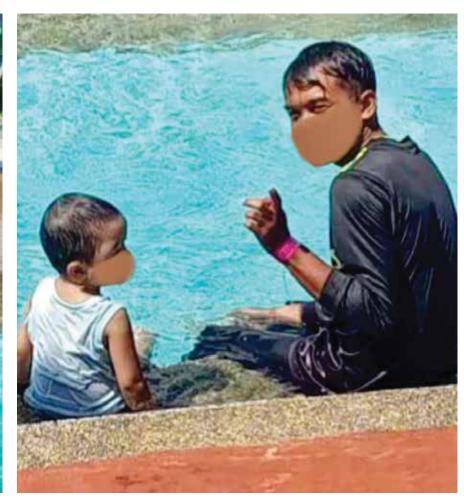


## MINI TEROKA WATER THEMEPARK

Family G





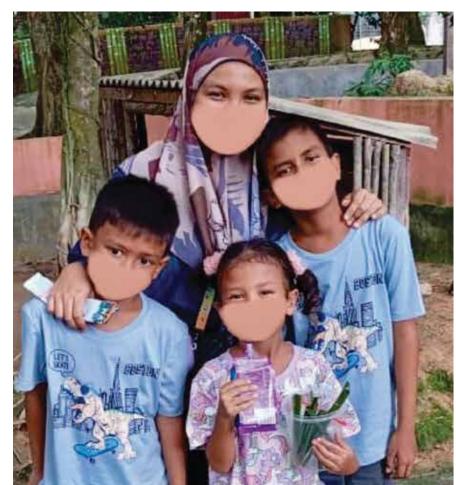


## MINI TEROKA A'FAMOSA

Family H









# PROJEK SUSU IBU

RM 69,000.00

**Total Distribution** 

142

145

287

Family Benefitted

Children Benefitted

Individuals Benefitted

The stunting rates among children in Malaysia are amongst the highest in the region. This is alarming as stunting can lead to reduced immunity, cognitive impairment, chronic diseases, and limited socioeconomic opportunities in adulthood.

Breastfeeding is a crucial practice in combating the effects of poverty on children's growth. It allows infants to thrive during their first few months of life, helping to provide a more equitable beginning for the child. However, stunted growth can become irreversible after age 5, underlining the urgency and importance of early intervention for future success.

## How Projek Susu Ibu Works?





# Identify & qualify

Health clinic officials refer qualified mothers to USM and ARBA Foundation.



# Lactation support

Qualified breastfeeding counsellors are appointed to guide and support the mother to breastfeed the newborn baby exclusively.



#### **Cash handouts**

Mothers receive cash assistance for groceries to ensure they have the means to eat healthy.

## PROJEK SUSU IBU

# PROGRESS

137

total mothers had completed all sessions

140

total babies had completed all sessions in this program

5

total lactation counsellors involved in Kelantan

88.7%

of mothers in this program want to exclusively breastfeed their babies for six months



## **Team profile**



Azlan Shah Nabees Khan **CEO** 



Najah Khalid **Project Management** 



Nuratika Alias **Project Management** 



Faziera Abdullah **Project Management** 



Fraja B. **Creative Design** 



Faradine Nordin *Media & Branding* 



Nur Najihah **Media & Branding** 



Hidayah Sakinah *Fundraising* 

## **Founders**



Ammar Roslizar **CEO, Yezza** 



Ammar Sahrin
CEO, Celsius Coffee



Dr. Wan Mohd Aizudd **CTO, Yezza** 



Amiruddin Hamidun **CEO, ARBA Travel** 

## **Council Members**



Muhammad Hussaini Khairudin Co-Founder, Celsius Coffee Social Activist



Ahmad Naim Jaafar
Pengasas,
Foresight Academy



Ammar Roslizar **CEO, Yezza** 

## PROGRAMS AND EVENTS TIMELINE

### **JANUARY**

- Family A Mini Teroka: Cinema 'Mechamato'
- Family B Mini Teroka: Cinema 'Mechamato'
- Moved Family H to a new home

### **FEBRUARY**

Projek Susu Ibu di Kelantan

#### **MARCH**

- ARBAtalk: Career Mindset, Self-Growth & Impact towards Society, Speaker: CEO Islamic Relief Malaysia, Tn Hj Zairul Shahfudin Zainal Abidin.
- Visit Perak J in Perak

### **APRIL**

- Help distribution in Labuan with PERKIM
- Help distribution in Flat DBKL Sri Kota
- Baju raya shopping experience in Jakel for Family K

### **JUNE**

• Visit families in Melaka

### JULY

Office visit by Lembaga Zakat Selangor

### **AUGUST**

- Visit by SitiTrust
- Astro Awani Dialog Poket Rakyat, Topik: Iltizam Menoktahkan Kemiskinan
- Teroka Kuala Lumpur

### **SEPTEMBER**

- Visit families in Pahang
- Panel invitation for "Seminar Keluarga Wanita Berdaya Selangor."

### **OCTOBER**

- Panel invitation for Ungku Aziz Centre "Menoktahkan Kemiskinan: Realiti atau Khayalan" in Universiti Malaya
- Panel invitation for EPF | KWSP "Kesan Literasi Kewangan Kepada Kehidupan."
- Family C Mini Teroka: Zoo Negara
- Family D Mini Teroka: Petrosains
- Panel invitation for Ungku Aziz Centre "The Shackles of Poverty: Burden of the Poor."

### **NOVEMBER**

- Roundtable discussion by Ungku Aziz Centre
   "Breaking The Cycle of Poverty: Combating Poverty and Its Consequences on Children's Lives"
- Visit families in Kedah
- Moved Family A to a new home

### **DECEMBER**

- Family E & F Mini Teroka : Water Themepark
- Famliy G Mini Teroka : A' Famosa

## COLLABORATORS & PARTNERS























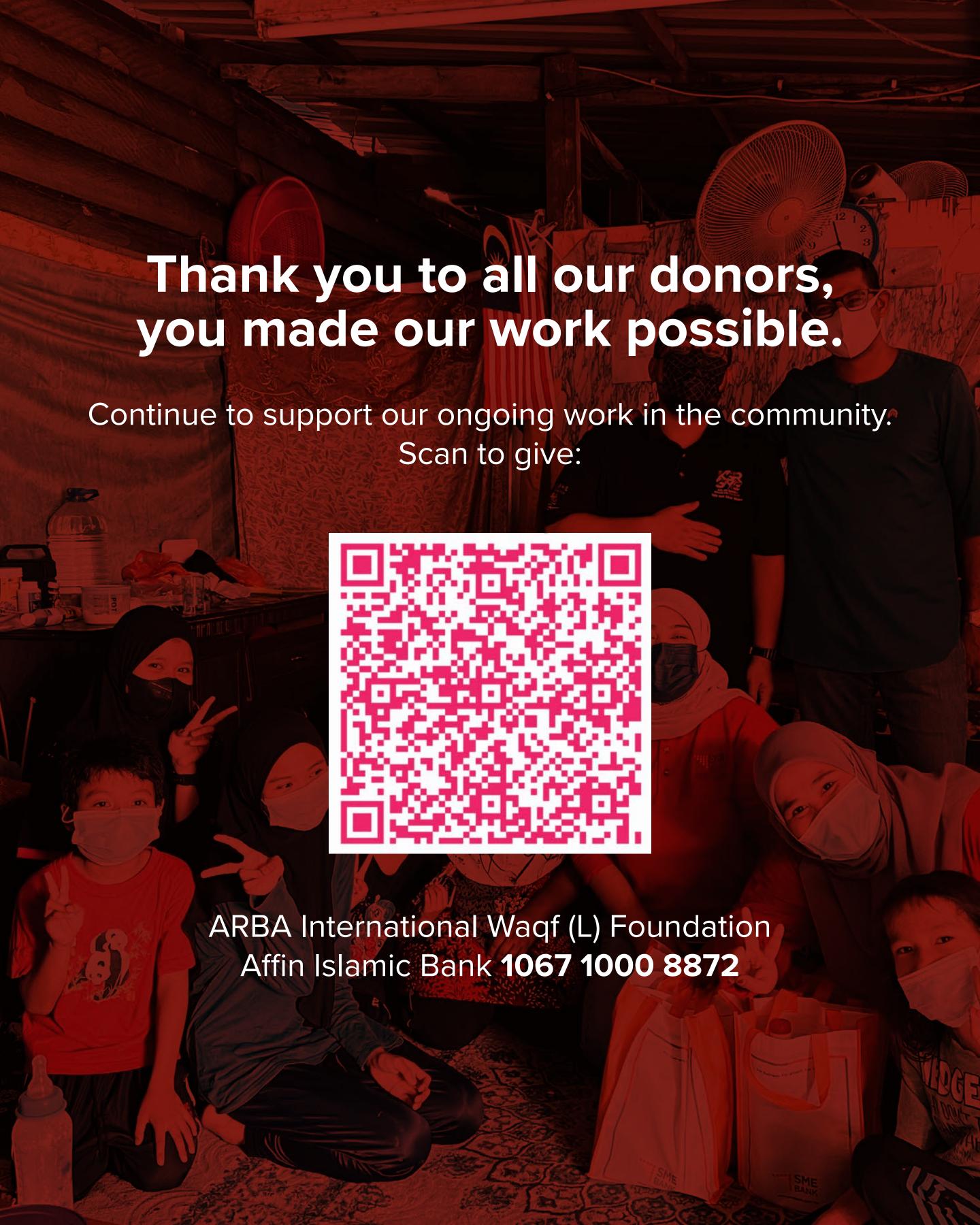








- International Islamic University Malaysia (IIUM)
- Universitl Sains Malaysia (USM)
- Astro Awani
- Siti Khadijah
- Pertubuhan Kebajikan Islam Malaysia (PERKIM)
- Lembaga Zakat Selangor
- Ungku Aziz Centre
- Universiti Malaya
- Wanita Beradaya Selangor
- Kumpulan Wang Simpanan Pekerja (KWSP)
- AFFIN Islamic Bank
- Iman Publications
- Bursa Malaysia
- Institut Kefahaman Islam Malaysia (IKIM)
- Yayasan Buruj
- Yayasan Yara





### **ARBA Foundation**

K-3-01, Conezion, Persiaran IRC3, IOI Resort City, 62502, Putrajaya

- **f** ARBA Foundation
- @arbafoundation
- +60 11 5687 9189
- www.arbafoundation.com
- @arbafoundation1
- @arbafoundation