



BETTER LIVES FOUNDATION

TRUSTEES ANNUAL REPORT
FOR THE PERIOD ENDED 31st MARCH 2020



The Trustees Annual Report for the period ended 31st March 2020 continues from the previous years' Annual Report of the period ending 31st March 2019.

HISTORY, AIMS, OBJECTIVES AND ACTIVITIES OF THE CHARITY

Better Lives Foundation (BLF) was established in 2006 and was registered on the 14th January 2008. Our work continues in Sierra Leone and India, with likeminded volunteers. We have been working to improve health and education conditions and our aim is:

- ❖ To provide quality medical care and education to the needy leading to long term healthcare
- ❖ independence.
- ❖ To improve the condition of people's health
- ❖ To promote good health through education
- ❖ To work in partnership with charities, especially local organisations
- ❖ To raise standards of sanitation and hygiene
- ❖ To improve access to clean water
- ❖ To make all projects, self-sufficient, independent and self-supportive

Since the establishment of BLF, we have achieved a number of milestones. Our journey has enabled us to develop sound trusting relationships with local communities, NGOs and government departments. We have also attracted volunteers and now have a large pool of human resources to manage our medical camps and outreach work. Our intentions have always focused on developing sustainable projects, which support communities around Yonibana:

- ❖ VISON: Develop sustainable programmes to support communities to better medicare, sociocare and educare.
- ❖ MISSION: To engage directly with communities, strategic partners and government organisations to implement initiatives, which support local needs and long-term sustainability.

The success of BLF has been its ability to work with local communities to develop programmes, which meet specific needs. Concerted ongoing effort is made to meet with local leaders, community groups and ministers to gain their confidence and trust in the work carried out; this also included priests, imams and village chiefs'. Working in partnership with key stakeholders has enabled BLF to be recognised as a reliable and valuable resource for the community. In addition, the Ministry of Health & Sanitation

recognised BLF with maintaining WHO standards, as a referral hospital from their Peripheral Health Units, in the chiefdom.

The success of BLF is the commitment and dedication of volunteers; this has generated further interest amongst professionals in health, social care and education sectors. BLF continues to provide opportunities for junior health professionals, newly qualified educators and social care workers to work alongside established professionals, who provide mentoring and coaching, in practice. Induction/briefing sessions are organised for volunteers, along with updates, as required. Volunteers are encouraged to feedback on developing best practice and undertake reviews after medical camps. Volunteers are encouraged to take on leadership roles, as they develop in confidence and this has been evident amongst the junior doctors. Guidance documents have been revised and developed around health and safety procedures to support volunteers and to maintain the day-to-day running of the hospital.

Our journey is a true testament of the commitment, dedication and hard work rendered by our many volunteers. Our work has enabled us to reach several milestones. We now have in place three main activities; medicare, sociocare and educare with long-term sustainable projects.

Medicare: BLF and Yonibana Sai Hospital (YSH) has achieved recognition from Ministry of Health & Sanitation; Referral Hospital, Yoni Chiefdom 2018; Tonkolili District best NGO 2019. Coverage in national press and radio. Published in British Medical Journal, Pharmaceutical and Dental Association. Invited to give talks at Liverpool School of Tropical Medicine, Southend BMI Hospital, London School of Tropical Medicine, Royal College of Surgeons and British Medical Association.



Working in partnership is central to BLF work and this is carried out with several UK and Sierra Leone hospitals, pharmaceutical companies and NGO's. These include; King's College Hospital, Liverpool School of Tropical Medicine, London School of Tropical Medicine, Royal Papworth Hospital, Sigma Pharmaceutical, Day Lewis Pharmacy, Choitaram Hospital (SL), Masanga Hospital (SL), Canadian College of Modern Technology (SL), Miro Forestry (SL).

Educare: As part of our outreach work, we have adopted schools in Yoni chiefdom to provide educational sponsorship to students from secondary to graduate level. We have a sponsorship scheme in place and continue to support continuous professional development, ranging from doctors, nurses, health workers, social workers, electricians, carpenters, plumbers, accountants, teachers and agriculturalists. Currently 23 on the programme.



Sociocare: Outreach programmes are in place, delivering preventative workshops on health and wellbeing, social care, sex education, FGM workshops and teenage pregnancies. Malaria cases have dropped, death rate has decreased, grassroots STI programmes are in place, there is a decrease in children's death with hernia and partnership arrangements in place with neighbouring hospitals.

The beneficiaries are the local people of Yonibana, Yoni Chiefdom, Tonkolili District of Sierra Leone, West Africa. The Yoni Chiefdom has a population of over 112,000 people. There are 360 villages in the chiefdom. Outreach teams visit the villages in rotation and

refer anyone who is unwell back to YSH. The YSH serves the chiefdom as well as patients from all the other surrounding chiefdoms, as it is the only hospital in the country serving the community completely free of charge and all ages. There are 190 chiefdoms in the 16 Districts of Sierra Leone.

Agricare: BLF Agricultural Social Enterprise has been started to empower local community towards self-sustainable projects and future expansion. More than 40% of the population lives below the poverty line surviving on income of less than £1 per day. Good health begins with good nutrition - scheme in place to grow fruit and vegetables around the hospital grounds. A dedicated agricultural team is in place, working on introducing different varieties of crops plus adding to the agricultural biodiversity of the region. The first rice harvest took place in 2019 - BLF has the second largest rice farm in the Yoni chiefdom. Test plantation commenced on site with vegetables, fruits and herbs.



MANAGEMENT AND GOVERNANCE

Our approach with our volunteers' base is to provide support totally free of charge for medical, social and educational needs. Our newly established Agriculture program has steadily grown with a team of 40 volunteers. Our team of international volunteers have a vast heritage and wealth of experience and happily meet their own costs. Administrative costs are minimal, and donations received are used for our projects.

The Trustees and volunteers meet regularly to discuss existing projects and consider plans for any new projects.

ACHIEVEMENTS AND PERFORMANCE OF THE CHARITY

Our work in Sierra Leone and UK continues to grow, as we develop the infrastructure to manage the growing needs in Yonibana district. This has been possible due to the commitment of our volunteers at YSH and our team in UK.

April/ May:

- ❖ Rice - Agricultural Programme moves forward in Yonibana. 2nd largest rice farm in Yoni chiefdom - 11 bags of rice seeds planted.



- ❖ Fundraising event organised by Heather Smith and her Ukulele Group, in Hertfordshire.
- ❖ Team of volunteers spent over two weeks collecting donated hospital furniture from Royal Papworth Hospital in Cambridge - donated their hospital furniture, beds etc and some small instruments for Yonibana Sai Hospital.



- ❖ Promotion of donate day's wage and make a difference.

June/ July:

- ❖ 5-nurses receiving our bursary support completed their 3-year training course and qualified as State Enrolled Community Health Nurse (SECHN), ready to join the team at Yonibana Sai Hospital.
- ❖ Our hospital is now 89.9% equipped with qualified staff.



- ❖ New Malnourish support clinic started at YSH as death rate from malnourish babies and children increase.



August/ September:

- ❖ Fundraising event - an evening with Mukhtar Shah performing Bollywood songs.
- ❖ Tragic news about one of our volunteer driver (Sorie), who passed away.
- ❖ As Malaria, diarrhoea and vomiting spreading in the community, the BLF team started an outreach health education program to help reduce and prevent the above ailments in our community. The support from YSH has made a huge impact in reducing death rate and this was acknowledged by the District Data Officer.

- ❖ Better Lives Foundation sponsored eight volunteers to enter the 2019 Private West Africa Senior School Certificate Examination (WASSCE), final exams to enter the university for all the West Africa Students. Successful candidates are; Naomi A. Turay, Alhassan Koroma, Juliana Y. Koroma, Alhassan M. Kanu, Mohammed A. Kanu, Alpha Kamara and Alhaji S. Fofanah.
- ❖ After several exams and assessments, Foday Salam Fofanah, our General Hospital Manager, was the first of eight students who qualified and selected to pursue surgery, obstetrics and internal medicine supported by World Bank, WHO, MOHs and Capacare in Sierra Leone. This is a four-year scholarship where only eight students are selected in the whole of Sierra Leone and from the eight, Foday was the highest scoring candidate.



October/ November:

- ❖ Visit by two nurses, Merete Due & Hanne Hvingelby from Denmark. They conducted clinics and provided IPC & training and teaching to our team at YSH.
- ❖ Changing lives is central to BLF work. A young boy aged 12 volunteered to run errands at our hospital and shared his difficult childhood experiences and struggles. With the support of BLF, he was enrolled on a carpentry and civil engineering training course.
- ❖ Launch of the new BLF website
- ❖ First rice harvest yielded 35 x 50kg bags
- ❖ Ishver Patel MBE invited to become a Patron of BLF.
- ❖ 3 representatives from institutional funders visited Yonibana from the UK to evaluate the hospital expansion proposal submitted to them

December/ January 2020:

- ❖ Special recognition award - BLF best NGO "In recognition for outstanding commitment to and demonstration of the highest standards in addressing specific community needs in Yonibana, Sierra Leone."
- ❖ A medical team from Holland, comprising of Jan de Vreugd, chairman of Dental Health International Netherlands (DHIN) and Dr Berthelle Passchier, visited the Yonibana Sai Hospital. The purpose of their trip was to identify a suitable location

to establish a Dental School in Sierra Leone. On arriving in Sierra Leone, Yonibana Sai Hospital was the first place they visited, as they had received positive feedback on the work undertaken by BLF. The team together with Dr. Foday, were shown around the different wards and they offered to provide support to the dental ward and train staff.

- ❖ London School of Health & Tropical Medicine. Talk and training on FGM by Alimatu Dimonokene, our BLF ambassador.



- ❖ We were invited to attend a Town Hall Meeting (London) of the Sierra Leone Diaspora with His Excellency President Maada Bio and First Lady Fatima Maada Bio. Other dignitaries included the High Commissioner to the UK, Mr Tamba John Lamina, Deputy High Commissioner, Agnes Macauley, Minister of Trade, Dr Hinga Sandi, Chairman of Presidents Initiative of Infrastructure, Dr John Tambi, Minister of Planning and Economics Development, Dr Francis Kaikai, Minister of Finance, Mr Jacob J Saffa, Head of SL Diaspora UK and Ms Sandra Floode among many others.



- ❖ Meeting with The Chief Minister of Sierra Leone Prof David Francis and Deputy High Commissioner of SL to UK, Mrs Agnes Dugba Macauley. Met other dignitaries including, Mr Jacob Saffa, Minister of Finance, Dr Edward Hinga Sandy, Minister of Trade and Industry, Dr Francis M Kaikai, Minister of Planning and Economic Development, Dr John Tambi, Chairman of The Presidential Initiative on Infrastructure. They were very excited about our forthcoming plans to expand the

hospital and create a training and educational institution thereby increasing their human resources.

- ❖ One of our bursary student Foday Salam Fofanah secured the best surgical award.
- ❖ Devi, Dr Kani Vashneya, Aneka Sivarajah and Raj attended an event at The Francis Taylor Building in Temple. Speakers included Nimco Ali OBE, Stephen Davies MBE of the Sierra Leone Railway Museum, Mari-Anne Chikerema Chiromo of EY and Richard Honey. Opportunity to network and looking at potential future partnerships to achieve change.

February/ March:

- ❖ FGM awareness event at Edmonton Green Shopping Centre with our ambassador Alimatu Dimonekene.
- ❖ Malnourish babies and children continue to arrive at YSH malnourish clinic.
- ❖ Training conducted at Yonibana Sai Hospital on Severe Acute Malnutrition.



- ❖ Covid -19 lockdown commenced in Sierra Leone. Messages for prevention and staying safe were announced and circulated by BLF staff in Yonibana, Sierra Leone.
- ❖ Food parcels were prepared and distributed in the villages around YSH to isolated families and vulnerable adults.
- ❖ Fundraising promotion to shop online using www.smile.amazone

FINANCIAL REVIEW

Funds received by the charity are mainly from donations and volunteer fund raising. Some medical equipment was received as donations from various friends and supporters of BLF.

Donations are used for the purchase of medical equipment, medicines, utilities and other expenses related to the hospital. This includes food and transport for all the volunteers and patients treated and charges made by referral hospitals.

Bank charges include all the processing fees for credit and debit cards, Virgin Money Giving, Western Union and Paypal charges. Western Union charges made up the largest portion of these charges.

Sponsorship for the fundraising event held in Bushey have been collected by the charity in April and hence are not yet reflected in the Charities Accounts.

STATEMENT OF TRUSTEES RESPONSIBILITIES

Trustees are keeping proper records of its income and expenditure which disclose the actual financial position of the charity which comply with The Charities Act 1993.

ACCOUNTANT

The financial statements have been prepared by an independent accountant of the charity.

Signed on behalf of the Trustees

BETTER LIVES FOUNDATION



Mrs. Devi Patel
9th September 2020

BETTER LIVES FOUNDATION

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED

31st MARCH,2020

INCOMING RESOURCES

Voluntary Donations	55769	
Event Costs	-1807	
LOANS	0	
Gift Aid Tax Rebate	5860	
Bank Deposit Interest	2	

59824

TOTAL FUNDS BROUGHT FORWARD

790

60614

RESOURCES EXPENDED

Hospital Building Costs 9962

Charitable Activities

Medical Camps-	Equipment & Accessories	9723	
	Air Freight	0	
	Travel & Subsistence	14550	
	Generator & Fuel Costs	1178	
	Volunteer Wages Local	<u>6114</u>	

31565

Other Charities Donations 1250

School Fees and Sponsored Education Costs 9587

Liability Insurance 93

Telephone 1067

Printing & Stationery 787

Repairs & Maintenance 1616

Sundry Expenses 879

HMRC-Payments 0

Subscriptions 147

Bank Charges 262

57215

TOTAL FUNDS CARRIED FORWARD

3399

REPRESENTED BY:-

HSBC & METRO BANK ACCOUNT

Deposit Account 2314

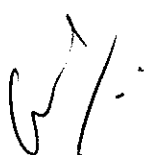
Current Account 534

Cash In Hand 551

3399

The above Financial Statement have been prepared from the records and explanations and information furnished by the Trustees and are certified to be in accordance therewith.

Suryakant R.Patel
Accountant & Auditor
Jetta House, Suite J003
15-16 Westfield Lane
Harrow, Middlesex
HA3 9ED



14th August,2020

BETTER LIVES FOUNDATION

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED

31st MARCH,2020

INCOMING RESOURCES

Voluntary Donations	55769	
Event Costs	-1807	
LOANS	0	
Gift Aid Tax Rebate	5860	
Bank Deposit Interest	2	

59824

TOTAL FUNDS BROUGHT FORWARD

790

60614

RESOURCES EXPENDED

Hospital Building Costs 9962

Charitable Activities

Medical Camps-	Equipment & Accessories	9723	
	Air Freight	0	
	Travel & Subsistence	14550	
	Generator & Fuel Costs	1178	
	Volunteer Wages Local	<u>6114</u>	

31565

Other Charities Donations 1250

School Fees and Sponsored Education Costs 9587

Liability Insurance 93

Telephone 1067

Printing & Stationery 787

Repairs & Maintenance 1616

Sundry Expenses 879

HMRC-Payments 0

Subscriptions 147

Bank Charges 262

57215

TOTAL FUNDS CARRIED FORWARD

3399

REPRESENTED BY:-

HSBC & METRO BANK ACCOUNT

Deposit Account 2314

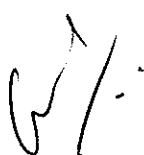
Current Account 534

Cash In Hand 551

3399

The above Financial Statement have been prepared from the records and explanations and information furnished by the Trustees and are certified to be in accordance therewith.

Suryakant R.Patel
Accountant & Auditor
Jetta House, Suite J003
15-16 Westfield Lane
Harrow, Middlesex
HA3 9ED



14th August,2020