



BETTER LIVES FOUNDATION

TRUSTEES ANNUAL REPORT FOR THE PERIOD ENDED 31st MARCH 2022



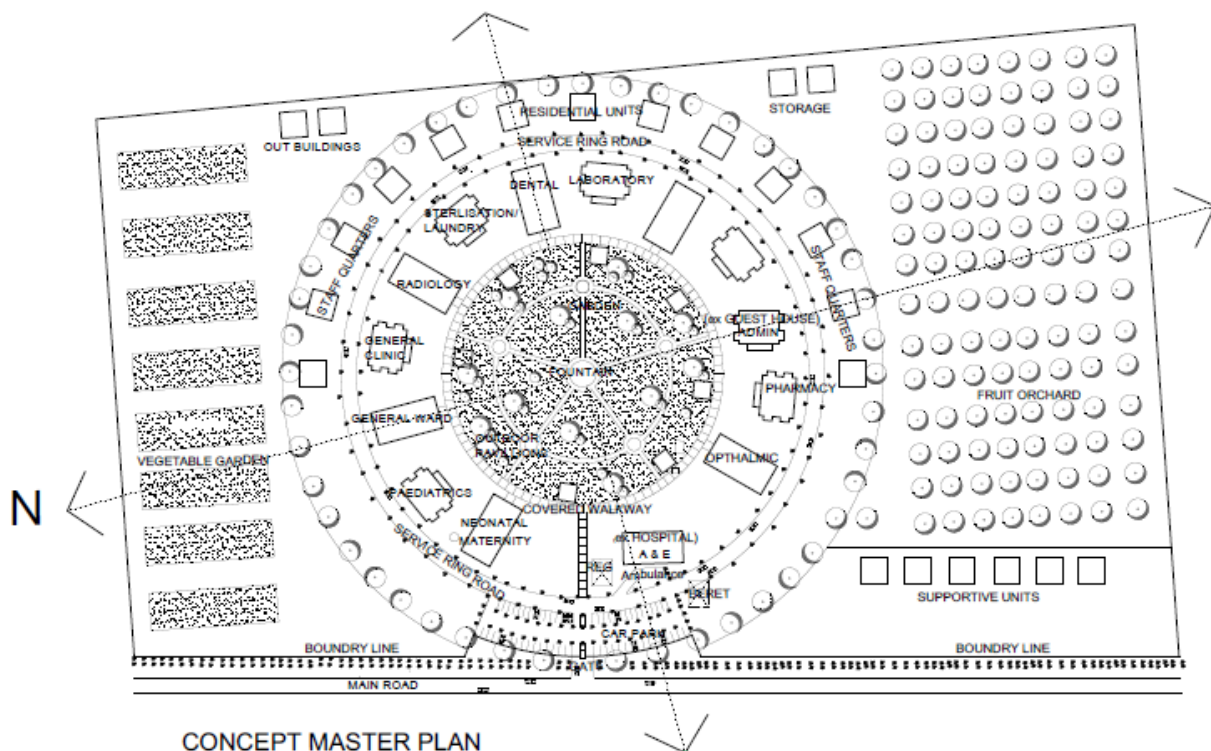
The Trustees Annual Report for the period ended 31st March 2022 continues from the previous years' Annual Report of the period ending 31st March 2021.

MANAGEMENT AND GOVERNANCE

Our approach with our volunteers' base is to provide support totally free of charge for medical, social and educational needs. The SARS Covid-19 Pandemic has made travel for UK volunteers to be very risky. As a result, most of the work undertaken by the staff at Yonibana Sai Hospital (YSH) with regular Zoom and What's App trainings and meetings to guide them through the day to day running of the hospital.

Our international teams in each Wing grows from strength to strength and 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 hospital project.

Meetings by the Trustees continue regularly online to discuss existing projects and consider new plans for expanding the hospital to provide services and training in the various medical Wings and constructing new units for the expansion plan.



Plans and consultations with our Architect, Surveyors and Constructor are well advanced. The Construction Company, Mayara Trading & Construction Company, are on board with making the Eco-Friendly interlocking bricks and the construction of all buildings. An

overall Eco Friendly Concept Plan has been finalised which would include a Neo-natal Maternal Wing, A Dental Wing, An Eye Wing, Pharmacy, Radiology Centre, full Laboratory Services and a Library.

Committees for each Wing have been formed of volunteers to plan their Wing and teaching/training curriculum. They meet regularly and report to the Trustees.

The overall aim of the expansion program is to increase the service to the community and increase human resources within Sierra Leone. Demand continues to grow from patients arriving from further afield.

ACHIEVEMENTS AND PERFORMANCE OF THE CHARITY

For the third consecutive year Better Lives Foundation has won two Yoni Excellence Awards - in the Northern part of Sierra Leone, the Tonkolili district. The awards were for:

1. Outstanding Non-Profit for The Year – Better Lives Foundation
2. Emerging Leader of the Year 2021 - Dr Foday Salam Fofanah

We continue to strive to set the highest standards in healthcare, sociocare and educare in order to maintain the highest level of service to our community.

With the commitment of our volunteers in the UK and our team in Yonibana, our work in Sierra Leone and UK continues to grow as we develop the infrastructure to manage the growing needs in Yoni Chiefdom.

April/ May 2021: A devastating fire spread through the town of Petifu Mabang, close to Yonibana. It burnt down homes, food supplies and left the residents isolated and helpless. Our Social Work team worked hard to distribute food and clothing supplies to the victims of the disaster. We are so glad to be able to help the community rebuild, and give the people a new lease of life.

- ❖ **Malnourishment** - The malnutrition crisis has been exacerbated during the pandemic due to the decline in household incomes, and insufficient availability of nutritious food. WHO estimates ~150 million of children under 5 are affected worldwide. Our Malnourishment Clinic currently supports between 14 to 17 children and babies weekly. We had a fund raising initiative on social media to get patrons involved



in getting the necessary funding for the program. For a donation of £7 per week we can help to provide nutritional and supportive care per child per week.

❖ For over a decade the BLF family has evolved and worked tirelessly to bridge the inequalities in society, healthcare and education in Sierra Leone. We had an excellent Social Media post depicting the excellent hard work and dedication of staff in Yonibana including the highlight of Dr Foday Fofanah. We are so proud of the entire BLF team, especially to Dr Foday Fofanah, whose hard work and dedication is an inspiration to all.



- ❖ Master Concept Plans for the expansion of the Hospital were agreed in Principle by all Trustees.
- ❖ An “AmazonSmile” Donate Campaign was re-run to ensure patrons and donors used the platform whilst making a difference to us as we received funds from Amazon whenever anyone bought anything from Amazon at no extra cost to them. We gave instruction so that anyone who registered us as their charity of choice, we would benefit every time they bought anything on line from Amazon.
- ❖ The various UK teams continued with their planning for the expansion program and the Optometrist, Gynaecology and Obstetrics, Pharmacy & Dental Teams working using Zoom.

June/July 2021:

- ❖ Once again, our social media team was busy promoting the participation of Sierra Leonean’s during the Olympics. A boost to Country moral.
- ❖ We are overjoyed and extremely grateful to our Ophthalmology Team led by Consultant Mr Niral Karia working at Spire Wellesley Hospital in Southend-On-Sea, Essex. Spire Wellesley Hospital made the generous donation of an Operating Microscope for our Yonibana Sai Hospital in Sierra Leone. This Microscope will play a vital role in surgeries allowing individuals with eye problems to remain independent to work and provide for their families after their surgeries.



- ❖ On World Hepatitis Day, we had a huge Social Media awareness program as Hepatitis can cause irreparable damage to the liver. We took action by testing, immunising and treating patients. Those at most risk are health care workers and newborns whose mothers are infected. Worldwide it causes 1.1 million deaths and 3 million new infections per year.

August to December 2021:

- ❖ Our Social Media team continued awareness programs during the various months promoting
 - **International Youth Day** – Telling Abdul's story who was committed and enthusiastic about his studies as a Lab Technician for BLF.
 - **World Humanitarian Day** – We were asking patrons & donors to pledge their support to us and a big shout out was given to all our volunteers and team in Yonibana for the limitless efforts in creating better futures for communities in Sierra Leone.
 - **Women's Equality Day** - We know that when a girl is empowered, the welfare of her entire family and community is transformed. We encouraged donations which would continue to help us provide sustainable solutions to empower a girl with: education, clean water, health care & healthy food.
 - **Education** – A drive to get more local sponsored students.
 - **Truth Or Dare** – Campaign to get a fun way of raising funds for the charity with involvement from many of the volunteers.
 - **Mouth Cancer Awareness** – Our dentists made a superb short video of how to check yourself for Mouth Cancer. It was a fun and informative video which had many hits on our various platforms.
 - **International Students Day** - We're proud of all our 77 sponsored students. Thank you to our sponsors who have provided education to students and provided a whole community with urgent health professionals. This was an opportunity for new donors to support future students.
 - **Shocking Statistics** – Shocking statistics published by the SL Government shows the high cost of simple medical aid which is not affordable by the poor. As a Humanitarian NGO, we provide free healthcare to every single person who walks through our hospital doors in Yonibana. We cannot do this without the generosity of donors and our Volunteers.
 - **International Literacy Day** – Another campaign was started so that we could raise funds for our Education Programs and Sponsored Students.

- ❖ Some wonderful news – Foday Fofanah becomes Yonibana's first qualified Surgeon - Dr. Foday Fofanah. This is a HUGE step in Dr. Foday's career and it will prove instrumental in serving the local needs to help with saving lives in Sierra Leone. We're overjoyed and inspired with Foday's commitment through our sponsorship programme. To



earmark the historic occasion, Dr. Foday's Graduation was celebrated with more than 500 attendees and guest speakers. Dr Foday Fofanah came to us as a young boy pumping water for all our patients. Through our full sponsorship programme he is now the first surgeon to qualify in our Chiefdom



and is also leading the BLF Team as Country Director. Great dedication and achievement.

- ❖ Dr Foday and his brilliant team delivered a premature baby, weighing in at 1.89kg. After a very difficult pregnancy with previous complications, Dr. Foday successfully operated on a young mother at 33 weeks. Both baby and mother are healthy and getting stronger. Your continued support is vital and lifesaving!
- ❖ It was with great regret and sorrow that we posted a Death Announcement on 7th September 2021 of the passing of one of our Advocating Fathers of Better Lives Foundation, Chandubhai Chaturbhai Patel, husband to Vimuben, my Dad, Father-In-Law to Raj, Father to Hina and Kamlesh, granddad to Jess, Viraj, Shree and Mihir. It was his inspiration to devote his retired time and life to helping those in need. He instilled these virtues



in our family as a result of which the foundations of Better Live Foundation were laid. He was a wonderful gentle loving soul who led an exemplary life, full of love, humour, smiles and devotion to his family, friends and strangers alike. Letters of condolences were received from around the world. I miss all His encouragement, patience, enduring and loving smiles.

- ❖ We were extremely excited to participate at the Clinical Pharmacy Congress on the 23rd and 24th September 2021. The Clinical Pharmacy Congress is the largest gathering for the clinical pharmacy profession held in the UK. I, along with Nirali Sisodia, BLF Director of Pharmacy shared the BLF our story with attendees at a presentation. Many positive responses and volunteers were recruited.



- ❖ BLF were proud to announce that Nirali Sisodia, BLF Director of Pharmacy, had been recognised nationally as one of top 12 trailblazing female pharmacists in the UK!! She works so hard to make a difference for people. Her heart and intention to always do good and be the light is what makes her the amazing soul she is! She inspires others around her on a daily basis, despite the challenges life has thrown at her, she always took them as blessings and opportunities. Well done on being the amazing woman you are today! Keep on shining and inspiring. We are so grateful that platforms like this exist, that recognise women who are making such an impact in society and are role models for future generations!

- ❖ Grateful to Dr Bijal Sisodia-Shah, BLF Director of Dentistry, who successfully negotiated the donation of three complete dental chairs from Chase Side Dental Practice, Enfield. Thanks to volunteers, these were dismantled, transported, palletised and stored at our warehouse in Slough. These have now been shipped to Sierra Leone to be installed in our Dental Department which will further benefit more patients in need. A welcome contribution to the Expansion Program in Yonibana.



January to March 2022:

- ❖ Kadiatu, 34 years of age came to us with severe abdominal pain. She could not afford transport to a mainstream hospital let alone the operation fees. Kadiatu along with her family were counting on us to find a solution. Dr. Foday successfully operated on her hernia. Thanks to the generosity and support, Dr. Foday and his team are able to carry out such procedures totally free of charge to families like Kadiatu's. Another four patients; Ibrahim, Pa Sullah, Amadu and Saidu (seven-year-old) were also successfully operated on with various hernia diagnosis. Families like these count on us to relieve them of pain, distress and financial burden.
- ❖ Dr. Comfort Momoh, MBE's charity, Global Comfort, to mark Zero FGM Tolerance Day organised a sponsored walk in East Barnet, Hertfordshire. Anti FGM activists with Professionals from all walks of life, including Better Lives Foundation, A Girl At A Time - SL, Hawa Trust, Seye Paceworking and sponsors Olu Olu Foods for Slimming World and other local charities came together for the walk themed WalktheWalk to raise awareness around FGM, health and well-being. Raj Patel & I represented BLF for the walk.
- ❖ One of our volunteers (super seamstress), Prafula Vadgama, created fabulous handmade drain bags which would provide extra comfort to patient's post-surgery at MacMillan Cancer Support at St George's University Hospitals, Tooting, London. With thanks to Kalpna Latham for sourcing the materials and hand delivering the bags to The MacMillan Cancer Support. Some of our other volunteers have now got involved in this initiative, making the patients more confident to venture out after surgeries as they use the bags to house their drip bags, making it more socially acceptable.



- ❖ Dentists Who Invest Store celebrated the launch of their online store by announcing the partnership with Better Lives Foundation. They recognised our efforts in Sierra Leone and wanted to get involved in the teaching Dental Hospital. They will be supporting BLF through their Flagship Product EnviroGloves. 20% of the profit of each EnviroGloves order goes towards BLF. EnviroGloves are an Eco Friendly Non-Procedural Glove which can be used in virtually any application in the dental practice aside from clinical procedure themselves. EnviroGloves are a better value alternative to Nitriles and contain virtually none of the irritants or pollutants found in Nitriles therefore making them more holistic. They are also 2/3rds the price of standard Nitrile gloves. This would represent a saving of £150 a month on gloves for the average dental practice. They encouraged their Dentist members to buy their EnviroGloves thereby benefitting BLF directly.

- ❖ To mark **International Women's Day** a peaceful march took place in Freetown,



Sierra Leone on 8 March 2022 led by "A Girl At A Time - SL". Our social workers alongside other groups and organisations such as "Not In My Name" and "TINAP" stood in solidarity to "BreakTheBias" to end discrimination & violence against women. Chants of "My body, my right - stop FGM now" echoed on the streets. The public were invited to sign & print their hands to show their support to ban the cruel, inhuman practice of FGM. FGM is a serious concern in Sierra Leone. It's milestones like this which gives us more momentum to work harder to change lives and attitudes.

- ❖ Our brilliant Optometry & Ophthalmology Team, Gynaecology & Obstetrics Team, Dental Team & Pharmacy Team continue working hard to plan and build the first University Teaching Hospital in Sierra Leone.

FINANCIAL REVIEW

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

Donations are used mainly for the purchase of medical equipment, medicines, IPC materials, salaries for the staff in Yonibana, NASSIT payments, stipends, food and transport for all the staff, volunteers and patients treated and charges made by referral hospitals, utilities and other expenses related to the hospital. These form the majority of all expenses incurred by the charity. Solar Energy has created a tremendous savings from the generator & fuel costs compared to previous years.

Bank charges include all the processing fees for credit and debit cards, InvestMyCommunity, Western Union and Paypal charges. Competitors of Western Union were used to reduce the bank charges considerably lower and with better exchange rates.

We continue to support two other charities in India – Rama Krishna Mission and Amba Trust.

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
17th January 2023

BETTER LIVES FOUNDATION**STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED****31st MARCH,2022****INCOMING RESOURCES**

Voluntary Donations	44484	
Event Costs	0	
Loans	0	
Gift Aid Tax Rebate	12097	
Bank Deposit Interest	0	
		56581
TOTAL FUNDS BROUGHT FORWARD		<u>3541</u>
		<u>60122</u>

RESOURCES EXPENDED

Hospital Building Costs		305
<u>Charitable Activities</u>		
Hospital Operational costs: Equipment & Accessories	7290	
Medicines & Drugs	13175	
Air Freight	768	
Travel & Subsistence	9216	
Generator & Fuel Costs	130	
Volunteer Wages Local	<u>14734</u>	
		45313
Other Charities Donations		502
School Fees and Sponsored Education Costs		2372
Liability Insurance		102
Telephone		187
Printing & Stationery		1054
Repairs & Maintenance		738
Sundry Expenses		525
Marketing Costs		1766
Subscriptions		134
Bank Charges		<u>646</u>
		<u>53644</u>
<u>TOTAL FUNDS CARRIED FORWARD</u>		<u>6478</u>

REPRESENTED BY:-**HSBC & METRO BANK ACCOUNT**

Deposit Account	1347	
Current Account	83	
Cash In Hand	<u>5048</u>	
		<u>6478</u>

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



10th January, 2023

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