



BETTER LIVES FOUNDATION

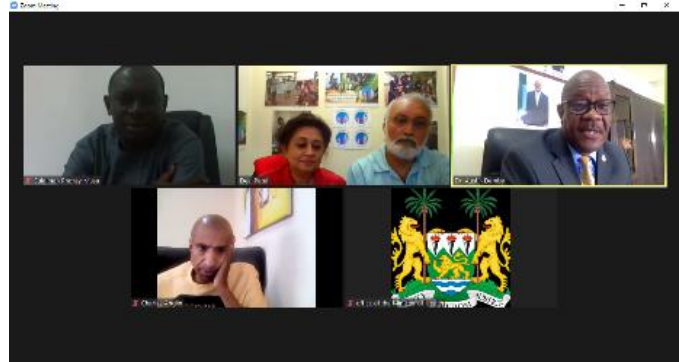
TRUSTEES ANNUAL REPORT FOR THE PERIOD ENDED 31st MARCH 2023



MANAGEMENT AND GOVERNANCE

In the post-Covid-19 era, we persist in utilizing our volunteer base to offer unconditional support for medical, social, and educational needs in Yonibana. The dedicated international volunteers are actively engaged with the staff at Yonibana Sai Hospital (YSH) conducting regular Zoom and WhatsApp training sessions and meetings to navigate the operations of the hospital.

Throughout the year, our Head of Departments for each Wing has achieved another highly productive period, witnessing continuous growth. We exercise stringent control over administrative costs, ensuring they are kept to a minimum, and we direct received donations towards our hospital project.



Regular trustee meetings are conducted online to assess the current status of the project, considering the dynamic global economic landscape and inflationary trends in Sierra Leone. Despite these challenges, plans for expanding the hospital to enhance services and training in various medical wings, along with the construction of new units, are continuously under review, with budgetary requirements evolving every few months.



Collaboration with our architect, surveyors, and constructor is in full swing, with Mayara Trading & Construction Company in Freetown actively engaged in producing Eco-Friendly interlocking bricks and commencing the construction of the party wall. A comprehensive Eco-Friendly Concept Plan has been finalized, detailing the establishment of a Neo-natal Maternal Wing, Dental Wing, Eye Wing, Pharmacy, Radiology Centre, full Laboratory Services, and a Library.

Individual committees for each wing, including Optometry, Gynecology and Obstetrics, Pharmacy, and Dental Teams, convene regularly to finalize plans and develop teaching/training curricula, consistently updating the Trustees on their progress.

The overarching goal of the expansion program is to enhance community service and bolster human resources in Sierra Leone, responding to the increasing demand for services from farther regions.

The international team visited YSH in June and November 2022 to oversee hospital expansion and staff assessment, providing services in the Eye Wing and Gynecology Wing. The team delivered in-house training and conducted staff assessments. Throughout the year, 1,088 patients received spectacles, 264 hernia operations were performed, including pediatric hernias, 3,468 patients received gynecological and pediatric consultations, 2,567 were treated for chronic and acute ailments, 269 received malnourishment packs, and 3,694 were tested for malaria.

CHARITY ACHIEVEMENTS AND PERFORMANCE

Our dedication is unwavering in upholding the highest standards in healthcare, sociocare, and educate, providing excellent service to our community.

The collaboration between our international volunteers and the Yonibana staff continues to drive progress in our initiatives in Sierra Leone. Initially, patients were coming from within the Yoni Chiefdom, covering a 15-mile radius. However, this scope has expanded to 51 miles, highlighting a heightened demand for our free medical services.

Our primary focus remains on building the necessary infrastructure to address the increasing needs within the Yoni Chiefdom.

In this timeframe, we efficiently packed containers with crucial hospital beds and medical supplies for transport to Sierra Leone. Despite challenges presented by the COVID-19 pandemic and significant spikes in shipping costs, which had quadrupled, volunteers worked diligently during our packing day. To address the escalated shipping expenses, a fundraising appeal was launched. Ultimately, three 40-foot containers arrived at Yonibana Sai Hospital (YSH).



Acknowledging the concerning maternal and infant mortality rates in Sierra Leone, we initiated a fundraising campaign to enhance our Neonatal and Maternity Wing, providing medical assistance, baby supplies, and hygiene items.

Grateful for the generous support from businesses, organizations, and individuals, we not only achieved but surpassed our fundraising goal. Utilizing platforms like Crowdfunder, securing corporate sponsorships, and organizing volunteer-led events like a triathlon, we successfully raised an impressive £33,500.

Eleven students sponsored by the Better Lives Foundation successfully graduated as Maternal & Child health Aids (MCHAids), with 45% returning to work at Yonibana Sai Hospital and 55% secured prominent positions at government health units.



A notable moment for the Better Lives Foundation occurred during the fundraising show in May 2022, which featured the Bollywood singing sensation Sairam Iyer. This freely accessible online event, lasting sixty minutes, presented live music and allowed listeners to make contributions to the cause. Sairam Iyer, inspired by the foundation's efforts, actively supported the event by using his distinctive dual-voice singing to raise awareness and donations. The outcome was a remarkably successful event that impacted lives from the comfort of people's homes.



In June 2022, the adoption of Ecofriendly Interlocking bricks commenced, eliminating the need for mortar between layers, except for the foundational layer. Crafted from our own soil, fine sand, binding agent, and cement, these bricks offer a sustainable alternative.



Notably, a single bag of cement yields 75 of these eco-friendly bricks, a stark contrast to the traditional method, which produces only 14 bricks per bag. Furthermore, our eco-bricks are significantly more cost-effective, priced at less than half the cost of pure cement bricks. The party wall has been successfully constructed using the eco-friendly bricks. Additionally, two new wards, a laboratory, and a new reception area have been completed.

A generous donation from Saturn Amenities Corporation FZCO provided a generator to serve hospital patients during nights when backup electricity is needed.

A heartfelt thank you goes out to Kalpna Latham for diligently sourcing materials and personally delivering these bags to MacMillan

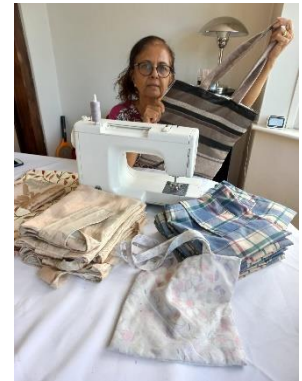


period.

Our exceptional volunteer, the incredibly talented seamstress Prafula Vadgama, pours her heart and skill into creating this beautiful handmade shoulder and drain bags. These bags are not just accessories; they are small tokens of comfort and care for patients recovering from surgery at MacMillan Cancer Support at St George's University Hospitals in Tooting, London, and some of our patients at Yonibana Sai Hospital in Sierra Leone.



Cancer Support. The involvement of several other compassionate volunteers in this initiative adds a layer of warmth and humanity to the process. It's more than just crafting bags; it's about creating a sense of security and normalcy for patients as they navigate the challenging post-surgery



These handmade bags, carefully stitched with empathy and compassion, play a significant role in boosting the confidence of patients. They serve as more than just practical carriers for drip bags; they become symbols of resilience, support, and a community coming together to make the journey to recovery a bit easier.

Throughout these months, our social media team diligently carried out awareness programs, promoting various fundraising events.

A Richmond Park Sponsored Walk involved numerous volunteers undertaking a 10Km walk through the scenic Richmond Park. Simultaneously, similar walks were organized in Bradford, Scotland, Yonibana, and Uganda by our dedicated volunteers.

Scotland also hosted a 10Km Sponsored Walk.

In Bradford, 58 ladies, ranging from 5 to 70 years old, participated in a Sponsored Walk, covering 816,640 steps through picturesque West Yorkshire.



Yonibana experienced its first-ever Sponsored Walk, organized by staff and volunteers, garnering positive feedback from the community and local businesses, fostering a deeper appreciation for BLF's impact.



Uganda saw its inaugural Sponsored Walk, led by Dr. Fofanah and numerous university students.

Dr. Foday Salam Fofanah was nominated and elected to the Director Standing Committee on Reproductive Health position by the Medical Students Association and the entire West African students in Uganda.

Dr. Foday Fofanah represented Sierra Leone and BLF at the 19th Federation Uganda Medical Student Association (FUMSA) General Assembly in October 2022, emphasizing the theme "PREVENTIVE MEDICINE A CORNERSTONE FOR HEALTH PROMOTION."

During the final quarter of 2022, our team consisted of seven members, featuring Dr. Hannah Mistry (Head Of BLF Gynae & Obstetrics Team, Consultant Gynaecologist), Dr. Ramana (Consultant Anaesthetist), Kantibhai Mistry (Head of BLF Optometry Team), Devi Patel (Managing Director), Raj Patel (Finance Director) and four additional individuals.





The ophthalmology department conducted vision tests for 176 patients, providing prescriptions and dispensing over 200 spectacles and sunglasses. The Eye Clinic was established in the recently converted ward, formerly known as the old Beret. The ward is now fully operational, accepting patient admissions.



The entire team visited Moshimba Village to officially open the school on behalf of Dr. Pamela Kaushal and the Vidya Jyoti Foundation. We were warmly welcomed with lively dancing, singing, and expressions of gratitude through speeches. Vidya Jyoti Foundation enlisted the expertise of our master builder, who successfully constructed three classrooms, an office, and a storeroom for the school, all built with our eco-friendly bricks. This served as an excellent opportunity to showcase both our sustainable bricks and the skills of our builder.



We convened a stakeholder meeting with participants from various areas and villages, including the Paramount chief, Chiefs of villages, Head Imams, Priests, Business owners, Local Radio, and social media teams. During the meeting, we had the pleasure of meeting representatives from Saturn Industries, a remarkable company currently constructing the largest Plywood factory in Africa for Miro Forestry. They have brought in 15 expat engineers from India. Delighted with our hospital facility, they have generously committed to providing us with their expertise and advice for our expansion program at no cost.



We received a visit from Dr. David Kamara, President of the Sierra Leone Medical and Dental Council, and Mr. Reynold Senesi, WHO representative for Oral Health in Sierra Leone. They expressed great satisfaction with our facility, commending the professionalism of our staff and the high standards of hygiene and cleanliness maintained in the hospital. In collaboration with Kings College Hospital in London, we are actively involved in developing the curriculum for the Dental Therapy course in Sierra Leone.

Both Dr. Kamara and Mr. Senesi provided valuable guidance on the necessary procedures to pursue in order to attain university status for our project.



Our sponsored Agriculturist, Abu Conteh, returned and initiated a nursery, experimenting with various crops. Successfully cultivating Lady Fingers, Watermelon, Cabbage, Green Peppers, Tomatoes, Chillies, Cucumber, and Irish Potatoes, he demonstrated his skill. Due to the demand for specific crops, a larger section of the nursery was dedicated to him, focusing on the growth of four crops for which he has secured buyers.



Our clinic for malnourished children operates successfully every Wednesday, catering to over 175 children monthly. Parents and grandparents attend regularly, expressing satisfaction with the noticeable progress their children have made in recovering full health and weight. Recognizing that caregivers may also face challenges, we screen parents and grandparents for conditions such as anxiety, depression, and potential nutrition deficiencies.

It's noteworthy that many mothers bringing in their children are themselves young, barely 15 or 16 years old. The mothers collectively expressed gratitude through a song, extending their thanks to BLF and all those supporting this impactful program.



Our quarterly provision of food items targeted the disabled, elderly living alone, and those facing poverty and isolation. We coordinated the delivery of food from our location, where both the local staff and the UK team assembled 108 packages. Over a two-day period, the staff and the UK Team distributed these packages. The recipients, comprising families and individuals, expressed profound gratitude for the food parcels, which included essentials such as rice, Maggie, onions, sugar, and salt.



FINANCIAL REVIEW

The primary sources of funding for the charity are donations and volunteer-led fundraising initiatives and events. While some medical equipment is procured through purchases, others have been generously donated by friends and supporters of BLF.

Donations play a pivotal role in covering various expenses, encompassing the acquisition of medical equipment, medicines, Infection Prevention and Control (IPC) materials, stipends, repairs and renewals, utilities, and food, as well as transportation for admitted hospital patients. The implementation of solar energy has significantly reduced daily operational costs, leading to

substantial savings. Moreover, the utilization of a backup generator and fuel costs has experienced a notable decrease compared to previous years.

To mitigate bank charges, alternative services like Western Union have been utilized, leading to considerably lower bank charges and more favorable exchange rates. These charges include processing fees for credit and debit cards, as well as fees from financial services such as InvestMyCommunity, Western Union, Ria, Remitly, and Paypal.

In addition to local initiatives, BLF dispatched three 40ft containers to Sierra Leone containing hospital equipment, fixtures, and fittings generously donated by The Royal Papworth Hospital in Cambridge. The expenses related to freight, release fees, and transportation to the hospital experienced a significant increase post-Covid-19, exacerbated by fuel price hikes. These additional costs were covered through specific donations earmarked for this purpose.

During the visits of the Eye and Gynaecology and Obstetrics teams in the final quarter of 2022, Sierra Leone faced a fuel shortage crisis, resulting in a quadrupling of the cost per liter. The high expenses incurred for internal travel during the team's visits to various villages and locations further contributed to the overall elevated travel costs.

The Statement of Trustees Responsibilities affirms that the trustees diligently maintain accurate records of income and expenditure, ensuring compliance with The Charities Act 1993 and providing a transparent view of the charity's actual financial standing.

STATEMENT OF TRUSTEES RESPONSIBILITIES

The trustees are maintaining accurate records of the charity's income and expenditure, providing a transparent depiction of its actual financial standing in compliance 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. Hina Patel
31st January 2024

BETTER LIVES FOUNDATION**STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED****31st MARCH,2023****INCOMING RESOURCES**

Voluntary Donations	100254	
Event Costs	11587	
Loans	0	
Gift Aid Tax Rebate	13280	
Bank Deposit Interest	0	

125121**TOTAL FUNDS BROUGHT FORWARD****6478****131599****RESOURCES EXPENDED**

Hospital Building Costs 12038

Charitable Activities

Hospital Operational costs: Equipment & Accessories	2800	
Medicines & Drugs	7614	
Air Freight	29683	
Travel & Subsistence	10075	
Generator & Fuel Costs	239	
Volunteer Wages Local	<u>32548</u>	

82959

Other Charities Donations 0

School Fees and Sponsored Education Costs 2539

Liability Insurance 547

Telephone 421

Printing & Stationery 873

Repairs & Maintenance 1004

Sundry Expenses 210

Marketing Costs 1026

Subscriptions 90

Bank Charges 343

102050**TOTAL FUNDS CARRIED FORWARD****29549****REPRESENTED BY:-****HSBC & METRO BANK ACCOUNT**

Deposit Account	502	
Current Account	583	
Cash In Hand	<u>15542</u>	16627
United Trust Bank Seira Leone		<u>12922</u>
		<u>29549</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



31st January, 2024

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