

ORTHO CYCLE FOUNDATION

England & Wales · Charity number 1159167

Details

Other names ORTHOCYCLE

Status Registered

Legal form CIO

Registered 2014-11-11

Register [View on the Charity Commission register](#)

Contact

Address 85 Palatine Road
Withington
Manchester
M20 3LJ

Phone 07595627385

Email info@orthocycle.org

Website www.orthocycle.org

Activities

Objects: 1) THE ADVANCEMENT OF EDUCATION FOR THE PUBLIC BENEFIT IN THE SUBJECT OF HEALTHCARE2) THE PRESERVATION AND PROTECTION OF HEALTH BY EDUCATING HEALTH WORKERS WORKING WITH THE PUBLIC AND PROVIDING RECYCLED MEDICAL ITEMS3) THE ADVANCEMENT OF HEALTH BY RELIEF OF SICKNESS, DISEASE OR HUMAN SUFFERING

Activities: Orthocycle's current activities
Outside the UK provide surgical training / treatment to less developed nations, especially those affected by conflict
Inside the UK provide surgical training to UK doctors on the subject of foot and ankle provide surgical training to UK doctors on the subject of external fixation provide training to UK doctors on aspects of major incident management

Classification

- **How:** Makes Grants To Individuals, Makes Grants To Organisations, Provides Human Resources, Provides Services
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, Armed Forces/emergency Service Efficiency
- **Who:** Children/young People, Elderly/old People, People With Disabilities, Other Charities Or Voluntary Bodies, The General Public/mankind

Geography

- Syria
- Tanzania
- Manchester City

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£24,877	£24,327	-	-
2024-03-31	£17,733	£21,454	-	-
2023-03-31	£71,565	£67,812	-	-
2022-03-31	£10,978	£7,847	-	-
2021-03-31	£7,059	£6,802	-	-

Trustees

Name	Role	Appointed
DR AMER SHOAI BSC(HONS) LMSSA MRCS(ED) FRCS(ORTHO)	Chair	2014-03-20
Dr CAROL-ANN MCARDLE		2014-03-20

ORTHOCYCLE FOUNDATION

England & Wales - Charity number 1159167

Accounts

Orthocycle Foundation

Report of the trustees for the year ending 31st March, 2025

The Trustees of The Orthocycle Foundation Charity present their annual report and accounts for the year ended 31st March 2025 and confirm they comply with the requirements of the Charities Act 2011, the trust deed and the Charities SORP (FRS 102).

Our Aims

- To recycle medical appliances from the UK to less developed countries
- To build capacity in less developed countries by service provision and training

Our Objectives

- To provide a conduit for the recycling of medical appliances in less developed countries with the necessary infrastructure in the UK and abroad
- To raise funds for the running of the operational arm of the charity
- To aid capacity building in less developed countries by service provision, teaching, training and exchange programmes
- To fund educational activity compatible with the aims of Orthocycle

Activity

- Overall Activity

The level of activity of Orthocycle in the financial year April 2024 to March 2025 was decreased compared to previous years. This is because both of the Orthocycle trustees suffered significant health issues which decreased their opportunities to spend time on the charitable work of Orthocycle. However, despite this, there was still considerable activity in pursuit of the aims of Orthocycle – recycling and training doctors in specialist areas of surgery. The main areas that were decreased was surgical treatments in our partner countries and running courses within the UK.

- Recycling

Orthocycle has continued to recycle considerable volumes of orthotics, including rehabilitation boots, knee braces, and spinal braces. These shipments have been sent to Tanzania mainly, but we have now expanded to distribution to Iraq and Libya. These destinations have received much smaller volumes, but the equipment sent has been specifically chosen so that all of the orthotics and surgical equipment sent are to address specific needs. Orthocycle has been able to justify the costs of shipping to these locations, on the basis that the price of the donated equipment sent is vastly more than the price of shipping.

Orthocycle has also been gifted large volumes of surgical equipment, which are now held in storage. These include laryngoscopes, resuscitation equipment, aprons, surgical masks, and ambulance helmets. These are of considerable value to our partner countries, although they were donated free of charge. Some of the volume would not be cost effective to ship – principally surgical masks and aprons, and these are being distributed to UK destinations that would find them useful free of charge. This includes surgical labs.

Orthocycle has been supported by the donation of unwanted bespoke items from the NHS, as these would have been disposed of and wasted ordinarily. We are grateful to the commercial and NHS entities that have donated these unwanted or surplus orthotics.

- Storage

In the previous financial year, Orthocycle started using commercial storage space to accommodate, sort and dispatch boxes of orthotics and surgical equipment. This was necessary as the volume of donations was so significant that this could no longer be run from domestic property as had been possible in previous years.

The large donation of surgical equipment, resuscitation equipment and surgical masks was of considerable size – comprising 23 pallets of equipment. As the purchase value of these was considerable, we have invested in commercial storage to house these items until these are shipped to an appropriate destination, or donated within the UK to a suitable recipient. There is a large volume of surgical masks, which are out of date. These are being slowly distributed to surgical labs, but are costly to store. As the alternative would be incineration or landfill, we have continued to store these items in the hope of finding a network to distribute these. There are three 20 foot shipping containers housing this in commercial storage. As soon as there has been enough distribution of equipment, we can scale back the scale of storage required. The costs are being met by Orthocycle funds. This would be a suitable focus for donors to contribute to.

Orthocycle has a storage facility on Zanzibar in order to house the shipping that is sent to Tanzania. This includes surgical stores as well as orthotic stores. This is paid for by Orthocycle but at a cost of only \$150 per month. This allows us to sort and distribute boxes of orthotics within Tanzania.

- Cadaveric Surgical Courses

In March 2025, we were able to run a foot and ankle cadaveric surgical course in the Surgical Skills Centre in Manchester. This was successful in teaching UK and visiting surgeons the principles and practice of managing trauma to the foot and ankle, and generated highly complimentary feedback from the delegates.

Our aim is to continue to run such courses in the future. They have a large financial outlay, which is normally met by sponsorship and delegate fees for

courses. A decrease in the number of courses this year has resulted in less income from this source.

- Circular Frame Course in Dar Es Salaam, Tanzania

In November 2024, Orthocycle ran a free two day course in Muhimbili Orthopaedic Institute in Dar Es Salaam. Although no longer the capital city, Dar Es Salaam is still the commercial hub and the medical educational hub in Tanzania. The course used saw bones, which were taken to Tanzania by us. The equipment was also supplied by us, but the audiovisual facilities and venue were supplied by the Muhimbili Orthopaedic Institute. The course was overseen by two surgical faculty from the UK – Alwyn Abraham and Amer Shoib, but a significant contribution was made by Tilumanywa Mkama, who made a lot of logistical provisions and also liaised directly with Muhimbili Orthopaedic Institute. The delegates did not pay Orthocycle for attending the course. This is in line with our values.

The course was very successful. The course was attended by over 40 delegates from all over Tanzania, including from Mwanza in the north west and Dodoma in the West.

The course was appreciated by the delegates, although the availability of circular frames is limited in Tanzania due to the cost. For many delegates, this was their first practical exposure to circular frames. The aim of the course was to encourage trainee surgeons to develop an interest in this type of surgery so that it can be provided more widely within Tanzania.

There were areas of concern from the course. The charge for catering was over £1100. This was far more than would be expected in Tanzania, where food is very cheap, and a concern that we were being exploited was raised by Mr Mkama, a Tanzanian diaspora, which was echoed by others. This represents a breach of trust. As a result of this, we are minded not to work in Dar Es Salaam, but to focus on other hospitals where we feel that we have more trust in our partnerships.

- Mnazi Mmoja Hospital, Zanzibar, Tanzania.

We visited Mnazi Mmoja Hospital in November 2024 in order to work with our orthopaedic colleagues there. The lead orthopaedic surgeon was not there, and we struggled with liaison with the hospital. This stemmed from a lack of engagement with the international liaison department, despite the Minister of Health being very enthusiastic for our involvement in the development of orthopaedic surgical services in Zanzibar. We met other visiting foreign surgeons, which has opened opportunities for joint working and coordination of training possibilities in the future. We have submitted a memorandum of understanding to lay out our respective responsibilities but this has not yet been signed.

- The Orthocycle website has been updated with Twitter postings and Linked In postings. Twitter/X and LinkedIn have not been used in this financial

year. Although there are events that we could celebrate from our activity, this seemed inappropriate in the light of the ongoing conflicts around the world.

- East African Health Summit

We attended the East African Health Summit held at the Royal College of General Practitioners in Euston. This allowed us to meet with our previous contacts from Tanzania, and meet new potential collaborators.

Future Plans

Despite the limitations to our activity from illness of the Trustees, the three aims of Orthocycle have all been achieved this year and the aim for the next year is to continue with these.

This means that we would like to continue recycling to Tanzania especially, as well as providing treatments abroad and providing training within the UK and abroad.

We are recycling to several countries now, and we hope that there will be opportunities to recycle more. The limit on our storage means that we cannot collect as much as has been offered from individual donors in the past. The large donations have been accommodated but we are now stretched to our limits for storage as this has cost implications, and we should scale back to match income as soon as possible.

There is an East African Health summit held annually at BMA House in London, and we plan to attend this again. We have since had positive feedback from the Zanzibarian Health Department and aim to maintain our involvement in Tanzania. We would like to be involved in Zanzibar and on the mainland but as we have had more engagement from Zanzibar, this will be where we concentrate our efforts.

Education for doctors and nurses is one of our main objectives, and there are several further courses on the horizon, including cadaveric courses on the foot and ankle, amputations and orthopaedic fixation methods.

The outgoings for working in Turkey were unsustainable in previous years, and this activity was not financially possible in this financial year. It is not anticipated that Orthocycle can independently fund these missions, and we will need to work with partners in order to allow these to continue.

Our Finances.

The initial balance was £553.35.10. The final balance was £1104.75. The account remained in credit for the whole financial year. The income for the year was £24, 876.93. The overall balance has been in credit, but the charity does not have a safety net or reserve in case the level of donations dips. The expenditure was cost effective despite our decrease in overall activity. This lessening of activity is partly from activities that would have provided income. We should however have sufficient funds to dispose of Orthocycle assets in the case of winding up of the charity.

The principal sources of income were from the cadaveric courses, as well as individual donations from the general public within the UK and the Trustees.

The hospitals in Tanzania have no associated costs apart from travel and accommodation for Orthocycle surgical teams.

No trustee was paid or reimbursed for expenses in this or other financial years.

Reserves and Financial Health

The Trustees reviewed the finances, budgets and spend against budget.

The Trustees consider that the charity financial status is satisfactory. There remains stable cash flow from the general public, from courses and from the Trustees. Costs mirrored income. However, a financial reserve would be desirable.

Structure, Governance and Management

The charity trustees are responsible for the overall management and control of the Orthocycle Foundation Charity.

All trustees give of their time freely and no remuneration or expenses were paid in the year. No person connected with a Trustee received any benefit.

Accounts of the Orthocycle Foundation 2024-2025

Initial Balance	£553.35
Payments In	£24876.93
Payments Out	£24,326.53
Remaining Balance	£1104.75

ORTHOCYCLE FOUNDATION

England & Wales - Charity number 1159167

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Our Objectives

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- To raise funds for the running of the operational arm of the charity
- To aid capacity building in less developed countries by service provision, teaching, training and exchange programmes
- To fund educational activity compatible with the aims of Orthocycle

Activity

- Surgical equipment for recycling has continued to be collected throughout the year. Shipments were sent by courier to Tanzania, which included orthotic boots, knee braces and other orthotics. The cost of transport was borne by the surpluses from Orthocycle courses. These were transported by sea rather than by air, and this was more economical for the volumes sent. However, it required logistical support in Tanzania for the receipt, transport and storage of equipment. These items are stored in Zanzibar, where we have a storage facility, which is clean and dry, although distribution to the mainland would be a problema
- Cadaveric Surgical Courses

In February 2024, Orthocycle helped to organised a series of cadaveric surgical courses at Salford University and the Manchester Surgical Skills and Simulation Centre within the medical school in Manchester. There were five courses that ran. These were

Lower limb trauma surgery

Pelvic Surgery

Foot and Ankle Surgery

Upper Limb Surgery

Hand Surgery

These courses were organised in conjunction with a Manchester Trauma Charity, who also conducted a course on high acuity low incidence procedures.

The courses generated very positive feedback.

- Forefoot Course

Orthocycle organised a forefoot surgery course with Orthosolutions at Manchester Metropolitan University in May 2023. This course had mainly local faculty but with some from outside the northwest region. This course was well attended. The delegates were junior doctors and nurses. Most of these were from the northwest region but we had delegates from all over the UK attending. The feedback from the course was very positive and this is a course that we would like to continue running in the future. The course content was completely revamped following feedback from previous courses.

- Mnazi Mmoja Hospital, Zanzibar, Tanzania.

We visited Mnazi Mmoja Hospital twice in this financial year. Although we had previously taken a multidisciplinary team to the hospital, it was not possible to repeat this, as the costs of air travel to Tanzania had increased to such an extent that it was not possible for Orthocycle to pay for these costs, and it was also prohibitively expensive for the allied health professionals who were hoping to go. This resulted in only two health workers travelling on these missions - Amer Shoaib and Tilumanywa Mkama.

The surgical missions involved operative surgery and teaching of medical and nursing staff. We were also able to deliver further surgical equipment and orthotic equipment that had been donated in the UK by the general public.

We had transported equipment previously, and did not have the same problems with the revenue authority.

- Turkey and Syria

The outgoings for working in Turkey were unsustainable in previous years, and this activity was not financially possible in this financial year. It is not anticipated that Orthocycle can independently fund these missions, and we will need to work with partners in order to allow these to continue. We were able to sustain missions with partner organisations including Action for Humanity. This involved a mission to Turkey and Syria to provide medical support for victims of the 2023 earthquake affecting the region. We were able to supply medical equipment and orthotics which were used for earthquake survivors as well as victims of the civil war in Syria. Our colleagues in Syria operated with us and there were expressions of gratitude from our surgical colleagues and from patients who received treatment.

We were supported by a Libyan orthopaedic company to complete a mission in Libya in November 2023. This involved clinical work in Tripoli at the University Hospital and at the Trauma Hospital and also at the Misrata Hospital. This mission involved training on foot surgery and Charcot surgery. We also performed surgery to manage difficult Charcot cases that they had earmarked for our visit. This was well received and we remain in contact as they would like us to run a larger Charcot surgery course in the future.

We were able to partner with our colleagues at the David Nott Foundation in a mission to Libya in February 2024. We were involved in delivering the training course on this course,

and we also provided training and medical equipment and orthotics to Libyan surgeons in Tripoli at the Trauma Hospital.

- Orthocycle purchased many items of surgical equipment for future use. Most of this was consumables. This included wires for the application of Ilizarov frames, and skin graft knives. We also purchased orthopaedic screws from Pakistan, which are far cheaper than UK purchased equipment.
- The Orthocycle external fixation course was successfully run in conjunction with Stryker, who are the regular sponsor for this event. This generated positive feedback, but there were some items in the feedback that suggested that the course needs alteration. The course lectures are all up to date, but the time available does not allow all the practicals to be performed and for the case discussions. The case discussions are an important part of the course as they give guidance on decision making. It will be necessary to remove some components of the course and the upper limb external fixation is the likely target, so that case discussion is left enough time.
- The Orthocycle website has been updated. There are active Twitter postings and Linked In postings. The twitter page has been active in promoting the courses conducted in the UK as well as missions performed in other countries.

Future Plans

The three aims of Orthocycle have all been achieved this year and the aim for the next year is to continue with these. This means that we would like to continue recycling to Tanzania especially, as well as providing treatments abroad and providing training within the UK and abroad.

The recycling of orthotic boots and braces remains a success, and this is due to the generosity of the British public who have sought out our charity to recycle their boots, knee braces and other medical equipment.

We were in attendance at the East African Health summit held annually at RCGP in London. At this meeting, we met colleagues from Zanzibar, and discussed future plans with them. We also met with colleagues from the Tanzanian mainland, including surgeons from Muhimbili Orthopaedic Institute. They are specifically interested in training for circular frame surgery.

Education for doctors and nurses is one of our main objectives, and there are several further courses on the horizon, including a forefoot course, an external fixation course and a series of cadaver courses along the lines of the courses run in this financial year.

Our Finances.

The initial balance was £4274,89. The final balance was £553.35. The account remained in credit for the whole financial year. The gross income was lower than previous years, but this is because we were not financially involved in the cadaveric courses. The overall balance has been in credit, but the charity does not have a safety net or reserve in case the level of donations dips. Expenditure would have to be funded through running more courses.

The principal sources of income were individual donations from the general public within the UK.

The hospitals in Tanzania have no associated costs apart from travel and accommodation for Orthocycle surgical teams. From a financial perspective, this is cost effective for the delivery of Orthocycle's objectives. We have invested in renting a storage facility which is \$150 per month. This is a relatively low outgoing for the facility offered.

Reserves and Financial Health

The Trustees reviewed the finances, budgets and spend against budget.

The Trustees consider that the charity financial status is satisfactory. There remains stable cash flow from the general public, from courses and from the Trustees. Costs mirrored income. However, a financial reserve would be desirable.

Structure, Governance and Management

The charity trustees are responsible for the overall management and control of the Orthocycle Foundation Charity.

All trustees give of their time freely and no remuneration or expenses were paid in the year. No person connected with a Trustee received any benefit.

Accounts of the Orthocycle Foundation 2022-2023

Initial Balance	£4274.89
Payments In	£17732.71
Payments Out	£21454.25
Remaining Balance	£553.35

ORTHOCYCLE FOUNDATION

England & Wales - Charity number 1159167

Accounts

Orthocycle Foundation

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Activity

- Surgical equipment for recycling has continued to be collected throughout the year. Shipments were sent by courier to Tanzania, which included orthotic boots, knee braces and other orthotics. The cost of transport was borne by the surpluses from Orthocycle courses. The volumes that have been sent have been much larger than previous shipments, and this has consequently resulted in greater expenditure. Due to problems with distribution in Tanzania, we have set up a storage facility in Zanzibar which allows us to keep the boots in a clean, dry location, so that they can be distributed to the local hospitals as required.
- Cadaveric Surgical Courses

In January 2023, Orthocycle organised a series of cadaveric surgical courses at Salford University and the Manchester Surgical Skills and Simulation Centre within the medical school in Manchester. There were five courses that ran. These were

Major Trauma/Major Incident

Pelvic Surgery

Foot and Ankle Surgery

Upper Limb Surgery

Rib Fracture Course

These courses were organised in conjunction with a Manchester Trauma Charity, who also conducted a course on high acuity low incidence procedures. They led on the Major Trauma simulation, but Orthocycle led on the Major Incident and cadaveric components.

The courses generated very positive feedback. The Trauma charity took the registration fees for the Major Trauma Course and the balance after payment of the lab fees was income for Orthocycle.

- Forefoot Course

Orthocycle organised a forefoot surgery course with Orthosolutions at Manchester Metropolitan University in May 2022. This course had mainly local faculty but with some from outside the northwest region. The delegates were junior doctors and nurses. Most of these were from the northwest region but we had delegates from all over the UK attending. The course was not very well attended by paying medical delegates, but this was the first time the course had run since COVID, and the course did not make a loss.

- Mnazi Mmoja Hospital, Zanzibar, Tanzania.

Due to the concerns raised in the previous year about operating in Tumbi Hospital in Tanzania, we did not return to Tumbi Hospital to work. We made contact with the mainland Tanzanian and Zanzibarian permanent secretary for Health at the UK/East Africa Health Summit at BMA House in May 2022. The interest from the Zanzibarian delegation was very positive, and we therefore determined to focus our attention on the Mnazi Mmoja Hospital in Zanzibar. There were two visits to Mnazi Mmoja in this financial year. One of these, in October 2022, involved a team from Manchester Royal Infirmary including three nurses, one Health Care Auxillary (HCA) and one surgeon. The nurses paid for their own flights as did the surgeon. The team took medical consumables as well as hardware to support the project. The equipment included a donated small fragment set, which was stocked with a full set of small fragment plates. There was also a full set of circular frame equipment and a stacking system to house all the components. The hospital did not have a working image intensifier, which limited the range of operations that were performed, but it was possible to perform some frame surgery and platings. We also performed some soft tissue procedures to provide skin cover of open fractures.

The mission to Mnazi Mmoja was a success in providing treatments but also because of the training – both medical for the surgeons and nursing for the theatre nurses, which was very warmly received.

There were some issues with the import of equipment as the revenue department at the airport responsible for customs would not accept the written letter of authority for us to bring in medical goods free of duty. This required escalation to the President of Zanzibar in order to resolve the situation and it resulted in us being unable to perform some types of surgery for three days.

We met with officials from the hospital and from the Department of Health, in order to facilitate future missions. This was again very positive.

A further visit to Mnazi Mmoja took place in February/March 2023. This consisted of two surgeons and one HCA. The cost of flights at that time was very high and it was not possible to fund nurses to join the mission and nurses were not able to fund themselves due to the cost. The surgeons self funded – one from the UK and one from Saudi Arabia. The HCA was mainly involved in logistical support although also worked in the operating theatre as well. We were invited to give a lecture at the hospital teaching morning and a talk on orthopaedic infection was given. The amount of orthopaedic equipment was depleted from this mission, due to the operations performed, and further supplies will be required to support further missions.

- Orthocycle purchased many items of surgical equipment for future use. Some of this was orthopaedic hardware, including a power tool system made by Stryker, with associated handpieces and cables. Also purchased were portable ultrasound machines that can be used with mobile phones or iPads for providing local anaesthetic blocks for pain relief – the intent is that these will be donated during missions abroad for future use after training in their use has been provided.
- The Orthocycle external fixation course was not conducted in 2022/2023. However, there were plans for the course to be executed in 2023.
- The Orthocycle website has been updated. There are active Twitter postings and Linked In postings. The twitter page has been active in promoting the courses conducted in the UK as well as missions performed in other countries.

Future Plans

The three aims of Orthocycle have all been achieved this year and the aim for the next year is to continue with these. This means that we would like to continue recycling to Tanzania especially, as well as providing treatments abroad and providing training within the UK and abroad.

The recycling of orthotic boots and braces remains a success, and this is due to the generosity of the British public who have sought out our charity to recycle their boots, knee braces and other medical equipment. The surgical equipment has been sent to Tanzania and Turkey – in response to the earthquake, and the orthotics have been shipped to Tanzania, and more importantly, are being used by patients there.

There is an East African Health summit held annually at BMA House in London, and we plan to attend this again. We have since had positive feedback from the Zanzibarian Health Department and aim to maintain our involvement in Tanzania. We would like to be involved in Zanzibar and on the mainland but as we have had more engagement from Zanzibar, this will be where we concentrate our efforts.

Education for doctors and nurses is one of our main objectives, and there are several further courses on the horizon, including a forefoot course, an external fixation course and a series of cadaver courses along the lines of the courses run in this financial year.

The outgoings for working in Turkey were unsustainable in previous years, and this activity was not financially possible in this financial year. It is not anticipated that Orthocycle can independently fund these missions, and we will need to work with partners in order to allow these to continue.

Our Finances.

The initial balance was £3546.42. The final balance was £4274.89. The account remained in credit for the whole financial year. The gross income is far higher than previous years, but this is matched by similar increases in expenditure, especially for the cadaveric courses. The overall balance has been in credit, but the charity does not have a safety net or reserve in case the level of donations dips. Expenditure would have to be funded through running more courses.

The principal sources of income were from the cadaveric courses, as well as individual donations from the general public within the UK.

The hospitals in Tanzania have no associated costs apart from travel and accommodation for Orthocycle surgical teams. From a financial perspective, this is cost effective for the delivery of Orthocycle's objectives. We have invested in renting a storage facility which is \$150 per month. This a

Reserves and Financial Health

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The Orthocycle Foundation				
CHARITY NUMBER : 1159167 ACCOUNTS YEAR END 31 MAR 2023				
		2023		2022
	£	£	£	£
Receipts:				
Donation, Legacies and Grants	71,564.97		7,917.63	
Expenditure:				
Direct costs (surgeons)	6,028.90		5,516.00	
Equipment and carriage	17,289.33		950.64	
Speakers and materials	409.63		145.20	
Cadaveric courses provision	41,098.84		737.10	
Travel and subsistence	2,984.80		437.88	
Total Expenditure:		67,811.50		7,786.82
Surplus/Deficit		3,753.47		130.81

Independent Examiner's Report to the Trustees of the Orthocycle Foundation

I report to the Charity trustees on my examination of the accounts of the CIO for the year ending 31st March 2023.

Responsibilities and basis of report

The charity's trustees are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011('the Act').

I report in respect of my examination of the charity's accounts carried out under section 145 of the Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I confirm that I am qualified to undertake the examination because I am a member of the ACCA, which is one of the listed bodies, in section 124 of the Charities Act 2011.

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the charity as required by section 130 of the Act; or
2. the accounts do not accord with those records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Iqbal Chowdhury FCCA

Association of Chartered Certified Accountants 16

High Holborn

London

WC1V 6BX

Date : 10/02/2025

The Orthocycle Foundation				
CHARITY NUMBER : 1159167 ACCOUNTS YEAR END 31 MAR 2023				
		2023		2022
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1. accounting records were not kept in respect of the charity as required by section 130 of the Act; or
2. the accounts do not accord with those records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Iqbal Chowdhury FCCA

Association of Chartered Certified Accountants 16

High Holborn

London

WC1V 6BX

Date : 10/02/2025

ORTHOCYCLE FOUNDATION

England & Wales - Charity number 1159167

Accounts

Orthocycle Foundation

Report of the trustees for the year ending 31st March, 2022

The Trustees of The Orthocycle Foundation Charity present their annual report and accounts for the year ended 31st March 2022 and confirm they comply with the requirements of the Charities Act 2011, the trust deed and the Charities SORP (FRS 102).

Our Aims

- To recycle medical appliances from the UK to less developed countries
- To build capacity in less developed countries by service provision and training
- To organise and fund twinning programmes between the UK and less developed countries

Our Objectives

- To provide a conduit for the recycling of medical appliances in less developed countries with the necessary infrastructure in the UK and abroad
- To raise funds for the running of the operational arm of the charity
- To aid capacity building in less developed countries by service provision, teaching, training and exchange programmes
- To fund educational activity compatible with the aims of Orthocycle

Activity

- The activity of Orthocycle continued to be affected by limitations resultant from the COVID 19 pandemic. There were limitations on gatherings, travel and activities. Orthocycle's objectives are achieved, in part, by the provision of educational activity for doctors within the UK. The limitations on travel, especially to countries on the UK red list also diminished the ability of Orthocycle to pursue some of its objectives. This means that there is less to report compared to previous years, and less turnover of funds. There were still some achievements in line with the aims and objectives of the charity.
- Orthocycle did not operate in Reyhanli in Turkey as has been the case prior to the COVID 19 pandemic. The main reason for this was not the travel restrictions but the financial burden of operating in a rented private hospital suite in Turkey. These costs were accepted in previous years, when the money donated was able to support this activity. The downturn in fundraising, principally from the lack of organised courses in the UK, as well as personal donations, meant that the money available was not sufficient – often a single weeks operating could result in expenditure of £6000. There remain options for the involvement of Orthocycle in continued activity in this area, but until the

costs of operating are matched by our income, we are not able to continue this project for the present. However, our aspiration is to return to this if there is either an increase in the charity's income or a means of mitigating the costs of providing a service in Reyhanli.

- In the financial year 2020/2021, there had been an operating visit to Tumbi Hospital in Tanzania. We had noted that there were shortages of basic surgical equipment and consumables in Tumbi Hospital. This included simple items such as orthopaedic drills and drill bits. As a result of the initial visit, items of surgical equipment and orthotics were shipped to Dar Es Salaam by courier. The items included a complete Hoffman 2 external fixator set and many orthotics. A second visit to Tumbi Hospital occurred in October 2020.

At this visit, it was found that the deficiencies in the basic orthopaedic department assets – image intensifier and internal and external fixation – meant that continuing to work in Tumbi Hospital was not safe. The concern was that the increased surgical risks to patients from surgical intervention – especially infection – were not mitigated by having an aseptic operating environment and antisepsis. Sophisticated external fixation cannot take place without having an extensive inventory of equipment and the risks of complications are not acceptable. We also remained concerned about the co-payment of 10%.

- Orthocycle did not hold a fundraising dinner in 2021/2022.
- The Orthocycle external fixation course was conducted in February 2022. This was held at the Manchester Metropolitan University and was sponsored by Stryker Corp. This course was fully subscribed. The feedback received from the course was very positive. There were some suggestions for improvement. As the forearm and wrist spanning fixator is becoming less favoured for upper limb injuries, it was suggested that knee spanning fixators should replace the wrist, although the lecture on the forearm would be worth keeping as it covers the rationale for the changes in practice. The course made a profit for Orthocycle projects.
- Orthocycle has organised a further course with Orthosolutions for a forefoot surgery course in May 2022. This will take place at Manchester Metropolitan University, which has been found to be a very good location for running courses, in large third floor classrooms.
- Surgical equipment for recycling has continued to be collected throughout the year. Shipments were sent by courier to Tanzania, which included orthotic boots, knee braces and other orthotics. The cost of transport was borne by the surpluses from Orthocycle courses.
- The Orthocycle website has been updated. There are active Twitter postings and Linked In postings. Trustee Carol-Ann had suggested that the website would benefit from updates previously available on other media. The 'news' page has therefore been updated with all the twitter postings.
- The subscription to JustGiving was cancelled.

Future Plans

The travel restrictions from COVID seem to be essentially over.

As described previously, our projects in Tumbi Hospital in Tanzania and Reyhanli are not currently active. The Reyhanli project could be restarted if it is affordable.

The recycling of orthotic boots and braces remains a success, and this is due to the generosity of the British public who have sought out our charity to recycle their boots, knee braces and other medical equipment. The surgical equipment has been sent to Tanzania and Turkey, and the orthotics have been shipped to Tanzania, and more importantly, are being used by patients there.

There is an East African Health summit held annually at BMA House in London, and we plan to attend this. We have since had positive feedback from the Zanzibarian Health Department and aim to maintain our involvement in Tanzania in some way.

Education for doctors and nurses is one of our main objectives, and there are several further courses on the horizon, including a forefoot course and a major incident course.

Our Finances

The initial balance was £415.31. The final balance was £3546.42. The account remained in credit for the whole financial year.

The principal sources of income were individual donations from the general public within the UK, as well as the direct donations from the trustees and a course that was run.

The outgoings in Turkey will cease for now, as we are not able to continue with that project at the moment. However, this may become active again if there are more viable alternatives for working there in the future.

The hospitals in Tanzania have no associated costs apart from travel and accommodation for Orthocycle surgical teams. From a financial perspective, this is cost effective for the delivery of Orthocycle's objectives.

Reserves and Financial Health

The Trustees reviewed the finances, budgets and spend against budget.

The Trustees consider that the charity financial status is satisfactory. There remains stable cash flow from the general public and the Trustees. Costs may increase as activity restarts after COVID.

Structure, Governance and Management

The charity trustees are responsible for the overall management and control of the Orthocycle Foundation Charity.

All trustees give of their time freely and no remuneration or expenses were paid in the year. No person connected with a Trustee received any benefit.

Accounts of the Orthocycle Foundation 2019-2020

Initial Balance	£415.61
Payments In	£10977.63
Payments Out	£7846.82
Remaining Balance	£3546.42

ORTHOCYCLE FOUNDATION

England & Wales - Charity number 1159167

Accounts



orthocycle.org

Orthocycle Foundation

Report of the trustees for the year ending 31st March, 2021

The Trustees of The Orthocycle Foundation Charity present their annual report and accounts for the year ended 31st March 2020 and confirm they comply with the requirements of the Charities Act 2011, the trust deed and the Charities SORP (FRS 102).

Our Aims

- 1 To recycle medical appliances from the UK to less developed countries
- 2 To build capacity in less developed countries by service provision and training
- 3 To organise and fund twinning programmes between the UK and less developed countries

Our Objectives

- 1 To provide a conduit for the recycling of medical appliances in less developed countries with the necessary infrastructure in the UK and abroad
- 2 To raise funds for the running of the operational arm of the charity
- 3 To aid capacity building in less developed countries by service provision, teaching, training and exchange programmes
- 4 To fund educational activity compatible with the aims of Orthocycle

Activity

- 1 The activity of Orthocycle was affected by the COVID 19 pandemic. There were limitations on gatherings, travel and activities. Orthocycle's objectives are achieved, in part, by the provision of educational activity for doctors within the UK. The limitations on travel, especially to countries on the UK red list also diminished the ability of Orthocycle to pursue some of its objectives. This means that there is less to report compared to previous years, and less turnover of funds. There were still some achievements in line with the aims and objectives of the charity.
- 2 Orthocycle was not able to operate in Reyhanli in Turkey due to travel restrictions secondary to COVID. Turkey was on the red list

for almost the whole financial year. This means that we were not able to directly supply our colleagues in Reyhanli with surgical equipment. However, we were able to continue to contribute to the services provided locally by Dr Mahmoud, our Syrian orthopaedic surgical colleague. This was through financial support to allow him to continue to treat patients on our behalf and to fund patient operations as required. In previous years, Orthocycle has engaged with private hospitals in Hatay province to allow operations to be performed on Syrian refugees. The pandemic resulted in the cessation or limitation of activity in these hospitals. It remains to be seen if the activity in Reyhanli can be rekindled in the future. One idea of Dr Mahmoud was a partnership with a local hospital, and this was explored during a visit to Reyhanli prior to the lockdown. However, there were no further discussions or agreements due to the pandemic.

- 3 In the financial year 2019/2020, there had been a visit to Tumbi Hospital in Tanzania. We were introduced to the hospital by TUHEDA, a charity of expatriate Tanzanians in the UK. We had noted that there were shortages of basic surgical equipment and consumables in Tumbi Hospital. This included simple items such as orthopaedic drills and drill bits. As a result of the initial visit, items of surgical equipment and orthotics were shipped to Dar Es Salaam by courier. The items included a complete Hoffman 2 external fixator set and many orthotics. A second visit to Tumbi Hospital occurred in October 2020. This visit was to provide further surgical equipment and orthotics, and to contribute to surgical care of patients. The plan had been to identify patients who required particular types of surgical equipment, so that appropriate surgery would take place, and the patients would be followed up by Dr Bryceson. The week in Tanzania was marked by joint clinic and joint operating sessions to treat patients. However, there were technical problems. The equipment really needed further support for safe operating. This included intraoperative radiology. The Sign Nail set in Tumbi was incomplete. The set is normally restocked by the Sign Foundation if the appropriate audit has been carried out. The Sign Nail had not been restocked, presumably due to lack of appropriate audit. Also, there were hardware issues – the nailing set seemed to be mechanically broken. Tumbi were charging patients for the use of external fixation equipment that had been supplied by us free of charge. This was explained by the medical staff as a routine co-pay charge of 10% of the cost of care, but we felt uncomfortable about this. Tanzania was placed on the UK red list in November 2020. This means that further travel during the financial year was not possible.
- 4 We were also able to visit the Muhimbili Orthopaedic Hospital in Dar Es Salaam. This appeared to be well resourced, with several image

intensifiers. The clinicians encountered were keen to interact with us to rekindle ilizarov surgery at Muhimbil. We have to consider that for the safe practice of orthopaedic surgery, there are minimum levels of support such as radiology required and this tertiary referral centre may be a more appropriate location for the partnership to occur. They have requested that we draw up a memorandum of understanding.

- 5 Orthocycle was unable to hold a fundraising dinner in 2020/2021 due to the COVID pandemic.
- 6 There were no courses run by Orthocycle in 2020/2021. This was a result of the ban on gatherings due to COVID 19 and there was also a moratorium on study leave for medical staff. The risk from courses is that there is mixing of people from different areas of the country, so this could result in a superspreader event. Also there is a risk of infecting medical personnel who are also urgently required to continue their medical duties to keep the NHS functional despite the pandemic. The course are a significant function of Orthocycle, but due to this unique circumstance, we have to delay any courses until legislation determines that such gatherings are allowed again.
- 7 Surgical equipment for recycling has continued to be collected throughout the year. We have been fortunate that the public have continued to donate old orthotics, and we have been able to send shipments to Tanzania. These included a whole Hoffman 2 external fixator set, and a large number of orthotic boots and knee braces. We were able to feed back to donors with photos of these items being used by patients in Tanzania.
- 8 The Orthocycle website has been further expanded. There are active Twitter feeds and a Linked In feed. Trustee Carol-Ann suggested that the website would benefit from updates previously available on other media. The news page on the website has been revamped to include details of all the previous surgical visits to other countries as well as facsimiles of the twitter posts.
- 9 We currently pay £18 each month to JustGiving.com. This should have been cancelled last year, but has not.

Future Plans

When the COVID pandemic restrictions allow, we can restart our visits to Turkey and to Tanzania. However, the situations in these countries may not be the same as prior to the pandemic. The private hospitals in Turkey, where we have previously been hosted have been financially ruined and it remains to be seen which ones remain and where there may still be capacity. The project in Tanzania needs to be re-examined as we may not be able to maintain minimal safety requirements.

The recycling of orthotic boots and braces remains a success, and this is due

to the generosity of the British public who have sought out our charity to recycle their boots, knee braces and other medical equipment. The surgical equipment has been sent to Tanzania and Turkey, and the orthotics have been shipped to Tanzania, and more importantly, are being used by patients there.

Our Finances

The financial statement shows that the charity was in credit to the tune of £194.37 at the start of the financial period. The Foundation remained in credit throughout, and ended in credit with £390.61. The total funds in were 7058.87 and the total funds out were 6801.63.

The principal sources of income were individual donations from the general public within the UK, as well as the direct donations from the trustees.

The main costs are now those of supporting the Reyhanli project by paying the otherwise unsalaried Syrian orthopaedic surgeon to continue to look after our patients amongst his other work, and the costs of shipping of orthotics. The previous high cost payment to hospitals for use of their capacity has not occurred due to the complete curtailment of surgical activity.

The hospital in Tanzania has no associated costs apart from travel and accommodation for Orthocycle surgical teams.

Reserves and Financial Health

The Trustees reviewed the finances, budgets and spend against budget.

The Trustees consider that the charity financial status is satisfactory. There remains stable cash flow from the general public and the Trustees. The costs may increase again if the COVID pandemic becomes less of a factor on activity.

Structure, Governance and Management

The charity trustees are responsible for the overall management and control of the Orthocycle Foundation Charity.

All trustees give of their time freely and no remuneration or expenses were paid in the year. No person connected with a Trustee received any benefit.

Accounts of the Orthocycle Foundation 2019-2020

Initial Balance	£194.37
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Payments In £7058.87

Payments Out £6801.63

Remaining Balance £390.61

IN

OUT

5	18
25	527
500	777
10	777
20	18
25	18
1000	750
2448.55	427
10	456.59
20	357
25	95.59
10	72.86
20	18
5	647
25	527
5	18
5	39.59
10	18
20	18
5	777
25	409
5	18
211.02	18
5	
330	6801.63
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