



ANNUAL REPORT 2024

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Report of the trustees for the year ended 30th March 2024

The trustees present their annual report and financial statements of the charity for the year ended 30th March 2024. The financial statements have been prepared in accordance with the charity's Constitution, the Charities Act 2016 and the Statement of Recommended Practice: Accounting and Reporting by Charities published in 2015.

1) Administrative details

Charity Name: MEDyARTE

Registration number: 1174295

Registration Date: 17/8/2017

Address of the principal office of the charity

Nower Hayes
The Drive
Tyrrells Wood
Leatherhead
KT22 8QW

The names of the trustees

Malgorzata Trubshaw - Chairman

Cecilia Harrington - Treasurer

Tomasz Mazur

The charity does not have any corporate trustees.

The charity does not have ownership of any property.

2) Objectives and activities

Objectives

MEDyARTE is a Charitable Incorporated Organisation.

The objects of the CIO as defined in the constitution are:

- a) the relief of sickness and the preservation of health among people anywhere in the world;
- b) to advance the education of the public anywhere in the world (specifically but not exclusively in Poland and the countries of South America) in the subject of art, crafts and culture by providing financial and other support to art and cultural organisations, projects and exhibitions; and
- c) the promotion of such other purposes being exclusively charitable according to the law of England and Wales as the charity trustees may from time to time determine.

Activities

3) A library in Marang, Borneo

This is an ongoing project on Borneo in Indonesia, which started in 2018.

Following a reconnaissance visit to Borneo at the end of 2017, we have developed a working relationship with a small local non-governmental organisation (NGO) and with their help we have created a children's library on the banks of the Ruanga river in Central Kalimantan, which was opened in May 2018. This facility serves not only as a library: it is a form of "educational after school club". It offers children in impoverished villages access to books but also teaches diverse subjects such as traditional local dance and music, environmental protection and provides health education, as well as giving supplementary teaching on topics covered by the standard school curriculum. This programme, on an ongoing basis, helps to shield children from the (often harmful) temptations of the everyday world and gives them unrivalled opportunities.

Over the period of the last year, there have been many positive developments. The children continued to improve their comprehension skills, overall reading ability and competency in

expressing themselves. The introduction of computers has been a particularly important and challenging issue due to the lack of internet service and the cost of the equipment. Nevertheless, the first steps have been taken and we have embarked on a path to empower children with the digital literacy expertise necessary to thrive in the modern age. The support provided aimed to enable them to explore educational resources, communicate effectively and navigate online spaces safely and responsibly.

From the perspective of environmental education, children were engaged in clearing of rubbish from the area, learning about recycling as well as being engaged in replanting trees on the riverbanks and along the roads. The tree initiative was started in an attempt to counteract the effects of the extractive industry in Kalimantan, which has had significant negative environmental impact causing destabilization of the entire ecosystem by triggering increased flooding and inducing unusual weather patterns.

The school also developed a working relationship with Palangkaraya Fisheries department and created a program aiming to educate the entire community about sustainable fishing and the importance of preserving the natural resources.

In collaboration with Regional Police, educational sessions were introduced to raise awareness about dangers of drug abuse, looking to develop preventative strategies and encourage the entire community to engage in the resolution of this problem. Finally, in collaboration with the Health Department, the school organised educational sessions focusing on nutrition in an attempt to address a concern about stunted growth in children and malnutrition in the elderly. Regular nurse lead clinics have been initiated to monitor and resolve this issue.

In consequence of all the above achievements the adult population has become more aware and appreciative of the positive impact education is having on their children. This has led to noticeable reduction in the number of children not attending school, as well as a decline in early marriages in the community.

4) Dance and music project at the Marang Library

During the visit to Marang Library in summer 2018, the Trustees became aware that the local population was very keen to establish a formal traditional music and dance teaching programme for children. In the Kalimantan area on Borneo traditional music and dance have virtually disappeared from daily life and only the oldest inhabitants still have any knowledge of it. The population realises the importance of reviving this knowledge

before it is too late, as well as promoting culture and tradition, which could be irreversibly lost.

MEDyARTE Charity has therefore purchased traditional music instruments, was instrumental in educating, initially, one dance and music teacher and set up a programme for teaching these skills to the children of all ages. The teacher has been travelling with the floating library to all the surrounding villages, as well as providing regular music and dance sessions on the premises of the library in Marang. This programme has been extremely successful in rekindling the interest of the younger generation in Indonesian music and dance. The intervention has been so effective that a group of the most accomplished children is being frequently invited to other surrounding villages for various celebrations and official performances, as well as participating in festivals and competitions.

In 2023-24, the MEDyARTE Foundation has sponsored two further young ladies from the villages to undergo several months' training with a Dance Academy in Palangkaraya. They are now able to help the other teacher with dance lessons in the libraries and smaller villages accessed by the floating library. The cultural recognition achieved through this programme made a significant impact on the functioning of the entire community, making it more resilient and supportive towards one another.

5) Water filters, Borneo

In 2018, MEDyARTE Charity provided Katimpun, a village of 400 people, with water filters. This intervention was undertaken after the realisation that there was a high disease burden in the population as a result of lack of sanitation in the village and use of river water for drinking, often without sterilisation. As a result, there has been a 50% reduction in the frequency of diarrhoeal illness in the area according to the data collected by the local healthcare worker. This initiative was accompanied by educational events focussing not only on how to operate filters but also on more general health and well-being issues, such as hand and food hygiene and methods of disease transmission.

As well as the clear health benefits of the water filters, their introduction brought financial and environmental benefits:

villagers no longer needed to buy bottled water, thereby reducing yearly household expenditure by at least 120\$ and the volume of single use plastic. Also, there was no need to boil the water, which added additional cost savings.

Following the great success of the original programme, MEDyARTE Charity decided in 2022 to purchase a further 200 water filters for a second village, Marang, as well as 120 replacement filtration candles for the water filters in Katimpun village. The recent review suggests that filters are being used on a daily basis by all the families, as a result of which the health of the villagers has significantly improved. In addition, the savings made from no need to buy or boil water are being spent on other essential household items improving the overall standard of living.

6) Traditional shepherd's instruments, Poland

Over the previous years, MEDyARTE Charity funded a variety of traditional musical instruments for a mountaineer's music school in Poland and facilitated classes for children to learn to play these instruments, which are currently ongoing. These instruments are replicas of historically important instruments that time has almost forgotten, previously found only in museums and in private collections of local families. There are only a few people left in Poland who know how to play them and the idea behind this project is to revive these forgotten skills amongst the next generations. Instruments were commissioned from the local artisans.

The music school, for which instruments have been provided, specialises in teaching traditional folklore music, dance and song and is set in the Culture Centre in Zakopane. It is open to all, age 7-20 and charges only a token, very low subscription fee. Children can learn for four years in various chamber groups and orchestras as well as individually, dependent on their level of ability and dedication. Although the school is non-selective it manages to accommodate and enthuse all pupils, moreover many students flourish and progress afterwards to mainstream secondary and higher music education. Groups participate in a variety of competitions and festivals locally, nationally and internationally with great success. Incredibly, at least 50% of

pupils continue to play traditional music for the rest of their lives, both for tourists and for locally organised events.

The children continue to approach music learning with great enthusiasm and commitment. As a result, they achieve many awards and distinctions in music competitions all over the country. The headmaster and the principal music teacher in the school works tirelessly to maintain a high standard of education and kindle love for the traditional music in the young generation. In 2024, MEDyARTE Foundation reviewed the progress in the school and was impressed by the overall ethos and hard work. As a result, it is committed to continue supporting the school and agreed to purchase further instruments in the forthcoming year.

7) Medical Clinic, Nepal

Following the reconnaissance visit in 2019 to the Nar-Phu Valley in Nepal, MEDyARTE Charity took the decision to provide funds for the employment of a Health Assistant and the purchase of medication and clinic equipment to allow the operation of a medical clinic in Nar village. All the provisions were successfully delivered and the clinic opened its doors to patients at the beginning of November 2019.

The village of Nar lies at an altitude of 4,110m in the north western part of Nepal and has a population of 550 people. In the vicinity there is also a village called Phu, with 350 inhabitants, along with the smaller settlements of Metha, Zunam, Chague and Kang. The people there have no access to state provided healthcare or other basic services such as education, running water and sanitation.

It takes more than two and half days on foot to walk from the nearest town of Chame, along treacherous trails to reach the villages. Narpas, the local inhabitants, have to carry all supplies, including food and household goods, on their backs. Chame is also the closest place with a state-run medical centre.

The MEDyARTE clinic building lies on the premises of the Nar Monastery, which is central in the entire valley and is perfectly suited for the purpose. The monk in charge of the monastery is in charge of the entire project. He is supported by a Health Assistant, who originally comes from the local village of Nar and has just graduated from the University in Kathmandu as a Public Health Specialist. The local government supports the operation of

the project. This combination of skills and governing circumstances will hopefully ensure the long-term success of the clinic.

Since the opening of the clinic there has been significant reduction in morbidity and mortality amongst the local population. We have been lucky to be able to obtain the services of a Health Assistant, who is keen to continue working in the clinic for a third year running. This offers continuity of care and allows the development of invaluable trust between the medical practitioner and the local population.

During the visit to the clinic three years previously, it was noted that a significant percentage of patients had been suffering with incapacitating symptoms of gastritis. After three years of planning, in October 2022, one of the Associated Members alongside the Founder of MEDARTE Charity visited the Nar-Phu Valley and led a project involving population testing for this condition and offering eradication therapy. We tested 400 people in 4 different locations and treated the vast majority of them. It was fascinating but also shocking to find out that close to 90% of the population suffered with Helicobacter infection.

The findings gathered during the two-week project were presented in the summer of 2023 at an international medical conference in Rotterdam dealing with microbiota related health issues all over the world. Additionally, a paper detailing the findings was submitted to a medical magazine for publication. Hopefully, our work will contribute to a better understanding of pathophysiology and management of this condition and will make a significant difference to all, but in particular deprived communities living at high altitudes.

MEDyARTE Foundation continues to fund the employment of a health assistant, who resides in the clinic, as well as medication for use in the clinic throughout the year. Additionally, this year we provided funds for the purchase of a generator to be used in emergency situations when the local streams are frozen and the hydro energy is not available. This will make a significant difference to the clinic, as well as the monastery and all patients visiting the facility.

8) "Pad" Project Nepal

Rural Nepal suffers with significant deprivation and lack of basic provisions such as healthcare, sanitation, adequate nutrition and education. The majority of the population in the Himalayan regions works as subsistence farmers in the low yielding high altitude fields. Despite long hours of toil, the crops are not sufficient to sustain their families and certainly not enough to exchange the produce for more luxury items such as soap or other sanitary products. This problem affects everyone negatively, but especially the female part of the population, which struggles to keep clean during menstruation.

In Nepal, there is a strong taboo attached to menstruation, based around the persistent idea - rooted in religion - that menstruation "pollutes." The practice of *chhaupadi* ("seclusion") during a woman's menstrual cycle persists despite nominal illegality. The practice involves the sequestering of women in sheds separate from their house. It is believed they will otherwise bring their family bad luck, or ill health. The tradition begins with an adolescent girl's first menstrual cycle, during which she remains in the shed for up to fourteen days; afterwards, she must spend the duration of each monthly period in the shed, until she reaches menopause. Due to lack of sanitary items women either do not use anything at all or dirty rags during menstruation. This commonly can lead to infections or even deaths.

Our project in the Ghorka region of Nepal is aiming to tackle all of these issues. We provided reusable sanitary wear to all women living in six villages at high altitude. We also organised educational meetings in all of these villages, with the support of the local nurses, to raise health awareness, provide information about hygiene and supply soap to aid achieving this particular goal; to teach about the physiology of the menstrual cycle and contraception, as well as aiming to abolish deeply rooted taboos related to menstruation.

9) "Ancestral Chest Project" and "Coast of Craftsmen" projects, Kyrgyzstan

In 2022, MEDyARTE Charity successfully started a cooperation with the Issyk-Kul Regional State Historical and Cultural Museum in Cholpon-Ata. The project ("Ancestral Chest Project") involved purchasing glass showcases and stands for the museum with a view of displaying the museum collection, preservation and protection of cultural heritage and attracting visitors. The aim of

the project was an improvement of knowledge of Kyrgyz culture nationally and internationally, and a facilitation of self-identification of the population as bearers of a great ancient nomadic civilisation heritage, which will help to revive the lost spiritual values and will give an opportunity for the population to be proud of its past.

Until recently, the museum was in possession of a significant number of items of great historical value, which were unprotected and could not be displayed as a result of lack of facilities. The new display cabinets have significantly improved this situation. This will be further enhanced by a new building, funded by the State, which is planned in the next two years.

The Foundation made a site visit to the museum in August 2022 to assess, at first hand, progress of the programme. Trustees were impressed to see a great commitment on behalf of the museum director to promote the new art installation, as well as her involvement in actively spreading knowledge and love of Kyrgyz culture throughout the country. During the visit, the Founder and one of the Associated Members met and interviewed local artisans, such as craftsmen working with felt, horse hair and other traditional media. They also participated in masterclasses to learn and understand Kyrgyz culture and tradition, both from the perspective of objects used in daily life as well as in a wider sense of the word.

As a result of this visit, throughout 2023, MEDyARTE Charity has been working together with the Cultural Museum in Cholpon-Ata to develop a new programme (“Coast of Craftsmen”), which will further support the artisans in the area. The project involved the purchase of several yurts, which will allow, on an ongoing basis, the artisans’ participation in festivals, international gatherings and local art events. It will give them a private space to create and display their products, as well as provide them with an opportunity to offer masterclasses, to both the local Kyrgyz population and tourists interested in learning about the traditional arts and crafts. We hope that, in the longer term, the project will help to rekindle interest in Kyrgyz culture and protect it for the future generations and, in addition, will help the community to feel proud of its cultural heritage.

10) Traditional musical instruments teaching for children, Bolivia

Over the last four years, MEDyARTE Charity has established links with an *Orquesta Experimental de Instrumentos Nativos* from La Paz in Bolivia and planned a project together, which would involve introducing children in the rural areas to the traditional Bolivian instruments and music. Unfortunately, similarly to many other parts of the world, in Bolivia knowledge of the traditional music and instruments is dying out. The members of *Orquesta Experimental de Instrumentos Nativos* are skilled and devoted musicians, who are running an orchestra for adults in the capital but were keen to engage in teaching children in other parts of the country. They had already had significant experience in this regard and had been previously very successful in organising courses for children.

This project started in March 2023. It provided two workshops for 20 participants each, on a twice weekly basis for an 8 month period, which took place in schools in rural areas outside La Paz. The workshops taught three different instruments: Sikus (panpipes), Tarkas (flutes) and Pinkillos (flutes). The instruments were supplied to all the participants from a charitable fund provided by MEDyARTE. They were commissioned from artisans from the Indigenous Community of Jach'a Walata, known for its tradition in the construction of music instruments. The Charity also covered the cost of the tuition in the workshops.

Children were encouraged throughout the course to participate in local festivals and celebrations to promote the native music and culture. The first year of this project was a great success. There was a considerable interest amongst the children and all the classes were oversubscribed. The year culminated in two official performances: one in the local area and the other in La Paz. Both the children and the parents were incredibly proud of their achievements. There is an ongoing interest to continue this programme amongst the population. In response, MEDyARTE Foundation agreed to fund the next year activities, which started in March 2024. The programme has also been extended to a new location.

Individuals, who prove to be particularly capable in the long term, will be offered an opportunity to participate in the Youth Orchestra events in La Paz.

11) Cervical Screening Project, Tanzania

Cervical cancer is the fourth most common cancer in women globally, with over 500,000 new cases and 250,000 deaths each year. The burden of cervical cancer is disproportionately high in developing countries, which accounts for 85% of cases worldwide. In Tanzania, cervical cancer is the leading cause of female cancer with a striking 9,772 new cases and 6,695 deaths each year. Unlike other cancers, cervical cancer is almost 100% preventable when women receive quality screening and treatment of precancerous lesions. The Tanzanian Ministry of Health and Social Welfare launched VIA (visual inspection with acetic acid) cervical cancer screening and cryotherapy in over 300 sites nationally in 2001. However, the number of women screened remains low for multiple reasons. Firstly, there are limited resources available for this activity. Secondly, there is a lack of knowledge and understanding of the importance of screening in the population, but also, for many patients, a visit to a clinic, which can perform the test, means many hours walking in extreme heat and dust with a baby strapped to their back and with insufficient supplies of food and water.

MEDyARTE Foundation decided to join forces with DCMC, a Christian Hospital in Dodoma, to boost screening for cervical cancer in the rural area outside of the city. The funding provided by the Foundation will allow an increase in the number of nurses employed to provide screening, and also make visits to surrounding villages possible, in order to talk to the village leaders and in public gatherings about the importance of the screening. Additionally, posters and information leaflets will be printed and distributed throughout several communities.

The Charity Trustees visited the Hospital and the outlying clinics in January 2024 to meet personally all the staff involved in the screening process and responsible for the organisation of the project. The project formally started in March 2024. With our programme, we are aiming to at least double the number of patients screened each month in five community centres.

Planned activities

1) Medical Clinic, Nepal

In 2024/25, MEDyARTE Charity would like to continue supporting the work of the Nar Clinic through providing funds for employment of a Health Assistant and purchase of medication.

MEDyARTE Foundation is looking at funding a Dental Camp for the area in April 2025.

2) “Pad” project, Nepal

This project has been undertaken in July 2024. The official feedback has not been received as yet from the persons responsible for carrying it out on the ground. Providing there are no concerns, the Foundation plans to continue expanding the intervention to additional high altitude villages next year.

3) Traditional shepherd’s instruments, Poland

We will continue supporting the programme of revival of traditional shepherd’s instruments in the Polish mountains. Following a review undertaken by the trustees in May 2024, it has been agreed with the culture centre that the Foundation will provide funds to purchase three double bases to enhance programmes offered to the children at the music school.

4) Marang Library and dance and music programme, Borneo

In view of the satisfactory progress of activities in Marang Library and effective cooperation with Indonesian NGO Ransel Buku, MEDyARTE Charity would like to provide ongoing support to both programmes. This will include donations towards the employment of the two current teachers, as well as three further months of dance and music education, followed by the salary for the employment of a new teacher.

The Foundation recognises that progress in educational resources and strategies, as well as altering employer’s expectations all over the world, require from future employees at least basic understanding of computer operation. Taking this into account, the Foundation decided to fund the purchase of six laptop computers for use in both Libraries.

The communities of Petit Katimpun and Marang expressed a desire to learn Eco Printing (creating prints on fabric with

locally sourced materials) with a view of employing this skill as a way of raising funds for both villages from the tourist trade. This activity would provide sustainable income from an ecological source. It will be open to young people and adults in the two villages. The Foundation would like to support such a programme in both libraries and will fund the training of 20 participants for a duration of two months, including the cost of all materials.

5) “Coast of Craftsmen” project, Kyrgyzstan

The Charity Trustees are planning a visit to Cholpon Ata in the summer of 2024 to review the progress of the project and discuss with the head of the Culture Museum further steps. The decisions concerning the direction of the ongoing projects will be taken following this review.

6) Traditional musical instruments teaching for children, Bolivia

This programme has proven to be very successful in 2023/24. The Foundation therefore decided to continue with an ongoing support and agreed to expand the project to a new location. Moreover, in the previously established location a new group was created at a higher attainment level to allow for progress and aiming at encouraging available talent.

7) Community medical healthcare, Tanzania

This project has started in March 2024. It is too early to make any predictions concerning success of the intervention and fulfilment of the expectations. We are collecting data on a monthly basis and the data will be reviewed in March 2025, at which point further decisions will be made concerning continuation of the programme.

8) Achievements and performance

MEDyARTE is proud of the progress of all its projects, which has been smooth. The Charity carried out appropriate due diligence checks, signed detailed contracts and received interim monitoring reports from all Partners.

In May 2023, two trustees visited libraries funded by the charity on Borneo, in Indonesia. The impact the libraries had on the local communities was impressive and overwhelming. Clearly, the population was in much better health and spirits. The children showed unwavering enthusiasm about reading, learning and keenness to attend the after-school facilities. The adult population was hugely appreciative of the opportunities offered to their children but also other activities involving the entire population. The project has caused a major shift in the community's perception of the importance of education. It has reduced significantly illiteracy, early marriage rate, drug abuse and is looking to reduce unemployment and poverty.

In January 2024, two trustees visited the hospital in Dodoma, in Tanzania, and finalised negotiations relating to the Cervical Screening project. It was a very successful visit as it allowed the trustees to meet all the people who are going to be organising the project on the Tanzanian side, as well as fully understand any obstacles and issues which need to be taken into consideration.

Finally, in May 2024, two trustees made a face to face review of the Shepherd's Instrument Music Project in Zakopane, in Poland. This, yet again, was a very rewarding experience in view of the high level of achievement and commitment of both the teachers and the children in the music school.

Additionally, the data has been gathered remotely to look at the effectiveness of all the interventions undertaken. There have been significant benefits to the local populations which support and fully engage with the projects. There has been effective cooperation with the organisations which are responsible for the direct running of all projects.

During the last year, the trustees met twice remotely to review the progress of all charity projects, the charity's financial situation, to consider any arising problems and look into future plans.

9) Financial review

At the beginning of this year the Charity had £69,303.49 in reserve. Total expenses equalled £26,134.86. Total income from

donations equalled £20,500. At the end of the financial year 2023/24 the Charity has in reserve £63,668.63.

10) Structure, governance and management

MEDyARTE is a Charitable Incorporated Organisation and is governed by a Constitution.

The first charity trustees are as follows:

- Malgorzata Ewa Trubshaw for so long as she is able and willing to act
- Tomasz Mazur for a period of four years starting in August 2021 with an option of further extension; and

Newly appointed trustee

- Cecilia Harrington for a period of three years.

Apart from the first charity trustees, every trustee will be appointed for a term of three years by a resolution passed at a properly convened meeting of the charity trustees.

In selecting individuals for appointment as charity trustees, the charity trustees will have regard to the skills, knowledge and experience needed for the effective administration of the CIO.

At six monthly meetings trustees will agree the strategy for the coming months, approve projects, discuss any changes to current policies, review financial plans and identify potential upcoming problems. All trustees give their time freely and do not receive any remuneration. So far trustees have not claimed any travel expenses.

The charity will be potentially involved in projects with children and does have a Child Protection Policy. The Chair who is a lead on Child Protection will be doing regular yearly updates.

11) Disclosure section

MEDyARTE does not have any disclosures or exemptions from disclosures.

12) Funds as a custodian trustee on behalf of others

MEDyARTE does not hold any funds as a custodian trustee on behalf of others.

13) Declaration

The trustees declare that they have approved the trustees' report above.