

MedCare Appeal - Trustees' Annual Report for the Year Ended 31 January 2024

Introduction and Trustee Statement

On behalf of the Board of Trustees, I am pleased to present the annual report for MedCare Appeal (charity registration no. 1188944) for the financial year 1 February 2023 to 31 January 2024. This year marked a significant step forward for our charity. In the previous period, after the challenges of COVID-19, we relaunched activities with a single donated pallet of medical supplies shipped to Pakistan. Building on that foundation, during 2023/24 we greatly expanded our reach and impact, delivering nearly a tonne of vital medical supplies to those in need. Throughout the year we remained true to our mission of providing health care products to deserving patients in Pakistan, operating with **zero** bank transactions and relying entirely on in-kind support. The Trustees have had regard to the Charity Commission's public benefit guidance register-of-charities.charitycommission.gov.uk in planning and carrying out our work, ensuring that all activities directly further our charitable purposes and benefit the public.

We wish to express our gratitude to the donors, volunteers, and partner organizations who made this year's achievements possible. In particular, we thank the UK ileostomy patient community for donating surplus surgical supplies, and our supporters who helped with logistics. The dedication and generosity of these individuals have enabled MedCare Appeal to improve the quality of life for many patients in Pakistan. As a volunteer-run charity, we take pride in making a meaningful impact with minimal resources, and we remain committed to transparency, accountability, and compassion in all we do.

Signed on behalf of the charity's trustees,

Hassan Yaqoob, Chair of the Board of Trustees

Charity Objectives and Purpose

MedCare Appeal's core objective is the relief of sickness and preservation of health for people in need, primarily by providing medical and surgical supplies to underserved patients in Pakistan. The main activity of the charity is to collect donated health care products in the UK and distribute them to **deserving patients in Pakistan** who would otherwise have difficulty accessing these items. This aligns with our founding purpose as a Charitable Incorporated Organisation to support healthcare in vulnerable communities. The trustees continually review our aims and ensure that our programs deliver **public benefit** in line with Charity Commission guidance register-of-charities.charitycommission.gov.uk. By repurposing

surplus medical supplies and delivering them to those who need them most, we fulfill our mission in an efficient and compassionate manner.

Activities and Impact Report

During the year 2023/24, MedCare Appeal undertook several key activities to achieve its objectives. These activities had a direct positive impact on our beneficiaries and demonstrated the effectiveness of our in-kind donation model. Highlights of our work and impact are outlined below:

- **Collection of Donated Surgical Supplies:** We collected surgical and medical supplies from private patients in the UK, particularly individuals involved in ileostomy and stoma support groups and associations. Many of these patients had surplus **ostomy appliances** and related supplies that were **unused and still viable**. MedCare Appeal served as a bridge to redirect these surplus items from the UK to patients in Pakistan. This not only reduced waste but also provided life-improving resources to those who cannot afford or access them locally. All donations were in-kind (physical goods), as the charity did not solicit any cash contributions during the year.
- **Shipment of Nearly 1,000 kg of Medical Supplies to Pakistan:** Over the course of the year, we organized shipments totaling **almost one tonne (1,000 kilograms)** of medical supplies to Pakistan. These shipments included the collected ostomy bags, pouches, and other essential medical consumables. The logistics were managed through the generous support of volunteers and donors who covered shipping and clearance costs directly. The supplies were distributed to hospitals, clinics, and individual patients in need. This volume of shipped goods represents a dramatic increase from the single pallet sent in the previous year, reflecting our growing capacity to deliver aid. All shipments were handled outside of traditional procurement channels, utilizing **donated goods and services** without engaging the charity's bank account.
- **Support to Approximately 100 Service Users in Pakistan:** Through our distributions, **around 100 individual patients** in Pakistan benefited from the donated supplies. These service users, many of whom are ostomy patients or others requiring ongoing medical appliances, received the supplies at no cost. By providing these free resources, MedCare Appeal helped relieve the financial burden on families and improved the health and comfort of the recipients. Beneficiaries reported improved quality of life as they had access to necessary items like stoma bags, which are often

expensive or hard to obtain in their communities. The number of people reached this year has grown substantially compared to earlier efforts, indicating the success of our outreach and the increasing awareness of our services in target regions.

Overall, the above activities have **significantly advanced our charitable aims**. We turned what would have been unused surplus supplies in the UK into lifesaving and dignity-restoring support for patients abroad. The trustees consider this a strong achievement in line with our mission, and we continually gather feedback to measure the impact. The positive outcomes observed – in terms of health improvements and beneficiary feedback – affirm that our approach is making a meaningful difference. We plan to build on this progress in the coming years, further increasing both the volume of supplies collected and the number of individuals we can support.

Financial Review

Accounting Basis: During the 2023/24 financial year, MedCare Appeal did not operate any bank account and had no monetary transactions passing through the charity's books. All activities were financed through in-kind donations of goods and through direct support from trustees and volunteers, rather than cash income. As a result, the **receipts and payments accounts** for the year show **no cash receipts or payments**, consistent with the prior year's pattern. No fundraising in the form of money collection was carried out, and no grants were received. The minimal incidental expenses (such as shipping or customs fees for the donated supplies) were **covered personally by a trustee or supporter**, meaning the charity itself did not need to handle any cash for these expenses.

No Bank Account in Use: It is important to note that throughout the period there was **no bank account in use** by the charity. This is a continuation of the situation from the previous reporting year, where the charity's activities were likewise sustained without any banked funds. All incoming resources were *non-cash* (medical supplies donated), and any outgoing resource in the form of services (e.g. freight or clearance) was gifted in-kind or paid directly by individuals on the charity's behalf. Consequently, there were **no incoming or outgoing funds via banking channels** during the year. The financial statements for 1 Feb 2023 – 31 Jan 2024 will therefore reflect zero income and zero expenditure in monetary terms, aside from noting the significant non-cash contributions.

Regulatory Compliance: Because the charity did not have any cash income, our **gross income** for the year remained well below the threshold

for mandatory independent examination of accounts. We have prepared a simple receipts-and-payments statement and a statement of assets and liabilities, which show a nil balance carried forward (as no funds were held). These accounts, together with this report, will be submitted to the Charity Commission in accordance with our obligations for a registered CIO. The trustees are satisfied that this financial report provides a true and fair view of the charity's financial activity (or lack thereof) for the year. We also confirm that no trustee received any remuneration or reimbursement from the charity's funds, and no donations were made to related parties. This frugal financial approach, while unconventional, ensured that **100% of the charity's resources (in-kind donations)** went directly to its charitable activities.

Governance and Trustee Details

Organisational Structure: MedCare Appeal is constituted as a Charitable Incorporated Organisation (CIO) of the Foundation model. This means the charity has no wider membership; the trustees collectively are the governing body and legal members of the CIO. The trustees make all key decisions regarding the running of the charity. The governing document provides that any new trustee appointments must be made by a majority vote of the existing trustees. In practice, the Board of Trustees oversees all operations, sets strategy, and ensures the charity complies with its charitable objectives and statutory requirements. The charity has **no paid staff**. All activities during the year were carried out by the trustees themselves alongside a small number of volunteers. This volunteer-led model kept administrative costs to a minimum and maximized the direct impact on beneficiaries.

Trustees Serving During 2023/24: The Board comprised the following three trustees, who served throughout the financial year (with no changes in trusteeship during the period):

- **Mr. Hassan Yaqoob** - Trustee (Chair and acting Treasurer)
- **Mrs. Zaiba Tallat** - Trustee
- **Dr. Raisa Zani Khan** - Trustee

All the above individuals continued in their roles from the previous year, and **no new trustees were appointed** in 2023/24. Each trustee contributed significantly to the charity's activities: for example, Mr. Yaqoob oversaw the financial records and international shipping arrangements, Mrs. Tallat coordinated local collection of donations in the UK, and Dr. Khan liaised with healthcare contacts in Pakistan to distribute the supplies. The trustees receive **no remuneration or benefits** from the charity; their work is entirely voluntary. The Board met regularly (mostly

via online communications) to plan activities and monitor progress. The trustees collectively ensure that MedCare Appeal adheres to its governance requirements and upholds the principles of accountability and transparency. We confirm that during this reporting period there were **no conflicts of interest** reported and the charity complied with all relevant regulations and filing requirements.

Plans for the Future

Looking ahead, the trustees have identified several strategic priorities and developments to enhance MedCare Appeal's capacity and reach in the next financial year (2024/25) and beyond:

- **Opening of a Charity Bank Account:** Following the end of the 2023/24 period, we have now opened the charity's first bank account. This is a significant step in formalizing our financial operations. It will enable us to handle monetary donations and expenditures in a transparent manner and lay the groundwork for future growth. The existence of a bank account will also facilitate the move from solely in-kind support to accepting cash donations (where appropriate), while maintaining proper financial controls.
- **Registering for Gift Aid:** We plan to apply to HM Revenue & Customs for the Gift Aid scheme in the coming year. Gift Aid is a government program that allows charities to **reclaim an extra 25% on every eligible donation** from UK taxpayers [nptuk.org](https://www.nptuk.org). By registering for Gift Aid, MedCare Appeal will be able to boost the value of any cash donations we receive without additional cost to donors. This will provide a modest but meaningful increase in funding, which can be directed to covering shipping costs or purchasing specific high-need medical supplies that are not commonly donated in-kind.
- **Expansion of Collection and Outreach Efforts:** Building on the success of our supply collections, we intend to expand our donor base and the regions from which we collect surplus medical supplies. This will involve outreach to new ileostomy/ostomy support groups across different parts of the UK, as well as partnerships with hospitals or medical suppliers who may have surplus stock. We will also enhance our **online engagement** – for example, through social media campaigns and online community forums – to raise awareness about MedCare Appeal's work and to make it easier for individuals to donate supplies or funds. By increasing our visibility, we hope to attract a larger volunteer network and establish drop-off points or collection drives in new areas. Additionally, we plan to

broaden our beneficiary outreach within Pakistan, identifying new regions or clinics that could benefit from supply shipments, thereby ensuring a wider geographic impact.

- **Diversifying Funding Channels:** In order to support and sustain our expanded activities, the charity will seek to register with and utilize additional funding channels. This may include signing up on charitable fundraising platforms (such as JustGiving or local community grant programs), applying for small grants or sponsorships, and collaborating with other charities or NGOs for joint initiatives. By diversifying our funding sources, we aim to secure modest financial resources to cover operational necessities (like shipping, storage, or specific item procurement) that cannot be met through in-kind donations alone. We will do this cautiously and in line with our ethos of low overheads, ensuring any funds raised are used efficiently for charitable outcomes.

The Trustees are confident that these planned measures will strengthen MedCare Appeal's capacity to carry out its mission. With proper financial infrastructure now in place and an ever-growing network of donors and supporters, the charity is well-positioned to **increase its impact in the coming year**. We remain committed to our founding principle: delivering health and hope to those who need it most, through donated medical supplies and compassionate volunteer service. By continuing to operate in a transparent and accountable manner, and by embracing growth opportunities responsibly, we aim to help even more patients in Pakistan in the years ahead. The trustees look forward to reporting on further progress and positive outcomes in the next annual report, as MedCare Appeal enters a new phase of development.