

ZIMBABWE LIFE PROJECT

England & Wales · Charity number 1189183

Details

Status Registered

Legal form CIO

Registered 2020-04-23

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

Contact

Address 28 Chelmer Drive
South Ockendon
RM15 6EE

Phone 07954438772

Email info@zlp.org.uk

Website www.zlp.org.uk

Activities

Objects: TO PRESERVE AND PROTECT PHYSICAL AND MENTAL HEALTH FOR THE PUBLIC BENEFIT IN ZIMBABWE BY WORKING WITH PRACTITIONERS AND MEDICAL HEALTH PROVIDERS TO IMPROVE THE QUALITY OF CARE DELIVERED TO PEOPLE WITH MENTAL HEALTH PROBLEMS IN ZIMBABWE THROUGH THE SHARING OF GOOD CLINICAL PRACTICE GUIDANCE AND SERVICE SPECIFICATION TOOLS.

Activities: Zimbabwe Life Project is a group of mental health nurses, doctors and therapists in the UK who have come together with one aim, to develop a skills exchange program with mental health professionals in Zimbabwe which will be marked by participatory exchanges of knowledge, skills and experiences.

Classification

- **How:** Provides Advocacy/advice/information
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, Disability, The Prevention Or Relief Of Poverty, Other Charitable Purposes
- **Who:** Children/young People, Elderly/old People, People With Disabilities

Geography

- Zimbabwe

Finances

Period end	Income	Expenditure	Assets	Employees
2025-04-06	£31,623	£31,104	-	-
2024-04-06	£694	£1,781	-	-
2023-04-06	£310	£7,056	-	-
2022-04-06	£8,737	£1,128	-	-
2021-04-06	£1,998	£1,545	-	-

Trustees

Name	Role	Appointed
Kudzai Munyavi	Chair	2020-10-10
Edgar Muzvidzwa		2024-05-30
Ian McKay		2024-05-30
Linda Braddick		2022-03-31
Obiageli McKay		2024-05-30

ZIMBABWE LIFE PROJECT

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ZIMBABWE LIFE PROJECT

UK Registered Charity Number 1189183

CEO Annual Report

For the Financial Year: 1 April 2024 – 31 March 2025

1. Reference and Administrative Details

Zimbabwe Life Project (ZLP) is a UK-based charitable organisation established to improve mental health services and strengthen health systems in Zimbabwe through partnership, learning, and capacity building.

The charity operates through collaboration with government institutions, health professionals, academic partners, and diaspora volunteers, delivering public benefit through education, training, mentorship, and service improvement initiatives.

The following are the trustees of ZLP:

- Obiageli McKay, Trustee
- Ian McKay, Trustee
- Edgar Muzvidzwa, Trustee
- Linda Braddick, Co-Chair
- Kudzai Munyavi, Co-Chair

2. Structure, Governance and Management

Zimbabwe Life Project is governed by its Trustees, who are responsible for ensuring that the charity:

- Operates in accordance with its charitable objectives
- Complies with UK charity law and HMRC regulations
- Applies funds solely for charitable purposes
- Maintains effective financial and risk management

Day-to-day operations are overseen by the Chief Executive Officer, supported by volunteers and project leads.

No trustee received remuneration during the reporting period.

3. Objects and Public Benefit

Contact Information:
Email: info@zlp.org.uk

Website: <https://zlp.org.uk> | Twitter/X: @zimbabwelifeproject | LinkedIn: Zimbabwe Life Project | Facebook: @lifeZimbabwe

Charitable Objects

The objects of Zimbabwe Life Project are to:

- Advance mental health and public health in Zimbabwe
- Support the education, training, and wellbeing of healthcare professionals
- Promote knowledge exchange between the UK and Zimbabwe
- Strengthen leadership, governance, and accountability in health services

During the year, ZLP delivered public benefit by:

- Improving leadership and governance in public health institutions
- Supporting better quality healthcare delivery
- Strengthening mental health services and workforce wellbeing
- Promoting accountability and sustainable systems within Zimbabwe's public health sector

These benefits directly support vulnerable populations and frontline health professionals.

4. Review of Activities (April 2024 – March 2025)

4.1 Overview

During the reporting period, Zimbabwe Life Project focused on strengthening mental health and public health systems through leadership development, coaching, mentorship, and UK–Zimbabwe knowledge exchange.

A major component of the year's work was ZLP's role in the UK–Zimbabwe Health Partnership Pilot Project (UK-ZimHPP).

4.2 Health Leadership, Governance and Accountability

The UK-ZimHPP project aims to enhance the quality of health services and accountability in Zimbabwe's public health sector by strengthening leadership capacity at provincial and district levels and supporting parliamentary oversight.

ZLP worked in partnership with:

- Ministry of Health and Child Care (MoHCC)
- Health Service Commission (HSC)
- Parliamentary Portfolio Committee on Health (PPCH)

The project addressed leadership gaps that affect service delivery, workforce retention, and governance.

4.3 Coaching and Mentorship Programme

ZLP supported a structured coaching and mentorship programme for Provincial Health Executive (PHE) and District Health Executive (DHE) teams in Matabeleland South Province and Gwanda District.

The programme focused on:

- Leadership and management practice
- Financial and budget management
- Human resource governance
- Project planning and reporting
- Professional discipline and conduct

ZLP members participated virtual training sessions and deliver technical support and mentorship alongside HSC and MoHCC officials.

4.4 Key Results and Achievements

Significant improvements were recorded across multiple areas, including:

Leadership and Management

- Improved teamwork and coordination
- Regular, structured meetings with improved time management

Quality and Risk Management

- Development of risk registers
- National recognition for our work through an award received at Global Health Summit in March 2025 in London.

Community and Stakeholder Engagement

- Strengthened collaboration resulting in practical resource support from Global Health Partnerships
-

5. Financial Review

5.1 Income and Expenditure Overview

During the financial year **1 April 2024 to 31 March 2025**, Zimbabwe Life Project received income from donations, membership contributions, online fundraising platforms, and grant funding. The charity continued to operate with a strong reliance on volunteer support and partnership contributions to minimise overhead costs.

Income

The charity's income for the reporting period was as follows:

- **Individual Donations (Standing Order):**
 - One committed donor contributed **£10 per month**, totalling **£120.00**
- **Membership Contributions:**
 - Membership income totalled **£68.00**
- **PayPal Donations:**
 - Donations received via PayPal amounted to **£723.49**
- **JustGiving Donations:**
 - Donations received via JustGiving amounted to **£33.43**
- **Grant Income:**
 - Global Health Partnership Grant: **£30,678.20**

Total Income for the Year: £31,623.12

5.2 Expenditure

Expenditure during the year was incurred in direct support of the charity's objectives, including:

- Delivery of leadership training programmes aligned to the UK-ZimHPP programme.
- Travel and subsistence associated with UK-ZimHPP programme delivery and knowledge exchange

Zimbabwe Life Project continues to maintain a **low-cost operating model**, with a significant proportion of work delivered through:

- Volunteers
- Pro bono professional contributions
- In-kind support from partners

Expenditure was carefully managed to ensure value for money and alignment with charitable purposes.

5.3 Financial Controls and Stewardship

The UK-ZimHPP team maintained appropriate financial oversight throughout the reporting period. Controls include:

- Trustee and CEO oversight of all income and expenditure
 - Use of restricted grant funding in accordance with grant conditions
 - Transparent recording of donations and income streams
 - No remuneration or personal benefit to Trustees or officers
-

5.4 Reserves Policy

Zimbabwe Life Project holds limited unrestricted reserves. Any surplus funds at year-end are retained to:

- Support future programme delivery
-

- Maintain organisational sustainability
 - Meet essential operational commitments
-

5.5 Financial Outlook

ZLP acknowledges the importance of financial sustainability and plan to:

- Build on grant-funded partnerships
- Grow individual giving and membership support
- Diversify fundraising channels

All fundraising activity will continue to comply with HMRC and Charity Commission guidance.

6. Risk Management

ZLP regularly reviewed risks relating to:

- Financial sustainability
- Programme delivery
- Safeguarding and compliance
- Dependency on volunteer capacity

Mitigation measures included partnership working, strong governance oversight, and prudent financial management.

7. Plans for Future Periods

Looking ahead, Zimbabwe Life Project plans to:

- Continue leadership and mentorship programmes subject to funding
- Strengthen mental health service partnerships
- Expand UK–Zimbabwe knowledge exchange
- Support sustainable workforce development

A planned visit to Zimbabwe in October 2025 will further support programme continuity and partnership strengthening.

Issued on behalf of ZLP Executive Team

Lucia Vambe

Founder and Chief Executive Officer

Zimbabwe Life Project

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF ZIMBABWE LIFE PROJECT

I report to the trustees on my examination of the accounts of Zimbabwe Life Project ("the charity") for the year ended 31 March 2025 on pages 7 to 8.

Responsibilities and basis of report

As the charity's trustees you are responsible for the preparation of the accounts in accordance with the Charities Act 2011 and applicable accounting standards.

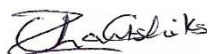
I have carried out an independent examination of these accounts as required under section 145 of the Charities Act 2011. My examination was carried out in accordance with the general Directions given by the Charity Commission for England and Wales. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and, consequently, I do not express an audit opinion on the accounts.

Independent examiner's statement

In the course of my examination, no matter has come to my attention:

- which gives me reasonable cause to believe that, in any material respect, the requirements
- to keep accounting records in accordance with section 130 of the Charities Act 2011; and
- to prepare accounts which are consistent with the accounting records and comply with the accounting requirements of the Charities Act 2011

have not been met; or to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



C Zembe

Rainham, Essex, England

06 February 2026

Statement of Financial Activities for the year ended 31 March 2025

	31 Mar 2025	31 Mar 2024
	£	£
Income from:		
Grants and donations income	31,555	386
Membership fees	68	308
Income from fundraising activities	-	-
Other income	-	-
Total income	31,623	694
Expenditure on:		
Charity expenses	30,678	1,600
Other donations expenses	95	-
Administration and legal expenses	179	100
Marketing, PR, communication and technology expenses	151	81
Total expenditure	31,104	1,781
Net surplus/(deficit) for the period	519 -	1,087
Funds brought forward at 1 April	2,988	4,075
Funds carried forward at 31 March	3,507	2,988

Statement of Financial Position as at 31 March 2025

	31 Mar 2025	31 Mar 2024
	£	£
Current assets		
Cash and cash equivalents	3,507	2,988
	3,507	2,988
Net assets	3,507	2,988
Funds:		
Unrestricted funds	3,507	2,988

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ANNUAL REPORT

Executive Summary:

This report lists the main activities performed during the reporting period of the project for the year **1st April 2023 - 31st March 2024**.

1) Donations:

In 2023, ZLP received a donation of vital medical supplies to support mental health services in Zimbabwe. These included clinical waste bins, disposable aprons, hand gels, syringes, injection needles, oxygen masks, regular masks, emergency green bags, oxygen tubing, and other essential medical equipment. While awaiting shipment to hospitals in Zimbabwe, the donations were stored at the Zimbabwe Embassy in London. Later in 2024, the World Health Organisation (WHO) representatives generously covered the shipping costs. The British Embassy in Harare played a key role in connecting Zimbabwe Life Project with the WHO team to facilitate this support.

2) Training workshops:

- a) During the October 2023 trip to Zimbabwe, six ZLP members actively participated in a knowledge exchange programme with mental health nurses, social workers, therapists, and doctors at both Sally Mugabe Psychiatric Hospital and Chikurubi Maximum Prison. The engagement encompassed dynamic roundtable discussions addressing clinical practices and the existing resources, as well as identifying the additional support required for the local hospitals. Furthermore, the management of substance misuse disorders was thoroughly examined, with Zimbabwe Prison & Correctional Services sharing their experiences and showcasing the assessment tools utilized in their facilities. The trip involved meeting with the National Commissioner General and his team, tour of Chikurubi Prison and a visit to mental health rehabilitation centre.

- b) The Impact and Dissemination of Outcomes:** The October 2023 trip enhanced engagement with the Ministry of Health and Child Care (MOHCC) and the British Embassy, strengthening relationships. The MOHCC expressed gratitude and interest in ZLP conducting training workshops across the country.
- 3) **New Members:** In the last 12 months we welcomed 2 new members in the UK.
 - 4) **Risk Register:** Reduced number of new members and members renewing membership continues to impact some of the charity activities such as helping with ongoing tasks i.e., admin work, fundraising activities, etc. A standing order option for paying membership fee is available but members have not been using the offer. Currently members pay an annual fee of £25 directly into ZLP bank account.
 - 5) **Constitution:** Following the retirement of the previous Chair and one Trustee, three new trustees were elected to the board earlier in 2024. Two of the existing trustees have taken on the roles of Co-Chairs for ZLP.
 - 6) **The Burdett trust** funded the trip to Zimbabwe in 2022 and partially funded the 2023 trip when volunteers visited Harare to run workshops.
 - 7) **Links with other charities:**
 - a) East London Foundation NHS Trust has a link through one of the ZLP members who is working with the Trust global team.
 - b) Tropical Health Education Trust (THET) has featured ZLP's efforts in the THET's "Voices of the Experts in our Midst Report," 2024 magazine.
 - 8) **Memorandum of Understanding:** ZLP has now signed MOU with:
 - a. the Zimbabwe Ministry of Health and Child Care
 - b. the Zimbabwe Prisons and Correctional Service

These partnerships will strengthen the working relationship between ZLP and these key institutions, enabling more effective collaboration in delivering essential services.

9) **The year ahead:**

- a. Continue to enhance support for Zimbabwe through workshops, seminars, and training sessions.
- b. Seek funding or identify donors to sponsor ZLP's travel costs and provide resources for sustainability.
- c. ZLP's relationship with Global Health remains strong, with active participation in global health partnership events in London.

Overall, we have maintained focus on our priorities for this year and aim to be even more ambitious in the years to come.

Financial Statements for the year ended 31 March 2024



ZIMBABWE LIFE PROJECT

Statement of Financial Activities for the year ended 31 March 2024

	31 Mar 2024	31 Mar 2023
	£	£
Income from:		
Grants and donations income	386	158
Membership fees	308	152
Income from fundraising activities	-	-
Other income	-	-
Total income	694	310
Expenditure on:		
Charity expenses	1,600	6,604
Other donations expenses	-	260
Administration and legal expenses	100	57
Marketing, PR, communication and technology expenses	81	134
Total expenditure	1,781	7,056
Net surplus/(deficit) for the period	- 1,087	- 6,746
Funds brought forward at 1 April 2022	4,075	10,821
Funds carried forward at 31 March 2023	2,988	4,075

Financial Statements for the year ended 31 March 2024



ZIMBABWE LIFE PROJECT

Statement of Financial Position as at 31 March 2024

	31 Mar 2024	31 Mar 2023
	£	£
Current assets		
Cash and cash equivalents	2,988	4,075
	2,988	4,075
Net assets	2,988	4,075
Funds:		
Unrestricted funds	2,988	4,075

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ANNUAL REPORT

Executive Summary:

This report lists the main activities performed during the reporting period of the project for the year 2023.

- 1) **Donations:** In 2022 ZLP received donations of about 300 British National Formulary books; boxes of red and blue unisex T-shirts in varies sizes; and boxes of blue scrubs which were sent to Ngomahuru Hospital, Zimbabwe through the Zimbabwe Midwives and Nurses Association.

- 2) Early 2023 ZLP received varies new hospital items that came from several vaccination centres such as hand-gels, syringes and needles, clinical waste bins, boxes of mask, disposable aprons, etc. The donations are currently stored at the Zimbabwe Embassy in Harare were they are waiting to be shipped to Zimbabwe Hospitals once shipping funding has been sourced.

- 3) **Training workshops:**
 - a) A total of three ZLP volunteers (nurses) participated in the October 2022 trip to Zimbabwe and delivered training at Sally Mugabe Psychiatric Hospital in Harare. A total of 40 participants from 6 different public healthcare organisations attended the ZLP workshops. The overall feedback was positive with the greatest impact on knowledge base from the discussions and sharing of experiences by the UK team. In addition to the workshops, meetings with key stakeholders were arranged to develop partnerships for future engagements and expansion of training to 10 other provinces in Zimbabwe.
 - b) During the October 2023 trip to Zimbabwe, we actively participated in a knowledge exchange programme with mental health nurses, social workers, therapists, and doctors at both Sally Mugabe Psychiatric Hospital and Chikurubi Maximum Prison. The engagement encompassed dynamic roundtable discussions addressing clinical practices and the existing resources, as well as identifying the additional support required for the local hospitals. The agenda covered pivotal topics, with a particular focus on Forensic Psychiatric Services

and admission criteria within the forensic framework. The discussions delved into the exploration of various psychometric tools employed for patient assessments, encompassing formulation and comprehensive mental health evaluations. Furthermore, the management of substance misuse disorders was thoroughly examined, with Zimbabwe Prison & Correctional Services sharing their experiences and showcasing the assessment tools utilized in their facilities. The trip involved meeting with the National Commissioner General and his team, tour of Chikurubi Prison and a visit to mental health rehabilitation centre.

- 4) **New Members:** In the last 12 months we welcomed 3 new members in the UK.
- 5) **Risk Register:** Reduced number of new members and members renewing membership has impacted some of the charity activities such as helping with ongoing tasks i.e., admin work, fundraising activities, etc. A standing order option for paying membership fee is available but members have not been using the offer. Currently members pay an annual fee of £25 directly into ZLP bank account.
- 6) **Constitution:** discussed and agreed for the board to remove non-active trustees. 3 of the 4 active trustees have now served the term of office for the charity, which is 3 years. So, to comply with the ZLP Constitution, the trustees should retire from office at this point and can be voted in by members if they wish to continue. 2 of the 4 active Trustees were voted in at the last AGM meeting. The current Chair and the one of the 4 active Trustee have announced that they are stepping down as soon as another Chair has been appointed. Recruitment of trustees will take place over a period of two months. If no suitable candidates for trustee of chair are found then option of other registering as a company listed by guarantee will be considered by the board and founder.
- 7) **The Burdett trust** funded the trip to Zimbabwe in 2022 and partially funded the 2023 trip when volunteers visited Harare to run workshops.
- 8) **Engagement with other Stakeholders:**
 - a. The 2022 and 2023 trips enhanced engagement with the Zimbabwe Ministry of Health and Child Care (MOHCC) and the British Embassy in Harare, strengthening relationships. ZLP nurses were invited to a meeting between the

British Embassy and MOHCC, where ZLP's work and findings were discussed.

The MOHCC expressed gratitude and interest in ZLP conducting training workshops across the country.

- b. ZLP also engaged with various stakeholders in Zimbabwe, garnering support. Meetings included discussions with the Commissioner General of Zimbabwe Prison and Correctional Services, the International Organisation for Migration, national healthcare directors, and the British Embassy.
- c. ZLP nurses held meetings with the British Embassy, Essex Partnership University NHS Foundation Trust, and Anglia Ruskin University to plan a MOHCC visit to the UK, sponsored by the British Embassy. The visit aims to establish long-term partnerships, hear diaspora perspectives on healthcare, engage with NHS Trust directors, and observe UK clinical sites for insights into facility design and safety.
- d. ZLP has played a crucial role in facilitating a connection between the University of Zimbabwe and the University of Essex. Presently, both institutions are actively exploring the potential for collaboration on a research project. This partnership signifies a significant step forward in fostering academic cooperation and knowledge exchange between the two universities.
- e. Furthermore, the British Embassy in Zimbabwe has actively advocated for the inclusion of ZLP in the World Health Organization (WHO) procurement process. As a result, ZLP will benefit from WHO assistance in facilitating the shipment of its donations to Zimbabwe.

9) **Links with other charities:**

- a) Zimbabwe Midwives & Nurses Association in UK - (ZiMNA-UK) is a registered association supporting Zimbabwean nurses in the UK and has links with ZLP through one of the ZLP members who is on their board of trustees.
- b) East London Foundation NHS Trust has a link through one of the ZLP members who is working with the Trust global team.
- c) Tropical Health Education Trust (THET) has featured ZLP's efforts in the THET's "Voices of the Experts in our Midst Report," 2023 magazine.

10) **Memorandum of Understanding:** On-going discussions on proposals for MOUs between ZLP which has taken longer than expected:

- a. the Zimbabwe Ministry of Health and Child Care
- b. the Zimbabwe Prisons and Correctional Services

11) The year ahead:

- a.** Continue to develop support to Zimbabwe through workshops, seminars and training sessions.
- b.** Apply for funding or search for donors who can sponsor ZLP travelling cost, funds for sustainability.

Overall we have stayed focused on our priorities for this year and we plan to be more ambitious in 2024 and beyond.



ZIMBABWE LIFE PROJECT

Statement of Financial Activities for the year ended 31 March 2023

	31 Mar 2023	31 Mar 2022
	£	£
Income from:		
Grants and donations income	158	7,537
Membership fees	152	1,200
Income from fundraising activities	-	-
Other income	-	-
Total income	310	8,737
Expenditure on:		
Charity expenses	6,604	677
Other donations expenses	260	-
Administration and legal expenses	57	209
Marketing, PR, communication and technology expenses	134	242
Total expenditure	7,056	1,128
Net surplus/(deficit) for the period	- 6,746	7,609
Funds brought forward at 1 April 2022	10,821	3,212
Funds carried forward at 31 March 2023	4,075	10,821



ZIMBABWE LIFE PROJECT

Statement of Financial Position as at 31 March 2023

	31 Mar 2023	31 Mar 2022
	£	£
Current assets		
Cash and cash equivalents	4,075	10,821
	4,075	10,821
Net assets	4,075	10,821
Funds:		
Unrestricted funds	4,075	10,821

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ANNUAL REPORT

Executive Summary:

This report lists the main activities performed during the fourth reporting period of the project for the year 2022.

By the end of the third recording period (2020 -2021) the following activities had been discussed and agreed:

- 1) **Amazon Smile:** ZLP was set up as a charity on Amazon Smile in October 2020. Amazon donates a small amount to ZLP of every purchase we make when we shop on Amazon smile. On average ZLP is receiving around £12 a month and we are grateful to everyone who has chosen ZLP as their charity on Amazon.
- 2) **Donations:** In November 2020, ZLP gathered donations of various hospital equipment including syringes, over 300 catheter tubes, feeding tubes, medical/nursing books and over 100 branded unisex T-shirts, various walking aids, defibrillators, etc. The defibrillators went with no pads and unfortunately the type of pads are not available in Zimbabwe. ZLP is currently looking into obtaining these in the UK and then ship them over to Zimbabwe.

These donations were delivered to Chikurubi Maximum Prison, Parirenyatwa School of Nursing, Ingustheni Hospital and Sally Mugabe Psychiatric Hospital (formerly Harare Central) Ngomahuru Hospital.

- 3) **Training workshops:** Over the period of 3 weeks (24th November – 10th December 2020), we delivered 6 virtual workshops to mental health staff and nursing students in Zimbabwe at the following hospitals:
 - a. Ngomahuru Hospital
 - b. Sally Mugabe (formerly Harare Central) Psychiatric Hospital
 - c. Parirenyatwa School of Nursing
 - d. Chikurubi Maximum Prison
 - e. Substance Misuse Rehabilitation Centre in Ruwa.

The training sessions were delivered by the UK team and had an average of 25 participants in Zimbabwe per session.

- 4) **ZLP video clip** : ZLP recorded a video clip about the project which summarised the work we have done in the last 3 years. The video clip is on ZLP website (zlp.org.uk) and on ZLP social media pages.
- 5) **2020 Christmas Campaign**: This was launched on social media in December 2020 and in January 2021 we did a 5k virtual marathon. ZLP raised £844. The hospitals in Zimbabwe sent in their Christmas wishes which were purchased and are currently on their way to Zimbabwe. We are grateful to Physionet, a non-profitable organisation in Yorkshire who have shipped these items for free.
- 6) **April 2021**: ZLP sent 2 brand new laptops to Zimbabwe which were donated to Parirenyatwa School of Nursing.
- 7) **June 2021**: ZLP supported two newly qualified nurses at Parirenyatwa Hospital to apply for a position on Nursing Now Challengers Committee and we are proud to say that one of them nurses was successful.
- 8) **July 2021**: ZLP was registered in Zimbabwe as a non-profit Trust.
- 9) **August 2021**: Physionet collected and shipped ZLP donations to Zimbabwe for free.
- 10) **September 2021**: The Foundation for Social Improvement (FSI) donated 3 tickets to ZLP for 3 members to attend their online courses on Strategic Planning, Fund Raising and Stewardship. The three tickets are worth £300.
- 11) **World Mental Health Events: October 2021** we partnered with a voluntary organisation in Zimbabwe called Pamumvuri and recorded webinars on varies mental health topics including suicide prevention, mental health and gender, climate change and mental health, and investing in mental health. The webinars were facilitated by a popular radio DJ in Zimbabwe and were broadcast there and on social media.
- 12) **New Members**: In the last 12 months we welcomed 10 new members both in the UK and in Zimbabwe.

13) **Risk Register:** Pandemic has following impact on the charity:

- a. Reduced activity and presence in Zimbabwe has limited ability to carry out aims and objectives.
- b. Number of new members and members renewing membership. Suggestion for creating a standing order option for paying membership fee. Currently members pay an annual fee of £20 directly into ZLP bank account.

That's a quick look back at last annual year. Now let's move forward and see what happened this annual period.

2021 – 2022

With the easing of covid-19 pandemic lockdown, we resumed the trips to supporting mental health hospitals in Zimbabwe. Here is a summary of the support given and activities we completed during the last period:

- 14) **Constitution:** discussed, agreed for the board to formally advertised and appoint an additional trustee with skills around media and communications to complement the skills of the existing board members.
- 15) **The Burdett trust** funded the trip to Zimbabwe in 2022 and 3 volunteers visited Harare to run workshops.
- 16) **Links with other charities –**
 - a) Zimbabwe Midwives & Nurses Association in UK - (ZiMNA-UK) is a registered association supporting Zimbabwean nurses in the UK and has links with ZLP through one of the ZLP members who is on their board of trustees.
 - b) Pamumvuri, a charity based in Zimbabwe promoting mental health awareness has asked for contributions to their radio talks/podcasts from ZLP.
- 17) **Patrons:** Discussed and agreed for suggestions for patrons (individuals with a public profile who could attract funding and/or help promote ZLP).
- 18) **Donations:** About 15 donated defibrillators (not new) were sent and received at some hospitals in Zimbabwe but unfortunately did not have pads so the equipment was not useable. ZLP supplied the pads for the pads some months later.

- 19) **Development:** The UK Foundation of Social Improvement offered ZLP 3 tickets to the value of £100 each for training on Strategic Planning, Fundraising and Stewardship. Two ZLP members attended the training which was available to those in the UK for a £10 deposit which was refunded after attendance.
- 20) **Membership fee:** The system of Direct Debit was again discussed and there was consensus that this should be implemented, with an option to spread payments over several months if needed. The trustees agreed to act on this so that direct debit payments can be set up at the start of the next financial year (April 2023)
- 21) **Memorandum of Understanding:** There are discussions on proposals for MOUs between ZLP:
- a. the Zimbabwe Ministry of Health and Child Care
 - b. the Zimbabwe Prisons and Correctional Services
 - c. the International Organisation of Migration (a UN arm in Zimbabwe).
- 22) **The year ahead:**
- a. Continue to develop support to Zimbabwe through workshops, seminars and training sessions.
 - b. Fundraising campaigns (Rehabilitation Centre renovations at Sally Mugabe Psychiatric Hospital).
 - c. Apply for funding or search for donors who can sponsor ZLP travelling cost, funds for sustainability.
 - d. Donations: Create a ZLP brand kit bag with items that are related to mental health which promote the charity.

Overall we have stayed focused on our priorities for this year and we plan to be more ambitious in 2023 and beyond.

Financial Report for 2022

Statement of Financial Activities for the year ended 31 March 2022		
	2021/22	2020/21
	£	£
Income from:		
Grants and donations income	7,537	914
Membership fees	1,200	240
Income from fundraising activities	-	844
Other income	-	-
Total income	8,737	1,998
Expenditure on:		
Charity expenses	676	1,009
Other donations expenses	-	60
Administration and legal expenses	209	198
Marketing, PR, communication and technology expenses	242	278
Total expenditure	1,128	1,545
Net surplus/(deficit) for the period	7,609	452
Funds brought forward at 1 January 2021	3,212	2,759
Funds carried forward at 31 March 2022	10,821	3,212

Statement of Financial Position as at 31 March 2022		
	2021/22	2020/21
	£	£
Current assets		
Cash and cash equivalents	10,821	3,212
	10,821	3,212
Net assets	10,821	3,212
Funds:		
Unrestricted funds	10,821	3,212

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Zimbabwe Life Project
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ANNUAL REPORT

Executive Summary:

This report lists the main activities performed during the third reporting period of the project for the year 2021.

By the end of the second recording period (2019 -2020) the following activities had been discussed and agreed:

1. *Constitution discussed, agreed for all members pay £20 annually from April 2019.*
2. *The Burdett trust funded the trip to Zimbabwe in 2019 and 24 volunteers visited Harare and Bulawayo to run workshops.*
3. *Covid-19 impacted on everyday life in 2020 and the trip to Zimbabwe was suspended to help minimize the spread of the virus.*
4. *Over 200 donations of BP monitors and other medical were equipment were donated and sent to various hospitals in Zimbabwe.*
5. *Virtual meetings continued and planning for a trip to*
6. *Four policies were drafted in 2020 and ratified by the Board*
 - a) *Volunteering Policy & Procedure,*
 - b) *Health & Safety Guidelines,*
 - c) *Equal Opportunities Policy.*
 - d) *Complaints Policy and Procedure*
7. *A ZLP member was assisting with registering ZLP as a legal entity in Zimbabwe, which is a prerequisite for future Memorandum of Understanding with any organisation.*
8. *All members in ZLP were thanked for the part they have played in distributing donations and it was noted that having new members in the country provides invaluable support.*

That's a quick look back at last annual year. Now let's move forward and see what happened this annual period.

2020 – 2021

Even though we were in lockdown due to covid-19 pandemic, we did not tire on our mission, supporting mental health hospitals in Zimbabwe. Here is a summary of the support given and activities we completed:

- 1) **Amazon Smile:** ZLP was set up as a charity on Amazon Smile in October 2020. Amazon donates a small amount to ZLP of every purchase we make when we shop on Amazon smile. On average ZLP is receiving around £12 a month and we are grateful to everyone who has chosen ZLP as their charity on Amazon.
- 2) **Donations:** In November 2020, ZLP gathered donations of various hospital equipment including syringes, over 300 catheter tubes, feeding tubes, medical/nursing books and over 100 branded unisex T-shirts, various walking aids, defibrillators, etc. The defibrillators went with no pads and unfortunately the type of pads are not available in Zimbabwe. ZLP is currently looking into obtaining these in the UK and then ship them over to Zimbabwe.

These donations were delivered to Chikurubi Maximum Prison, Parirenyatwa School of Nursing, Ingustheni Hospital and Sally Mugabe Psychiatric Hospital (formerly Harare Central) Ngomahuru Hospital.

- 3) **Training workshops:** Over the period of 3 weeks (24th November – 10th December 2020), we delivered 6 virtual workshops to mental health staff and nursing students in Zimbabwe at the following hospitals:
 - Ngomahuru Hospital
 - Sally Mugabe (formerly Harare Central) Psychiatric Hospital
 - Parirenyatwa School of Nursing
 - Chikurubi Maximum Prison
 - Substance Misuse Rehabilitation Centre in Ruwa.

The training sessions were delivered by the UK team and had an average of 25 participants in Zimbabwe per session.

- 4) **ZLP video clip :** ZLP recorded a video clip about the project which summarised the work we have done in the last 3 years. The video clip is on ZLP website (zlp.org.uk) and on ZLP social media pages.

- 5) **2020 Christmas Campaign:** This was launched on social media in December 2020 and in January 2021 we did a 5k virtual marathon. ZLP raised £844. The hospitals in Zimbabwe sent in their Christmas wishes which were purchased and are currently on their way to Zimbabwe. We are grateful to Physionet, a non-profitable organisation in Yorkshire who have shipped these items for free.
- 6) **April 2021:** ZLP sent 2 brand new laptops to Zimbabwe which were donated to Parirenyatwa School of Nursing.
- 7) **June 2021:** ZLP supported two newly qualified nurses at Parirenyatwa Hospital to apply for a position on Nursing Now Challengers Committee and we are proud to say that one of them nurses was successful.
- 8) **July 2021:** ZLP was registered in Zimbabwe as a Charity Incorporated Organisation.
- 9) **August 2021:** Physionet collected and shipped ZLP donations to Zimbabwe for free.
- 10) **September 2021:** The Foundation for Social Improvement (FSI) donated 3 tickets to ZLP for 3 members to attend their online courses on Strategic Planning, Fund Raising and Stewardship. The three tickets are worth £300.
- 11) **World Mental Health Events: October 2021** we partnered with a voluntary organisation in Zimbabwe called Pamumvuri and recorded webinars on various mental health topics including suicide prevention, mental health and gender, climate change and mental health, and investing in mental health. The webinars were facilitated by a popular radio DJ in Zimbabwe and were broadcast there and on social media.
- 12) **New Members:** In the last 12 months we welcomed 10 new members both in the UK and in Zimbabwe.
- 13) **Risk Register:** Pandemic has following impact on the charity:
 - a. Reduced activity and presence in Zimbabwe has limited ability to carry out aims and objectives.

- b. Number of new members and members renewing membership. Suggestion for creating a standing order option for paying membership fee. Currently members pay an annual fee of £20 directly into ZLP bank account.

14) The year ahead:

- a. Continue to develop online support to Zimbabwe through workshops, seminars and training sessions.
- b. Re-establish trips as restrictions ease and safe to do so.
- c. Fundraising campaigns (Rehabilitation Centre renovations at Sally Mugabe Psychiatric Hospital).
- d. Apply for funding or search for donors who can sponsor ZLP travelling cost, funds for defibrillator pads.
- e. Donations: Create a ZLP brand kit bag with items that are related to mental health which promote the charity.

Overall we have stayed focused on our priorities for this year and we plan to be more ambitious in 2022 and beyond.



ZIMBABWE LIFE PROJECT

Statement of Financial Activities for the year ended 31 March 2021

(15 months from January 2020 to March 2021)

	2020/21
	£
Income from:	
Donations income	914
Membership fees	240
Income from fundraising activities	844
Other income	-
Total income	1,998
Expenditure on:	
Charity expenses	1,009
Other donations expenses	60
Administration and legal expenses	198
Marketing, PR, communication and technology expenses	278
Total expenditure	1,545
Net surplus/(deficit) for the period	452
Funds brought forward at 1 January 2020	2,759
Funds carried forward at 31 March 2021	3,212



ZIMBABWE LIFE PROJECT

Statement of Financial Position as at 31 March 2021

(15 months from January 2020 to March 2021)

	2020/21
	£
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Current assets	
Cash and cash equivalents	3,211.57
	<u>3,211.57</u>
Net assets	<u><u>3,211.57</u></u>
Funds:	
Unrestricted funds	<u><u>3,211.57</u></u>

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