

Zimbabwe Life Project
UK Registered Charity Number 1189183

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

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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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