



BETTER LIVES
FOUNDATION

BETTER LIVES FOUNDATION

TRUSTEES ANNUAL REPORT

FOR THE PERIOD ENDED 31st MARCH 2013



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UK Charity No.; 1122290

This report carries on from the Trustees Annual Report for the period ended 31st March 2012.

HISTORY, OBJECTIVES AND ACTIVITIES OF THE CHARITY

Better Lives Foundation was established in 2006 and was registered on the 14th January 2008. It is made up of a body of like minded people working to improve health and education conditions wherever the need and whose aim is:

- To provide quality medical care and education to the needy leading to long term healthcare independence.
- To improve the condition of people's health
- To promote good health through education
- To work in partnership with charities, especially local organisations
- To raise standards of sanitation and hygiene
- Improve access to water
- To make all projects, self sufficient, independent and self-supportive

MANAGEMENT AND GOVERNANCE

The Charity's continued approach with its volunteer's base to providing support totally free of charge which includes not only their professional or specialised services but providing their own travel and accommodation costs, donations in kind and meeting charity's certain expenses out of their own pockets. The said team of volunteers have a vast heritage and wealth of experience. As administrative costs are absorbed by the volunteers all donations received are used for patient medical care and support.

The Trustees and volunteers meet regularly to discuss existing projects and consider plans for any new projects. The volunteer's skills range from professionals such as Surgeons, Doctors, Dentists, Pharmacists, Technicians, Plumbers, electricians and other general and administrative individuals from the business community and members of the general public.

ACHIEVEMENTS AND PERFORMANCE OF THE CHARITY

BLF has continued with its program of medical camps from previous year at the Yonibana Sai Hospital, in Yonibana, Sierra Leone.

GENERAL MEDICAL CAMP YONIBANA – JANUARY 2013

Report on Medical & Eye camp from 2nd to 13th January 2013 at The Yonibana Sai Hospital, Sierra Leone, West Africa. 28 Volunteers departed the UK on 2nd January, including 2 Ophthalmologists and 3 Optometrists, 4 GP's, 6 Dentists, 3 Nurses, 3 Pharmacists, 2 IT Personal, 1 Engineer and 4 General Volunteers. We were helped by 48 local volunteers from Yonibana.

- 3715 – Total Number of Patients Seen over a 7 day period
- 961 – Patients Registered for Dental Consultations

DETAILS	NUMBER
Patients Registered for Dental Consultation	961
Patients Registered for Eye Consultation	571
Patients Registered for General Consultation	1674
Patients Registered for No Consultation	509
Refracted Glasses Dispensed	60
Cataract Operations	80
Glasses Dispensed	418
Teeth Extractions	898



DETAILS	NUMBER	
Pre Jan 2013 Registered Patient Consultations	1748	3715
Jan 2013 Registered Patient Consultations	1967	
Pre Jan 2013 Registered Patients	1583	3439
Jan 2013 Registered Patients	1856	
No. Of Patients attending Multiple Facility Consultations	276	
Registration Related Errors (Missing or Incorrect)	160	
Total No. Of Registered Patient Consultations > 16 years	2760	
Total No. Of Registered Patient Consultations <= 16 years	955	



HERNIA MEDICAL CAMP YONIBANA – SEPTEMBER 2012

A team of 22 medical (1 Consultant Surgeon, 2 Surgeons, 3 Doctors, 2 Dentists and 3 Pharmacists) and general personnel volunteered for the medical camp. A total of 37 patients underwent surgery during the seven day period of operating.

The majority of patients underwent surgical correction of an inguinal or femoral hernia or a hydrocele. 5 patients had more than one surgical procedure, such as bilateral hernia repair or hernia repair plus a hydrocele operation.

In total 47 surgical procedures were undertaken. 22 patients had surgery using local anaesthetic infiltration whilst 15 had a spinal anaesthetic. Patients having surgery under spinal anaesthetic were generally listed for a morning theatre session and only one required an overnight stay.

Of the 15 patients having local anaesthesia four required additional sedation with midazolam and one of these was also given ketamine. Only three of these 15 patients required an overnight stay in hospital.

DETAILS	NUMBER
Dental Consultations	472
General Consultations	1656
Paediatrics Consultations	844
Hernia Operations	47
Total Number of Consultations	3019



GENERAL MEDICAL CAMP – MAY 2012

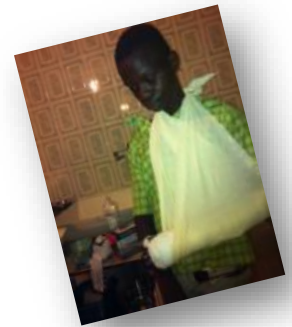
SOCIO CARE

During the General Medical Camp of May 2012, volunteers conducted the distribution of clothes, shoes, boots etc to surrounding villages of Yonibana. These villages included Matatie, Kithboie, Mabom, Mafala, Makorie and Magbogie

EDUCATIONAL CARE

Volunteers also distributed Educational Books, Pens and Pencils at 2 Primary schools viz; R.C Primary School, Kumrabai and R.C Primary School, Masethleh.

DETAILS		NUMBER
Pre May 2012 Registered Patients	322	322
New May 2012 Registered Patients	2340	2340
Registration Errors (Missing or Blank)	1	1
Other Errors (2 patients with One Reg No.)	6	6
Total No. Of Patients > 16 years		2033
Total Patients <= 16 years		629
Total Number of Patients		2662



KEY STATISTICS:

Approx **12%** of Total patients registered were patients who had **registered previously** with YSH

Approx **24%** of Total patients registered were **Children** (less than and equal to 16 years of age)

Approx **9.5%** of Total Patients registered were referred to **Gynaecology**

Approx **7%** of Total Patients registered were treated with a **Malaria test**

Approx **3%** of Total Patients registered were diagnosed with **positive Malaria**

Approx **8%** of Total Patients registered were seen by **Vibronics**

Approx **2%** of Total Patients registered were referred to **Dentist**





CONTAINER SHIPPED TO SIERRA LEONE

A 20ft container was ordered for August 2012 and filled with various donated items which included clothes and shoes for distribution in the villages surrounding Yonibana. Further medical equipment was loaded with the help of volunteers. The task of loading the container was a difficult one where many hands made light work. The container was received with warmth in Yonibana and distribution took place during the September medical camp.



FUND RAISING ACTIVITY

BLF organised a "Garba Event" in April 2012 to raise funds and awareness within the Indian Community. The event was a huge success with over 700 attendees and the whole occasion was covered by "In and Out" on Zee TV. Some of the companies who sponsored the event were: Devarshi Photographers, Reflect Dreams, The Leading Edge, Cover Insurance (Kennington), SSS Caterers, Mi Big Day, Elite Pharmacy, Creative Property Ventures Ltd, Gokul Nivas, Jaanki Mandaps, VB & Sons, Logic 3, Biodiesel London, Blakeberry Pharmacy, Alex Hairdressers, Equatoria Travel. Our thanks and gratitude to them for making the whole event very successful.

Invited guests included:

Rt.Hon.Mr.Barry Gardiner MP for Brent North

Rt. Hon. Mr. Virendra Sharma MP for Ealing & Southall.

His Worshipful The Mayor of Hounslow, Cllr. Amritpal Singh Mann

His Worshipful The Mayor of Brent. Cllr. Aslam Chodury

His Worshipful The Mayor of Harrow. Cllr. Mrinal Chodhry

Mr. Jitendra Sharma. First Secretary for High Commission of India

Many raffle prizes donated by well wishers helped raise in excess £14,500 in total. As a result of the awareness created, many new young volunteers were recruited for medical camps and for all the various packing days.

Formal presentations were carried out at various places and including

Bradford

May 2012

Tooting Sai Centre

Nov 2012

