



BETTER LIVES FOUNDATION

TRUSTEES ANNUAL REPORT

FOR THE PERIOD ENDED 31st MARCH 2015



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UK Charity No.: 1122290



The Trustees Annual Report for the period ended 31st March 2015 continues from last year's Annual Report.

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.

We had a new addition to the Board Of Trustees with the introduction of Dr Michael Rafferty. Dr Rafferty will bring invaluable medical & general experience to the charity with his enthusiastic, youthful and exuberant approach.

The Trustees and volunteers meet regularly to discuss existing projects and consider plans for any new projects.

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. This year saw the first Medical Camp conducted in Utrakhhand as a result of an invitation of Major (Rtd) Jamnal and SRADHA Foundation (Society For Rural Awareness And Development In Himalayan Area) to help the 2012 flood hit areas of Mori and Purola.

GENERAL, EYE, DENTAL & GYNAE MEDICAL CAMP – INDIA MAY/JUNE 2014

The General Eye, Dental and Gynaecology Medical Camp was held from 26th May to 3rd June 2014 at The Villages of Mori and Purola, Utrakhhand, India.

A total of 34 BLF Volunteers from the UK (27 volunteers) and India (7 Volunteers) as well as 70+ local volunteers from Mori and Purola. The team was made up of: Consultant Gynaecologist, Ophthalmologist, Opticians, General Surgeon, Gynaecologist, General Doctors, Nurses, Dentists, Engineer, Pharmacists, IT Personnel and various non-medical volunteers.

5,200	Approximate Total Number of Patients Registered over a 9 day period
12,000+	Approximate Medical Consultations
1872	Total Spectacles Dispensed
200	Glazed Spectacles Dispensed
470	Dental extractions
60	Approximate Cataract Operations
385	Approximate Gynae Consultations with minor procedures



All patients received their prescribed medication free of charge and some for a month+ where needed. All dental equipment and some eye equipment have been donated by BLF to ECHS Polyclinic in Uttarkashi. These equipment will be used by the clinic and in all future camps. BLF will be partnering with ECHS Polyclinic and Sivanand Dharmarth Chikitsalaya Asram Hospital of Uttarkashi.



GENERAL, DENTAL & GYNAE MEDICAL CAMP – SIERRA LEONE, MAY 2014

The General Medical Camp was held from 7th to 21st May 2014 at Yonibana Sai Hospital, Sierra Leone, West Africa.

21 BLF Volunteers from the UK as well as 50+ local volunteers from Yonibana were responsible for this camp. The UK team was made up of: 1 Consultant Gynaecologist, 1 General Surgeon, 1 Gynaecologist, 6 General Doctors, 1 Nurse Specialist, 3 Dentists, 1 Engineer, 4 Pharmacists, 2 IT Personnel and 3 non-medical volunteers.

3,299	Total Number of Patients Registered over a 7 day period
347	Total Patients Registered & Triaged in Hospital
1173	Total Patients Registered for General Consultations
681	Patients Registered for Dental Consultations
402	Patients Registered for Gynecology Consultations
991	Patients Registered for Paediatric Consultations
44	Patients Registered for Dressings/Wounds



EBOLA OUTBREAK

West Africa saw one of the deadliest outbreak of Ebola since its discovery in 1976. The epidemic was centred in the West African nations of Liberia, Guinea and Sierra Leone, with minor outbreaks elsewhere. It has caused significant mortality, with reported case fatality rates of up to 70% and specifically 57–59% among hospitalized patients. Ebola virus disease was first described in 1976 in two simultaneous outbreaks in South Sudan and Democratic Republic of the Congo; this is the first Ebola outbreak to occur in the West African



subcontinent. The outbreak in Sierra Leone in June/July 2014 claimed many lives including that of Mrs Memunata Sankoh, a key local volunteer and the back bone of the community in Yonibana. She will be sadly missed for all her love and many years of dedicated hard work.



The Ebola Outbreak meant our medical camps were halted. We started a food and preventative suits/gloves distribution drive to feed the quarantined families and local volunteers. The Outreach program concentrated on preventative measures towards Ebola. On Tuesday, 19th Nov 14, a Supply vehicle left from Freetown with following food provisions to Yonibana for 90 households quarantined due to the Ebola Outbreak there.:-

Rice 50kg bags, Salt 25kg bags, Sugar 50kg bags, Cooking Oil 5litre Cans, Maggi Cubes (Oxo) Packets, Plastic Bags for packing Rice/Sugar/Salt in different sizes.

This was BLF's Second batch of supply, the First one was Rice 25kg bags. BLF was committed to supplying food provisions at regular interval.

SOCIO CARE

During the Medical Camps of May 2014, volunteers conducted the distribution of clothes, shoes, boots etc to surrounding villages of Yonibana & Yonibana itself. These villages included Matatie, Kithboie, Mabom, Mafala, Makorie and Magbogie. We also contributed towards finishing the new Solar Power Centre in Yonibana which provides solar lights to all the houses in the village.

EDUCATIONAL CARE

Our Sponsorship continues with the education program in sponsoring students locally. A total of 5 students are at Magbruka College where 2 are studying Computers and IT, 1 is studying Carpentry, 1 is studying Electrics and the last one is studying plumbing. These are all practical skills that are needed in the community. A total of 3 students are at Masanga Nursing School. 2 are studying to become nurses and 1 to become a Physiotherapist. There are 4 students at Njala Medical School studying Community Health Officer (CHO) & Community Health Assistant (CHA) courses. 2 are to qualify in 2016. We have 2 teacher training students at Makeni.

BLF is also embarking on a partnership with Njala Medical School, Bo, where some of our Medical Personnel help with lecturing on subjects at the Medical School. We are also supporting them with small equipment and books for their medical and nursing students.

FUND RAISING ACTIVITY

BLF volunteers were involved in various fund raising activities and events to help raise awareness and funds for our on-going projects as listed:



1. A “Garba Event” on the 6th April 2014 at Barnhill Community High School, Yeading Lane, Hayes, Middlesex UB4 9LE . This was an open event which had a very positive response and outcome with many new volunteers attracted to the charity.
2. Many volunteers embarked on The Yorkshire 3 Peaks Challenge on the 4th May 2014. The atmosphere was amazing considering the bleak weather conditions.
3. 3 of our volunteers took part in The Colour Run/Bike Ride – London to Brighton on the 3rd August 2014. They had a tremendous following and took the event in their stride.
4. A small team of volunteers entered the Birmingham BUPA Half Marathon on the 19th October 2014.
5. A phenomenal event was organised by us at the Logan Hall, Central London, a colourful musical dance production “Janak Dulari Sita” by Subrang Arts. This was attended by a wide audience of over 600 people. It gave BLF a huge awareness platform with much money raised.
6. “The Rhythms of Raas 2015 Garba” event was a very well received on the 22nd March 2015 at the JLS in Kenton, Middlesex. BLF signed up many new young supporters and new volunteers for all our projects.