



BETTER LIVES FOUNDATION

TRUSTEES ANNUAL REPORT

FOR THE PERIOD ENDED 31st MARCH 2016



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UK Charity No.: 1122290



The Trustees Annual Report for the period ended 31st March 2016 continues from the previous years' Annual Report.

HISTORY, AIMS, OBJECTIVES AND ACTIVITIES OF THE CHARITY

Better Lives Foundation was established in 2006 and was registered on the 14th January 2008. Our work continues in Sierra Leone and India, with like minded volunteers. We have been working to improve health and education conditions and our 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
- To improve access to clean water
- To make all projects, self sufficient, independent and self-supportive

MANAGEMENT AND GOVERNANCE

Our approach with our volunteers' base is to provide support totally free of charge for medical and educational needs. Our team of volunteers have a vast heritage and wealth of experience and happily meet their own costs. Administrative costs are minimal and donations received are used for our projects.

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

ACHIEVEMENTS AND PERFORMANCE OF THE CHARITY

We have advanced with our program of support of the medical and educational sponsorship in Sierra Leone and India. In September 2015, our team of volunteers saw themselves arriving at the very remote village of Jakhol, Utrakhand, India. This is a small village located in the Uttarkashi District of the Himalayas with a population of around 1,250. This camp was a follow up in response from the previous year. We continue to work in partnership with Major (Rtd) Jamnal and SRADHA Foundation (Society For Rural Awareness And Development In Himalayan Area). Furthermore a MOU was signed with Nirmal Ashram Eye Institute of Dehradun to conduct cataract operations and other eye surgical operations following our camp.

Our Education Sponsorship program in Sierra Leone shows good progress with an increase in student numbers. There are various students who will qualify later in the year in the fields of Medicine, Nursing, Secondary School Teachers, IT, Plumbers, Electrician and Carpenters.

The Nepal Earthquake of February 2016 was a devastating blow to the small country. Through our volunteers in the UK and our medical suppliers in India, we shipped critical medical supplies to Tribhuvan University Teaching Hospital, Teku, Kathmandu.

Our Medical Co-ordinator, Trinidad-born Mr (Dr) Michael Singh was awarded the [Good Morning Britain](#) Health Star Award. Mr Singh is a Consultant Paediatric Surgeon at Birmingham Children Hospital.

Our Fundraising Activities included our "Rhythms of Raas 2016" team being interviewed by Alpa Pandya of BBC Asian Radio and broadcast on her show. Our event was mentioned several times leading up to the event. Neha Bhatt from Lyca Radio volunteered to compere the event on the day. Several local councilors from Brent and Harrow Council attended the event.

The BLF Sponsored Walk in July 2015 along the River Thames was another great success.

One of volunteers, Dr Pooja Ramburran, undertook a Skydive at St Andrews, Scotland in August 2015 to raise funds for us.



EDUCATION PROGRAM

Our education program consists of both Graduate Level studies and in house training by our professional international volunteers providing students with Academic Education, Training as well as looking after their spiritual and emotional needs. Our students are in Education as per below:-

- 10 at Njala Medical School studying CHA & CHO
- 2 at Nursing College in Masanga
- 4 at Magbruka Technical College
- 2 at Makeni College studying Teaching Certificate
- 1 at Njala University studying Social Work
- 1 at Magbruka College Studying Social & Health Co-Ordinator
- 21 at Yonibana Secondary School



All our students are made aware of the importance of prevention over the treatment of diseases. Training includes empathic Communication Skills, Time Keeping, Professionalism and Hygiene.

Our continued outreach clinic program in HIV / STD is conducted by 7 local trained volunteers.

GENERAL & EYE MEDICAL CAMP, JAKHOL – SEPTEMBER 2015

The General Eye Medical Camp was held from 18th September to 28th September 2015 in the remote village of Jakhol, Uttrakhand, India.

A total of 25 BLF Volunteers from the UK (15 volunteers) and India (7 Volunteers) as well as 46+ local volunteers from Jakhol. The team was made up of: General Doctors, Nurses, Gynaecology Nurse Specialist, Optometrist's, Pharmacists, Alternative Therapists and various non-medical volunteers. Below is the data of the medical camp:

2,489	Approximate Total Number of Patients Registered over a 5 day period
483	Total Spectacles Dispensed
832	Eye Consultations
88	Cataract Operations
789	Other Chronic Ailments
600	Gynaecology Consultations with minor procedures



All patients received their prescribed medication free of charge and some for a month+ where needed. Some eye equipment have been donated by BLF to ECHS Polyclinic in Uttarkashi. BLF has partnered with Nirmal Ashram Eye Institute of Dehradun to conduct cataract operations and other eye surgical operations.

NEPAL EARTHQUAKE

We received word that food and critical medical suppliers weren't reaching where it was severely needed after the Nepal Earthquakes of February 2016. Through our volunteers in the UK and our medical suppliers in India, we arranged for 116 boxes of medicines, weighing 1900Kg to be shipped to Nepal helping with rescue efforts at Tribhuvan University Teaching Hospital, Teku, Kathmandu.



Nepal Earthquake and medicine distribution.



EBOLA UPDATE



The tragic loss of several of our key volunteers in Yonibana to Ebola has had an emotional and devastating effect to our teams.

Medical camps were further halted in Sierra Leone due to the Ebola Outbreak. We continued with our food parcels, health and hygiene program with protective suits/gloves distribution. We fed the quarantined families and our local volunteers in and around Yonibana. The Outreach program concentrated on preventative measures towards Ebola.

We sent out batches of supply over a period of time. We were committed to supplying food provisions at regular interval.

SOCIO CARE

Our program of helping the various villages with providing Solar Lighting and the distribution of clothes, shoes, boots etc. was slowed down as the effects of the travel restrictions from the UK took hold over the volunteers able to enter Sierra Leone.

FUND RAISING ACTIVITY

“The Rhythms of Raas 2016 Garba” event was very well received once again on the 13th March 2016 at the JLS in Kenton, Middlesex. BLF received more awareness and signed up new young supporters and volunteers for all our projects.

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