



Inter Care Annual Review 2022-2023

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A RENEWED STRATEGIC FOCUS, AND STRONG OUTPUTS IN 2022/23



I was delighted to be appointed as Chair of Trustees for Inter Care in January 2023, and am incredibly grateful for the support of the staff and Trustees as I've immersed myself in my new role.

In particular I am always impressed by the volunteers, sorting out the large quantities of assorted donations and getting them ready for despatch. Seeing a medical dressing on the shelf I was struck by the story yet untold of the person who will benefit from this gift thousands of miles away. In fact that particularly struck home when hearing at first hand in a hospital in northern Ghana, how easy it is for farmers to get leg injuries, and how without these bandages, provided free of charge, they would not be able to work. That bandage, along with tens of thousands of other medical items make up another year of historically high outputs

for Inter Care, with over £800k of medical aid, freely provided to the health care units we partner.

Our income also increased by 5% in 2022/23, and we are incredibly grateful to all our donors, large and small, who support our work. For the last two years though we have achieved our outputs by drawing down on our reserves, and so without a significant increase in income, the impact of inflation on our costs will mean we see outputs returning to pre-pandemic levels in future years, as we work to ensure a balanced budget. As we are also now close to our minimum reserves, fundraising will be an even higher priority, and retaining healthy finances a point of focus for the Board.

2023 was also the year where we took time out as a team of staff and trustees to review our strategy and ensure it remains aligned with our mission and daily realities. From this we have set ourselves five important areas of focus, and these particularly aim to address how we manage limited resources while improving our impact. This means for example an aim to increase our sources of surplus medicines and equipment supply; to ensure that we work most closely with the health units that are most in need; and to find more cost effective ways to monitor the performance of the health units we support.

Sometimes the impact we have cannot be adequately expressed in the tonnes of medical waste avoided or the value of medical aid despatched. One new way to do this has been translating our outputs into actual courses of treatment. For the year 2022/23 that was more than 75,000 for medicines alone. Add to that the healthcare goods (such as the bandages mentioned above) and equipment ranging from an Oxygen Concentrator to a Dental Unit, and you start to get a sense of the number of people, families and communities that are having their lives transformed by Inter Care and our supporters.

None of this happens of course without the great work of the Inter Care staff, supported by the volunteers and trustees. Many of you will already know Richard Peck in his role as a "Responsible Person" for us, and the trustees were delighted to welcome Richard (who is an expert in pharmaceutical logistics) as he joins the Board. We are extremely fortunate with the range of skills we have across all our volunteers, and I'm also very pleased to report that the trustees have identified a Treasurer, Michael Jones, to join the Board and support us with our 2023/24 accounts and beyond.

The year to come will be our 50th anniversary year, a reason for much celebration and thanksgiving for everyone who has contributed to Inter Care's success and longevity over the years. We will be marking this important milestone at events through the year, but most importantly, we will also be working hard to raise the funds and deliver the aid that is vital for some of the poorest people in the world.

On behalf of the Board and all at Inter Care, a huge thank you to all our donors and supporters, and I look forward to working with you in the years to come.



Celebrating Inter Care's Achievements

In 2022/2023 your donations helped Inter Care to send a total of £806,733 worth of aid to: Health Units in Ghana, Malawi, Sierra Leone, Tanzania and Zambia



Medicines for 76,400 patient treatments, valued at £582,809



360,462 items of Health Care Goods, valued at £223,929



99 Consignments



1 Container

The partner health units supported by Inter Care vary in size and nature enormously, they include: hospitals, health centres, dispensaries, prisons, centres for orphaned and vulnerable children, a hospice and a fistula centre.



One Wish Project

The "One Wish" project was launched in 2021. It is a project designed to provide equipment that would make a real difference to each health unit. The project is well under way with 40 units having had their wish granted so far. Many different types of equipment have been requested, including a Phototherapy machine used to treat Jaundice in new born babies.

Phototherapy is a treatment for new born babies with Jaundice that can be carried out to quickly reduce a baby's Bilirubin levels. A special type of light shines on the skin, which alters the Bilirubin into a form that can be more easily broken down by the liver. The main benefits of phototherapy treatment is that it is non-invasive and less costly than an exchange transfusion which is the alternative.

Mzambazi Community Hospital is a rural hospital located in Malawi's Northern region. Acting in response to a specific request via our One Wish project Inter Care sent a phototherapy machine to Mzambazi in June 2023. Since receiving the phototherapy machine, newborn babies just like baby Tadala in the photo, have been able to have their Jaundice treated successfully.

Families of these babies no longer have to be referred to Mzuzu Hospital, 66 miles away. Consequently Mzambazi no longer have to pay for the use of their facilities. The wider local community is also benefiting because Mzambazi now operates as a referral centre to eight other local health centres who now refer newborn babies with jaundice to them for treatment.



Baby Tadala being treated in the Phototherapy machine

Celebrating Inter Care's Impact. In 2022-2023 Inter Care Supplied:

MEDICINES



plus worming tablets for a further

to enable
76,400 patient treatments

448,000 patients

466

Instruments for diagnosis (thermometers, stethoscopes, blood pressure machines etc.)



150

Mobility items (crutches, wheelchairs, etc)



81,500

Items of protective equipment

5,000 + 8,000
bandages dressings

HEALTH CARE GOODS. OVER 360,000 ITEMS INCLUDING:

22

MAJOR ITEMS OF EQUIPMENT



Autoclave



ECG Machine



O2 Concentrator

MEET THE PATIENTS IN MENDEWA

Mendewa Clinic, Sierra Leone



Rina is a single mother of 4 children

Rina works full time and relies on her sister to take care of her children who are aged 8, 6, 4 and 18 months. She visited Mendewa Clinic suffering with vitamin deficiency and anaemia.

Due to Rina's very low income, she was able to receive the vitamins and medicines she needed free of charge as Inter Care provided them to the health unit.

Rina said she is "grateful to Inter Care" as she cannot afford to buy quality multivitamins and antibiotics for herself with so many mouths to feed.

Samuel is a retired teacher who lost his pension when he was ill

Samuel is 78 years old and a retired teacher. He had been unwell for several weeks suffering with Malaria and Typhoid. He was very confused and agitated and under a lot of stress as he was unable to buy the medicines he needed.

Samuel has not received his pension for a month when he was struck ill and the money he does get is minimal and runs out after a few days.

By receiving medicines from Inter Care, Mendewa Clinic can provide his treatment free of charge.

Samuel is now better and said " I feel that Inter Care is a blessing to the community. Thank you. I have now made a full recovery".



Olivette is a grandmother of 6 children

Olivette is 69 years old and relies on her daughter for financial support, however, she does some petty trading from home.

Olivette attended Mendewa Clinic suffering with swollen ankles and dizziness. By using the BP machine donated by Inter Care, staff were able to establish that she had high blood pressure and fluid retention. Olivette was then provided with the most suitable antibiotics. The staff at the clinic are now able to provide treatment for their patients based on testing.

Olivette's health is improving and says she has a "new lease of life" thanks to Inter Care's support

Inter Care's Donors



Medicines & Health Care Goods

Due to the strong relationships we have with our donors, all have continued donating throughout this past year. We are also grateful to the companies who have come on board with product support and are most grateful to all of the following companies for their generous and valuable donations, and to those who donate but wish to remain anonymous:

Medicines:

International Health Partners (IHP)

Health Care Goods:

Action Medeor (Malawi)

Arran Sense of Scotland (Arran Aromatics)

Ashfield Healthcare Ltd

Bionical Solutions

Bristol Maid - Hospital Metalcraft Ltd

Dermal Laboratories Ltd

Envirotec Ltd

GSK

Jetglow Aircraft Refurbishments Ltd

Nurse Care Uniform Ltd

PAL International

Phoenix Resource Centre

Rapid Care UK

Royal Brompton & Harefield Clinical Group

Sunlit Chemist

TLC Pharmacy

Tropical Health Technology



Financial Supporters

We are very grateful to the huge number of individuals and community groups, e.g. churches, Rotary International, Women's Institute, Inner Wheel, Lions, doctors surgeries and many more, who make our work possible by raising money for us - by making donations to us and by supporting our fundraising events. Thanks are also made to the large number of individuals and companies who donate a wide variety of items - everything from knitted goods and raffle prizes to food and drink at events. All of these contribute enormously to the service that Inter Care provides to its partner health units.

Income From Charitable Trusts

Despite a wide range of effective funding streams that keep Inter Care going each year, income from charitable trusts continues to be of very high importance. We are still experiencing the effects of the pandemic, primarily evidenced by rising costs increasing expenditure. However, we are buoyed and encouraged by the enduring regular support of Charitable Trusts and Foundations with which we have increasingly strong relationships. We are grateful for the ongoing trust they place in us, and for their increased generosity in providing core support which underpins our long-term planning capability. We wish to thank the following grant making trusts to whom we are, and always will be, extremely grateful:

Ardwick T

Austin Bailey Foundation

Barbara Ward Children's Foundation

Beatrice Laing Trust

Brian Mercer CT

Broyst Foundation

Chillag Family Charitable Trust

CMMS

Cuckoo Hill Trust

Dromintee Trust

Edwina Mountbatten & Leonora Trust

Eleanor Rathbone CT

Father O'Mahoney Mem Trust

Fulmer CT

Gibbs CT

Grace Trust

Henhurst CT

Leonard Trust

Makeni Trust Fund

Marsh Christian Trust

Merstham Aid Project

Michael and Anna Wix Charitable Trust

Morel CT

MPM CT

Mrs L D Rope Third CS

Pat Newman Memorial Trust

Rest Harrow Trust

Rozelle Trust

Schroder CT

Souter Charitable Trust

St Mary's Charity

Sycamore Trust

Trelux CT

Ulverscroft Foundation

W A Herbert Trust

Worshipful Co. of World Traders CT

Zephyr Charitable Trust

Plus those trusts that wish to remain anonymous

Thank you



for your support



Patrons

Rt. Rev. Patrick McKinney, Bishop of Nottingham

Mrs Margaret Greiff MBE

Trustees

Mr S Mabley (Chair)
Dr R Babla
Mr R Bailey
Mrs K Garnett (vice-Chair)
Mr R Peck (appointed 2023)
Dr J Widdowson
Dr W D Baugh (resigned 2023)
Mr A Mellor (resigned 2023)

Staff

Mrs Diane Hardy, General Manager
Miss Anita Fletcher, Senior Administrator
Mr Bill Johnson, Warehouse Assistant
Mr Phil Riley, Trusts Fundraiser
Mrs Claudia Domin, Community and Events Fundraiser

Responsible Persons

David Lartey
Richard Peck

A big **"THANK YOU"** to all our volunteers

Inter Care would not exist without you! The huge support you give through volunteering in the office, coming in every week to the warehouse, offering medical advice and support, the list of tasks you undertake to is endless. From the Trustees in the governance of the organisation, the Responsible Persons who oversee our compliance with all the Regulations with which we have to comply, to those working in the warehouse, in the office and the staff in the surgeries who collect and check health care goods before they are sent in to us, we truly appreciate you all.

The tasks performed by volunteers are many and varied. They include: collecting health care goods, sorting, checking, shelving, creating consignments; fundraising by supporting events, manning stalls selling books and other recycled items; spreading the word by delivering talks to groups; professional support; not forgetting visiting Africa to undertake Monitoring and Evaluation visits.

The total hours donated by the volunteers this year was 2226 hours of work. The savings of employment costs alone would exceed £23,200. There are too many to mention, but this year, special thanks go to:

Dr Raj Babla
Bob Bailey
Helena Baron
Dr David Baugh
Ann Bing
Diane Bird
Mike Bird
Alison Briggs
Peter Cantle
Sylvia Cliff
Dr Bobby Dhillon
Imelda Forde

Kathryn Garnett
Maryvonne Hainsworth
Sandra Hawthorne
Dr Tony Jarvis
David Lartey
Linda Lord
Simon Mabley
Lusia Manktelow
Diane Newton
Richard Peck
Robert Pettifer
Maria Raptaki

Vince Riley
Sally Smith
Annie Taylor
Ruth Treseder
Lesley Trivett
Susan Turner
Dimitrios Valsamakis
Amina Vaze
Jean Villanueva
Jean Widdowson
John Winter
Peter Woods

Income & Expenditure Account for the year ending 31 August 2023

	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £	Total Funds 2022 £
INCOME AND ENDOWMENTS				
Donations and legacies				
Medical donations (Includes revaluations)	-	756,954	756,954	834,168
Trust donations	60,600	49,700	110,300	138,269
General donations received (Incl Gift Aid)	85,203	20,339	105,542	73,143
Legacies	9,931	-	9,931	2,704
Gifts in kind	8,000	-	8,000	8,000
	163,734	826,993	990,727	1,056,284
Other trading activities				
Book/Card Sales	775	-	775	848
Events	6,303	-	6,303	7,897
	7,078	-	7,078	8,745
Investment and other income				
Deposit account interest	1,545	-	1,545	577
Total incoming resources	172,357	826,993	999,350	1,065,606
EXPENDITURE				
Wages	123,580	-	123,580	116,318
Employers National Insurance	6,694	-	6,694	6,256
Pension	2,733	-	2,733	2,571
Rent & rates	20,000	-	20,000	18,167
Insurance	2,026	-	2,026	1,941
Water, light & heat	6,744	-	6,744	3,520
Telephone, IT & website	7,920	-	7,920	8,463
Postage & stationery	2,051	-	2,051	2,388
Repairs & maintenance	3,503	-	3,503	2,360
Donated medicines & supplies	-	808,995	808,995	896,698
Shipping UK	1,852	-	1,852	2,277
Shipping Overseas	24,597	12,842	37,439	32,868
Project miscellaneous costs	780	-	780	-
Waste disposal	1,164	-	1,164	836
Travel	8,181	-	8,181	5,525
License fees	879	-	879	1,900
Payroll & HR fees	1,104	-	1,104	1,110
Accountancy	2,690	-	2,690	2,550
Training	239	-	239	1,966
Professional fees	35	-	35	146
Fundraising costs	3,975	-	3,975	3,358
Total resources expended	220,747	821,837	1,042,584	1,111,218
Net income/(expenditure)	(48,390)	5,156	(43,234)	(45,612)