



Helping patients throughout Poland

(Registered charity number 1137887)

**Financial statements and report
for the year ended 30 September 2012**





Equipment and
medical
supplies

“Thank you for remembering us and for your help, particularly at a time of economic crisis”
Anna, Łódź

“We can’t imagine how we would cope without the hospice. So thank you.”
Victoria’s mum, Gorlice

This year the Foundation:

Provided equipment for 22 organisations throughout Poland

Spent £427 generating donations of £23,340. All costs were met by donations from the trustees

Provided 8700 catheters, 10 forearm crutches, 16 suction pumps, 27 anti-bedsores mattresses, 1800 anti-bedsores dressings, 50 bottles of antiseptic, 8 inhalators, a patient transport system, 9 pulse-oximeters, parcels of fundamental medicines, 4 walking frames, Children’s Day presents for 10 children under the care of hospices, 8 oxygen concentrators, parcels of tracheotomy supplies, two lymphatic massage systems, a laryngoscope, 4 hospital trolleys, 3 stands for intravenous drips, 2 beds, equipment for a doctor’s surgery and treatment room, a hi-fi for musical and physio-therapy, an electric wheelchair, a pushchair, 4 blood-pressure meters, 3 contactless thermometers, a UV disinfectant lamp, towel dispensers and rolls of hand towels, a training course for 7 staff and volunteers, hair washing equipment for patients, and contributed towards the fit-out of a new residential hospice

**Made it possible for hundreds of patients to live their final days in dignity,
at home with their families**

The Alina Foundation

Trustees' report for the year ended 30 September 2012

Reference and administrative information

Charity name	The Alina Foundation
Registered charity number	1137887
Principal office	65 Ashley Drive, Penn, Bucks HP10 8AZ, UK
Trustees	Ewa Holender Janusz Holender Sam Pinkstone

Objects & activities to benefit the public

The Foundation provides vital medical equipment and supplies for organisations that care for terminally ill patients. We also fund essential training for hospice staff and volunteers.

The equipment we provide is used in residential hospices and lent free of charge to families so they can care for patients at home. There is a huge shortage of beds in residential units across Poland, so care at home is crucial. The patients and families we speak to also say that being at home makes a huge difference to them.

We work primarily with small, volunteer based organisations, to help build their capacity and maximise our impact. Our main focus is on hospices that struggle to obtain sufficient funding from other sources, are new or are based in poorer, rural areas.

The organisations with which we work look after patients of all ages, including the elderly as well as children with terminal illnesses and disabilities.

Grześ

Grześ is a teenage boy with brain cancer. A serious operation left Grześ in a coma in hospital.

His parents were able to bring him home thanks to equipment provided by their local hospice and the Alina Foundation.

After months of unwavering care from his family and hospice nurses, including four hours of physiotherapy a day, Grześ woke up from his coma earlier this year.

"Without this specialist equipment, we would never have been able to bring Grześ home", Grześ' mum told us. "The equipment, the support, is vital. There is no way I could manage otherwise."



Our work in 2011/12

During our third year of operation we raised £23,340 through donations and Gift Aid.

We spent £22,171 to provide equipment for 22 organisations throughout Poland that care for terminally ill patients. We provided vital equipment, such as beds and mattresses, so that patients can be cared for at home and spend their final months with their families. We also paid for vital training for hospice staff and volunteers, as well as equipment for new residential hospices to support patients when families can no longer cope.

A full list of equipment provided is at note 3 to the accounts.

The balance of funds available will be spent in the coming months to help further hospices in the poorest regions of Poland and areas of great need.

Each piece of equipment is used to support many patients during its useful life. For example a single bed has a life of up to 10 years, and can allow up to 40 patients to spend their final days with their families.

We work directly with individual hospices to identify the equipment that they most need at any time.

We always thoroughly research the best equipment and prices offered by many suppliers. We also have an established relationship with a number of suppliers who provide equipment at significant discounts.

The difference a catheter can make

Hospice: Alma Spei, Kraków
Budget: £1000

4000 catheters
280 heat and moisture exchangers
(for patients with a tracheotomy)

= 50 children who can spend more time at home for three months

This volunteer-run organisation supports around 50 children with terminal illnesses and their families by providing free medical care, equipment and support.

In particular, it provides free disposable medical supplies, such as catheters and heat and moisture exchangers. These are too expensive for most families to afford, but have a huge impact because they protect children from infections, so they spend less time in hospital and more time at home with their families.

The catheters and exchangers we have provided will allow each of the organisation's fifty young patients to have a clean new catheter and exchanger as required for around three months.

That's three months they can spend at home, and not in hospital.



Grant criteria

Our grant criteria are designed to identify the hospices where our support will make the biggest impact, and take into account:

- the location of the hospice – with an emphasis on poorer, rural areas or where demand for hospice support is particularly high
- the availability of other funds – we aim to support hospices that struggle to obtain funding, either because they are newly established or where demand for their services significantly outstrips the funds available
- the use of volunteers.

In addition to these criteria we consider input from Fundacja Hospicyjna, our own experience on the ground and the particular circumstances of individual hospices.

During each year's fundraising bike ride participants, including our trustees, visit the majority of the hospices that we support. We see first-hand how the hospices operate and use the equipment we have donated, but more importantly we meet hospice staff and volunteers to discuss how we can most effectively support them going forward.

Website and social media

The Foundation's website, www.alinafoundation.org, provides information on the charity's work and its fundraising initiatives, in English and Polish. The website includes an easy to complete form for hospices that would like to apply for funding for medical equipment.

We continue to use Facebook to keep supporters up to date with our activities and achievements.

Filip

“Thank you very much for the wheelchair that you gave to the Bielsko hospice. It is really helpful in my everyday life.

I have been ill with Duchenne muscular dystrophy since I was four. I was still able to walk when I finished primary school.

I am now in my third year of studying IT. I like studying though in my case it is not easy logistically. Fortunately three years ago the academy adapted its most important buildings for disabled people. Had they not done so I would only have been able to dream of studying.

Luckily there is the internet, and knowing English I can travel the whole world from my home, speak to different people, so it can be interesting. Thanks to technology and kind people it is possible to keep going.”



Cycle Poland 2012



Our third fundraising bike ride across Poland visited 8 hospices, which received vital medical equipment from the Foundation. 17 cyclists from Britain and Poland cycled over 1000 km across the Polish, Czech and Slovak mountains, visiting hospices in remote rural locations. Our riders met volunteers, staff and patients and saw the impact of the funds they raised. All riders paid the costs of the ride in full, so all funds raised were used directly to fund the purchase of medical equipment.

We were honoured to once again have Maja Włoszczowska, the 2010 World Mountain Bike Champion as our patron for the ride. Our riders were joined by hundreds of riders along the way, including volunteers from local hospices, school children and local cycling clubs. We were even greeted by a full marching brass band, majorettes and a concert by Polish youth in Brzozów.

The ride received extensive coverage in the Polish media, raising the profile of the hospice movement, the Foundation and the individual hospices that we visited. Our volunteers have produced a video about the ride and the hospices we visited, which we will use to promote the hospice movement and the work of the Foundation (www.alinafoundation.org/film.html).



The future

We are delighted to have been chosen as the partner charity for the 43rd Polish Ball, to be held at the Lancaster Hotel in London on 26 January 2013. The Ball is a highlight of the Polish community's social calendar in the UK, and is attended by over 350 distinguished guests. All funds raised on the night will go to the Foundation. The Ball will also give the Foundation a fantastic opportunity to raise its profile in the UK, and to generate great publicity.

In 2013 we hope to build on the Ball through engagement with Poles in London, including through work with Polish schools. We will also work to develop Cycle Poland and hope to increase the funds generated through greater participation and commercial sponsorship.

We will reach out to more hospices, particularly smaller ones that do not have the resources to apply to many other sources of funding. We will do this in part via the simple application form on our website, mailings through Fundacja Hospicyjna and articles in the press and hospice specific publications. We will continue to support the hospices with which we already work.

We will continue to promote the work of the hospice movement in Poland.

The risks we face and our policy on reserves

As a charity that purchases equipment as funds become available the trustees consider that the risks are relatively low and do not wish to maintain more than minimal reserves.

We do not transfer cash directly hospices and use the fundraising bike ride to visit hospices that we support to ensure that funds are used effectively. All hospices that receive equipment are asked to confirm receipt of equipment and to confirm that it will be used to look after patients, in fulfilment of the charity's objectives.

Fighting bedsores

Hospice: Łódź
Budget: £717

480 anti-bedsores dressings

= 20 patients protected from bedsores for two months



Bed sores (pressure ulcers) are a constant worry for terminally ill and bed-bound patients. They are very difficult to prevent and can appear even with the highest levels of hygiene and care. Bed sores are very painful and can lead to blood and skin infections, which are particularly dangerous to terminally ill patients whose immune systems are weakened.

Specialist dressings alleviate pain and discomfort, prevent sores from growing and prevent infections that can become life-threatening for already ill patients. They are a very simple and effective way of increasing quality of life for bed-bound patients.

The dressings will be handed out for free to terminally ill patients, and will help to protect 20 patients from bedsores for around two months.

"Thank you very much for thinking of us, particularly as this year we have 50% more patients," says Ania, one of the hospice volunteers. "We sincerely appreciate your support. Unfortunately it is becoming increasingly difficult to obtain funds for our work."

Governing document

The charity is a trust governed by a trust deed dated 12 August 2009. It was registered as a charity on 8 September 2010, having reached the threshold for registration with the Charity Commission.

The formal objectives of the Foundation are to:

- relieve those suffering from cancer or any terminal illness, and the suffering of their families, friends and those who care for them, whether in England or anywhere in the world, in any manner that may for the time being be deemed by law to be charitable; and
- advance public education on the subject of cancer and terminal diseases by supporting cancer awareness, education and research.

Governance & Management

Trustees are appointed by the existing trustees and receive a trustee induction pack on appointment. The current trustees include a charity lawyer, a computer and business consultant and a TV producer with experience of video production and web design. Meetings of the trustees are held regularly, and trustees also communicate regularly by phone and email.

The charity has no staff, with all management and administration carried out by the trustees on a voluntary basis. The trustees pay all overheads and expenses of the trust; all the costs listed at note 2 to the accounts were met in full by donations from the trustees. All donations from the public are used directly for charitable activities.

The Foundation works closely with a number of Polish hospices and 'Fundacja Hospicyjna' (the Polish Hospice Foundation) to identify hospices where our support will have the greatest impact. The Foundation maintains regular contact with hospices through emails, by telephone and in person as part of Cycle Poland, the charity's fundraising bike ride.

Responsibilities of the trustees

Charity law requires the trustees to keep accounts and prepare financial statements for each financial year. The trustees are responsible for keeping proper accounting records which disclose, with reasonable accuracy at any time, the financial position of the charity. The trustees are also responsible for safeguarding the assets of the charity and taking reasonable steps for the prevention and detection of fraud or other irregularities.

The trustees have had regard to guidance issued by the Charity Commission on public benefit.



We hope you find the accounts and this report useful. However, we wish to go beyond our legal obligations, to make the Foundation as transparent as possible. If any of your questions are not answered here, or if you would like to find out more about the Foundation, please contact us:

Post: 65 Ashley Drive, Penn, Bucks, HP10 8AZ
Phone: +44 1494 812342
e-mail: info@alinafoundation.org

Approved and authorised for issue by the trustees on 15 December 2012 and signed on their behalf by Ewa Holender:



Signed

Date: 15 December 2012



It was an honour to meet you all and ride with you. Your help is very important for us, we can feel more confident about our ability to look after children in the future.”
Irena, Kraków

You are incredible – we are delighted to have another bed for our patients.
Paweł, Podlasie

Thank you for remembering us and we send you our very best wishes. Your efforts are amazing and wonderful. Thank you.
Maria, Giżycko

Thank you very much for remembering our hospice and many others across Poland.
Jola, Puławy

Thank you very much – you are wonderful. It’s not a truism or political correctness – I am amazed by your effort, ideas and perseverance. Whenever things are hard at work (as they are sometimes) I remember your struggles during the ride and your determination, I speak to those who took part and...things are better.
Jola, Gdańsk

If it wasn’t for the help of the hospice, I wouldn’t have coped
Renata, Cieszyn

The Alina Foundation
Statement of financial activities
(incorporating the income and expenditure account)
for the year ended 30 September 2012

	Note	2012 £	2011 £
Incoming resources			
Incoming resources from generated funds			
Voluntary income			
Donations		23,340	15,622
Total incoming resources		<u>23,340</u>	<u>15,622</u>
Less: cost of generating funds			
Voluntary income			
Donations	2	(427)	(520)
Total cost of generating funds		<u>(427)</u>	<u>(520)</u>
Net incoming resources available for charitable activities		<u>22,913</u>	<u>15,102</u>
Charitable activities	3	(22,171)	(12,383)
Total resources expended		<u>(22,598)</u>	<u>(12,903)</u>
Net incoming/(outgoing) resources		742	2,719
Total funds brought forward		5,751	3,032
Total funds carried forward		<u>6,493</u>	<u>5,751</u>

**The Alina Foundation
Balance sheet
at 30 September 2011**

Creditors:		
amounts falling due within one year	<u>0</u>	<u>0</u>
Net current assets	6493	5751
Net assets	<u>6493</u>	<u>5751</u>
The funds of the charity		
Unrestricted income funds	6493	5751
Restricted income funds	-	-
Total funds	<u>6493</u>	<u>5751</u>

Approved and authorised for issue by the trustees on 15 December 2012 and signed on their behalf by Ewa Holender:



Signed

Date: 15 December 2012

The notes on the following pages form part of these accounts.

1. Accounting policies

These financial statements have been prepared under the historical cost convention and in accordance with Accounting and Reporting by Charities - Statement of Recommended Practice (SORP 2005).

2. Costs of generating voluntary income

	2012	2011
Cost of sales of donated goods	47	-
Paypal charges for processing donations	70	212
Domain registration and website hosting	79	138
Other fundraising costs (printing, collection boxes, promotional materials etc)	231	170
Total	427	520

All these costs were met directly by corresponding donations from the trustees.

3. Charitable activities

Hospice	Equipment provided	Cost (£)
Kraków	2700 catheters	367
Gizycko	2 suction pumps	155
Puławy	2 mattresses	191
Kraków	300 dressings	189
Łódź	25 bottles of antiseptic (350ml)	110
Łódź	50 parcels of specialist anti-bedsore dressings	320
Gdańsk	2 suction pumps 2 inhalators	394
Chorzów	Rollboard patient transfer system	225
Podlasie	4 pulse oximeters	139
Podlasie	Parcel of fundamental medicines	255
Elbląg	4 walking frames	260
Włocławek	8 anti-bedsore mattresses	194
Kraków	2000 catheters	230
Rawa Mazowiecka	170 specialist anti-bedsore dressings	350
Children's day	Small presents for ten children under the care of a hospice	207
Zywiec	2 oxygen concentrators	923
Brzozów	2 oxygen concentrators	923
Gorlice	1 oxygen concentrator	462
Kraków	Parcel of tracheotomy supplies for children (2 tracheotomy kits, 10 tracheotomy tubes with casings, 10 endotracheal tubes with casings, 150 heat and moisture exchangers)	550
Bielsko-Biała	5 anti-bedsore mattresses 1 lymphatic massage system to treat a wide variety of vascular and lymphatic conditions including lymphedema, which often occurs following cancer treatment	703
Nowy Sącz	1 laryngoscope	131
Kraków	4000 catheters	857
Nowy Sącz	3 hospital trolleys	488
Cieszyn	2 beds , oxygen concentrator	1692
Brzozów	2 suction pumps	368

Hospice	Equipment provided	Cost (£)
Gorlice	1 suction pump	184
Bielsko-Biała	Contribution to residential hospice building fund	2905
Kraków	Parcel of tracheotomy supplies for children (8 tracheotomy kits, 14 tracheotomy tubes with casings)	213
Gdańsk	3 stands for intravenous drips and a hospital trolley	384
Podlasie	Equipment for doctor's surgery (examination table, chair) 3 anti-bedsore mattresses	366
Bartoszyce	Parcel of dressings, disinfectants and other fundamental medical supplies	389
Giżycko	1 lymphatic massage system for patients undergoing cancer treatment	503
Toruń	1 battery operated suction pump	240
Łódź	25 bottles of skin disinfectant 19 packets of specialist dressings	453
Elbląg	Oxygen concentrator	470
Puławy	Oxygen concentrator	577
Włocławek	10 forearm crutches	34
Chorzów	2 suction pumps	293
Włocławek	4 inhalators and parts	155
Elbląg	hi-fi system for musical and physio-therapy	86
Sosnowiec	5 pulse oximeters	125
Sosnowiec	2 suction pumps	154
Bielsko-Biała	Electric wheel chair	1454
Wągrowiec	4 blood-pressure meters, 4 anti-bedsore mattresses, 2 inhalators, 3 contactless thermometers	287
Elbląg	Children's pushchair	519
Brzozów	3 suction pumps	778
Rawa Mazowiecka	201 anti-bedsore dressings	207
Rawa Mazowiecka	5 anti-bedsore mattresses	75
Gorzów	UV disinfectant lamp	99
Wągrowiec	6 towel dispensers + 12 rolls of hand towels	116
Wągrowiec	Suction pump and stand	78
Łódź	Anti-bedsore dressings	199
Podlasie	Attendance at "Palliative care in Poland" training course for 7 staff and volunteers	135
Zywiec	Hair washing equipment for bedbound patients	10
	TOTAL	22,171

4. Debtors

£30: Gift Aid to be repaid by HMRC (2011: £2471).

5. Trustees' remuneration, benefits and expenses

Trustees received no expenses, remuneration or benefits in this period (2011: £ nil).

6. Related party transactions

The Foundation works with its sister charity, Fundacja Babci Aliny, which was registered in Poland on 11 October 2011. The Foundation makes restricted grants to the Polish charity for purchases of equipment. This helps to reduce costs when purchasing equipment and maximises efficiency in dealing with hospices and suppliers in Poland.

Ewa and Janusz Holender are two of the directors of Fundacja Babci Aliny, and act under the oversight of a four person supervisory board as provided under Polish law. All directors and board members of the Polish charity are unpaid and do not receive expenses. The Polish charity has no staff. All its administrative costs are met by donations from Janusz and Ewa.

In this period Fundacja Babci Aliny received grants totalling £19,715 from the Alina Foundation. These funds were restricted and used to purchase some of the equipment listed in note 3, where this was more cost efficient than purchasing items directly through the Alina Foundation.

No other person connected with the trustees has received or is due to receive any remuneration for the year directly or indirectly from the charity's funds.