



Helping patients throughout Poland



Tymek, a young boy under the care of the Kraków hospice, meets Alex, an Alina Foundation cyclist from the UK

Financial statements and report for the year ended 30 September 2015

(Registered charity number 1137887)

Thanks to your support the hospice can ensure that more terminally ill children can leave hospital and be cared for safely in their family homes.

- Anna Niedbała, Kraków

The bed that we received from the Alina Foundation was quickly taken to a patient whose breast cancer had spread. Providing the appropriate equipment meant that she was able to stay at home, improving her quality of life.

- Dorota Kania, Cieszyn



This year the Foundation:

Provided equipment for 22 organisations supporting terminally ill patients throughout Poland.

Spent £303 generating donations of £17,556.
All costs were met by donations from the trustees.

Funded 18 anti-bedsore mattress, 8 beds, 3 medical bags, 14 pulse-oxymeters and 7 sensors, 6 glucose meters, a patient hoist, 26 blood pressure meters, 3 parcels of specialist dressings, 26 parcels of nappies, 12 packets of physiotherapy tape, 24 parcels of cannula plasters, 7 thermometers, 7 suction pumps, 10 oxygen concentrators, a scale, an inhalator, 6 sets of crutches, 2 walkers, and a shower wheelchair.

The Foundation also provided a grant to support the fit out of a new residential hospice and the purchase of a specialist cough assistive device.

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

Thank you for your support!

The Alina Foundation

Trustees' report for the year ended 30 September 2015

Our work in 2014/15

During our fifth year of operation we raised £17,556 through donations, grants and Gift Aid.

We spent £24,858 to provide support and 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. A full list of support provided is at note 3 to the accounts.

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.



Cycle Poland 2015 delivered three new beds, like the one on the left, to the Elbląg hospice.

Before we even arrived, two were already being used by patients.

Toruń



Hospicjum Nadzieja (Hope Hospice) cares for children with life-threatening illnesses, some as young as 3 months. Its team also supports children and their parents in their homes.

Torun has areas of great poverty, and the founders of this hospice realised there were many parents who would abandon seriously ill children. They built the hospice to provide a home for these children.

In many cases the hospice looks after children until they are strong enough to return to their parents, whom it supports to care for their child. In other cases the hospice is a permanent home, ensuring children can go to school and improving their quality of life, whilst providing specialist care.

The Foundation has worked with the Torun hospice since 2011, providing life support equipment, including a feeding pump, suction pumps, a bath, patient hoists, physiotherapy table, baby changing tables, and mattresses.

This year we supported the hospice with the purchase of three new suction pumps.

Thanks to the donation from the Alina Foundation each one of our children now has their own new suction pump. Thanks to the single use containers, which are easier to maintain, they can avoid infections. Due to the serious illnesses that our children face, these suction pumps are essential.

The pumps are also used in our home care hospice as many parents cannot afford to purchase a pump for their children.

- Aleksandra Ruszczak

Cycle Poland 2015



1144 km, a world record for the longest distance cycled on a Santander city bike, and most importantly 29 hospices with new equipment - beds, mattresses, medicines and more.

Our sixth fundraising bike ride visited 6 hospices, which received vital medical equipment from the Foundation. A further 23 hospices received new equipment after the ride.

19 cyclists from Britain, Poland, the USA and Canada cycled 1144km, 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 purchase medical equipment.

Along the way one of our riders, Prasan Modasia, broke the world record for the longest distance cycled on a Santander city bike!

Our honorary patrons were Maja Włoszczowska, the 2010 World Mountain Bike Champion, and Damian Zieliński, champion of Europe in track cycling.

Our team was joined by many riders along the way, including volunteers from local hospices, school children and local cycling clubs. We finished the ride at an event hosted by Alma Spei children's hospice in Kraków with lots of fun games for children and grown ups.

Congratulations to all our cyclists for their amazing achievement, and huge thanks to everyone who supported us - we couldn't have done it without you!



Kraków: Alma Spei



Alma Spei is a voluntary organisation that supports children with terminal illnesses and their families. At any one time it cares for around 50 children in their own homes.

The organisation's aim is to ensure that everyday problems and lack of money don't stop children and their families from enjoying the time they have left together. It lends out specialist medical equipment and provides free disposable kit to help protect children from infections.

It also organises meetings and trips for children and their families, provides a tutor and a travelling library for children who cannot attend school, runs support groups for bereaved families and organises birthday parties (and presents!) for patients.

Its mission is to keep children smiling until the end.

"We received five portable pulse-oxymeters for newborns and children. Thanks to your donation the hospice can ensure that more terminally ill children can leave hospital and be cared for safely in their family homes."

- Anna Niedbała, Kraków



Benio, with a new pulse-oxymeter donated by the Alina Foundation

Partners

In addition to the national hospice foundation, Polish hospice charities, and over 40 voluntary organisations providing palliative care in Poland, the Foundation also partners with a number of companies and charitable foundations. We would like to thank the following partners and supporters, who provided donations, support and publicity for Cycle Poland 2015.

Gold sponsors

- Multiserwis
- Wspólnota Gdańska

Silver sponsors

- Faurecia
- ATS Transport

Bronze sponsors

- Ashleigh & Burwood London
- Polonia North (Canada)
- Fujitsu
- Morris & Perry Limited

Supporters

- Tartak w Dolinie Nidy
- Radio Gdańsk
- Fundacja Hospicyjna
- Avis
- Fundacja Lubie Pomagac
- www.drwyszkowski.pl
- www.dentistgdansk.com

Thank you to all our partners and supporters, who help us improve the quality of life of hundreds of terminally ill patients and their families each year.

Gold Sponsors

The logo for Multiserwis, featuring the word "MULTISERWIS" in a bold, blue, sans-serif font.

Silver Sponsors



Bronze Sponsors



Supporters



www.drwyszkowski.pl
www.dentistgdansk.com



It is an honour to know there are people like you, who believe in us and support our work. A heartfelt thank you for your support!

- Jolanta Leń, Chair of the Caring for Life Foundation, Brzozów

In the name of our patients and the medical team, we thank you sincerely for the mattress. This is one of the most important pieces of equipment in our hospice, and is required by most patients.

Thanks to your donation we can significantly reduce the risk of bedsores among our patients. A sincere thank you for such a generous gift, which has already been used intensively.

- Marek Karolczak, Wałbrzych



Terminally ill patients with breathing difficulties in Bartoszyce and the surrounding region have great difficulty accessing a portable oxygen concentrator, which is essential for their survival. At the moment we have 6 functioning concentrators, which are in constant use.

The need is far greater, so we were very happy to receive the donation from the Alina Foundation. The new concentrator has already been lent out to a patient being cared for at home.

- Marta Kosmala, Bartoszyce

It is thanks to people like you and the Alina Foundation that our actions take on fresh new meaning, strengthening us all and encouraging us to do good things in our everyday lives.

- Anna Byrczek, Bielsko

Objects & activities to benefit the public

The Foundation provides vital medical equipment and supplies for organisations that care for terminally ill patients.

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.

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; and
- the use of volunteers.

In addition to these criteria we consider input from the national hospice foundation (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 to apply for medical equipment.

We use Facebook to update supporters on our activities and achievements.

The future

In 2016 we hope to grow Cycle Poland to increase the number of participants as well as corporate support. We will continue to look for opportunities to engage the Polish community in London, and to increase awareness of the work of Polish hospices within local communities.

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. Funds may be held over to the following financial year for expenditure in that year.

We generally do not transfer cash to hospices, but rather pay equipment suppliers directly to ensure funds are properly used. We use the fundraising bike ride to visit hospices that we support to ensure that funds are used effectively. All hospices that receive equipment are also asked to confirm, in writing, the receipt of equipment and that it will be used to look after patients, in fulfilment of the Foundation's objectives. Donation agreements for more significant purchases require the hospice to provide a brief report on the use of the equipment.

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 financial 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 director and ex-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.

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

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 in exercising their powers and duties.

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 27 April 2016 and signed on their behalf by Ewa Holender:



Signed

Date: 27 April 2016

The Alina Foundation
Statement of financial activities
(incorporating the income and expenditure account)
for the year ended 30 September 2015

	Note	2015 £	2014 £
Incoming Resources			
Donations		17,556	12,598
Total Incoming Resources		17,556	12,598
Resources Expended			
<i>Costs of generating funds</i>			
Donations	2	(303)	(531)
		(303)	(531)
<i>Costs of Charitable Activities</i>			
Grants	3	(24,858)	(7,600)
		(24,858)	(7,600)
Total Resources Expended		(24,858)	(8,131)
Net Outgoing Resources		(7,605)	4,467
Total Funds Brought Forward		10,385	5,918
Total Funds Carried Forward		2,779	10,385

The Alina Foundation

Balance sheet

at 30 September 2015

<i>The assets and liabilities of the charity:</i>	Notes	2015		2014	
		£	£	£	£
Current Assets					
Debtors	4	914		1,077	
Cash at bank and in hand		<u>1,866</u>		<u>9,307</u>	
Total Current Assets		<u>2,780</u>		<u>10,385</u>	
Creditors					
amounts due within one year		<u>0</u>		<u>0</u>	
Net Current assets			<u>2,780</u>		<u>10,385</u>
Total assets less current liabilities			2,780		10,385
NET ASSETS			<u>2,780</u>		<u>10,385</u>
<i>The funds of the charity:</i>					
Unrestricted income funds		<u>2,780</u>		<u>10,385</u>	
TOTAL UNRESTRICTED FUNDS			<u>2,780</u>		<u>10,385</u>
Restricted income funds		<u>0</u>		<u>0</u>	
TOTAL RESTRICTED FUNDS			<u>0</u>		<u>0</u>
TOTAL CHARITY FUNDS			<u>2,780</u>		<u>10,385</u>

Approved and authorised for issue by the trustees on XXXXXX and signed on their behalf by Ewa Holender:



Signed

Date: 27 April 2016

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 donations

	2015	2014
	£	£
Paypal charges for processing donations	52	30
Mydonate charges (for credit card processing)	70	32
Domain registration and website hosting	89	76
Other fundraising costs (collection boxes, business cards, postage, Christmas cards)	92	393
Total	303	531

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

3. Charitable activities

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.

Grants to Fundacja Babci Aliny are restricted and used to purchase equipment, where this is more cost efficient than purchasing items directly through the Alina Foundation.

Restricted grants to Fundacja Babci Aliny £24,758
(equivalent to 140,000 zł)

Grant to Children's Hospice South West (UK) £100

Purchases made through grants to Fundacja Babci Aliny were as follows:

Date	Hospice location	Equipment provided	£ value
07-Nov-14	Łódź	Contribution towards fit out of residential hospice	962
18-Mar-15	Wałbrzych	Anti-bedsore mattress	536
31-Mar-15	Chojna	Bed with mattress	479
23-Mar-15	Chojna	2 medical bags	72
23-May-15	Kraków	4 pulse-oxymeters and a sensor	661
23-May-15	Kraków	Pulse-oxymeter, charger and 6 sensors	721
23-May-15	Nowa Wola	2 beds, 6 glucosemeters, patient hoist, blood pressure meter	1241
27-May-15	Elbląg	3 beds with mattresses	1437
09-Jun-15	Puławy	Specialist dressings	696
24-Jun-15	Gdańsk	26 parcels of nappies, 16 blood pressure meters with sensors, 12 packets of kinesiology tape, 24 parcels of cannula plasters, 4 thermometers, medical bag	1252
27-Jun-15	Gdańsk	2 pulse-oxymeter sensors	139
05-Jul-15	Brzozów	Contribution towards purchase of cough assistive device	1391
18-Aug-15	Mokotów	2 suction pumps	870

Date	Hospice location	Equipment provided	£ value
28-Aug-15	Bielsko - Biała	Oxygen concentrator and pulse-oxymeter	383
28-Aug-15	Wągrowiec	2 oxygen concentrators and 2 pulse-oxymeters	765
28-Aug-15	Police	Oxygen concentrator and pulse-oxymeter	383
28-Aug-15	Giżycko	Oxygen concentrator and pulse-oxymeter	383
28-Aug-15	Białystok	Oxygen concentrator and pulse-oxymeter	383
28-Aug-15	Cieszyn	Bed with mattress	543
29-Aug-15	Gorzów	Oxygen concentrator	375
31-Aug-15	Bielsko - Biała	5 anti-bedsore mattresses	122
31-Aug-15	Bielsko - Biała	1 bed with mattress	526
01-Sep-15	Police	Scale and two blood pressure meters	93
01-Sep-15	Torun	3 suction pumps	1247
01-Sep-15	Szczecin	2 suction pumps	1247
01-Sep-15	Gorzów	5 blood pressure meters	1247
01-Sep-15	Police	Inhalator	31
01-Sep-15	Police	3 contactless thermometers	81
02-Sep-15	Bartoszyce	Oxygen concentrator and pulse-oxymeter	383
02-Sep-15	Chojna	Oxygen concentrator and pulse-oxymeter	383
02-Sep-15	Łódź	Oxygen concentrator and pulse-oxymeter	383
02-Sep-15	Police	6 sets of crutches and 2 walkers	90
06-Sep-15	Nysa	2 blood pressure meters	89
06-Sep-15	Nysa	6 mattresses, shower wheelchair	433
06-Sep-15	Puławy	Specialist dressings	1043
		Total	21,067

The balance between the grant total of £24,758 and the purchases cost of £21,067 represents funds retained by Fundacja Babci Aliny towards purchases of equipment for hospices in the months following the charity's year end.

4. Debtors

£914: Gift Aid to be repaid by HMRC (2014: £1,077).

5. Trustees' remuneration, benefits and expenses

Trustees received no expenses, remuneration or benefits in this period (2014: nil)

6. Related party transactions

In this period the Alina Foundation made grants totalling £24,758 (2014: £7,600) to its Polish partner charity, Fundacja Babci (**FBA**).

Ewa and Janusz Holender are two of the three directors of the Alina Foundation and also two of the five directors of FBA, who act under the oversight of a four person supervisory board as provided under Polish law. All directors and board members of FBA are unpaid and do not receive expenses. FBA has no staff. All its administrative costs are met by donations from Janusz and Ewa.

The funds donated to FBA were restricted and used to purchase equipment as indicated 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.