



Helping patients and hospices throughout Poland



The Cycle Poland 2016 team deliver two new oxygen concentrators to a hospice in Bielsko-Biała

**Financial statements and report
for the year ended 30 September 2016**

(Registered charity number 1137887)



"The bed gave our patient back his independence, as using the hoist he can get in and out of bed by himself."

Normally we don't show photos of our patients, but in this case he insisted that the cyclists see his photograph with a smile just for them.

This photo shows that palliative care is not just sadness, there is also joy in the last days of life."

Anna Węglarz, President of the Zakopane hospice

"In the name of those under our care I send our sincere thanks for funding the purchase of new mattresses. The replacement of worn out equipment is one of the greatest needs of our hospice."

Thanks to your gift we can ensure patients receive proper care and be comfortable in their own homes. "

Zbigniew Kaczmarek, President of Włocławek Home Care Hospice

*"A beautiful, wonderful day.
Thank you for everything."*

*For coming to visit us,
because so few people do,
and we so need love and
people to remember about us."*

Władysława Rydzewska (right, centre), a patient at the Nowy Sącz hospice speaking about the visit of Cycle Poland 2016



Thank you for your support!

The Alina Foundation Trustees' report for the year ended 30 September 2016

Our work in 2015/16

During our sixth year of operation we raised £13,855 through donations, grants and Gift Aid.

We spent £7,268 to provide support and equipment for 15 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 the equipment and medicines we 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 need most at any time.

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



Cycle Poland 2016 delivered ten new mattresses, two oxygen concentrators and a new bed with a mattress to the hospice in Nowy Sącz.

When we visited, one patient told us that she was so happy we came, because it showed people still remember and care

Pomorskie Children's Hospice, Gdańsk



The Pomorskie hospice cares for children in Gdańsk and the surrounding area. The Alina Foundation donated an oxygen concentrator and a pulse-oxymeter, which have been lent out to families like Monika's (pictures above and below).

Thanks to its small size and weight, the pulse-oxymeter fits in every pocket and allows hospice staff to quickly assess Monika's condition. By monitoring her pulse staff can assess breathing difficulties, determine whether she is in pain, and identify any heart problems.

The oxygen concentrator provides medical oxygen for Monika in her home, which lets her spend time with her family rather than in hospital. The machine is easy to use and is a great alternative to an oxygen tank, which needs to be regularly refilled.

"Children who have difficulties breathing used to spend long months in hospital.

*An oxygen concentrator allows a child to return home.
She can spend time surrounded by her toys, her parents and her siblings.*

This is a wonderful gift."

- Monika Bojarczuk, Pomorskie Hospice for Children, Gdańsk



Cycle Poland 2016



960 km, more elevation gain than climbing Everest, and most importantly 15 hospices with new equipment - beds, mattresses, medicines and more.

Our seventh fundraising bike ride visited 9 hospices, which received vital medical equipment from the Foundation. A further 6 hospices received new equipment after the ride.

18 cyclists from Britain, Poland, the USA and Canada cycled 960km, climbing more than 10,000m, to meet volunteers, staff and patients and see the impact of the funds they raised. All riders paid the costs of the ride in full, so all funds raised were used to buy medical equipment.

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.

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!



Cycle Poland 2016



18 cyclists

From all corners of Poland, the USA, England and Canada

960km, 11,766m

Our cyclists rode 960km and climbed 11,766m - more than the height of Everest!



£15,000

Funds raised from friends, family and corporations

15 hospices

Essential new equipment for fifteen Polish hospices



Hundreds of patients

Hundreds of patients and their families now have equipment and support

Mokotów hospice, Warsaw



In 2016, the Alina Foundation donated two new oxygen concentrators to the Holy Cross Hospice, which looks after homeless people with serious illnesses in Warsaw. During our visit in 2017, patients showed us some of their art (above) while the President of the hospice association explained some of the challenges the organisation faces.

“There are many people who need oxygen so our equipment is always in use. There is never enough because the number of patients is growing, both in home care and our hospital shelters.

We recently had to withdraw two damaged oxygen concentrators. At the same time, despite a lack of space, we need to admit a new patient in a few days - he is homeless and very ill, recovering from tuberculosis, with coronary heart disease and poor circulation, asthma and emphysema. He needs to have access to oxygen. Returning from the hospital to his home in an abandoned building, rather than our hospice, would mean a quick death.

We are the only homeless shelter in Poland that provides hospice care. We provide medical, social, legal, psychological and spiritual care, as well as full meals. All accommodation and treatment is free, and the length of an individual's stay depends on their condition and needs, not regulations or funding.

We thank you warmly for the gift of these two oxygen concentrators that are so very needed by our patients.”

- Magdalena Hozer-Chachulska, President, Mokotów Hospice

Partners

In addition to the national hospice foundation, Polish hospice charities, and more than 50 voluntary organisations providing palliative care in Poland, the Foundation also partners with companies and charitable foundations.

We would like to thank the following partners and supporters, who provided donations, support and publicity for Cycle Poland 2016.

Silver Sponsors



Bronze Sponsors



Media sponsor



Supporters



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.

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 2017 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 the UK, the US and Canada, 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 lawyer, and a computer and business consultant. 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

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 1 September 2017 and signed on their behalf by Ewa Holender:

Signed 

Date: 1 September 2017

The Alina Foundation
Statement of financial activities
(incorporating the income and expenditure account)
for the year ended 30 September 2016

	Note	2016 £	2015 £
Incoming Resources			
Donations		13,855	17,556
Total Incoming Resources		13,855	17,556
Resources Expended			
<i>Costs of generating funds</i>			
Donations	2	(256)	(303)
<i>Costs of Charitable Activities</i>			
Grants	3	(7,268)	(24,858)
Total Resources Expended		(7,524)	(25,161)
Net Movement in Resources		6,331	(7,605)
Funds Brought Forward		2,779	10,385
Total Funds Carried Forward		9,110	2,780

The Alina Foundation

Balance sheet

at 30 September 2016

<i>The assets and liabilities of the charity:</i>	Notes	2016		2015	
		£	£	£	£
Current Assets					
Debtors	4	615		914	
Cash at bank and in hand		8,495		1,866	
Total Current Assets		<u>9,110</u>		<u>2,780</u>	
Creditors					
amounts due within one year		<u>0</u>		<u>0</u>	
Net Current assets		9,110		2,780	
Total assets less current liabilities		9,110		2,780	
NET ASSETS		<u>9,110</u>		<u>2,780</u>	
<i>The funds of the charity:</i>					
Unrestricted income funds		<u>9,110</u>		<u>2,780</u>	
TOTAL UNRESTRICTED FUNDS		9,110		2,780	
Restricted income funds		<u>0</u>		<u>0</u>	
TOTAL RESTRICTED FUNDS		0		0	
TOTAL CHARITY FUNDS		<u>9,110</u>		<u>2,780</u>	

Approved and authorised for issue by the trustees on 1 September 2017 and signed on their behalf by Ewa Holender:



Signed

Date: 1 September 2017

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

	2016	2015
	£	£
Paypal charges for processing donations	34	52
Mydonate charges (for credit card processing)	41	70
Domain registration and website hosting	88	89
Other fundraising costs (Facebook advertising, collection boxes, business cards, postage)	93	92
Total	256	303

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 £7,268
(equivalent to 40,000 zł)

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

Date	Hospice location	Equipment provided	£ value
01-Oct-15	Żywiec	8 anti-bedsore mattresses	194.78
06-Oct-15	Żywiec	2 oxygen concentrators, pulse-oxymeter	765.22
06-Oct-15	Częstochowa	Oxygen concentrator	382.61
13-Oct-15	Koszalin	1 bed with mattress	520.28
13-Oct-15	Nowy Sącz	1 bed with mattress	526.28
06-Nov-15	Podlasie	Infusion pump	480.83
06-Nov-15	Podlasie	Bed, resucitator, 5 stethoscopes, 2 pulse-oxymeters, physiotherapy bands	682.61
13-Nov-15	Włocławek	13 anti-bedsore mattresses	506.09
11-May-16	Warszaw	Two oxygen concentrators	855.85
11-May-16	Bielsko-Biała	Two oxygen concentrators	849.06
05-Jun-16	Zakopane	1 bed with mattress	646.23
08-Jun-16	Bielsko-Biała	Oxygen concentrator	424.53
08-Jun-16	Wiśniowa	Two oxygen concentrators	849.06
08-Jun-16	Zakopane	Oxygen concentrator	424.53

08-Jun-16	Cieszyn	Two oxygen concentrators	849.06
08-Jun-16	Żywiec	Two oxygen concentrators	849.06
08-Jun-16	Nowy Sącz	Two oxygen concentrators	849.06
08-Jun-16	Bielsko-Biała	1 bed with mattress	560.30
08-Jun-16	Kraków	3 suction pumps	916.98
17-Jun-16	Wrocław	Baby food and supplements	1130.90
17-Jun-16	Gdańsk	2 stands for drips, 10 mattresses	260.38
17-Jun-16	Kraków	14 blood-oxygen sensors for children	163.02
21-Jun-16	Nowy Sącz	10 anti-bedsore mattresses	226.42
21-Jun-16	Wiśniowa	7 blood pressure meters	250.94
21-Jun-16	Żywiec	7 anti-bedsore mattresses	158.49
23-Jun-16	Gdańsk	10 sets of pillows, duvets and blankets	535.85
01-Jul-16	Żywiec	Dressings and gloves	188.68
		TOTAL	15,047

The balance between the grant total of £7,268 and the cost of equipment purchased (£15,047) represents funds raised and contributed by Fundacja Babci Aliny.

4. Debtors

£615: Gift Aid to be repaid by HMRC (2015: £914).

5. Trustees' remuneration, benefits and expenses

Trustees received no expenses, remuneration or benefits in this period (2015: nil)

6. Related party transactions

In this period the Alina Foundation made grants totalling £7,268 (2015: £24,758) to its Polish partner charity, Fundacja Babci (**FBA**).

Ewa and Janusz Holender are the trustees 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.