



**Helping patients and hospices throughout Poland**



Alina Foundation cyclists with a new bed and bedside equipment,  
as well as a cheque for additional equipment, at the  
Hospicjum Elbląskie im. dr Aleksandry Gabrysiak hospice in Elbląg, Poland

**Financial statements and report  
for the year ended 30 September 2022**

(Registered charity number 1137887)

## **The Alina Foundation**

### **Trustees' report for the year ended 30 September 2022**

#### **Our work in 2021/22**

During our twelfth year of operation we raised £10,552 through donations, grants and Gift Aid. After a two-year break, we were also able to run our fundraising ride, this time through Latvia, Lithuania and Poland.

During the year, we used funds previously transferred to the charity's sister organisation in Poland to provide new equipment for 9 organisations in Poland and Lithuania that care for terminally ill patients. We provided vital equipment, such as beds and oxygen concentrators, so that patients can be cared for at home and spend their final months with their families. We also donated funds to a hospice for the homeless to support repair of the hospice vehicle, which is used to collect food donations, and the hospice's water system, so that patients have access to clean water. A full list of the equipment and support 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.

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*Thank you with all my heart on behalf of our hospice for your gift. It's a huge help in our work and a priceless gesture of support for our patients.*

*The lymphatic massage unit has already been used to assist patients with swelling, and has relieved their symptoms, improving their quality of life.*

- Anna Byrczek, St Kamil's home care hospice in Bielsko-Biała

## **Thank you for your support!**

## Hospicjum Elbląskie im. dr Aleksandry Gabrysiak



One of the first hospices in Poland, for over 20 years the Elbląg hospice has looked after terminally ill adults and children, as well as people with serious disabilities whose families cannot cope. We have supported this hospice since our very first ride funding a physiotherapy suite, anti-bedsore mattresses, a wheelchair, walkers and oxygen concentrators.

In recent years the hospice has expanded to add a day care unit, and the Alina Foundation donated one of the two drop-in beds, as well as a mattress, medical trolley and bedside table.

During the summer, Alina Foundation riders visited the hospice to present a cheque to buy more equipment for the day care centre as best fits the needs of patients.



## Cycle Europe 2022

After a two-year break caused by the COVID pandemic, this year we held our twelfth fundraising ride across Europe. We started in the beautiful capital of Latvia, Riga, visited the capital of Lithuania, Vilnius, and finished in Gdańsk in northern Poland. After a thousand kilometres the riders finished with a small outdoor celebration with staff and volunteers at the Gdańsk hospice.

Along the way we visited 5 hospices and delivered vital medical equipment as well as cheques to support running costs of hospices struggling with increased demand and decreased fundraising because of the pandemic. We were able to visit the first hospice in Lithuania for the first time, as well as hospices that we visited on our first ride in 2010.

Mindful of the impact of the war in nearby Ukraine, our jerseys bore the flags of both Poland and Ukraine, and part of the funds we raised were directed to supporting Ukrainian refugees in Poland.



## Partners

In addition to the national hospice foundation, Polish hospice charities, and more than 50 voluntary organisations providing palliative care in Poland and Lithuania, 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 2022.

### Silver Sponsors



### Supporters



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.

## **Our operations**

### **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](http://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 2023 we hope to run a virtual ride for our supporters in different countries, and plan for a further Cycle Europe ride in 2024. In the meantime we also hope to identify other 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 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 Europe, the charity's fundraising bike ride.

## Reference and administrative information

<b>Charity name</b>	The Alina Foundation
<b>Registered charity number</b>	1137887
<b>Principal office</b>	65 Ashley Drive, Penn, Bucks, HP10 8AZ, UK
<b>Trustees</b>	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](mailto:info@alinafoundation.org)

Approved and authorised for issue by the trustees on 27 March 2023 and signed on their behalf by Ewa Holender:

Signed 

Date: 27 March 2023

**The Alina Foundation**  
**Statement of financial activities**  
**(incorporating the income and expenditure account)**  
**for the year ended 30 September 2022**

	Note	2022 £	2021 £
<b>Incoming Resources</b>			
Donations		10,999	3,517
<b>Total Incoming Resources</b>		<b>10,999</b>	<b>3,517</b>
<b>Resources Expended</b>			
<i>Costs of generating funds</i>			
Donations	2	(22)	(140)
<i>Costs of Charitable Activities</i>			
Grants	3	0	(10,678)
<b>Total Resources Expended</b>		<b>(5,638)</b>	<b>(5,660)</b>
Net Movement in Resources		<b>5,338</b>	<b>(2,284)</b>
Funds Brought Forward		5,606	7,889
<b>Total Funds Carried Forward</b>		<b>10,944</b>	<b>5,606</b>

# The Alina Foundation

## Balance sheet

### at 30 September 2022

<i>The assets and liabilities of the charity:</i>	Notes	2022		2021	
		£	£	£	£
Current Assets					
Debtors	4	532		308	
Cash at bank and in hand		<u>10,412</u>		<u>5,298</u>	
Total Current Assets		<u>10,944</u>		<u>5,606</u>	
Creditors					
amounts due within one year		<u>0</u>		<u>0</u>	
Net Current assets		<u>10,944</u>		<u>5,606</u>	
Total assets less current liabilities		10,944		5,606	
<b>NET ASSETS</b>		<u><b>10,944</b></u>		<u><b>5,606</b></u>	
<i>The funds of the charity:</i>					
Unrestricted income funds		<u>10,944</u>		<u>5,606</u>	
<b>TOTAL UNRESTRICTED FUNDS</b>		<u><b>10,944</b></u>		<u><b>5,606</b></u>	
Restricted income funds		<u>0</u>		<u>0</u>	
<b>TOTAL RESTRICTED FUNDS</b>				<u><b>0</b></u>	
<b>TOTAL CHARITY FUNDS</b>		<u><b>10,944</b></u>		<u><b>5,606</b></u>	

Approved and authorised for issue by the trustees on 27 March 2023 and signed on their behalf by Ewa Holender:



Signed

Date: 27 March 2023

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

	2022	2021
	£	£
Paypal charges for processing donations	17	6
Mydonate, Benevity and Virgin Money charges (third-party fundraising platform charges and credit card processing)	5	26
Domain registration and website hosting	0	108
Other fundraising costs (Facebook advertising, regulatory filings, business cards, postage)	0	0
<b>Total</b>	<b>22</b>	<b>140</b>

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.

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

Date	Hospice	Equipment
2-Nov-21	Gdańsk	Contribution to hospice running costs
22-Nov-21	Elbląg	Bed, mattress, bedside table
10-Feb-22	Mokotow	5 tonnes of coal for central heating
24-Mar-22	Bedzin	40 sets of thoracentesis equipment
30-May-22	Gizycko	3 oxygen concentrators
31-May-22	Bartoszyce	4 mattresses, 2 oxygen concentrators and 5 inhalators
1-Jun-22	Gdańsk	3 oxygen concentrators
3-Jun-22	Wilno	Contribution towards hospice running costs
29-Aug-22	Gdańsk	Brace for a Ukrainian refugee
1-Sep-22	Elbląg	Medical equipment for palliative care clinic

## 4. Debtors

£532: Gift Aid to be repaid by HMRC (2021: £308).

## **5. Trustees' remuneration, benefits and expenses**

Trustees received no expenses, remuneration or benefits in this period (2021: nil)

## **6. Related party transactions**

In this period the Alina Foundation granted £5,638 (2021: £5,660) to its Polish partner charity, Fundacja Babci Aliny (**FBA**).

Ewa and Janusz Holender are the trustees of the Alina Foundation and also two of the four 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 are 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.