



## Helping Polish hospices

(Registered charity number 1137887)

### **Financial statements and report for the year ended 30 September 2011**



***When you really want something, all the universe conspires in helping you to achieve it.***

*Congratulations to the Cycle Poland 2012 team for the idea of the ride and for conquering 1040km from the mountains to the sea.*

*I was very happy to be the patron for this event. You have managed to combine charity work with encouraging people to volunteer, and to promote an active lifestyle together with the value of giving to others.*

*Hospices, and their everyday work in caring for patients, are subjects about which we often speak with fear. Thanks to your actions many people have seen that volunteering has many faces, and that hospice volunteering has a smiling, although often tired face, like the face of a professional athlete.*

*I have my fingers crossed for future rides. You are champions of your class.*

*Maja Włoszczowska*

**Maja Włoszczowska  
World Mountain Bike Champion 2010**



*"We're a new hospice so we need literally everything... but mostly support, the knowledge that we are not alone and that what we do is important"*  
Wioletta, Cieszyn

*"We wanted to thank you sincerely on behalf of the whole team and those under our care for the beds that you have donated. Thank you for your support and we wish you much strength and enthusiasm in running your Foundation."*  
Grzegorz, Bielsko



*"Thank you for all that you are doing – this is a great support for our patients"*  
Jolanta, Brzozów

**This year the Foundation:**

Provided equipment for a physiotherapy room, a wheelchair, life support equipment, 14 anti-bedsores mattresses, 6 hospital suction pumps, 5 specialist beds, 4 pulse-oximeters, 4 commodes, 4 blood-pressure meters, 3 parcels of essential dressings and medicines, 2 bath chairs, 2 inhalators, an infusion pump, a massage and physiotherapy table, an oxygen concentrator, Children's Day presents for 10 children orphaned under the care of hospices, and contributed towards the fit-out of a new residential hospice

**Provided equipment for 13 hospices**

**Spent £519 generating funds, all met directly by donations from the trustees**

**Persuaded 19 people to cycle 1040km across Poland to raise funds and visit hospices**

## **The Alina Foundation**

### **Trustees' report for the year ended 30 September 2011**

#### **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 Sam Pinkstone

#### **Objects & activities to benefit the public**

The Foundation provides essential medical equipment and supplies for organisations that care for terminally ill patients. This equipment is used in residential hospices and lent free of charge to families caring for patients at home. We work primarily with small, volunteer based organisations, to help build their capacity. 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 often look after elderly patients, but also care for children with terminal illnesses and disabilities.



#### **Hospicjum Nadzieja (Hope Hospice) – Toruń**

Toruń has areas of great poverty, and the founders of this hospice realised there were many parents who did not know how to care for children with serious long-term illnesses and disabilities. Unable to cope, those parents would abandon their children in local hospices and state institutions.

The hospice was built in 2002 using donated materials and volunteer work, to provide a home for these children, some as young as 3 months old.

Many children arrive in a critical condition, and require intensive care through expensive life support equipment.

In many cases the hospice is able to care for children until they are old enough to have operations that mean they can go on to lead healthy lives. Children remain under the care of the hospice until they are strong enough to return to their parents. Hospice staff and volunteers then provide full support for parents, so that they can 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 the specialist care that they need.

The Foundation has provided life support equipment.

## Our work in 2010/11

During our second year of operation we raised £15,622 through donations and Gift Aid. That money was used to purchase essential medical equipment for hospices throughout Poland:

Hospice	Equipment	Cost (£)
Elblag	Equipment for new physiotherapy room, wheelchair, two pulse-oximeters	2437
Cieszyn	3 specialist beds	1590
Torun	Life support equipment (internal feeding pump and accessories, syringe infusion pump)	1372
Lodz	2 bath chairs, inhalator, 2 parcels of essential dressings and medicines, 4 commodes	1224
Bielsko	Hospital suction pump and a contribution towards the fit-out of a new residential hospice	1148
Brzozow	Dressings and medicines, pulseoximeter for children, syringe infusion pump	971
Wloclawek	Pulsoximeter for children, 5 suction pumps and inhalator	741
Czestochowa	Massage and physiotherapy table	730
Gdansk	Oxygen concentrator, 4 blood -pressure meters	723
Bielsko	2 specialist beds for domestic hospice	675
Wagrowiec	5 anti-bed-sore mattresses	243
Nationally	Children's day presents for 10 children orphaned by parents under the care of a hospice	208
Chorzow	6 anti-bed-sore mattresses	182
Bartoszyce	3 anti-bed-sore mattresses	142
<b>TOTAL</b>		<b>12383</b>

The balance will be spent in the coming months to help hospices in the poorest regions of Poland.

Each piece of equipment is used to support many patients during its useful life of up to 10 years, so the equipment and medical supplies the Foundation has provided this year will help hundreds of patients and their families.



### Elblag

This hospice cares for terminally ill patients, but often finds itself looking after children with disabilities, who have nowhere else to go.

The Foundation funded equipment for a new physiotherapy suite, allowing children like Angelica to develop their muscles and reduce the physical discomfort caused by their illnesses.



We work directly with individual hospices to identify the equipment that they most need at any time. During this year's fundraising bike ride participants, including our trustees, visited the majority of the hospices that we have supported. We saw first-hand how the hospices operate and use the equipment we have donated, but more importantly we met hospice staff and volunteers to discuss how we can most effectively support them going forward.

We always thoroughly research the best equipment and prices offered by many suppliers. We also have an established relationship with Apteka24, a Polish pharmacy that has kindly agreed to provide equipment at significant discounts. The discounts on equipment purchased through various suppliers during this financial year have amounted to £2218.

## 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.

## Cycle Poland 2011



The big success for the Foundation was our second fundraising bike ride across Poland. 19 cyclists from Britain and Poland cycled 1040 km from the southern border to the north coast of Poland. The riders visited 10 hospices, which have all received equipment from the Foundation. They 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 have Maja Włoszczowska, the 2010 World Mountain Bike Champion as our patron for the ride. Maja sent our riders a personal letter of support and donated her championship jersey, which was auctioned to raise funds for Gdansk hospice. Our riders were joined by volunteers from local hospices, school children and local cycling clubs. Around 140 people took part in the first day of the ride, and on our final day we were joined by over 60 cyclists, including Joanna Jabłczyńska, a well known Polish actress.



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.

## Bielsko

Bielsko, a town of 175,000 inhabitants, has no residential hospice.

After years of campaigning and fundraising, the local council donated an old building. The first stage of construction was completed in 2011, and the internal fit-out has begun. *"Completion of the hospice depends entirely on the availability of funding"* says Grazyna Chorazy, the president of the voluntary organisation building the hospice. All funding for the hospice has come from donations.

The hospice will provide accommodation for 30 patients, together with medical rooms, a rehabilitation suite, a palliative care day surgery, a chapel and rooms for visiting families.

The Foundation has made a contribution to the costs of the fit-out and has provided a medical suction pump. We hope to be able to equip two of the rooms in the hospice, which could provide accommodation for 4 patients at any one time, and up to 480 patients during the lifetime of the equipment.

We believe that even small amounts of funding will help to leverage the support of local business and the wider community at a critical time in the completion of this hospice.



## Website

The Trust'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 that would like to apply for funding for medical equipment.

## 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.

## The future

In 2011/12 we hope to grow Cycle Poland and to engage new donors based in Britain. We hope to use the video produced by the Foundation's volunteers to promote the Foundation within the Polish community in Britain, to broaden our donor base. We hope that this will allow us to put in place a fund that can ultimately meet all the requests for equipment that we receive. We will reach out to more hospices throughout Poland to provide the essential equipment that they need, and hope to continue to support the hospices with which we already work.

We will continue to promote the Foundation's work in Poland to boost the profile of the hospice movement, attract donors and reach small hospices throughout the country that do not have the resources to apply for 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.

## **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 crossed the threshold for registration with the Charity Commission. The name of the charity was changed from The Alina Holender Trust to The Alina Foundation on 30 March 2011.

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.

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; everything you see on the next page as costs is fully met 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 950472

e-mail: [info@alinafoundation.org](mailto:info@alinafoundation.org)

Approved and authorised for issue by the trustees on 15 October 2011 and signed on their behalf by Ewa Holender:



Signed

Date: 15 October 2011

*"In the name of the directors, staff and patients we would like to sincerely thank the Alina Foundation for supporting the hospice by donating an oxygen concentrator and blood pressure monitors as part of Cycle Poland 2011.*

*We are hugely grateful for your understanding and support of our service"*

Alicja, Gdańsk

*"Thank you very much for what you have done for Polish hospices."*

Grażyna, Bielsko





**The Alina Foundation**  
**Statement of financial activities**  
**(incorporating the income and expenditure account)**  
**for the year ended 30 September 2011**

	Note	2011 £	2010 £
<b>Incoming resources</b>			
Incoming resources from generated funds			
Voluntary income			
Donations		15,622	10,666
<b>Total incoming resources</b>		<b>15,622</b>	<b>10,666</b>
 <b>Less: cost of generating funds</b>			
Voluntary income			
Donations	2	(520)	(266)
<b>Total cost of generating funds</b>		<b>(520)</b>	<b>(266)</b>
 <b>Net incoming resources available for charitable activities</b>		<b>15,102</b>	<b>10,400</b>
 <b>Charitable activities</b>	3	<b>(12,383)</b>	<b>(7,368)</b>
 <b>Total resources expended</b>		<b>(12,903)</b>	<b>(7,634)</b>
 <b>Net incoming/(outgoing) resources</b>		<b>2,719</b>	<b>3,032</b>
Total funds brought forward		3,032	0
<b>Total funds carried forward</b>		<b>5,751</b>	<b>3,032</b>

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

	Note	2011 £	2010 £
<b>Current assets</b>			
Cash at bank and in hand		3280	3019
Debtors	4	2471	13
Total current assets		<u>5751</u>	<u>3032</u>
<b>Liabilities</b>			
Creditors:			
amounts falling due within one year		<u>0</u>	<u>0</u>
Net current assets		5751	3032
<b>Net assets</b>		<u><b>5751</b></u>	<u><b>3032</b></u>
<b>The funds of the charity</b>			
Unrestricted income funds		5751	3032
Restricted income funds		-	-
<b>Total funds</b>		<u><b>5751</b></u>	<u><b>3032</b></u>

Approved and authorised for issue by the trustees on 15 October 2011 and signed on their behalf by Ewa Holender:



Signed

Date: 15 October 2011

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. Cost of charitable activities

Hospice	Equipment	Cost (£)
Elblag	Equipment for physiotherapy room	1776.75
Brzozow	Dressings and medicines	128.88
Wagrowiec	5 Mattresses	243.47
Brzozow	Pulsoximeter for children	265.13
Cieszyn	Specialist bed	546.50
Wloclawek	Pulsoximeter for children	229.92
Wloclawek	Suction pump	90.45
Wloclawek	Inhalator	59.12
Nationally	Children's day presents for orphaned children	207.87
Chorzow	6 anti-bedsore mattresses	181.52
Lodz	Dressings and medicines	388.10
Gdansk	2 blood pressure meters	114.50
Bielsko	Contribution towards construction of residential hospice	566.75
Elblag	Two pulseoximeters	275.50
Elblag	Wheelchair	384.17
Gdansk	Qxygen concentrator	503.04
Gdansk	2blood pressure meters	104.80
Lodz	2 bath chairs	94.11
Cieszyn	2specialist beds	1043.00
Czestochowa	Massage and physiotherapy table	730.10
Torun	Internal feeding pump	388.32
Torun	Internal feeding pump accessories	91.31
Torun	Syringe infusion pump	892.08
Brzozow	Syringe infusion pump	577.23
Lodz	Inhalator	35.47
Lodz	Medicines	226.69
Lodz	Dressings	182.09
Bartoszyce	3 mattresses	141.68
Lodz	4 commodes	298.22
Bielsko	Hospital suction pump	580.50
Bielsko	2 specialist beds	674.56
Wloclawek	4 suction pumps	361.03
	<b>TOTAL</b>	<b>12382.85</b>

Total 2010	7368.21
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## 3. Costs of generating voluntary income

	2011	2010
Paypal charges	212	207
Domain registration and website hosting	138	24
Other fundraising costs (printing etc)	170	35
<b>Total</b>	<b>520</b>	<b>266</b>

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

**4. Debtors**

£2471: Gift Aid to be repaid by HMRC (2010: £12).

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

Trustees received no expenses, remuneration or benefits in this period (2010: £ nil).

**6. Related party transactions**

No 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.