



Inter Care Annual Review 2023-2024

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OUR 50th ANNIVERSARY AND A STRONG YEAR OF DELIVERY



I would be very surprised if our founders, David & Patricia Rosenberg, expected the charity they formed in 1974 to be still going strong 50 years later. But through the hard work of so many people over the years, Inter Care has not only survived, but I would say is thriving as we celebrate our jubilee year.

Last year I indicated that without a significant increase in funding our outputs would return to pre-pandemic levels. One year on I am delighted to say that our income increased by 26% year on year, through the efforts of our fundraisers and great generosity of our donors - thank you. As a result we had close to a record year of outputs, providing much needed support to our partner Health Care Units in Malawi, Tanzania and Sierra Leone - details below.

A huge amount has changed over the last 50 years in how Inter Care operates, a lot driven by ever changing legislation and regulation in the handling of medicines, and in handling of "waste". However, what has not changed is that within the UK we continue to generate significant quantities of high quality health care goods, and long dated medicines, that for one reason or another are surplus to requirements. And while our partner Health Care Units also drive improvements year on year, the reality on the ground is that they don't have the all the resources they need - especially when it comes to supporting some of the poorest in their communities who have no access to health insurance or a means to pay for treatment.

In that context our mission is as relevant as ever. In 2023/24 we sent over a million items of "health care goods", ranging from large equipment to PPE. We also sent over 70,000 courses of treatment through the supply of medicines. Through careful matching of what we can source, and the known needs of the specific Health Care Units we support, we know that we are both reducing waste in the UK and saving lives in sub-Saharan Africa.

This review is of our activities across our 2023/24 financial year, however it feels relevant to also comment on our recently held 50th Anniversary celebration in the House of Lords, where representatives of the many groups that support our cause, met to celebrate the vision of our founders and reflect on some of our history and current work. Being in those parliament buildings reminded me of the ground breaking legislation introduced there about 80 years ago when the NHS was created. At the time Nye Bevan said that "it will lift the shadow from millions of homes. It will keep many people alive who would otherwise be dead. It will relieve suffering."

Inter Care's principle, as with the NHS, is that the support we offer is free to the patients who access it. In doing this I believe we can echo Nye Bevan's sentiments, and with your support continue to "Save lives and alleviate suffering through the provision of surplus medical resources to rural partner health units in sub-Saharan Africa".

Thank you on behalf of myself and the Board for all your support,

Simon Mabley
Chair



Simon Mabley with the Inter Care staff at the House of Lords in November 2024

Celebrating Inter Care's Achievements



The partner health units supported by Inter Care vary in size and nature enormously, they include: hospitals, health centres, dispensaries, centres for orphaned and vulnerable children, a hospice and a fistula centre.



Medicines for 73,664 patient treatments



Over 1,000,000 items of Health Care Goods



Over 100 Consignments of medical aid



3 Containers

In 2023/2024 your donations helped Inter Care to send over £890,000 worth of aid to Health Units in Malawi, Sierra Leone and Tanzania



One Wish Project

The "One Wish" project was launched in 2021. It is a project designed to provide pieces of equipment outside our usual supplies that would make a real difference to each health unit. The project is well under way with a further 20 units having had their wish granted during 2023-24. Many different types of equipment have been supplied, including an Ultrasound Machine, Blood Analysers, Oxygen Concentrators, Surgical Instruments and a Delivery Bed.

Inter Care granted a wish in January 2024 and donated a Foetal Doppler to Sukasanje Health Centre in Malawi.

Sr. Dorothy, the Senior Nursing Sister at this rural health centre, expressed the importance of this wish, stating that the donation "strengthens the bond between patients and healthcare providers" and nurtures a supportive environment.

The impact of this donation has been significant for both patients and staff. Patients feel empowered and valued, knowing their wishes are taken seriously, which enhances their satisfaction with the care they receive. For the staff, these wishes help fulfil their professional roles by reminding them of the human aspect of healthcare that goes beyond mere medical treatments.



Sr Dorothy Shared that in the first 3 months following the donation, 300 patients benefitted from it's use.

Additionally, Sr Dorothy recounted a touching story where a nurse noticed a pregnant woman feeling lonely and isolated during her hospital stay, as she could not hear or feel the baby's movements. The nurse took the initiative to examine the baby using the Foetal Doppler and was able to confirm that the baby's heartbeat was strong. This moment brought immense joy to both the mother-to-be and the nurse.

Celebrating Inter Care's Impact. In 2023-2024 Inter Care Supplied:

MEDICINES



to enable

73,664 patient treatments

including treatment for infections totalling:

40,450

HEALTH CARE GOODS. OVER 1 MILLION ITEMS INCLUDING:

63 LARGE DEVICES

373,059 ITEMS OF PPE

2 MICROSCOPES AND 1 ULTRASOUND MACHINE



5 AUTOCLAVES



173,436

Instruments for diagnosis and laboratory items (thermometers, stethoscopes, blood pressure machines etc.)



763

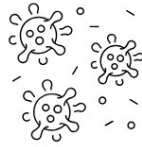
Mobility aids (crutches, wheelchairs, etc)

14,098 + **25,824**
bandages dressings

38

Resuscitators and Outreach Cool Bags





Witnessing the challenges and the rise in infection cases

Inter Care started supporting Nzama Health Centre in 2006 which is situated in rural barren land. When we visited in 2009, we witnessed one pair of disposable gloves hanging on a washing line reused repeatedly for newborn deliveries. The injection room had minimal supplies, and gloves were nowhere to be found. The need for assistance was critical.

Our support made an impact

Throughout the next decade we provided the health centre with medicines and personal protective equipment (PPE). Since then, we have seen a notable difference at the health centre and the changes since the 2009 visit have been truly remarkable.



10 years on...

We visited the Nzama team again in 2019 and noticed significant advancements had been made in newborn deliveries resulting in a reduction of infant mortality. Over this period of time, we have supplied a substantial amount of PPE including gloves, which has resulted in stabilising infection rates have stabilised, and women being able to receive excellent post-natal care.

20 years on...

Nzama Health Centre continue to receive quality medicines and essential healthcare good from Inter Care.

In early 2024, we purchased and sent a new autoclave from the UK via container to support the health centre as part of our One Wish project. This essential item helps sterilise equipment to control infections. The centre often treats patients from both Malawi and Mozambique and encourages early medical attention. They also have a well-equipped medical storage facility, to maintain temperature-controlled products for effective treatment.



This case study is featured in Inter Care's "£50k for 50 years" campaign. For further details, please visit www.intercare.org.uk.



Medicines & Health Care Goods

We are very grateful to the following companies who have given us product support of generous and valuable donations to send to Africa:

AEM Ltd	Medical Research Network	Tropical Health Technology
Allergy Therapeutics	Mitie (Care & Custody)	Walters Medical Ltd
Australian Bodycare	Nuffield Hospital	Warwick Medical
Baylis & Harding	Pharmacy 2U	Urgo Medical
Bio-Diagnostics	Phoenix Resource Centre	
CSM Magnolia Baby	Rapid Care UK	
Global Hand	Robust Care	
Haag-Streit UK	Schulke	
International Health Partners (IHP)	Starstedt Ltd	



Financial Supporters

We would like to thank the numerous individuals and community groups whose support makes our work possible. A special acknowledgment goes to those who participated in the Great North Run and London Marathon on behalf of Inter Care. In the past financial year, we launched an emergency appeal that enabled us to send 16,800 treatments of Ciprofloxacin to Mlambe Hospital in Malawi. The Inter Care community united to help us achieve the goal necessary for this crucial donation to our partner health unit. We are incredibly thankful for the supporters who step in during our greatest times of need. Additionally, we want to express our appreciation to the many individuals and companies who generously donate a wide range of items, from knitted teddies and blankets to raffle prizes and office supplies. All of these contributions significantly enhance the services that Inter Care provides to its partner health units.

Income From Charitable Trusts

Notwithstanding the variety of reliable funding streams that sustain Inter Care every year, income from charitable trusts continues to be of very high importance. In these uncertain times, with financial challenges affecting the charity and our supporters alike, we are encouraged and reassured by the continued support of Charitable Trusts and Foundations. We deeply appreciate every one of these trusting relationships. Regardless of whether they help to provide core support, which underpins our long-term planning capability, or support specific one-off projects, we value their generosity all-the-same.

We wish to thank the following grant-making trusts (plus those who wish to remain anonymous) to whom we are very grateful indeed:

Alfred Haines Charitable Trust	Marsh Charitable Trust
Ardwick Trust	Matthews Wrightson Charitable Trust
Barbara Ward Children's Foundation	Merstham Aid Project
Beatrice Laing Trust	Morel Charitable Trust
Belacqua Charitable Trust	MPM Charitable Trust
Brian Mercer Trust	Mrs L D Rope Third Charitable Settlement
Broyst Foundation	Outhwaite Charitable Trust
Chillag Family Charitable Trust	Paget Charitable Trust
Catholic Medical Missionary Society	Peter Stebbings Memorial Charity
Cuckoo Hill Trust	Peter Storrs Trust
David Lister Charitable Trust	Pignatelli Foundation
Dromintee Trust	Rest Harrow Charitable Trust
Edwinda Mountbatten and Leonora Children's Foundation	Sisters of St Joseph of Peace (CSJP)
Eva Reckitt Trust Fund	SMB Charitable Trust
Fulmer Charitable Trust	St Mark's Overseas Aid Trust (SMOAT)
Gibbs Charitable Trust	Souter Charitable Trust
Haramead Trust	Stafford Trust
Kate Farrer Foundation	Sycamore Trust
Leonard Trust	Ulverscroft Foundation
Makeni Trust Fund	W A Herbert Charitable Trust
	W F Southall Trust
	Zephyr Charitable Trust

Thank you



for your support



Patrons

Rt. Rev. Patrick McKinney, Bishop of Nottingham

Mrs Margaret Greiff MBE

Trustees

Mr S Mabley (Chair)

Dr R Babla

Mr R Bailey

Mrs K Garnett (vice-Chair)

Mr R Peck

Dr J Widdowson

Mr M Jones (appointed in Dec 2023)

Staff

Mrs Diane Hardy, General Manager

Mrs Claudia Domin, Community and Events Fundraiser

Miss Anita Fletcher, Administrator (resigned Feb 2024)

Mr Bill Johnson, Warehouse Assistant

Mr Phil Riley, Trusts Fundraiser

Responsible Persons

David Lartey

Richard Peck

A big "THANK YOU" to all volunteers

Inter Care would not exist without you! The huge support you give through volunteering in the office, coming in every week to the warehouse, offering medical advice and support, the list of tasks you undertake to is endless. From the Trustees in the governance of the organisation, the Responsible Persons who oversee our compliance with all the Regulations with which we have to comply, to those working in the warehouse, in the office and the staff in the surgeries who collect and check health care goods before they are sent in to us, we truly appreciate you all.

The tasks performed by volunteers are many and varied. They include: collecting health care goods, sorting, checking, shelving, creating consignments; fundraising by supporting events, manning stalls selling books and other recycled items; spreading the word by delivering talks to groups; professional support; not forgetting visiting Africa to undertake Monitoring and Evaluation visits.

The total hours donated by the volunteers this year was in excess of 2,000 hours of work. The savings of employment costs alone would exceed £23,000. There are too many to mention, but this year, special thanks go to all the Trustees, Responsible Persons and:

Jennie Angell

Helena Baron

Dr David Baugh

Ann Bing

Diane Bird

Mike Bird

Alison Briggs

Peter Cante

Sylvia Cliff

Elizabeth Cooper

Dr Bobby Dhillon

Matt Doyle

Imelda Forde

Jane Friendship

Maryvonne Hainsworth

Sandra Hawthorne

Dr Tony Jarvis

David Lartey

Linda Lord

Lusia Manktelow

Diane Newton

Robert Pettifer

Maria Raptaki

Vince Riley

Sally Smith

Annie Taylor

Ruth Treseder

Lesley Trivett

Susan Turner

Dimitrios Valsamakis

Amina Vaze

Jean Villanueva

John Winter

Peter Woods

DETAILED STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 AUGUST 2024

	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £	Total Funds 2023 £
INCOME AND ENDOWMENTS				
Donations and legacies				
Medical donations (Includes revaluations)	851,527	-	851,527	756,954
Trust donations	94,050	48,519	142,569	110,300
General donations received (Incl Gift Aid)	106,797	28,001	134,798	105,542
Legacies	6,003	-	6,003	9,931
Gifts in kind	8,000	-	8,000	8,000
	1,066,377	76,520	1,142,897	990,727
Other trading activities				
Book/Card Sales	868	-	868	775
Events	8,657	-	8,657	6,303
	9,525	-	9,525	7,078
Investment and other income				
Deposit account interest	3,274	-	3,274	1,545
Total incoming resources	1,079,176	76,520	1,155,696	999,350
EXPENDITURE				
Wages	116,998	5,401	122,399	123,580
Employers National Insurance	6,771	-	6,771	6,694
Pension	2,829	-	2,829	2,733
Rent & rates	12,933	7,067	20,000	20,000
Insurance	2,385	-	2,385	2,026
Water, light & heat	5,942	-	5,942	6,744
Telephone, IT & website	6,398	-	6,398	7,920
Postage & stationery	1,864	50	1,914	2,051
Repairs & maintenance	1,654	-	1,654	3,503
Donated medicines & supplies	851,527	38,405	889,932	808,995
Shipping UK	-	1,263	1,263	1,852
Shipping Overseas	-	18,815	18,815	37,439
Project miscellaneous costs	5,880	-	5,880	780
Waste disposal	812	-	812	1,164
Travel	283	-	283	8,181
License fees	-	322	322	879
Payroll & HR fees	565	-	565	1,104
Governance	2,823	-	2,823	2,725
Training	1,882	-	1,882	239
Fundraising costs	2,565	-	2,565	3,975
Total resources expended	1,024,111	71,323	1,095,434	1,042,584
Net income/(expenditure)	55,065	5,197	60,262	(43,234)