

FOAN

Friends of African Nursing
www.foan.org.uk
Registered Charity: 1113054

Friends of African Nursing

Annual Report 2016



May 2017

Foreword

Welcome to our thirteenth Annual Report.

We report to you annually, so that whether a donor, supporter or potential member, you can see what we do with funds raised and that we continue to fulfil our charitable objects.

We, the trustees all work for the charity in our spare time and voluntarily. This ensures that funds raised are spent entirely on the purpose of the charity, – delivering education to nurses in Africa or on its' governance.

During 2016, we have spent time and energy on celebrating the fifteenth anniversary of the charity. We have had cake and candles and been sung to! We have circulated cake to existing supporters and new ones and made as much noise as we dared. We are proud of the achievements of the charity in 15 years, and the over 1800 nurses we have trained.

We also added to the range of on-line education modules, hosted in partnership with Wellards. We have continued to plan to make face to face visits but are aware that the visits will be less frequent in future, unless the country can make a contribution to the nurse's costs. African Nurses are increasingly well connected to the internet, and our group of clinical ambassadors will continue to network with their colleagues to say that we have added elements to the website.

Kate Woodhead

Chairman of Trustees

About us

Friends of African Nursing is a small UK based charity who deliver education to surgical team members in the countries shown on the map.

The education is essentially about patient safety and infection prevention and managing the many risks. It is also about teamwork and leadership in a complex environment. It's a dynamic world and needs constant updating. Initially, we taught perioperative nurses (those who work in theatre) but there are a large number of nurses who work in many different specialisms within a hospital. We have learned this particularly in Ghana where we have run leadership programmes, and taught nurses from many different areas; they are often tired but value the education enormously and end up very motivated to make new efforts.

We have learned many things from the African Nurses, as we have taught them, not least of which is how to adapt practice to suit the availability of products and equipment. It is a huge reward for facilitators and trustees to teach highly motivated individuals.



Ghana 2016 - group work.

What we do

We work in partnership with Ministries of Health and other bodies such as national nurses associations and surgical skills institutes, providing training programmes that enhance the knowledge and leadership skills of perioperative and other nursing staff in order to enable them to become more efficient and effective healthcare professionals.

Since we began working in Africa, in 2001, we have visited ten countries and educated over 1,800 nurses. Reports from our visits are both on the website at www.foan.org.uk and also reproduced in this Annual report for those who do not have access to the internet.

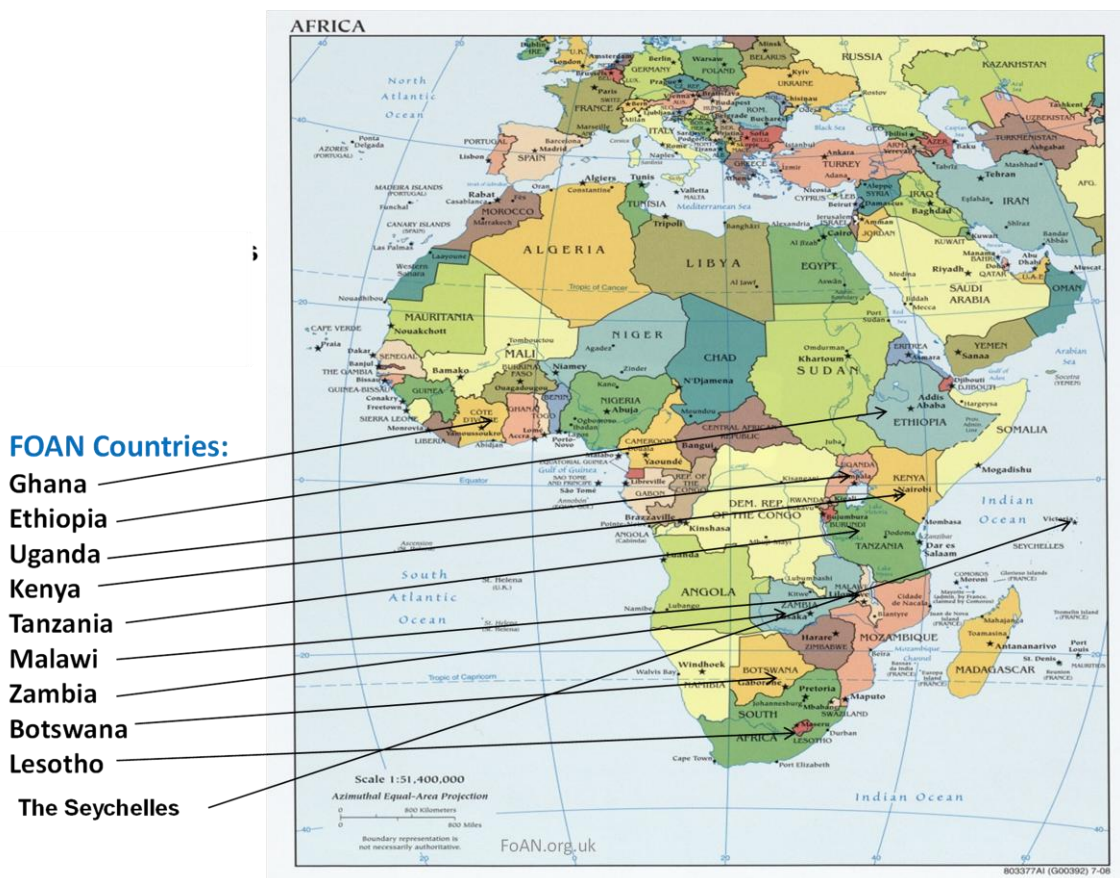
During 2016, we have not made many visits as increasingly the visits are expensive and between visits we need to restock our funds. West Africa had a serious Ebola outbreak in 2015, which did not actually affect Ghana but they were busy with protections, so it was time to return in 2016.

We have also added significantly to the on-line education during the year, which benefits all the registered users. At the end of 2016, there were ten modules of learning and educational videos on our education site.

Our charity objectives

- To develop, maintain and run an effective charity to support FoAN activities
- To provide international nursing expertise at practical, academic and management level to support government health strategies.
- To develop nursing programmes in conjunction with African Ministries of Health to assist national health agendas, institutional plans and personal professional development.
- To work with national and specialist nursing organisations and interest groups.
- To provide focused expertise to perioperative nurses, developing individuals, teams and potential leaders.
- To provide a conduit for ethical donations of educational material and clinical equipment for operating theatre practice.

Where we work in Africa.



The Team of Trustees



Kate Woodhead RGN DMS – FoAN Chair and Co-Founder.

Kate believes that quality education is a means of empowering and motivating African nurses to deliver good, evidence based care to patients. Continuing education is rarely available to nurses without outside assistance, although increased access to the internet is already making a difference. Kate works independently as a healthcare consultant, after more than 35 years in perioperative care as a practitioner and manager. She is a former President of the International Federation of Perioperative Nurses and previous Chairman of the National Association of Theatre Nurses. She worked with The World Health Organisation on Safe Surgery Saves Lives Campaign.



Dot Chadwick – FoAN Trustee

Dot has worked in the perioperative environment for many years, undertaking clinical, managerial and educational roles.

She has recently joined the Care Quality Commission as a Hospital Inspector and Specialist Advisor. She has worked in an educational role most recently, and is an important advisor to the charity on the topic. Dot is also an active member of the Association of Perioperative Practice and a Past Officer of the Association.



Alison Champken Woods – FoAN Trustee

Alison retired in 2012 but has continued to provide advice and consultancy to the NHS particularly around theatres and decontamination.

Alison qualified in the mid 70's, worked in theatres until 2000 when she was seconded to work on Modernisation Agency projects around booking of patients for surgery and theatre efficiencies.

In 2004 Alison transferred into management covering all aspects of the surgical division as a senior service manager. Her last post before taking retirement was as Deputy Divisional Manager for Surgery at West Hertfordshire Hospitals NHS Trust. Alison has also worked in the private sector so has a breadth of knowledge of both health care settings.

She has in the past been an active member of AfPP both locally and nationally as Education Committee Chairman in the early 1990's.



Diane Gilmour – FoAN Trustee

Diane has been a perioperative nurse for over 30 years employed within a variety of different roles during that time- clinical, managerial, education. Diane now supports local Commissioners with the service redesign and implementation of community planned care services. Diane was elected as a Trustee of Association for Perioperative Practice in 2005 and President January 2009-October 2010. She has published and presented on a variety of subjects nationally and internationally. Diane has been a member of FoAN since 2005 and was sponsored by Mölnlycke to support the educational programme in Tanzania. Diane lives in Crawley with her

husband and son.



Stephanie Freeman FoAN Trustee

Stephanie qualified as a nurse in 1984 and is currently working at the Royal Bournemouth Hospital as a nurse colposcopist and manages a very busy women's health out-patient department.

She first became involved with the perioperative organisation, The National Association of Theatre Nurses as a committee member of the Brunel Branch, was a helper at Congress for three years and then became Membership and then Team Lead for the South West Region in 2005, following a move to Dorset. Stephanie was also a member of the Governance Committee and then became a Trustee of Association of Perioperative Practice in July 2009.

In March 2015 Stephanie acted as a facilitator with FOAN on an educational visit to Malawi and has now become a Trustee for the charity.



Introducing Sally Pentecost – FoAN Trustee

Sally qualified as a Enrolled Nurse in 1983 working in general nursing going onto complete her conversion course in 1996, and moving into peri-operative practice where she went onto complete her theatre course and teaching qualifications from University of the West of England.

Sally has recently retired from her full time role Theatre Manager at West Cornwall Hospital Penzance where her role included the overseeing of Theatres, the Surgical ward and the Treatment Centre. She now keeps her hand in by working as a Bank

Theatre Nurse.

Sally first became involved with Association for Perioperative Practice as a member of Brunel branch and then a congress helper, moving on to join the South West Regional team.

Julia Lea - Treasurer.



Julia is a qualified chartered accountant with over 20 years of experience. She has worked in practice for KPMG and Deloitte and now works for Alliance Automotive UK as their Group Mergers & Acquisitions manager having recently moved from Wm Morrison Supermarkets Plc. Julia is based in their head office in Bradford using her financial experience to help them acquire over 15 businesses in the last 9 months.

Patrons

We are most grateful for the support of our patrons, who enable us to reach communities and contacts outside our usual circles. Their role is as ambassadors for the charity.

John Heath – patron

John started his publishing career in 1986 at Benn Publishing selling classified advertising on Packaging week. In 1987 he moved to Macmillan Publishing where he progressed to become group advertising manager for the Health Service Journal, Therapy Weekly and Social Work Today.

He left in 1990 to set up JMH Publishing Ltd and launched the National Association of Health Authorities and Trusts (NAHAT, now the NHS Confederation) NHS Handbook. 1998 John saw the opportunity to develop a similar Handbook for the pharmaceutical industry and launched the Wellards Guide to the NHS and Medicines, the Guide became an instant success and grew into what it is today – The Wellards Academy.

Denis Robson - patron

Denis Robson enjoyed a 40 year career with global healthcare company Johnson & Johnson where he held several senior management positions with responsibility for business in Africa and the Middle east. Latterly he served as part of the African CSR

team with responsibility for health workforce training. He now actively serves on boards and committees that are dedicated to improving access to surgery and the treatment of mothers with childbirth injuries.

Membership

The Newsletter keeps everyone updated on all our activities, and two have been sent to the membership during 2016. It is also posted onto the website, so that anyone can see the archive of activity and some photos too! It is always tremendous to receive feedback and both newsletters this year have elicited comments.

The birthday celebrations have given us an extra reason to speak to people about our activities, so we are happy to make presentations about our work to any groups and Trustees have been doing this for different church and community groups. They in return have been generous in their support of FoAN, both financially and also in holding events to promote and support FoAN's work.

Reviewing the year 2016 – at a glance

Charity Development

We have welcomed Sally Pentecost as a Trustee to the team during 2016. She took the vacancy created by Lesley Fudge, co-Founder who decided to retire and let others take a role. Thank you to Lesley for all her input, energy and wisdom over the years.

We have been busy celebrating the fifteenth birthday of the charity, which Lesley Fudge and Kate Woodhead founded following a visit to Uganda in 2001. The charity works on a voluntary basis and has benefited over the years from the energy and vision of many trustees and supporters. We are immensely grateful to each and every one of them. We were able to hold a birthday party on the African continent, during a period of work which Kate was doing in Kenya. Cake, candles and balloons were enjoyed by all the attendees. It was great to see some of our early African students, who recounted how FoAN had helped them along with their careers.

Moving moments.

We hold regular monthly meetings on Skype, so that we keep each other focused on the actions which need to be done to keep the charity functioning and maintain team spirit. We have just one face to face meeting, usually in June and an all day Skype in the autumn. We were fortunate to be given a meeting venue in London at the offices of the Bookseller, who also donated some books to us – to raise some funds, in future.

We have used Facebook a little more this year to keep our membership and interested parties here and in Africa in touch with activities, although we could be more frequent users for best effect.

Further educational modules have been added to the website, have been managed by Wellards technical team and enjoyed by Clinical Ambassadors and new registered users in Africa. AfPP and Ecolab have kindly enabled some educational videos to be added to ensure a blended learning platform. Further efforts continue to need to be made to spread the word to potential users

Educational Visits to Africa

We made just a single visit to Africa during the year, to Ghana in April 2016. The visit to Malawi in 2015, meant that we needed to regroup and accumulate some more funds and undertake some fundraising. However, we were not idle, and added to the online education as we were not planning face to face education.

Kate attended the Nursing conference of ECSA which is a southern Africa multi-national organisation concerned with health and social care. She was supported by FoAN for her registration and made many contacts including some of the Chief Nurses, of countries where we may visit in future. She also was able to be updated on some of the aspects of care that concern African nurses at present, although there had been no call for any surgical papers.

Detailed report on 2016 Ghana visit

Friends of African Nursing were once again invited to Ghana to deliver education to nurses at the Medical and Surgical Institute on the Korle Bu Hospital site in Accra, Ghana. Debbie Lee and Kate Woodhead delivered a Leadership programme to 40 nurse leaders from hospitals all over Ghana.

The group was very bright, enthusiastic and energetic and the programme moved along at a considerable pace. They were very engaged with each topic and loved the group work, learning from each other's experience. Feedback was often noisy and fun!

There was considerable emphasis on using every opportunity to network with each other and it was decided that a What'sApp group would be started so that everyone could support each other and dialogue after the course. By the end of the week it was set up and many of the slides and some photos were uploaded for all to share.

Once again, TMSDI generously donated profiles for everyone and they were extremely well received by the nurses. Comments on their evaluations on their profiles range from "*see / deal with people differently (treat people as individuals)*" and in answer to the question what will you do differently, many of the group responded similarly to the comment

"I will try to study my subordinates and place them in areas where they can be very effective (according to their place on the wheel)."

“ The team management wheel was amazing and something I am really glad to have an assessment of myself”



Special thanks to TMSDI for the donation of profiles, which has such a huge impact on those nurses receiving theirs. Also special thanks for their remote assistance to ensure that there was a profile for everyone – with so many unscheduled participants for the week’s education.

The staff at MSSl also deserve special thanks for all their responses and dedication to their jobs. They worked very hard behind the scenes – smoothing out the issues and responding to each new challenge magnificently.

Other feedback from the course included

“ In my department, I will try to push for an ethics framework and will manage stress better.”

“ I now have insight into a whole lot of leadership skills that will help me stand up tall when it comes to meeting the executive board of my hospital.”

“ I enjoyed all the sessions, all the lecture sessions and especially the practical sessions / group work”



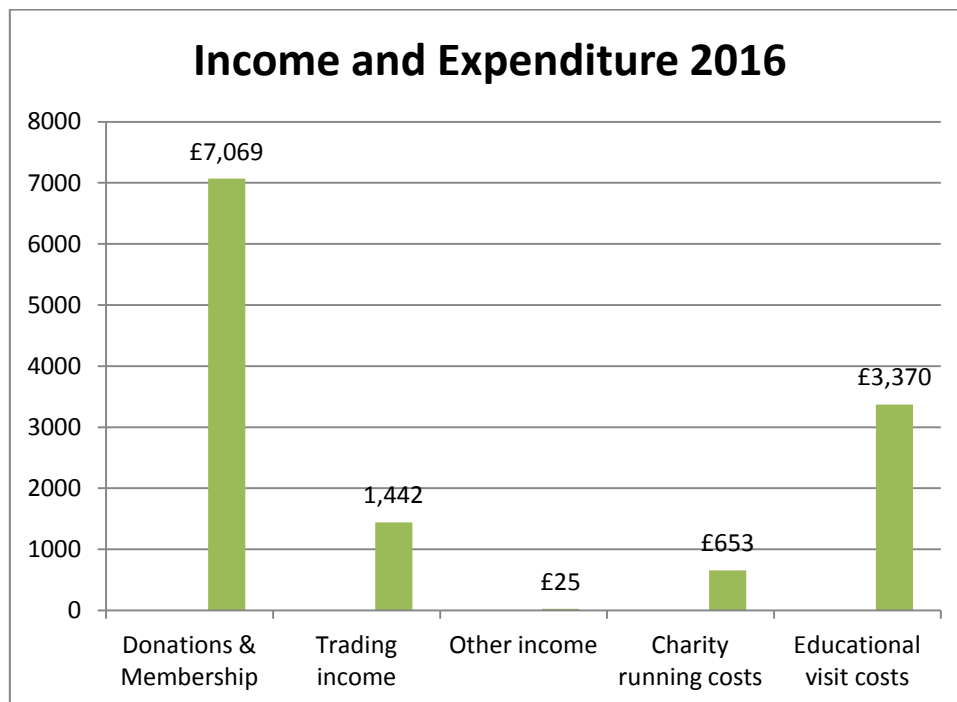
The Leadership Class of 2016 at the MSSSI in Accra Ghana. April 2016.

“ Nothing can be better than this, it is just fantastic. I have really enjoyed the force field analysis which I will surely implement in all the units”

“ Now I will present my case with evidence based arguments to my nurse-in-charge.”

We will look forward to the next opportunity to return to Ghana and to MSSSI. Many thanks to the participants, staff and most especially to Debbie for her unfailing enthusiasm and leadership.

Charity income and expenditure



Sales

Whenever we have the opportunity to support the local economies in Africa, we purchase items which we think will sell – to raise funds for FoAN. Fewer visits to Africa interfere with this process, so opportunities have to be taken! The margin on these items is usually good, providing a win-win for everyone. Many lengths of beautiful cotton come back from Ghana and are made into items for sale.

We produce an annual calendar of African images, which sold well in 2016/ 2017 and continue to sell cards designed and donated by Lesley, which she will continue to contribute. Sally's husband Eric is an artist and has also kindly donated some of his cards for FoAN sales.

In each of the newsletters we review the individual trustees and their friends efforts to raise funds. Each of us has a unique technique from fashion shows, to choir concerts, tea dances and sewing projects for friends and neighbours! Thank you to all who contributed to the income for the charity in 2016. We also had a small number of very generous donations, the donors would prefer to remain anonymous but have been thanked appropriately.

As can be seen from the income and expenditure account we raised around £1,400 last year from a variety of sales, which is an important element of our income stream.



Christmas Card Fair in Thorner – Kate raising funds

Looking ahead

We will need to carefully assess the income and ensure before we embark on any visits, that we can afford them. Costs in Africa are growing and need to be managed. There is also amongst some, an assumption that we are a large organisation with endless supplies of money.

Online education will continue to be a growing resource for the nurses but we must enable them to have easy access and to use the education available.

We will have to ensure that regular contact is kept with the clinical ambassadors – who have agreed to keep their networks and colleagues aware of all the additions.

FoAN Income & Expenditure account

General Fund

	31/12/2016	31/12/2015
	£	£
Voluntary Income		
Donations	6,111	4,792
Membership	785	820
Other	<u>173</u>	<u>-</u>
	7,069	5,612
Activities for Generating Funds		
Recipe Books	-	
Cards	536	
Calendars	468	
Other	<u>438</u>	
	1,442	960
Interest Received	25	27
Sundry (refund postage)	<u>25</u>	<u>15</u>
TOTAL INCOME	<u><u>8,536</u></u>	<u><u>6,614</u></u>

Purchases For Generating Funds(adj.for stock)

<u>420</u>	<u>525</u>
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Governance Costs

Postage	132	10
Stationery	128	35
Report Printing		-
Website Maintenance	75	66
Training		-
Promotion Material		-
Currency	167	225
Meetings External costs	151	28
Travel & Meeting Costs		13
Meetings with partners-Meals		
Meetings with partners-Travel	<u> </u>	<u>180</u>
	653	556
Grants & Donations		
Clinical Gifts,Shipping	14	-

Charitable Activities

Trainers Travel & Accommodation & Food	3,295	3,796
Incidental costs	75	106
Delegates Costs	<u> </u>	<u>5,607</u>
	3,371	9,509

TOTAL EXPENDITURE	<u>4,457</u>	<u>10,589</u>
EXCESS OF INCOME OVER EXPENDITURE	<u>4,080</u>	<u>(3,975)</u>

Thanks and acknowledgements

A big 'thank you', to those who have taught with us in Africa. Thank you for your unstinting support, time consuming endeavours and your unfailing enthusiasm.

Thank you also to all those who have contributed practically as well as financially to the continued success of FoAN, the nurses who benefit are always grateful and we know that the impact is lasting.

Especial thanks are extended to all those who support our activities in so many different ways. We could not achieve what we do without all your support, so grateful and sincere thanks! A huge thank lastly but by no means least, for everything that the Trustees undertake on behalf of the charity. It makes a real difference – thank you.

Kate Woodhead
May 2017