



# Friends of African Nursing

## Annual Report 2020



**September 2021**

## **Welcome**

This is the seventeenth Annual report by Friends of African Nursing. Its' purpose is to communicate with you as to whether we are meeting our charitable objectives and to be accountable to all those who support and assist us to that end.

2020 was a very different year for us, as for many charities and foundations, unable to meet their brief due to the Covid-19 pandemic. From that perspective, we do not have a great deal to report to you and it is to be hoped that we can continue to deliver education to nurses in Africa at some point in the future. For now, that must be an aspiration and not a reality.

Kate Woodhead

Chair of Trustees

## **What we do**

We work in eleven countries in Africa, delivering education, organised with and through the Ministries of Health. Most of our delegates come from working in the Operating Theatres where we seek to help them to understand some of the complexities of perioperative care and the rationale for it. Many have never had the opportunity to learn the basics or received any specific education on the subject. We focus on risk management, patient care, infection prevention and teamwork. We supplement the face to face education with on-line offerings and communicate with our students via Clinical Ambassadors. We love having students in front of us as they are such keen learners, asking many questions – skewing our timings- frequently!

## **In brief**

In 2020 we luckily made a single visit to Africa in January, before we were affected by the pandemic and confined to home. The report from Ghana appears later in the report.

We have continued to work on charity documents and have used the time usefully to review and update the policies of the charity, as well as the Terms

of Reference, the main governance document. We have updated our on-line education and now each of the modules has been reviewed and changes made if they were necessary.

We have met monthly as a group of trustees to ensure that the business of the charity continues and that we each report to each other, the activity we have been involved with.

Early in March 2020 we were able to send a representative (Dot) to the Commonwealth Nurses Conference in London, which made some useful connections. Dot made a short presentation on the work of Friends of African Nursing which was very well received. Some collaborations have continued from the connections.

Membership Newsletters have been sent twice during the year.

Fundraisers were all cancelled but cloth facemasks in aid of FoAN raised over £1,000 during the year. Calendars and cards were still sold on-line and helped to continue some income generation.

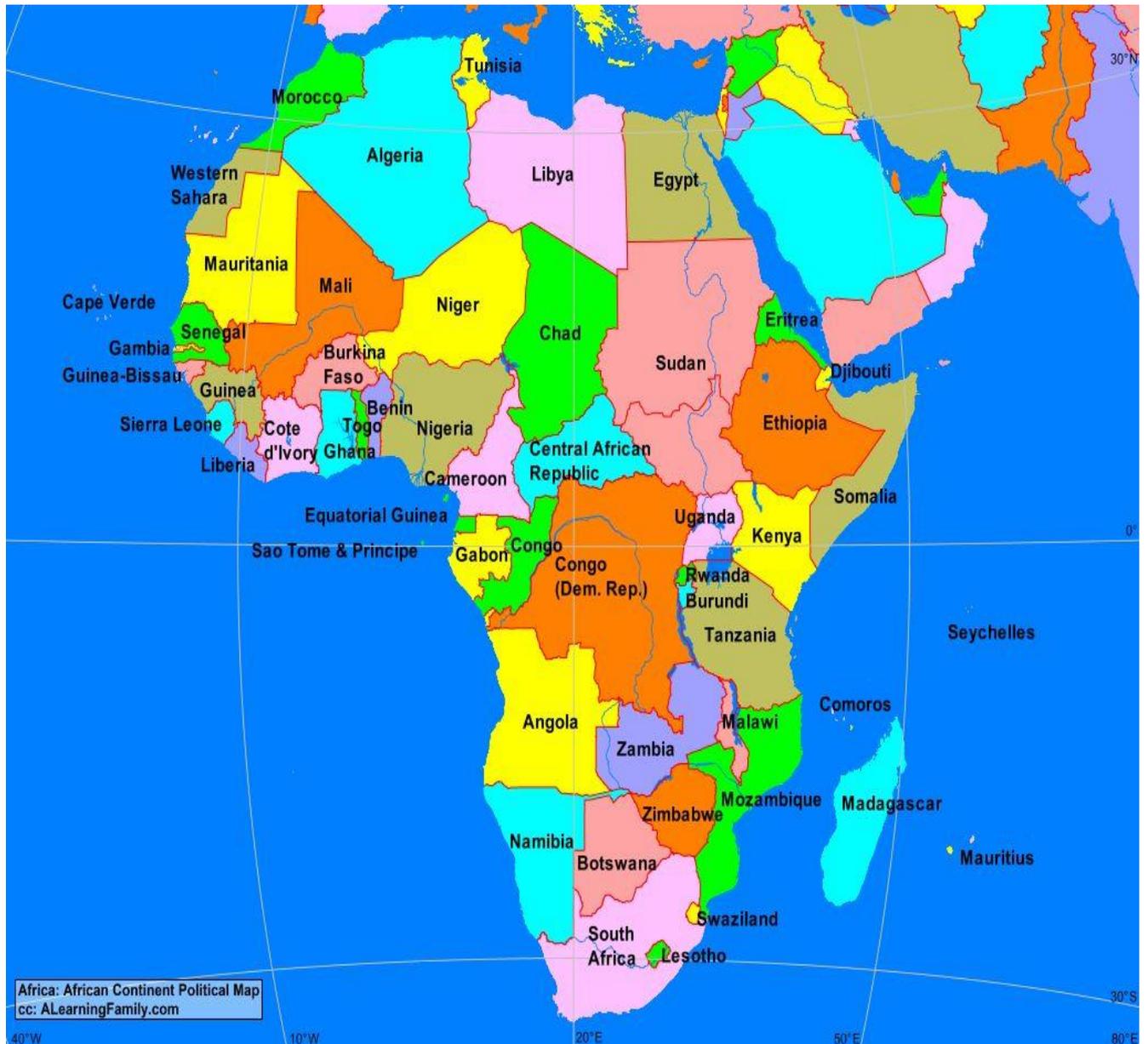
Members and patrons continue to support us financially, which is fantastic and we are endlessly grateful for their loyalty and continued help.

### **Our charitable 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.

## Countries where we have worked.

Uganda, Zambia, Kenya, Ethiopia, Botswana, Tanzania, Ghana, Malawi. The Seychelles, Lesotho and Rwanda.



## The team of trustees



**Kate Woodhead – FoAN Chair and Co-Founder.** Kate works independently as a healthcare consultant, having more than 40 years in perioperative care as a practitioner and manager in NHS and managing her own business. She is a former President of the International Federation of Perioperative Nurses (2002-2006) and a previous Chairman of the National Association of Theatre Nurses (1998-2001). She worked with The World Health Organisation on Safe Surgery Saves Lives Campaign. She has led FoAN as Chair of Trustees since 2003.



**Dot Chadwick – FoAN Trustee** Dot has worked in the perioperative environment for many years, undertaking clinical, managerial and educational roles. She has

worked in an educational role most recently and is an important advisor to the charity on the topic. Dot was latterly appointed and worked as a Specialist Advisor for the Care Quality Commission, inspecting Operating Theatres around England. She is an active member of the Association of Perioperative Practice and a Past Officer of the Association. She works on the AfPP Consultancy bank.



**Diane Gilmour – FoAN Trustee** Diane has been nursing for 35 years employed within a variety of different roles during that time within the perioperative field- clinical, managerial, education. In 2018 Diane moved to the national quality improvement programme - Get It Right First Time (GIRFT) which has now moved into NHS England/ Improvement. Continuing this work, and aligned to local integrated care systems, Diane is involved with theatre productivity and elective recovery in the South East Region.

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 when she was sponsored by Mölnlycke to support the educational programme in Tanzania. In 2012 Diane became a Trustee and has travelled to Malawi and Ghana. Diane lives in Crawley.



### **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.

Although Sally retired three years ago from her full time job of Theatre Manager at West Cornwall Hospital Penzance where her role included the overseeing of Theatres, the Surgical ward and the Treatment Centre, she still works as a Bank Theatre Nurse, which she really enjoys.

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



### **Mona Guckian Fisher FoAN Trustee**

Mona is President of the International Federation of Perioperative Nurses (IFPN) (2018-2021), and a past president of the UK Association for Perioperative Practice (AfPP); and has been involved in the delivery of

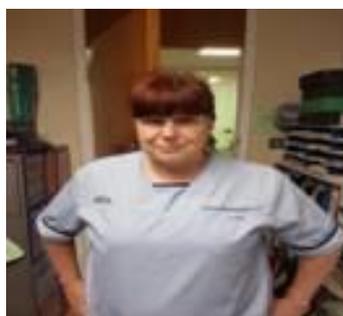
perioperative services for over 40 years. She has served on the board of the European Operating Room Nurses Association (EORNA) 2013-2017 and IFPN 2014-2017.

She has travelled both to India and Africa promoting standardised practice, teamwork, and patient safety in the multidisciplinary theatre team. Mona received the AfPP Award of Merit 2017 in recognition of her services to perioperative practice and patient safety.



### **Lindsay Keeley – FoAN Trustee**

***Introducing Lindsay:*** Lindsay is a registered nurse with over 30 years' experience, she has spent most of her career in perioperative practice, across both the NHS and Independent sector working in several specialities including ENT and Ophthalmics. She has a degree in Professional Nursing Studies and is currently Patient Safety and Quality Lead for the Association of Perioperative Practice (AfPP). This role entails supporting members with guidance on best practice and professional advice, particularly around patient safety and quality. As part of her role, she holds an honorary contract working in practice at Harrogate District Hospital.



### **Sandra Pryme Foan Trustee**

Sandra did her initial nurse training in New Zealand and has twenty nine years' experience of working in the perioperative environment in a broad range of roles. She has held a number of senior posts as a team leader and a clinical educator.

She is currently the Training and Development Co-ordinator for the anaesthetic directorate at Lancashire teaching hospitals NHS foundation trust. Within her current role she supervises and supports pre-registration student nurses, trainee ODP's and qualified practitioners in the clinical area.

Sandra has been actively involved with AfPP for many years and has been a regional team lead, trustee and sits on the current governance committee. Outside of work she is a mixed media artist, enjoys going to the gym, working on her allotment and spending time with friends and family.



### **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 moved from Wm Morrison Supermarkets Plc. Julia is based in their head office in Bradford using her financial experience to help them acquire at least 12 businesses a year.

## **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 The Wellards Academy until it was sold to Wilmington in 2016.

### **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 Corporate Social Responsibility 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.

## Educational visits to Africa in 2020

### GHANA VISIT

In January Diane Gilmour and Sandra Pryme joined by Linda Whyte from FoAN Canada travelled to Accra, Ghana. The purpose of our visit to deliver a 3 day leadership and 2 day perioperative training programme to Ghanaian nurses.

We were hosted by the team at the Medical & Surgical Skills Institute (MSSI) who, looked after us very well providing an excellent training facility, administration support and some very nice food. Richard our driver from MSSI took us on a tour of Accra and we visited the Kwame Nkrumah Mausoleum and memorial park. This beautiful park is dedicated to the life of Ghana's first president Kwame Nkrumah.

We had 50 delegates on the leadership programme, nurses from all backgrounds some hospital and some community based. We were very impressed to hear that a group of these nurses had travelled over 8 hours by car to attend the programme. The delegates joined in all the activities sharing their own knowledge and experiences and we had some very lively and engaging debate.



We had 34 delegates for the two day perioperative programme these nurses work in a variety of roles in theatres from health care assistants to nursing officers. They all appeared to enjoy networking with colleagues and sharing practice. Some of the issues affecting theatre nurses in Ghana are the same as those faced by UK nurses namely lack of staff, lack of equipment and a lack of training. The Ghanaian delegates impressed me with their good humour and their passion for learning and developing their own practice areas.

During our visit we met with Rita Aryee Director of Nursing Services at Korle Bu Hospital. Rita took up her post less than a year ago and she shared us with us her vision for training and development for her nursing staff. Rita would like to develop a culture of coaching and mentoring. Rita is very supportive of FoAN she told us that two years ago she attended one FoAN's leadership programmes. Rita arranged for us to visit the main theatre suite in Korle Bu hospital the staff were very welcoming and showed us around the theatres and recovery it was one of the highlights of the visit, to go to theatres and talk with our perioperative colleagues.

### **Charity Income and Expenditure**

2020 was a quiet year, with few opportunities to raise funds or to spend them! However, we maintain a healthy balance in the bank due to the generosity of our patrons and members and the efforts of trustees to raise funds where possible.

Charity running costs were higher than most years due to expenditure to attend the Commonwealth Nurses Conference, but which enabled some useful and enduring contacts.

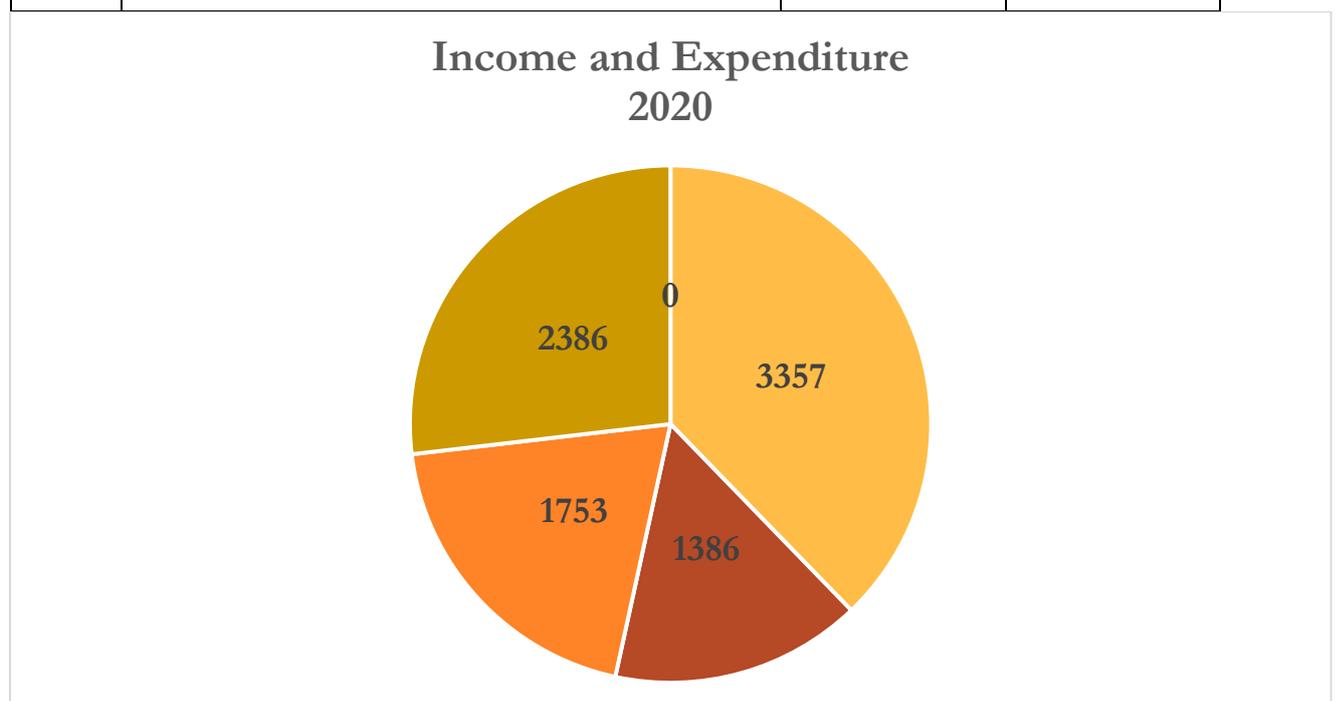
### **Sales**

During 2020 we had no opportunities for further images for the calendar but relied upon archived pictures! The calendar sold well, with very few left in stock at the end of the year. The calendar is kindly donated by John Heath as a contribution in kind. He is thanked for his generosity and continuing financial assistance to us. Cards designed and donated by Lesley, which she continues to contribute, sell well. She is thanked for her ongoing support. Sally's husband

Eric is an artist and has also kindly donated some of his cards for FoAN sales, thank you to him, as they are very popular too.

Items are usually purchased from Africa so that we have a flavour of the continent on each of our sales stalls. This is a winning formula, as we support the local community in Africa and the charity with authentic items. Many metres of African fabric are also purchased and are used to create colourful items for our sales.

		2020	2019
1	Donations and Membership	£3,357	£8,002
2	Charity running costs	£1,386	£761
3	Trading income	£1,753	£1,896
4	Educational visit costs	£2,386	£4,550

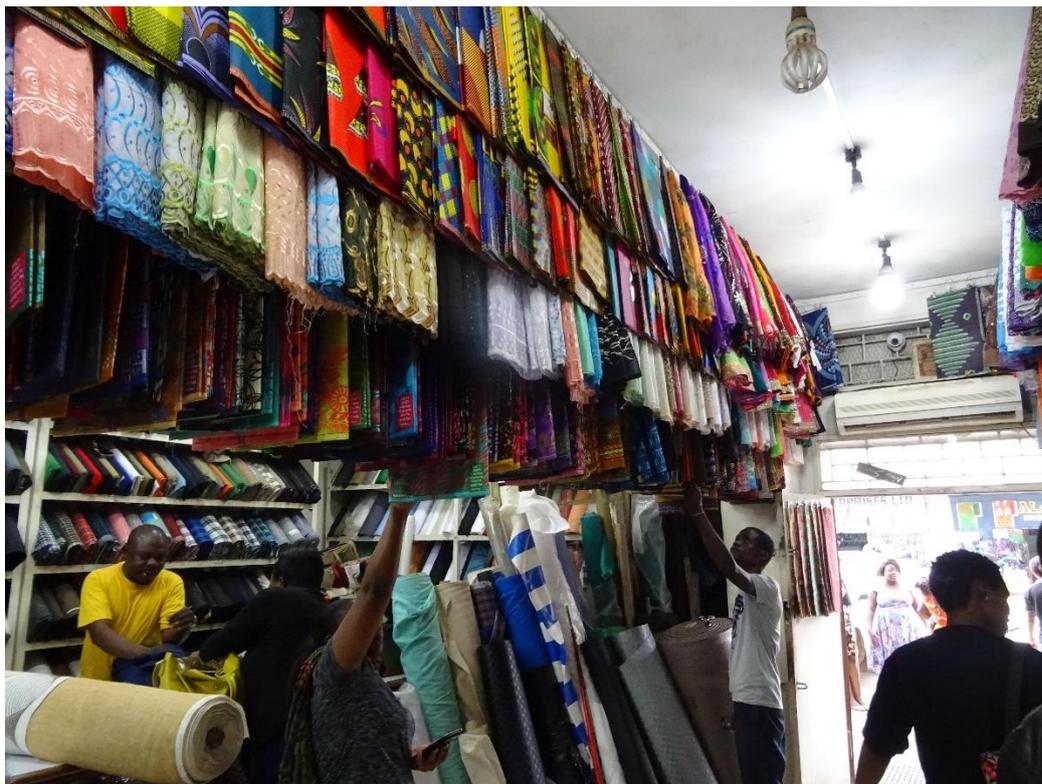


Newsletters describe a short resume of fundraising that trustees and others have undertaken to ensure that efforts are appreciated and funds warmly welcomed! They also ensure that our activities through the year are reported to our supporters, regularly. We all do different types of fundraising from fashion shows, to choir concerts, tea dances and sewing projects for friends

and neighbours! Thank you to all those who generously contributed to the income for the charity in 2021.

We also had a small number of very generous donations including legacies, the donors would prefer to remain anonymous but have been thanked appropriately.

Material shop in Lusaka



### **Thanks and acknowledgements**

A sincere thank you to all who have continued to support the efforts the trustees make to ensuring our charitable objectives are met. During a year when the pandemic has reduced charity fundraising activities to almost zero, trustees have continued to ensure the continuation of the organisation by updating essential documents, which sometimes get set aside when we are travelling a great deal. Technology will be explored to assist in getting the educational messages across should the disease continue to prevent us delivering it face to face. The development of technology in pandemic times has enabled much remote communication, it must be possible to undertake this for educational purposes.

Thank you too to all those who continue to support the charity with financial donations – it couldn't be done without you! A huge debt of gratitude is also owed to all those who give up time and expertise to support and ensure the development of quality surgical care in Africa.

Kate Woodhead. October 2021

## FOAN Income & Expenditure account

### General Fund

31/12/2020

£

#### Voluntary Income

Events	-	
Donations	2,462	
Membership	895	
Other	-	
	<u>          </u>	3,357 -

#### Activities for Generating Funds

Recipe Books	-	
Cards	231	
Calenders	460	
Masks	1,062	
	<u>          </u>	1,753
Interest Received	8	
Sundry (refund postage)	-	8
TOTAL INCOME	<u>          </u>	<u>          </u> 5,117 =

Purchases For Generating Funds(adj.for stock)            6 -

#### Governance Costs

Postage	193	
Stationery	148	
Website Maintenance	101	
Just Giving costs	54	
Bank charges	49	
Foreign exchange	82	
Meetings External costs	-	
Travel & Meeting Costs	-	
Training for Trustees	760	
Meetings with partners-Meals	-	
Meetings with partners-Travel	-	
	<u>          </u>	1,386 -

#### Grants & Donations

Clinical Gifts,Shipping	-	
Charitable Activities	31	
Trainers Travel & Accomodation & Food	2,386	
Incidental costs	50	
Delegates Costs (net of contribution)	-	
External funding	(1,724)	
Kids OR fund transfer	-	
	<u>          </u>	711 -
TOTAL EXPENDITURE	<u>          </u>	<u>          </u> 2,133 =

**EXCESS OF INCOME OVER EXPENDITURE**            2,984 =



