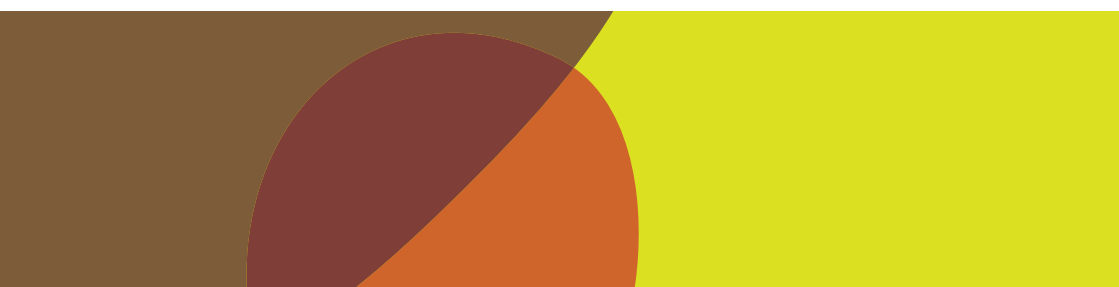




Sue Ryder
International





Our Vision

Care that liberates lives.

Our Mission

To support member organisations to shape national health and social care policies, improve their capacities and deliver effective programmes of care and to stimulate the evolution of health and social care in developing countries.

Preface

This brochure has been created and designed for our colleagues, donors and all partners who are interested in activities of Sue Ryder organisations worldwide.

Our common vision for the future is to seek out today's most urgent health and social needs and to meet them with professional skills, commitment and passion for which Sue Ryder organisations are renowned.

We would like to thank all our supporters and to the dedicated staff and volunteers working for our partner organisations in Europe and Africa.

Sue Ryder International Team



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Sue Ryder International Network

Sue Ryder International is a community of organisations delivering specialised health and social care for those in greatest need across several countries in Europe and Africa. SRI takes its name and inspiration from the life and work of its founder Sue Ryder (later Baroness Ryder of Warsaw) who pioneered the development of health and social care services across Europe in the years following World War II and until her death in 2000.

“Our work is a summons to seek out and face the reality of human suffering and do something about it.” Sue Ryder (1953)

This international partnership shares the common belief that everyone should have the right to live as well as possible. Our partner organisations at the moment operate in Albania, the Czech Republic, Ireland, Italy, Macedonia, Malawi, Poland, and the UK. They are united by their aim to provide health and social care services that meet the needs of the communities they work in. We also cooperate with other countries (e.g. Kosovo, Montenegro, Bosnia and Herzegovina, Serbia, Croatia) which have historical links with our founder and where Sue Ryder homes were originally established and run as government-operated institutions. Today, over 30,000 people benefit directly from the care provided by the paid staff and many thousands of volunteers associated with Sue Ryder’s name.

Sue Ryder International Team

Sue Ryder International operates with a small team. The team works in partnership with Sue Ryder organisations across Europe and southern Africa and provides support to meet the needs of the wider Sue Ryder International community such as:

- ▶ Fundraising in support of community initiatives nationally and internationally;
- ▶ Facilitating the exchange of expertise in health and social care, fundraising and retail development;
- ▶ Promoting the reputation of our members nationally and regionally with European and international bodies;
- ▶ It also works as an implementing agency, employing staff with expertise in international development, project management and programme monitoring.

Sue Ryder International CZ

In 2007 the UK based Sue Ryder Care and the Domov Sue Ryder, o.p.s. based in the Czech Republic decided jointly to form a public benefit organisation, Sue Ryder International CZ (SRI CZ). This organisation has been working closely with other Sue Ryder organisations principally in Europe and also in Africa.

Our mission

To support member organisations to shape national health and social care policies, deliver effective programmes of care and to stimulate the evolution of health and social care in developing countries.

Who do we help?

Sue Ryder International CZ supports Sue Ryder International network members in developing their capacities in relation to independent project and budget management, lobbying their national governments and enter wider regional and international partnerships, to increase fundraise, exchange knowledge with expertise and plan future closer cooperation. SRI CZ works in partnership with governments, the public and the private sector.

How do we work?

The main role of SRI CZ, as an implementing agency for various international development projects is to give the fullest possible administrative support to the Sue Ryder organisations in Europe (exceptionally also in Africa) and to their activities and projects.

Specific responsibilities include:

- ▶ developing Sue Ryder International’s programme work in South-East Europe and occasionally in Africa;
- ▶ fundraising in Central and South-East Europe;
- ▶ advocating on behalf of Sue Ryder International and its partners in the Czech Republic and regionally.

Contact:

Ivana Plechatá
Director
Michelská 1/7, Praha 4, 140 00
Phone: 00420 244029149
ivana.plechata@sueryderinternational.eu
prague@sueryderinternational.eu

ALBANIA



CAPITAL > TIRANA

POPULATION
3,195,000

CALLING CODE
+355



CONTACT

Dr. Fatmir Prifti, Director

Ryder Albania Association
Rr. Ali Pashe Gucia
P.96, Hyrja 1, Ap.2
Tirana, Albania
Phone/Fax: +35542452309
ryderalb@icc-al.org



Ryder Albania Association

Since 1994, the Ryder Albania Association has pioneered the development of palliative care in Albania in partnership with Ryder Italy, the Domov Sue Ryder (CZ) and Sue Ryder Care (UK). Albania is one of the poorest countries in Europe, with 25% of the population living below the national poverty line. 40% have no access to basic needs like education, water, sanitation and heating.

Who do we help?

The main aim for Ryder Albania Association is "Higher quality of life". Ryder Albania Association provides medical, psychological, economical and social care to terminally ill patients suffering from the final stage of cancer. The specialised support is offered also to their families. The charity cares for patients in their own homes. Ryder Albania plays a leading role in the National Association of Palliative Care and has raised awareness of its importance. Overall the team reaches out to over 35 patients and their families each day of the year.

How do we help?

In addition to direct care provision, Ryder Albania organises specialised training courses for doctors, nurses, social workers, psychologists and other medical workers. The Association publishes learning materials and trains for 520 healthcare professionals every year. Ryder Albania also focuses on lobbying within all sectors with the aim to mainstream palliative care into the governmental health structure.

Why support us?

Presently there is no government health care service active in Albania for people suffering from terminal illness and the government only provides minimal funding towards Ryder Albania practises in Durres and Tirana. As a result only a fraction of people receive appropriate treatment and care.

Aims for the Future

In over 70% of cases of terminally ill Albanians there is no pain relieving care. Everyone should have the right to access palliative care. Ryder Albania will work with the Albanian government to secure government support and also relevant non-governmental organisations to enable individuals to access this right. In partnership with the National Association of Palliative Care, Sue Ryder International will continue to promote the national standards in palliative Care.

"On behalf of my wife who is struggling for her life, I want to congratulate for everything you are doing. We are aware of the life and pain which lie ahead of us, but the existence of this service is the biggest, dearest and most sacred thing."

Rexhep Kerçiku, Relative

Sue Ryder International

● Domov Sue Ryder

Domov Sue Ryder (Sue Ryder Home) in Prague is a residential care home for elderly people, which opened in 2000. It is ranked as one of Prague's leading providers of residential care and is seen as a model of national care standards. It welcomes individuals from across the Czech Republic, especially veterans of World War II and Holocaust survivors.

Who do we help?

Domov Sue Ryder has a loving and peaceful environment, providing its clients with comprehensive nursing and social care. The care given seeks to respect the uniqueness of every individual client to achieve a high quality of life.

How do we work?

In the public areas of the Domov, regular cultural and educational events take place both for clients and for visitors. There is the Michelský dvůr restaurant and a charity shop, which allows the Domov to open itself up to the public and become a meeting place for all generations. These extra activities also raise funds which help support the Domov's main activity of providing care to seniors.

Why support us?

According to Alzheimer Europe (ICAD in Vienna 2009) there are 123.000 people with dementia in the Czech Republic, a number which has doubled since 1960, and yet there is currently no specialist service in Prague.

Our future plans

A future priority is to raise €400,000 to complete the home's Dementia Unit. This will be the first such unit in the Czech Republic, providing a 20-bed specialist residential care service for people with a range of neurological conditions, particularly Alzheimer's disease.

CAPITAL > PRAGUE

POPULATION
10,506,813

CALLING CODE
+420



CZECH
REPUBLIC



CONTACT

Mr Matej Lejsal

Michelská 1/7
Praha 4 – Michle, 140 00
Czech Republic
Phone: +42 02 44 02 91 11
Fax: +42 02 44 02 91 58
matej.lejsal@sue-ryder.cz



IRELAND



CAPITAL > DUBLIN

POPULATION
6,197,100

CALLING CODE
+353



CONTACT

Charlie Mc Donald, Trustee

Sue Ryder Foundation in Ireland
Sue Ryder House
Ballyroan, Co.Laois
Ireland

Phone: +353(057)8731071

Fax: +353(057)8731009

sueryderfoundation@eircom.net



Sue Ryder Foundation in Ireland

The Sue Ryder Foundation in Ireland was founded in late 1970s, dedicated to helping older people live safely, securely and independently-with a choice of services to suit all needs.

Who do we help?

The Sue Ryder Homes in Ireland provide sheltered housing for the elderly and those who have found themselves in difficult circumstances in society.

How do we help?

The Foundation provides housing and support to the elderly and disabled in seven locations throughout the country: Ballyroan, Dalkey, Holy Cross, Kilminchy, Laois, Owing, Carlow and Nenagh. Each house reflects the individual character of its residents, over and above the standard furnishings such as cookers and fridges. Each day, residents receive a four course lunch; meeting both nutritional and social needs. The Sue Ryder Foundation in Ireland also has a network of over 20 charity shops, with its own dedicated volunteers, generous colleagues making a very worthwhile contribution to the work of the charity. The Sue Ryder Shops serve not just an excellent way to fundraise, but are welcome retail outlets for many families on restricted incomes.

Why support us?

The challenges that age and disability brings are more manageable in the independent but supported environment the Sue Ryder Foundation in Ireland provides.

The Sue Ryder Foundation in Ireland is supporting the work of sister charities in Malawi and Albania, with financial support from Irish Aid and donations from the public.

Our Future Plans

The Foundation is in the process of developing a number of new schemes throughout the country. All the schemes will provide accommodation and services for the elderly using the Sue Ryder Model of care support.

The Streame, Nenagh: the Foundation have opened a 50 unit scheme, a combination of one and two bed apartments. The scheme will also offer a commercial kitchen, communal dining room, treatment rooms and an oratory. The scheme blends into its background, close to all the local amenities, shops, bus routes, church and town centre with a new medical centre being planned adjacent to the site.

"The challenge we have set ourselves is the enhancement of life for people. Our community-based non-profit housing developments are designed especially to promote independent living in security, peace and comfort without the pressures but maintaining dignity which add years to life. I ask you to 'Share the Care' and thus add life to the years." **Charles McDonald, founder of the Sue Ryder Foundation in Ireland**

Ryder Italia, La Fondazione

There are two independent Sue Ryder charity organisations in Italy; both are striving to relieve human suffering caused by cancer. In Italy, tumours are one of the most frequent causes of death. However, there is an absence of palliative medicine throughout Italy and underlines the urgency of the charities' work.

What we do?

Ryder Italia was established in Rome in 1984; Ryder Italia has pioneered the development of home-based palliative care in Italy. Over 2,500 patients and their families have benefited from Ryder Italia's 24-hour service delivered by a team of 26 doctors, nurses, psychologists, social workers and volunteers. They also encourage people to use their personal computerised system called 'Hospice on Line', which enables a 24 hour link between home-care clients and the main centre, for general communication, information updates on a client's condition and a free of charge means of communication.

La Fondazione was established in Rome in 1997 by Sue Ryder and operates within the Italian Health Service caring for the terminally ill patients of all diseases in one of Rome's most disadvantaged area. There is a team of doctors, nurses, psychologists, bereavement councillors and volunteers. The 24 hour service aims at improving the quality of a person's life, through providing pain relief and symptom control, mainly through home visits. La Fondazione also offers a bereavement service, through individual counselling and self-help groups, which are held every 2 weeks.

Why support us?

Over 2,500 patients and their families have benefited the care provided by Sue Ryder organisations in Italy.

Our future plans

Both organisations aim to secure, improve and expand the successful programmes currently in place.

The bereavement service struggles to satisfy the number of requests for help and assistance during this difficult time for the family. An increase of staff within the bereavement team has already been achieved and it has tripled the number of people being reached in this difficult time.

CAPITAL > ROME

POPULATION
60,380,912

CALLING CODE
+39



ITALY



CONTACT

Dr. Giovanni Creton
Medical Director

Associazione
- Ryder Italia Onlus
Via Edoardo Jenner 70
00151 Roma, Italy
Phone: +39065349622
+390658204580
Fax: +390653273183
info@ryderitalia.it

Mrs Annette Welshman
Director

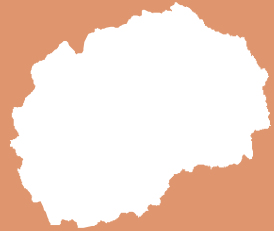
La Fondazione Sue Ryder Onlus
Via della Rustica 218
00155 Roma
Italy
Phone: +39 0622796525
Fax: +39 0622799689
posta@sueryder.it

MACEDONIA

CAPITAL > SKOPJE

POPULATION
2,114,550

CALLING CODE
+389



CONTACT

Dr. Mira Adzic, Director
Sue Ryder Care Macedonia

Str. 4 Juli 129
PO Box 359
1001 Skopje
Republic of Macedonia
Tel/fax: +389 2 2032 615
sueryderskopje@gmail.com

● Sue Ryder Care in Macedonia

Macedonia gained peaceful independence from Yugoslavia in 1991 but suffered severe economic difficulties. Despite being a middle-income country, poverty levels in Macedonia remain significant. It is estimated that 23% live below the national poverty line.

Who do we help?

Sue Ryder Care in Macedonia offers palliative care to anyone with an active, progressive, life-threatening illness, such as cancer, terminal respiratory, renal or cardiac disease and patients with HIV/AIDS. These people we work with are often the most vulnerable groups in society. Sue Ryder Care in Macedonia also works with disabled people of all ages and trains medical professionals.

How do we work?

Under the leadership of Dr Mira Adzic, Sue Ryder Care in Macedonia works closely with two state-run hospices, a domiciliary service operating from the hospice in Skopje and the country's only state-run residential home for disabled children and adults. Sue Ryder Care in Macedonia also provides training and development opportunities for government staff and produce publications.

Why support us?

In 1995, Sue Ryder Care in Macedonia conducted the first piece of research into the needs of people at the end of life suffering from malignant diseases and other advanced chronic diseases. By 2001, at the request of the Ministry of Health, the charity helped prepare the country's first national standards for palliative care. Two years on, Sue Ryder Care in Macedonia was officially integrated into the Health Protection Law - and funded through the Health Insurance Fund - as the only provider of palliative care in the country through two hospices in Skopje and Bitola. National palliative care strategy has now been developed in partnership with Soros foundation and the Ministry of Health.

● Sue Ryder Foundation Poland

Sue Ryder Foundation in Poland works to reduce suffering through the provision of essential facilities to improve living conditions for the elderly, socially disadvantaged and terminally ill residents of the 15 Sue Ryder homes currently operating and linked to the Foundation throughout Poland. We work in partnership with these homes, funding specific activities. They are run by poviats (territorial self-government) and are funded mainly from government resources together with smaller donations from various other sources which can cover for example rehabilitation equipment and modernization.

The First Step Fund provides scholarships of up to 4,500 PLN (equivalent to 1,100 EUR) for recently disabled young people, 18-30 year olds, to assist them to adjust to life in a wheelchair.

Individual support for disabled people might also be available from the Foundation. In such cases special fundraising can be undertaken (for example the 1% of personal income tax campaign). The Foundation always tries to support as many people as possible. There is a special group of individual patients under our care – known as Sue Ryder Girls, former and actual patients of the Sue Ruder Home at Konstancin. We always try to help when there is some special need for patients/residents from other Homes.

Sue Ryder Foundation in Poland provides financial support for the medical rehabilitation in rural areas in Malawi and we also support their activities of Sue Ryder Foundation in Malawi by sending volunteer rehabilitation specialist.

How the Foundation raises funds?

The Shop - Located at 15 Bagatela Street in Warsaw our charity shop in true Sue Ryder style takes in second hand clothes, books and CD's – which are sold as one of the sources of revenue for our homes. Additionally special events are run to promote sale of paintings and other handicrafts. Another Sue Ryder shop, situated in Bydgoszcz, helps raise funds for the Sue Ryder Home at Bydgoszcz.

Art Auction, Concerts - Special annual events including Art auctions and Concerts are run to both increase awareness of the Foundation as well as bring in extra funding – Christmas cards are also a big fundraising hit.

Warsaw Rat Race - a charity fun run - The 3.5 km race involves private companies and their employees, students and public sector employees. 'White collar' workers run in their regular office clothes, jacket, trousers, suit, shirt and tie with their briefcase, sporting company logo.

1% of personal income tax campaign – in the Polish monetary and legal system it is the right of each individual tax payer to offer 1% to a chosen charity. Money is directly transferred by the tax offices.

Individual donations, grants – Primarily Polish Foreign Aid funds.

CAPITAL > WARSAW

POPULATION
38,192,000

CALLING CODE
+48



POLAND



CONTACT

Joanna Chodor, Director

Sue Ryder Foundation in Poland
Bagatela 15
00585 Warsaw
Poland

Phone/Fax: +48 22 646 58 55
f.sueryder@free.ngo.pl

UNITED KINGDOM



CAPITAL > LONDON

POPULATION
62,041,708

CALLING CODE
+44



CONTACT

Mr Paul Woodward
Chief Executive

Sue Ryder Care
114-118 Southampton Row
London, WC1B 5AA
Phone: +44 207 400 0440
Fax: +44 207 400 0441
info@sue Rydercare.org



Sue Ryder Care

Sue Ryder care was founded in 1953 by Sue Ryder herself. Sue Ryder Care is a charity providing compassionate care to people with end of life and long-term care needs and is a leading UK provider of palliative and neurological care as well as homecare. Sue Ryder Care provides expert care where people need it, maximising and supporting their choices and independence.

Who do we help?

Each year we provide 4 million hours of care to people with cancer, brain injury, multiple sclerosis, motor neurone disease, Huntington's and Parkinson's disease, stroke and dementia. We deliver specialist caring services in people's own homes, in the community, in the hospices and care centres enabling people to manage their treatment and live their lives to the full. Through innovation and research they aim work to improve standards in long-term and end of life care. Sue Ryder Care has recently received government recognition for improving end of life care for people with long-term conditions and the research achieved through the partnership with the University of Nottingham, which is extending skills and knowledge across the sector. Sue Ryder Care also supports the international work undertaken by sister charities across Europe and southern Africa.

How do we work?

There are 7 neurological centres, 6 hospices and a growing homecare service in 12 areas across the UK. The care given caters for the whole of an individual's needs be they social, psychological, physical or spiritual. Sue Ryder Care staff work in partnership with health and social care professionals to offer person-centred care. This approach meets the needs of the physical conditions and wellbeing of the people in care whilst supporting carers, friends and families. Sue Ryder Care also supports the international work by fundraising and supporting programme activities in sister charities.

Why support us?

Since 1953, Sue Ryder Care has played a leading role in influencing national and international policy debates and stimulating the evolution of care services in the UK as well as developing countries. It continues to be a leading healthcare specialist in the UK. The international work that Sue Ryder Care supports occurs in some of the most difficult circumstances of poverty, conflict and political turmoil. Overseas partners play an important role in providing palliative care, residential care for disabled people and older people, and community-based nursing for people with chronic conditions.

Aims for the Future:

The Sue Ryder Care Centre for Palliative and End of Life Studies is a leading provider of palliative and end of life care research and education. Through its research the centre seeks to make a valuable contribution to policy and practice in previously under researched areas of palliative and end of life care. It is estimated that each year 300,000 people with neurological conditions do not receive the care they need. Sue Ryder Care's PINC project adapts established end of life care tools for people living with neurological conditions, in order to develop better care and support.

● Sue Ryder Foundation in Malawi

Landlocked Malawi is among the world's poorest countries and of its 12 million population only 16% live in urban areas mainly in the capital, Lilongwe and the second city, Blantyre. The remainder live in rural areas where the population density is one of the highest in Africa. Rural communities barely have access to large towns where access to limited healthcare provision is available.

Since 1990, the Sue Ryder International community has been a primary supporter of the Sue Ryder Foundation in Malawi. The Foundation in Malawi works with the poorest of the poor: disabled people living in Balaka and Ntcheu, two of the most remote rural districts in southern and central Malawi respectively. The vulnerable people in these communities are out of reach of government health systems and from help offered by other organisations.

SRFIM is the only organisation that works with people who have chronic conditions, such as epilepsy and asthma, as well as disabled people, many with cerebral palsy; all of whom have no access to appropriate drugs or medical care.

Who do we help?

The Foundation works with people affected by chronic conditions, such as epilepsy and asthma, who have no access to medical care and medication. The Foundation also provides physical rehabilitation to people with disabilities along with health education and awareness.

Evelyn's Story: Evelyn spent much of her childhood tied to trees because her family had no idea how to deal with her epilepsy. Thanks to the medical care provided with Sue Ryder International's support, Evelyn's life has improved allowing her to get involved in household duties and helping her family tend crops.

How do we work?

Community based health care

Teams of healthcare and rehabilitation workers travel to rural communities throughout Balaka and Ntcheu, providing much needed healthcare and support. Over 100 mobile clinics are conducted each month, with an average 60 clients attending. Some 600 people volunteer help the Foundation do its work, by identifying people with chronic conditions, monitoring their use of drugs and providing assistance during the clinics. These volunteers are elected by their community; working with Sue Ryder is considered an honour and a privilege.

CAPITAL > LILONGWE

POPULATION
12,158,924

CALLING CODE
+265

MALAWI



CONTACT

Kibble Ngalauka
Programme Manager

PO Box 135, Balaka
Malawi
Phone / Fax: +265 1552476
kibblengalauka@suerydermw.org
suerydermw@suerydermw.org

● Sue Ryder Foundation in Malawi

Physical rehabilitation

Support and rehabilitation is also provided to people with physical disabilities. Children who have suffered from malaria can develop a range of conditions, including cerebral palsy. This condition leaves children physically weakened with a limited use of their limbs. Constant physical rehabilitation on a daily basis is needed to improve their physical strength. The rehabilitation can and does improve their lives, and can lead them to take advantage of going to school, playing with their friends and get involved in income generating activities.

Why support us?

Thanks to Sue Ryder International's support 10,000 people are in receipt of healthcare. Few other international organisations have focussed on disability. The Malawian government is unable to help, for it lacks the human resources and funds to provide basic healthcare to all.

Our future plans

Sue Ryder International works in close partnership with the government's District Health Officers. The ultimate aim is that, one day, the government will be able to support and reach all in need of healthcare provision. Vital as our work is for the 10,000 people who are reached; it is only scratching the surface. The World Health Organisation estimates that there may be as many as 130,000 people with epilepsy in Malawi: 95% of these people do not have access to drugs. We are increasingly working towards having a national impact by acting for and with people with epilepsy.

"We never thought we would get help like this in my village. Please continue helping my people. Previously, they did not have access to good medical care because of poverty, but since your organisation arrived the lives of my people have improved and they are very grateful. Thank you." **Chief Samuel, Kasinje Village, Ntcheu District**



Sue Ryder International Contacts

London office

Marianne Rowley
Head of International
Sue Ryder Care
114-118 Southampton Row
London WC1B 5AA
Phone: 020 7400 0637

Marianne.rowley@suerydercare.org
london@sueryderinternational.eu

Prague office

Ivana Plechatá
Regional Director for Europe
Sue Ryder International CZ, o.p.s.
Michelská 1/7, Praha 4
Phone: 00420 244029149

ivana.plechata@sueryderinternational.eu
prague@sueryderinternational.eu

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Graphic Design
Patrik Svoboda
www.visualperfect.cz

www.sueryderinternational.eu