



Cosmos HealthCare Annual Report – October 2018

While writing this report and reflecting on the previous 12 months, I have been thinking about all the people who I have met and worked with throughout this year, many wonderful people, doing great things have crossed my path. Cosmos HealthCare is also *all about people*; as an organisation *we exist to help people in need* to access quality primary health care services. We work with our partners to help communities of people get healthy and stay healthy. Our organisation is a team of *people working together* to help others. Our Board, volunteer admin staff, nurses, doctors and our partners in Zimbabwe all working together to make a positive difference in the lives of people who are suffering, those who are far less fortunate than us here in Australia.

We are not about big buildings, expensive equipment or even complex million-dollar programs, but we are about *people*. Jesus was all about *people* too when he was here on earth, the well-being of people, particularly those who were suffering were his number one priority.

Over the past year we have continued to make good progress, particularly in areas of partner development, training, our own financial governance and in searching for new horizons, new groups of people to help. For the first time in at least 10 years we have finished the financial year with a small surplus of almost \$16,000. This surplus will help us to start a new financial year in a stronger position and this will help us to grow.

The most surreal moment of the last 12 months for me was standing in the main street of Bulawayo watching the wild celebrations after President Mugabe resigned after a brief and relatively bloodless coup d'état. I never thought I would see that day after 37 years of rule. Unfortunately, after initial hope, the past 11 months have not brought much change. There seem to still be many challenges ahead for Zimbabwe as the new President struggles to live up to the expectations and hopes of his nation.

Who we are: It is important to remind ourselves of exactly who we are, what we do and why?

It is worth looking over our objectives.

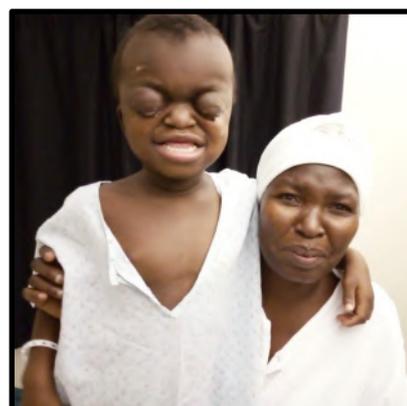
1. We are a *Christian* health and development organisation; let’s keep remembering this fact and prayerfully include Christ in all that we do.
2. We *build the capacity* of other organisations, helping them to develop their systems, structures, management and project delivery to ultimately improve their self-sustainability.
3. We *provide opportunities for people* to serve on our primary health teams – these teams help to strengthen and encourage our partners in developing contexts. Some of those who participate in our teams become long-term supporters of our organisation.
4. We *change lives* – from our humble beginnings on our first team back in Feb 2003 we have provided thousands of people in India and Zimbabwe with quality front-line primary healthcare, and hundreds of patients with secondary level treatment and surgery. The impact of this should not be underestimated.

Extended Care Program

This program continues to bring significant change to many people’s lives, it also appeals to donors and connects us to new people each year. One story that stands out this year is that of seven-year-old Selenia Ncube.

A Cosmos team doctor first saw Selenia back in September 2017. Selenia lives with her family in a squatter camp called Killarney. She was diagnosed with Crouzon’s Syndrome which meant her skull was deformed and her eyes were distended; she also lived with regular headaches and ridicule.

Since that day we have worked with our Sizolwethu partners to find the best solution for her. The high level of cranial surgery required was not possible in Zimbabwe and after several months we found a hospital in Durban with a world-class surgical team. We shared Selenia’s story with our donors and 27 people gave a total of \$15,000 AUD towards her surgery and care. Selenia had her first cranial operation in July and this operation went very well. She is still recovering in hospital waiting for some swelling around her eyes to subside.



Access Health Summit

In June this year we held the Access Health Summit. This event was aimed at highlighting the challenges faced by people in the developing world to *access* quality health care. We brought together three speakers for the night to share about their experiences in delivering primary health services in a variety of contexts including India, Africa and Afghanistan. Seventy-five guests attended and the feedback was good. If all goes well, we aim to hold a bigger follow-up event in 2019.



PNG

Two scoping trips to PNG were conducted in June and September 2018. Putting four key people from our organization on the ground enabled us get a feel for the country and the issues they face. These teams focused on building relationship and scoping out potential areas where Cosmos could work alongside the health authorities and the churches to improve people’s access to health services.

For more detail - see the accompanying PNG Report and Proposal 2018 document.

Partner Development

This year has seen further development in the relationship between Cosmos HC and Sizolwethu in Zimbabwe. The Sizolwethu Board continues to grapple with the greater levels of responsibility. This year that Board experienced good growth and then lost some key people due to work relocations. Significantly, their accounting standards continue to improve and this year the Board employed a bookkeeper to assist the accountant and manager. This move mirrored our financial administrative structures here in Perth.

We continue to reduce the level of funding we give to Sizolwethu (down from \$42,000 to \$39,000 for Financial Year 2019). Sizolwethu is stepping up to find additional sources of support. With some assistance they hosted their first Golf Day fundraiser in Bulawayo, raising an impressive \$1000 which is a significant amount in the Zimbabwe context.

The relationship with Kings Church in London is developing and in September they sent a doctor to work with the primary health team. Some direct financial support for Sizolwethu has also arisen from members of this church. I will be visiting the church leaders in London in January 2018 during a family holiday.

Sizolwethu - Mobile Clinic Outreaches

Sizolwethu continues to increase their reach into the communities around Bulawayo. Working alongside the Bulawayo City Council, Sizolwethu conduct health education and clinical outreach in *eight* communities each month. A drop in the incidence of some diseases has been noted in their statistics which is encouraging. The decline in economic conditions in Zimbabwe is impacting patient numbers in the communities. Sizolwethu is monitoring the conditions and rationing medicines more carefully as pressure on medicine supplies and rising costs bite into their budget.

Professional Development

Dr Darryn Rennie continues to provide professional development training for the Sizolwethu nurses in Zimbabwe. Darryn is very committed to this role, and he is developing a curriculum in close consultation with the Sizolwethu staff. This year Dr Colin Smyth, a Northam-based GP, has also began to provide Skype training. Darryn is continually improving the nurses’ ability to examine, diagnose and treat the patients more effectively. Empowering health professionals is an important part of our ethos as an organisation. We are constantly looking at ways in which we can impart knowledge through our programs.

Water Projects

1. Rural Schools Bore Repair Project

Between October 2017 and May 2018 Sizolwethu planned and delivered a two-stage water project to restore the water supply to seven rural schools around Bulawayo and to provide Health & Hygiene education for thousands of students. This project was very successful and there are many other schools calling out for similar assistance.

Stage 1 – Fixing broken boreholes at seven rural schools. These were repaired using local contractors, who were overseen by Sizolwethu staff. (see photos below)

Stage 2 – Providing Participatory Health and Hygiene education (PHEE) for the school children in each target school (approx. 400 per school) to improve personal hygiene and reduce water-borne disease. (This component was funded by the Entrust Foundation, based in Melbourne)



Primary Health Teams

Cosmos sent two primary health team to Zimbabwe in the last twelve months in September 2017 and September 2018. Due to unpredictability of presidential elections in Zimbabwe, a team was not sent in April 2018. These teams are having an ever-increasing impact. The worsening economic conditions have led to our teams seeing larger numbers of patients, with an increase of 20% noted in the past 12 months. Our flexibility, experience, good systems and experienced leadership means our teams have coped well under these new pressures.

Looking ahead we are already preparing our next primary health team for Zimbabwe in April 2019. This team is fully subscribed with eight people. We are currently looking at the logistics of sending a dedicated Dental team in September 2019 to meet the high demand for dental services in the communities, and we already have some dentists who are keen to get involved.



Finances

The 2018 FY was a good year for us. As in most previous years, we saw a late rush in donations in the lead up to the end of June. We worked hard to keep costs down over the year and it was good to have finished with a small surplus, as mentioned earlier, of just under \$16,000.

Expanding our Church support-base was a goal for the past 12 months and we have added one new church in Northam. Small amounts of funds are also coming in from another new partner, Mundaring Christian College. Building Corporate level support continues to be a challenge, it is an area that I will focus on in 2019.

The finance team, consisting of Len Lawrence (Bookkeeper) and Ian Mawson (Treasurer), has completed a full year together and they managed the audit well which made my job easier.

Administration

I am still working to get the staffing mix right for our growing needs. With the Board's support, I am putting the feelers out for an *Administration All-Rounder*; someone to help two days a week with admin, marketing and fundraising events. I hope to have this position filled by the end of 2018. The person in this role will work closely with all our admin volunteers, and I am looking forward to having some pressure taken off me, particularly in event planning.

I am looking to finish 2018 well ... finishing whatever we do well is an important goal. Many projects can be started with good intentions, by well-meaning organisations or individuals. Finishing something is always much harder than starting. The world of health and development is littered with projects that have been started and then not finished. This is the reason that I endeavour to take measured steps forward, to ensure that we can finish well. I am very grateful to *all the people* in our sphere, our donors, our volunteers and to our Board. Without everyone playing their part we would not be able to continue to help more and more *people* in need each year.

Thank you for continuing to walk the Cosmos journey with me.

Jason James

Chief Executive Officer