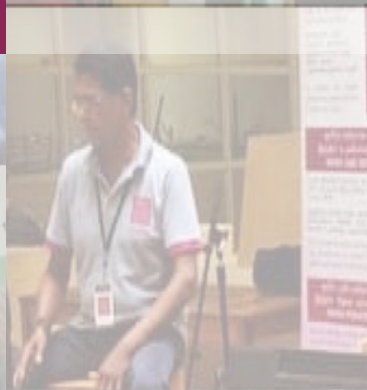


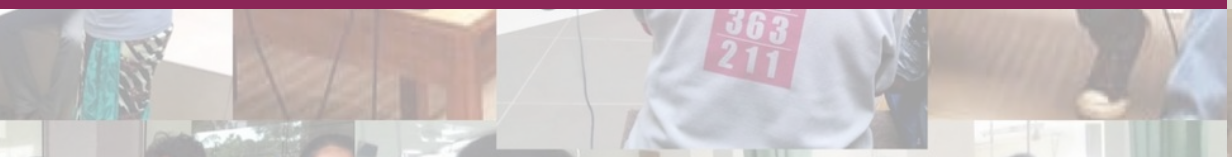
2021 IMPACT REPORT

INDIRA CANCER TRUST















Our acknowledgement to our partners who make all our work possible

Banking Partner

COMMERCIAL BANK

Chartered Accountants & Auditor

TUDOR V. PERERA
Chartered Accountants

Legal Partner

Sudath Perera
ASSOCIATES

We started our work helping patients with cancer in 2016 and after 5 years, the year 2021 has been a year filled with many milestones including the laying of the foundation stone for Suwa Arana and also the Wig Production unit.

We continue to support patients who walk through our doors starting from the kindness we show with a cup of tea upto the provision of a range of services such as medicine, financial aid, scholarships and even in some instances re-building their homes.

So we look back on our achievements which are measured not by the number of things we do but by how many lives we touch. We are humbled and grateful for all the support we receive and the encouragement which strengthens us to continue our help to others.



PROFILE AND SUMMARY



Indira Cancer Trust (Registration No-07/47) was set up in 2016 in memory of Indira Jayasuriya who passed away from Breast Cancer at the age of 40 years. Over 20 different projects are carried out with a volunteer force of over 600 volunteers. Multiple programmes are conducted that support the patients and their family members .

Supporting the Fighters
Admiring the Survivors
Honoring the Taken and
Never Giving up Hope.

MESSAGE FROM PATRON HON KARU JAYASURIYA



It gives me great comfort when I see the work of Indira cancer Trust, now approaching its sixth year. The work of the trust is handled by an exceptional team of Staff and Coordinators guided by the Board of Trustees. It is this team that makes everything possible and my heartfelt gratitude goes out to each and every one of them.

Having seen a daughter battle cancer at a young age I do realise what difficulties each patient, their family members and anyone close to them undergo and am extremely proud of the the team at Indira Cancer Trust that is always ready to support them and bring a smile back to their faces.

SUPPORT EXTENDED IN NUMBERS - 2021

15,528
Call to Cancer Helpline

734
Natural Hair Wigs

330
Breast Prosthesis

279
Dry Ration Packs & Nutrition Support

215
Transport

112
Investigations (Blood & Scans)

90
Sponsor-A-Child

80
Financial Aid

24
Awareness Session

11
Diriya Hala Stalls & Trainings

23
Birthday Gifts

19
Medicines

9
Equipment (Wheelchairs & Diapers)

4
Counseling

3
Funerals

More than 20,000+ lives touched

INDIRA CANCER TRUST
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இந்திரா புற்றுநோய் அறக்கட்டளை

INDIRA CANCER TRUST

ORGANIZATIONAL CHART

GOVERNANCE



HON KARU JAYASURIYA
PATRON



ROSHAN MAHANAMA
TRUSTEE



DR LANKA J DISSANAYAKE
CHAIRPERSON / TRUSTEE



YENUKA BANDULARATNE
TRUSTEE



DR PARAKUM OVITIGALA
TRUSTEE



HARITHA JAYASURIYA
TRUSTEE

STAFF



CHAMARA PUSHPAKUMARA
PROGRAMME COORDINATOR



YASMINA WEERABANGSA
SECRETARY



HASHINI RAJARATNA
PROGRAMME ASSISTANT



HANSI JAYASUNDARA
SOCIAL MEDIA
(PART - TIME)



UDARI GUNARATNE
ACCOUNTANT
(PART - TIME)



SHRIYANI PERERA
OFFICE HELPER

VOLUNTEER COORDINATORS



DAKSHINI KARUNARATNE
FUNDRAISING COORDINATOR



SONALI PERERA
VOLUNTEER MANAGEMENT
COORDINATOR



DUSHY WANIGASURIYA
HAIR & WIG PROGRAMME
COORDINATOR



CHITRIKA DE MEL
MEDIA COORDINATOR



KAREN AMARASINGHE
TLC & JUNIOR COORDINATOR



JOAN HYDE
SUWA ARANA COORDINATOR



LUMBINI BANDULARATNE
LEGAL COORDINATOR



CHAMPA DE SILVA
SPECIAL PROJECTS
COORDINATOR



MARY YU AIHUN
DIRIYA HALA COORDINATOR



RENUKA KUMARASINGHE
SPONSOR-A-CHILD
COORDINATOR

We are not a **TEAM** because we work together.
We are a **TEAM** because we respect, trust and care for each other

CANCER HELPLINE





Total No of Calls in 2021 - 15,528

"With the COVID situation in the country and restrictions imposed we had to migrate to a mobile platform for the helpline and are thankful to the Mobitel team for their support. The Cancer Helpline continues to operate daily form 7am - 7pm and in addition to providing information and other services provided by ICT this year we also initiated phone counselling. This is an area which we will strengthn in the coming year"

Chamara Pushpakumara - ICT Programme Coordinator

SPONSOR-A-CHILD







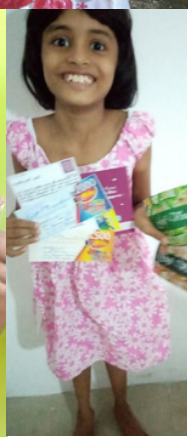
















Total No of Children sponsored in 2021 - 90

"This is not your usual sponsor a child scheme - our whole programme is based on building a relationship with a child whose mother, father or even both parents have cancer. Each sponsor is allocated a child and the child receives Rs.1000 every month in addition to any other need the sponsor may support."

Renuka Kumarasinghe - Sponsor A Child Coordinator

Chamara Pushpakumara - ICT Programme Coordinator

BREAST PROSTHESIS



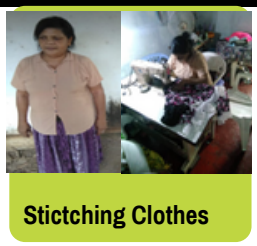


"WIth Breast Cancer, surgery may be needed and a patient may lose one or even both breasts. In some situations breast reconstruction is offered but if not, then a breast prosthesis helps to maintain the shape of the body. This helps a patient to lead a normal life. 2022 is our target year to initiate a system to distribute breast prosthesis throughout the country for patients in need"

Hashini Rajaratna - Programme Assistant

Total No of Breast Prosthesis in 2021 - 330

FINANCIAL AID


Stictching Clothes


Upgrade of Boutique


Plant Nursery


Production of Rugs


Sale of Food Items


Stitching Clothes


Production of Rugs


Sale of Food Packets


Stitching Clothes


Batik Clothing


Vegetable Cultivation


Stitching of Leather Goods



"Cancer unlike any other disease tends to cause unimaginable economic impoverishment leading to much agony not only to the patient but also the whole family. The Financial Aid programme of Indira Cancer Trust not only provides a cash grant of LKR 30,000 but also assigns a counsellor to encourage them for a period of 6 months monitoring their progress so that it results in a happy ending. All patients are selected based on criteria on submission of an application and after a detailed interview . It gives us immense pleasure when we hear success stories of how lives are changed" **Total No of patients supported with Financial Aid in 2021 - 80**

Chamara Pushpakumara - ICT Programme Coordinator

INVESTIGATIONS



Total Number of patients supported with Investigations in 2021 - 112

"We help children admitted to Apeksha Hospital Maharagama, with their blood investigations which is needed before treatment is started. These genetic investigations are not available and are being done through Lanka Hospital on the recommendation of the treating consultant. We also help patients with any other investigations not available in the government sector."

Yasmina Weerabangsa - ICT Secretary

DIRIYA HALA





Mary Yu Aihun - Diriya Hala Coordinator
Yasmina Weerabangsa - ICT Secretary

Total No of Exhibitions 2021 - 8
Total No Trainings 2021 - 3

"Diriya Hala- was started by the Counselling, Spiritual and Social development unit of the Apeksha Hospital, Maharagama and it encourages low-income cancer families struggling to make a living and trying to rebuild their lives on their own. This will give them the opportunity to hone their skills and sell their own handicrafts such as food, clothing, and other products made by patients with cancer. We are extremely happy to continue this and provide a platform for sale where all proceeds go directly to the patient / relative. In 2021 despite the COVID situation we did have stalls at several exhibitions.

In addition to this we also conducted training sessions on different vocations eg : Batik painting / soap making / paper bags conducted by industrial experts.. This created a relaxation activity as well as provided much needed training."

DRY RATION PACKS & NUTRITION SUPPORT



Total No of Dry Ration Packs and Nutrition Support in 2021 - 279

Distribution of dry ration packs is a new programme that we started in 2021. A pack worth Rs 3000 is handed over after a process of screening to ensure need.

In addition to dry rations we also provide nutritional supplements on request.

TRANSPORT



Total No of patients supported for transport in 2021 - 215

Patients come to Apeksha Hospital Maharagama from all over Sri Lanka. The cost to get there in some instances may be quite high. During the COVID-19 peak situation the cost of transport doubled as a patient had to purchase 2 seats when travelling. Indira Cancer Trust devised a scheme of public transport reimbursement of the travelling expenses for patients.

BIRTHDAY GIFTS



Although COVID-19 has restricted the visit of volunteers to the wards and handover gifts, children still do visit the Indira Cancer Trust office informing us of their birthdays.

The smile we get is a reflection of their happiness. It is our intention to initiate a system for dispatch of gifts considering the restrictions of access to the wards, so that more children will benefit out of this.

Total No of birthday gifts in 2021 - 23

EQUIPMENT



Total No of patients supported with equipment in 2021 - 9

Any equipment requested by the patient is supported on verifying the need and receiving of a completed application on recommendation by the treating consultant . Although we generally support diapers and wheelchairs - we also supported a child with an artificial limb which was sponsored by a donor as the cost was high.

FUNERALS





"Cancer takes those we love far too early. It hurts us deeply and the loss breaks our hearts"

At one of the most difficult times in their lives, Indira Cancer Trust is able to support them by helping with expenses related to accompanying the remains of their loved ones to their hometown, funeral expenses or purchase of coffin.

Total No of funerals supported in 2021 - 3

COUNSELING





Total No of Phone Counseling sessions done - 4

"With the COVID situation new approaches had to be devised and hence phone counseling was initiated. This is a service that needs to be strengthened in 2022.

MEDICINE







Total No of patients supported with medicine in 2021 - 19

Patients walk into Indira Caner Trust to request medicines when they are not available in the hospital they are being treated. On receiving a completed request form from the treating medical team the medicine is purchased immediately and handed over to the patient.

SUWA ARANA - A PLACE FOR HEALING






Paediatric Palliative Care Centre and Paediatric Housing



"We are so happy to be able to initiate Sri Lanka's first Paediatric Palliative Care Centre in line with the National Strategic Plan on Childhood & Adolescent Cancer Care in Sri Lanka 2021-2025. The work started on 15 February 2021-**International Childhood Cancer Day** and we hope to open its doors to children with cancer on **15 February 2023.** This will truly be a place for Healing with individualised care directed at each and every child and their family members occupying the 32 en-suite rooms."

Joan Hyde – Suwa Arana Coordinator
Chamara Pushpakumara – ICT Programme Coordinator

SUWA ARANA A Place for Healing

Providing individualised blending of care directed at underlying illness and physical, emotional, social, and spiritual needs of child and family with continued re-evaluation and adjustment.

- In very close proximity to Apeksha Hospital, Maharagama : Only institution managing paediatric Cancer In Sri Lanka
- 6 floors - 4 floors for patient rooms
- 8 rooms per floor - 32 in total
- All rooms designed in an en-suite family style
- Family Centred Care (FCC)
- Roof top garden, ground floor dining, Specialised kitchen and recreational area.
- Addressing all 5 spheres of Paediatric Palliative Care including Physical, Psychosocial, Practical, Spiritual & Advance Care planning
- Clear Admission Criteria for Paediatric Housing and Paediatric Palliative Care



ALL SERVICES FREE OF CHARGE






WIG DONATION



Dushy Wanigasuriya - Hair & Wig Programme Coordinator
Hashini Rajaratna - Programme Assistant

Total No of patients supported for Wigs in 2021 - 734

"The hair and wig donation programme of Indira Cancer Trust was started in 2017 and today the programme has expanded islandwide with the Sonduru Diriyawanthi Programme. Hair loss is a side effect of treatment and we see how hair loss affects lives. A wig is required not only for beauty but for patients to return to their normal life. The smiles when a wig is placed on the head speaks volumes"

Sonduru Diriyawanthi
Courage for the real beauty

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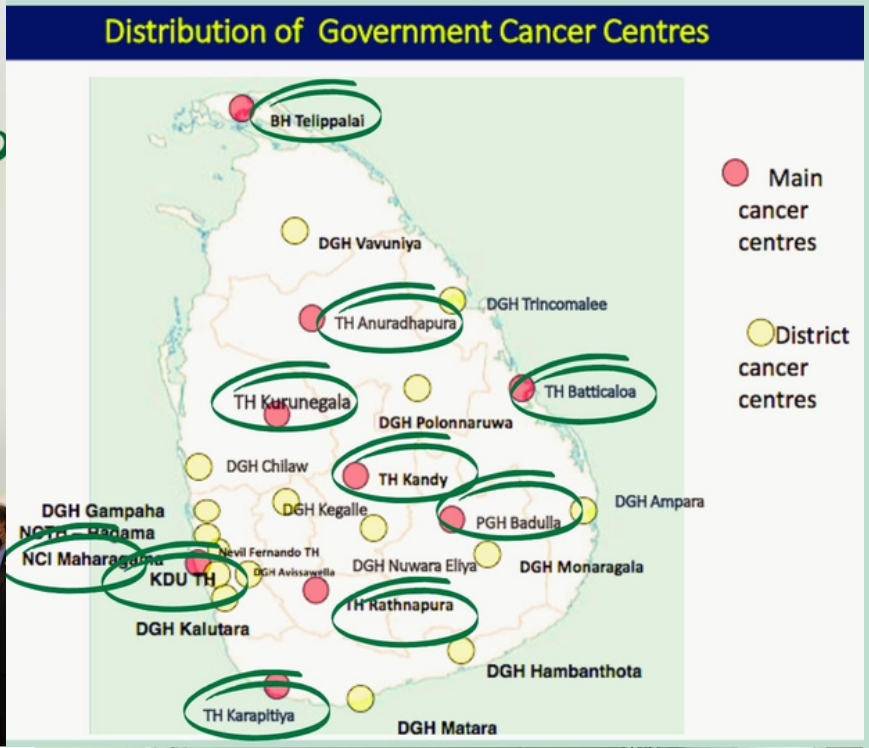
அழகானவர்களுக்கு என்றும் மனம் பலமூட்டும்
Courage for the real beauty













Ministry of Health

Kumarika HEMAS CONSUMER BRANDS

Lions Club of Aluthgama Bentota

Lions Club of Galkissa

INDIRA CANCER TRUST

AWARENESS SESSIONS



Total No of awareness sessions conducted- 24

"2021 was the year that indira Cancer Trust formally started awareness sessions targeting breast cancer which is the highest female cancer in Sri Lanka. We are thankful to Mr Roshan Mahanama for his partnership with us through his "Pink Wednesday Campaign. Whilst we continue breast cancer awareness throughout the year, we have an accelerated campaign for breast cancer in October - Breast Cancer Awareness Month, In addition September was also a month for paediatric cancer and multiple awareness sessions were done"

Karen Amarasinghe - TLC Coordinator



















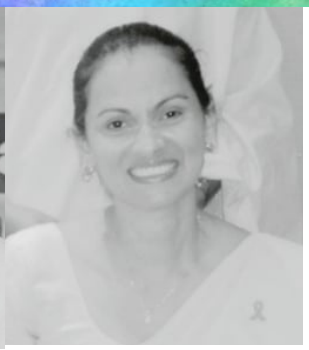




STAND BY A CHILD - SBC







"The Stand-By A Child -SBC programme was started especially for the Youth Volunteering Programme - ICTJ. In this programme 2 children with cancer are allocated to each ICT Junior where they speak with the child / family every month and facilitate any services that are needed through ICT and also be friend and lend a listening ear to them. It was truly inspiring to see the extent our first batch of ICTJ volunteers went to support these children."

Karen Amarasinghe - ICTJ Coordinator
Chamara Pushpakumara - ICT Programme Coordinator









PARTNERSHIPS INITIATED THROUGH MOU



"In 2021 Indira Cancer Trust signed multiple MoUs with different partners to strengthen the programmes supporting patients with cancer. We are extremely grateful to all our partners for strengthening our hands. It is a privilege for us to be working with such renowned partners.
We are also thankful to the team at Sudath Perera Associates for being our legal partner at Indira Cancer Trust and providing all services to us Pro-Bono"

Lumbini Bandularatne - Legal Coordinator, ICT

Sri Lanka College of Oncologists

Sri Lanka Medical Association North America Western region

Archio Design & Build

Archio Design & Build

Rallybound

Together

Sri Lanka Cancer Society

Lions District 306 B2

Sonduru Diriyawanthi

Lions Club of Aluthgama Bentota

Lions Club of Galkissa





MoU signing with College of Oncologists - 19 September 2021





MoU signing with Archio Design & Build - 28 April 2021

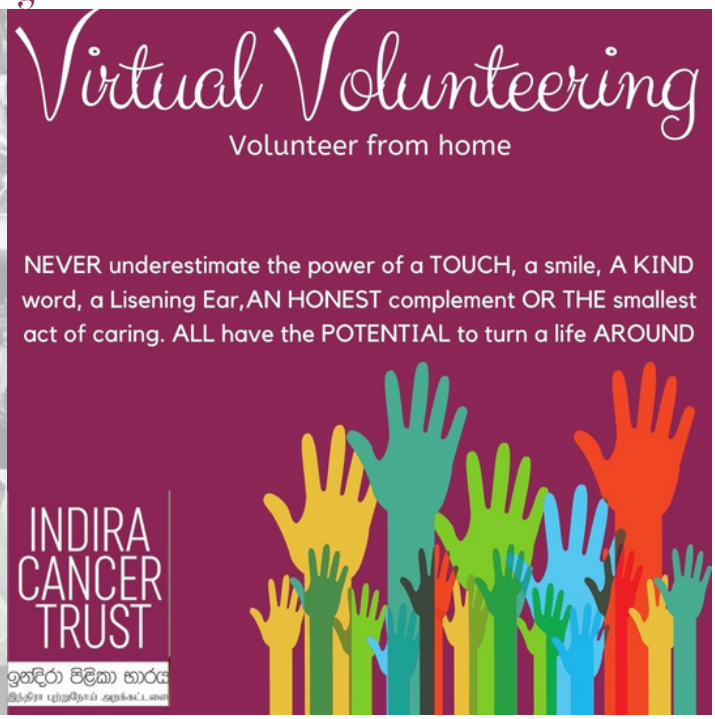
VOLUNTEERING AT INDIRA CANCER TRUST



"Indira Cancer Trust has always been about volunteers and volunteer promotion has played a key role in all our activities.. The corona virus pandemic kept us from physically connecting with volunteers for our various programmes especially those done at the Apeksha Hospital premises including Art and Craft camps & Relaxation therapy. Therefore, the older model of volunteer allocation was modified and there are now two distinct programmes we conduct specifically for volunteers - V4Day and virtual volunteering..

Sonali Perera - Volunteer Management Coordinator





V4Day is where you choose and spend your day at Indira CancerTrust - getting to know what we do and also meeting and helping patients who walk in to the trust.

If you are looking to volunteer from the comfort of your own home then virtual volunteering is for you ! This is a program where you will be connected with either recipients of the sponsor a child scheme or financial aid. If you need to feel a sense of purpose amidst the chaos and able to donate your time to a cause that matters, then please do join us to make a difference.



Champa De Silva
Coordinator - Special Projects
Indira Cancer Trust

My story of volunteering in Sri Lanka started in 2018 when we visited ICT and was so impressed with the programs going on and wanted to be a part of it. We have been residing in USA for over 30 years and we wanted to give back to the country we were born and raised. My husband is still in USA but closely working on the Suwa Arana project with Indira Cancer Trust. My husband and son are still in USA and myself and my daughter came to Sri lanka and we are so happy to be here. Volunteering has always been part of my life even when we were in USA and now helping Indira Cancer Trust has give me much happiness and fulfilment. As special projects coordinator I help out in multiple projects which in turn help patients.. I invite you to make time in your busy schedules and experience volunteering in its trues essence with Indira Cancer Trust !

YOUTH VOLUNTEERING - ICTJ



"We are thankful to the 8 members of the ICT Junior team who initiated the formal programme to recruit youth for volunteering between the ages of 13-21 years. This was a formal course initiated for 6 months with monthly advocacy sessions and a fundraising project. We are extremely grateful to the St. Jude's Leadership Society, USA for providing the technical support of the same. Due to COVID situation all sessions were done online with the final session done on site at the Indira Cancer Trust premises. The most important part of the experience was the volunteering they did through the SBC (Stand By A Child programme"

Karen Amarasinghe - ICTJ Coordinator



ICTJ Mentors - 2021



ICTJ Volunteers- 2021



MEDIA & SOCIAL MEDIA



"Media and Social media is about participation and connecting people to one another. For Indira Cancer Trust, relationships have always been the key currency and place so much emphasis on the relationship building with volunteers, stakeholders and donors. 2021 was a significant year for us. The support we received form multiple partners of the digital media especially TNL and Lite 87.8 as well as Swarnavahini and Emerging Media amongst others is gratefully acknowledged. This year we also streamlined our platforms for social media and recruited a part time person to assist in social media. We also managed to initiate a website for Suwa Arana and upgraded the website for Indira Cancer Trust. We are thankful to IF Solutions and Graphic Systems International for their support in this effort."

Chitrika De Mel - Media Coordinator

www.indiracancertrust.org
www.suwaarana.org

Good Morning Quotes - ALL DAYS

- Sun
- Mon — Our Programmes /Patient Stories
- Tue — Giving Tuesday
- Wed — Pink Wednesday
- Thu
- Fri — Our Stories "Ape Katha"
- Sat — Inforgraph on Cancer









Special days , Special Events & Live Coverage ...



Hansi Jayasundara
Social Media
(Part Time)





Special Events - in Brief

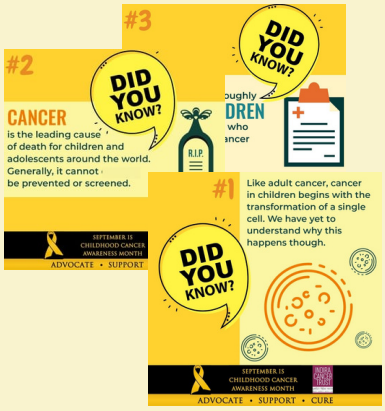




Breast Cancer Awareness Month - October



Paediatric Cancer Awareness Month - September



Social Media Campaign
- Do you know?
- Patient Stories
- Stand By a Child
- ICTJ Volunteer Stories

Ray of Hope Expert Panel Discussion with 306B2 district



Paediatric Cancer Patients supported with various services





Indira Cancer Trust & St Judes research hospital, USA signed MoU to translate paediatric cancer information site "Together" to local languges

Electronic media campaign for suwa arana by Swarnavahini & Emerging media

"ELE" Mascot for Suwa Arana launched

Launch of Suwa Arana Website www.suwaarana.org

SUWA ARANA
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A PLACE FOR HEALING

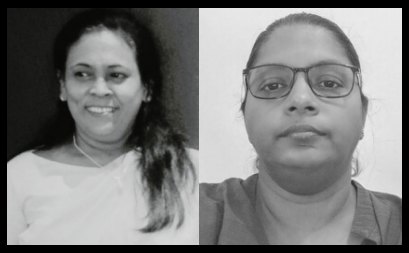


FINANCIAL REPORT 2020-2021



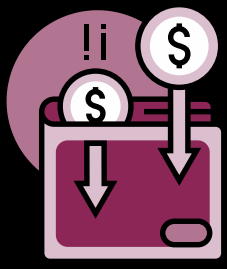
Dakshinie Karunaratne
Fundraising Coordinator

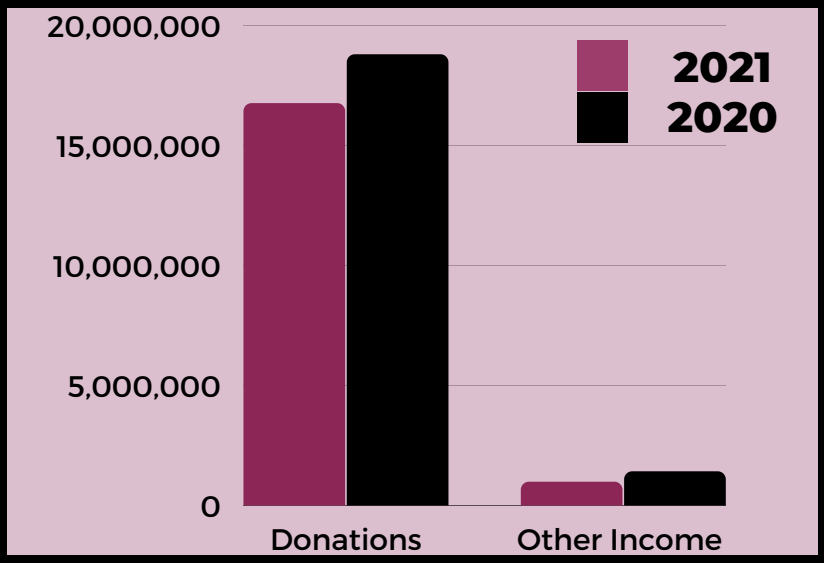
"2021 was a busy year for Indira Cancer Trust with the launch of two big project inclusive of Suwa Arana - Sri Lanka's first Paediatric Palliative Care Centre and the set up of the Wig Donation Unit. The COVID-19 Pandemic did not deter us but made us strong and resilient to continue supporting cancer patients. We are extremely thankful to ALSAC (American Lebanese Syrian Associated Charities) in USA for choosing Indira Cancer Trust to enhance our capacity to raise funds.
It is in this capacity that I was selected for a year long fellowship at Indiana University to follow a fundraising course. We are very thankful to our auditors for assisting us in this effort so that transparency is maintained. We are extremely thankful to all donors who have supported us in this effort"

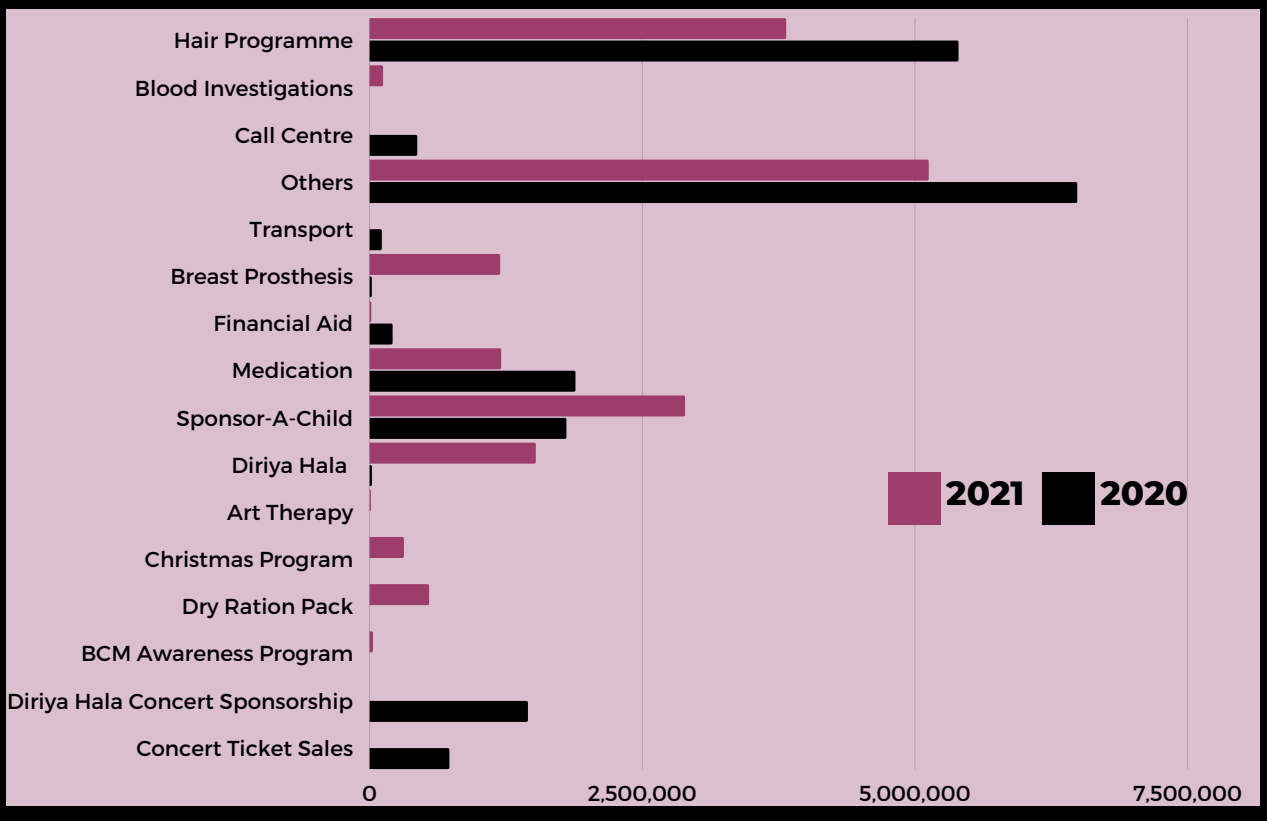


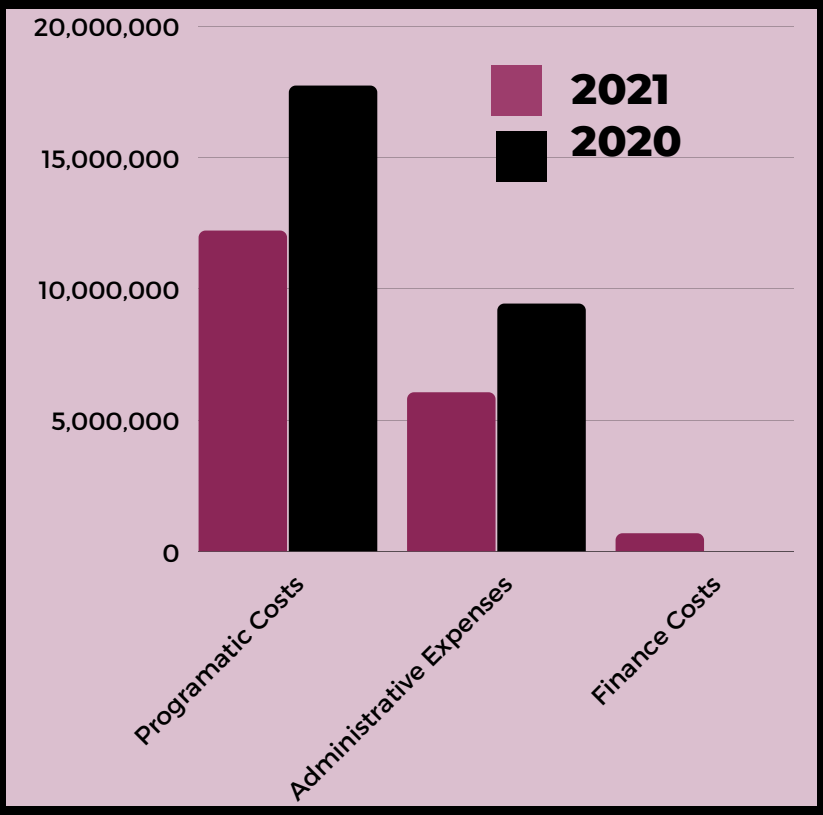
Yasmina Weerabangsa - Secretary
Udari Gunaratne - Accountant

Income 2020 -2021



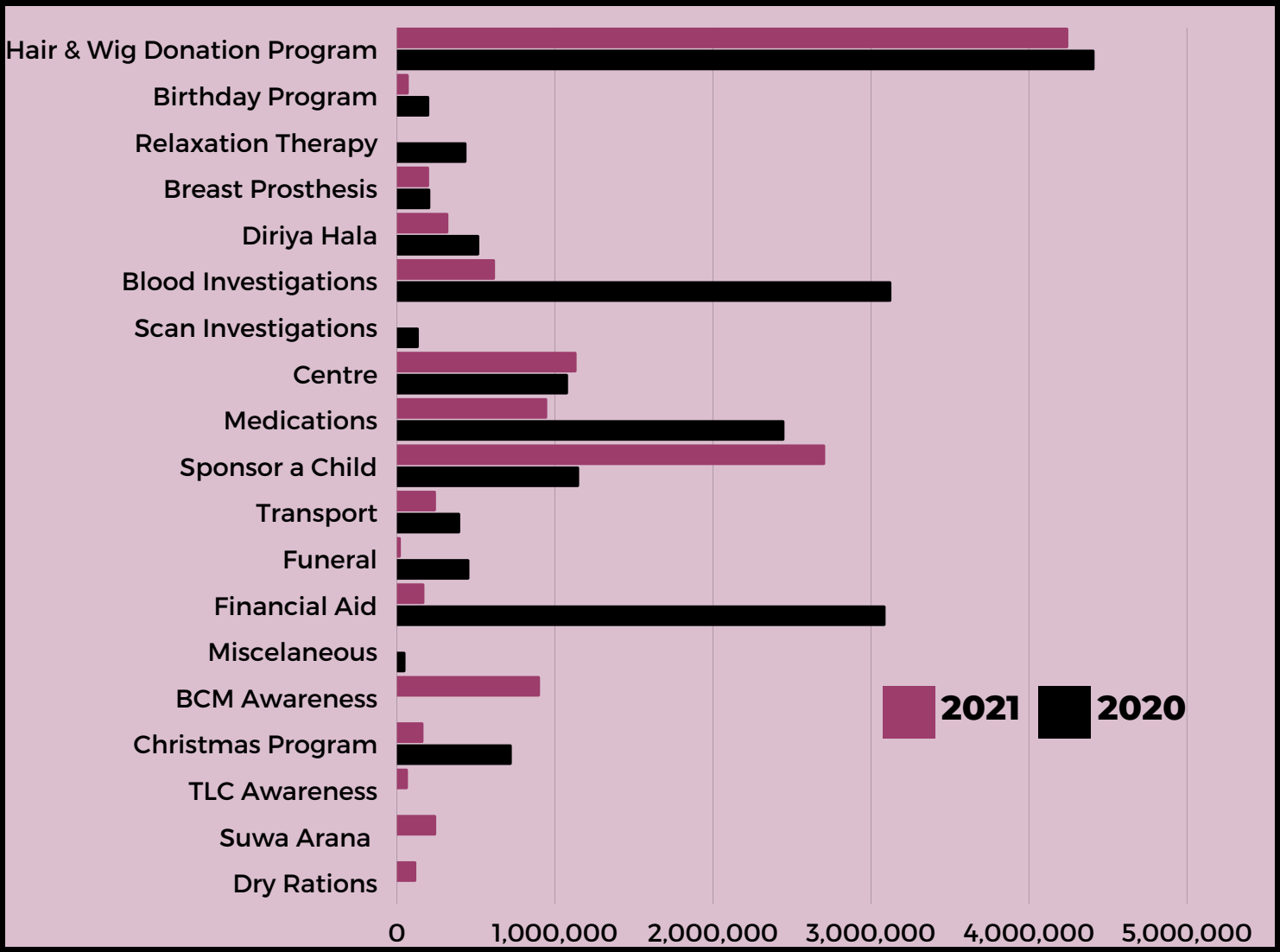






Expenses 2020 vs 2021





Pictorial representation done based on the Indira Cancer Trust accounts for the year ended 31st March 2021. With the programme expansion and different budget lines two further accounts were opened for Suwa Arana and Hair and Wig donation programme.
Separate Audited Accounts will be produced for both these accounts ending March 2022

ACKNOWLEDGEMENT

Our work for patients with cancer would not have been possible without the support of the following organisations / partners & well wishers . They have enabled us to reach our goals and bring smiles on the faces of many patients and their families.

We live by our motto remembering the following.....

'NEVER underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment or the smallest act of caring. ALL have the potential to turn a life around'

Partners providing technical support (Governmental / professional bodies)

Partners for Implementation (Corporate & NGO)

Media Partners

Special Acknowledgement

We would like to extend a special acknowledgement to ALSAC (American Lebanese Syrian Associated Charities) that support St Jude Children's Hospital, USA for choosing Indira Cancer Trust in its effort to build capcities of organisations globaly to address paediatric cancers.


SCAN ME
SCAN ME
www.indiracancertrust.org
www.suwaarana.org
INDIRA
CANCER
TRUST