ANNUAL REVIEW

2018 - 2019

INDIRA CANCER TRUST

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இந்திரா புற்றுநோய் அறக்கட்டளை



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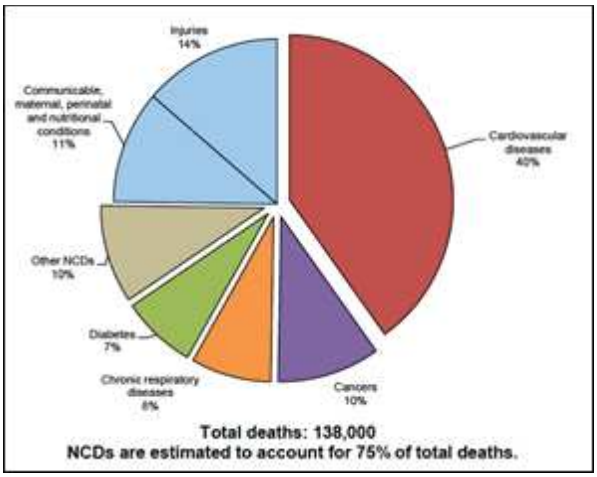
A diagnosis of cancer is a devastating experience for anyone and it has been shown to inflict a significant negative impact on the person's quality of life. This impact may well extend beyond the patient's personal confines to adversely affect the wellbeing of the family. Shock, denial and disappointment in the initial stages of diagnosis and more long term feelings of depression and anxiety in caregivers and conflicts within the family due to role ambiguity and disordered interpersonal relationships are common. Loss of employment due to commitments of caregiving, while struggling to meet substantial treatment costs have increased the financial burden of illness on the families with a cancer patient.

Quality of life is a multidimensional indicator and therefore **it is essential that all domains of quality of life, including physical, psychological, social and environmental aspects of the patient with cancer and the caregivers are improved together with addressing any financial and psychological impacts on the patient and their family.**

We all have a choice in life and we can allow sorrows to drag us down or be a stepping-stone to enrich and heal another person's life. Indira Cancer Trust aims to do exactly that….

Is Cancer a Cause for Concern?

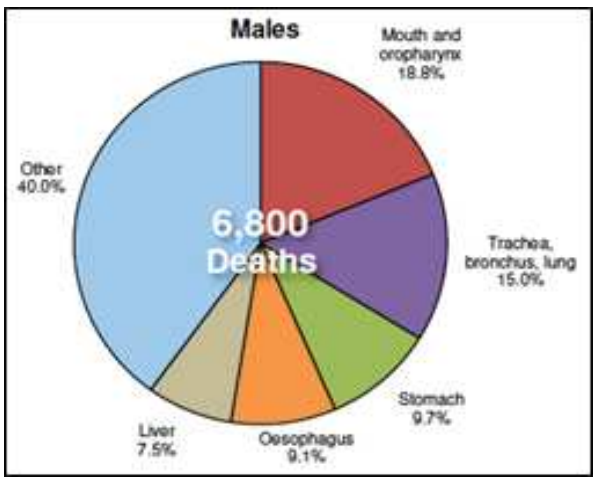
Cancer in Sri Lanka is steadily on the rise. As per the World Health Organization – Non-Communicable diseases (NCD) Country Profiles, 2014 – 75% of the 138,000 total deaths are due to Non Communicable Diseases which include cancer.

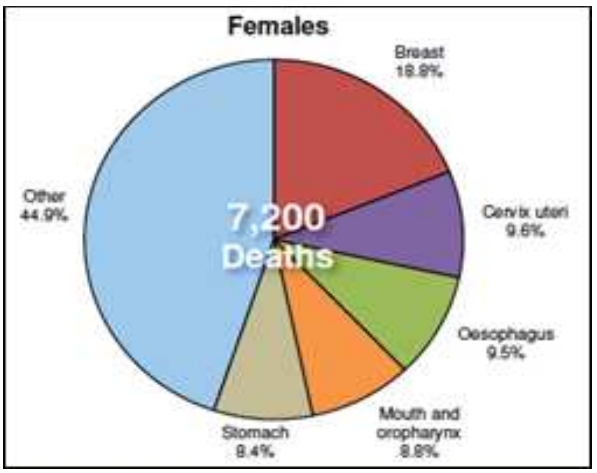


World Health Organization - Cancer Country Profiles, 2014

As cancer cases mount due to better detection and more reporting, the number of fatalities has dropped significantly due to more effective treatment methods. This applies to Sri Lanka as well, where most hospitals have reported an increase in the number of patients visiting the out patient departments for screening of cancer.

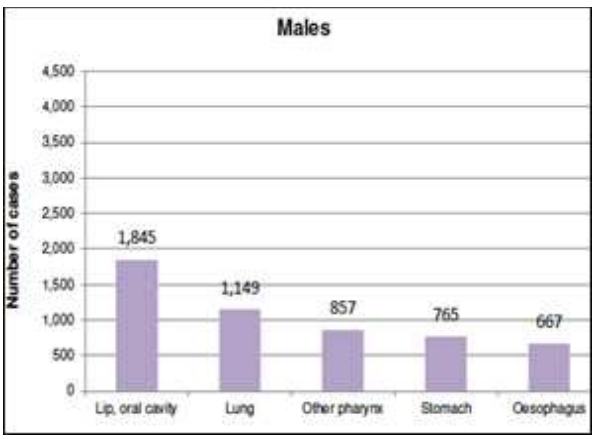
Out of all cancers the highest cause of death in males was due to Mouth and Oropharynx Cancer (18.8%) whilst in females it was breast cancer.

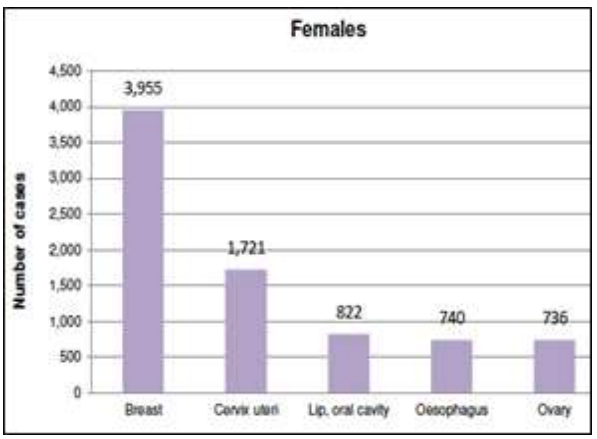




World Health Organization - Cancer Country Profiles, 2014

As with the deaths the same pattern is seen with detection of new cases of cancers. Every year approximately 4000 cases of breast cancer are detected in females whilst approximately 1900 cases of lip and oral cavity cancer are detected in males.



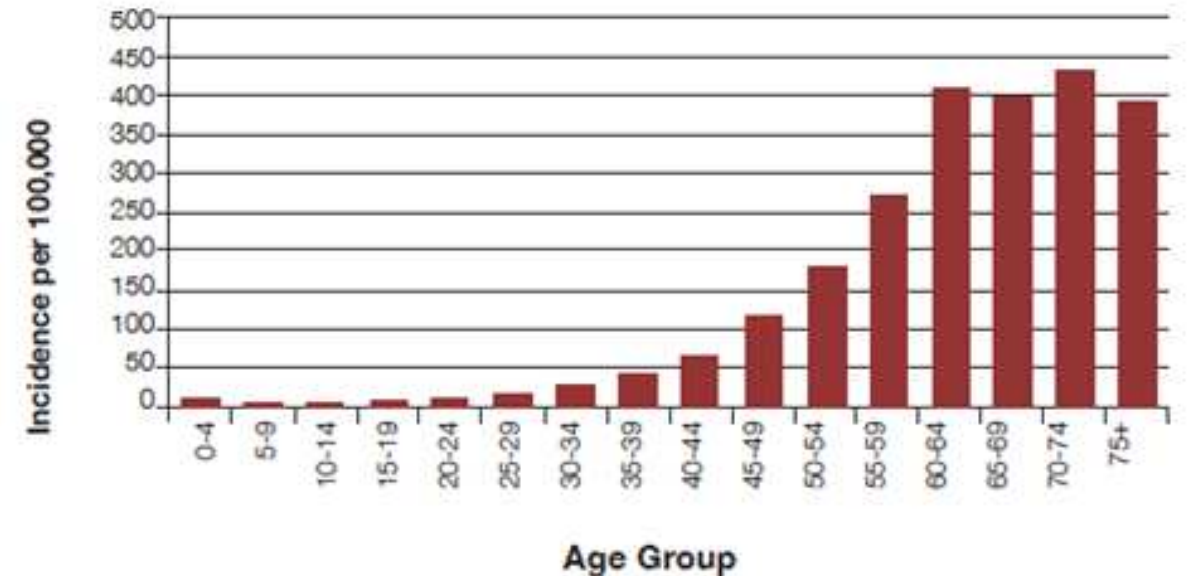


World Health Organization - Cancer Country Profiles, 2014

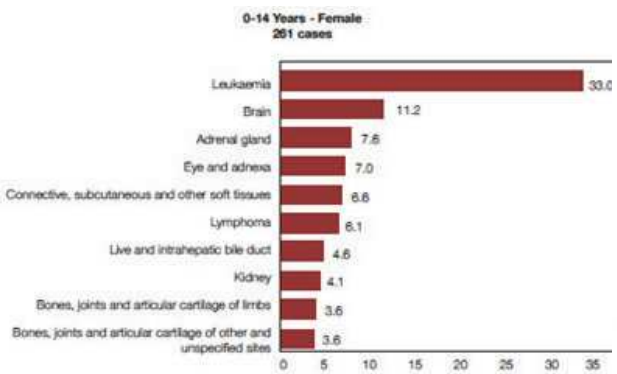
Childhood Cancer in Sri Lanka

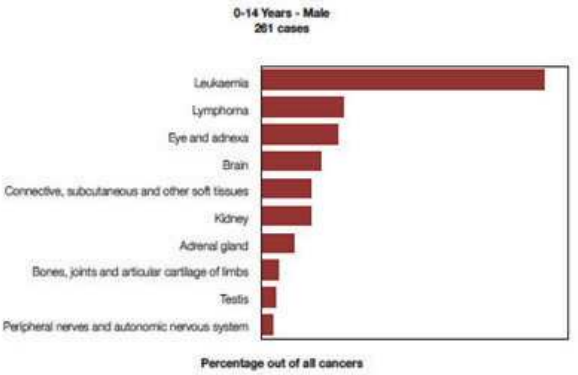
In Sri Lanka, although paediatric cancer cases are rare, authorities admit that the numbers are growing. Apeksha Hospital Maharagama is a specialized government hospital under the Ministry of Health and Indigenous Medicine and is the National Cancer Institute in Sri Lanka. It was established in 1958 to provide radiation treatment. The total number of patients treated at Apeksha Hospital every year is about 12,500 and out of this about 500 are paediatric patients.

The main type of cancer seen in is cancer of the Blood and Bone Marrow and Leukemia is the most prevalent in children below the age of 15 years. Cancer of the nervous system and the eye are also seen in children. Out of all cancer patients in the age group of 0 -14 years in Sri Lanka, 44% of males and 37.9% of females are suffering from Leukemia.



Leading Cancers by Age Group 0 -14 years





Indira Cancer Trust



Indira Cancer Trust was set up in memory of Indira Jayasuriya who passed away in November 2016 from breast cancer at the age of 40 years. She was a mother of two children and her story of courage, bravery and sacrifice as a mother moved the world.

The trust was initiated as the Cancer Care Trust in 2016 with specific objectives. However, it then evolved into Indira Cancer Trust with broader objectives in 2018.

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புற்றுநோய் பராமரிப்பு நம்பிக்கை நிதியம்
Cancer Care Trust

Reg No: 06/189 | 27 November 2016

INDIRA CANCER TRUST
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Reg No: 07/47 | 10 January 2018

The Objectives of the Trust are :-

1) To support the national cancer control programme to reduce the number of cancer cases and deaths and improve quality of life of cancer patients through implementing systematic, equitable and evidence-based strategies for prevention, early detection, diagnosis, treatment and palliation.

2) Prevention of Cancer - As 30-50% of all cancer cases are preventable, to support the most cost-effective long-term strategy for the control of cancer; to raise awareness; to reduce exposure to cancer risk factors; and to ensure that people are provided with the information and support they need to adopt healthy lifestyles.

3) Early diagnosis of cancer - Early diagnosis generally increases the chances of successful treatment by focusing on detecting symptomatic patients as early as possible by providing care at the earliest possible stage.

4) Cancer diagnosis and treatment - The aim is to cure or considerably prolong the life of patients and to ensure the best possible quality of life for cancer survivors.

5) Palliative care - To improve access to palliative care with an emphasis on primary health care and community/home-based care.

6) Quality of life - To assist in improving the mental, social and in general the quality of life of cancer sufferers and their families.

Message from the Patron of Indira Cancer Trust

Hon Karu Jayasuriya,

Speaker, Parliament of Sri Lanka



It brings me great comfort to know that help is being given to patients with cancer and their families through the Indira Cancer Trust, which was set up after the passing away of my younger daughter Indira, on 2nd November 2016.

I never expected to see my daughter fight a battle to live, at 40 years. She was a vibrant, active mother of two young children who had a lot to live for. I was with my daughter during her last 8 days holding her hand and hoping for a miracle. Although she was given approximately 24 hours to live, she did survive for eight days, defying all logic and astonishing the medical staff of the facility. They said that her response was absolutely atypical on all counts. There were so many feelings that we faced in those 8 days and we as a family was very thankful to the doctors, nurses and other medical staff as well as each and everyone who did something, however small, to help my daughter. All these deeds mattered to a family member who was losing a loved one.

My daughter passed away peacefully with no pain and discomfort, which is what every one deserves no matter the age they depart. It was during this experience that the idea to support patients and families with Cancer was initiated. The intention in doing this was that no other parent should face the pain that I felt.

It is easy for us to give rise to depression or vent in rage at the unfairness of life when a loved one dies before their time or under tragic circumstances. However, this grief was channelled into a movement that has given hope to those in need.

A noteworthy fact is the magnitude of volunteers who have joined the force to quell the despair that threatens to rise. Their commitment is truly remarkable. My acknowledgement goes out to each and every volunteer, staff members and the trust board for their genuine effort in looking into the needs of the patients with cancer and their family members.

A child's death forever changes a family and those who love them. The experience of grief is lifelong- it does not go away after a certain amount of time. Yes, it softens but always there is a place in your heart and your soul that yearns for that child.

Board of Trustees of Indira Cancer Trust



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ASSISTANT
Ms Prashsanthi Perinpanayagam



JANITOR
Mrs. Chandra Sriyani Perera



SECURITY OFFICER
Mr. Sisira Dissanayaka

Our Acknowledgement also is extended to :

- Dr Ayodhya Hettithanthrige (Coordinator)
- Miss Yashika Kumarasinghe (Assistant)

who was with us in 2018 / 2019

Indira's Story



In 2008 Indira felt a "blister" on her right breast, which was so small that it almost seemed insignificant. She immediately consulted her doctor hoping this would simply be another routine visit but to her surprise, after all tests were conducted she was given the devastating news that she had breast cancer.

She had to undergo a mastectomy, surgical removal of the cancerous breast, followed by a course of chemotherapy. She was shocked, but nevertheless considered herself lucky because her condition was detected early and can be effectively treated. She went through enormous amount of agony during her chemotherapy but determined as she was she continued to work from home even whilst recieving chemotherapy and only taking sick leave for a period of 10 days soon after surgery and on and off for chemotherapy. That was the determination she had in fighting the disease.

She was given the all clear after chemotherapy and was monitored annually. She then proceeded into her first pregnancy and in 2012 gave birth to daughter Thilini Nayomi Dicker – now aged 6 years.







The second pregnancy in 2015 was when her cancer re-surfaced. After multiple visits to the emergency department with in pain, the hospital revealed that the cancer had spread to the liver and some of her lymph glands. This news was unbearable. She was a mother to a young child and with one on the way, she was determined to fight for the sake of both her children.

Indira's story then unfolds. It was reported in the Daily Mail and translated into many languages and

viewed on-line by millions all over the world. She deferred treatment for her cancer until her son Dilan Levan Dicker was born in 2015. She recieved chemotherapy again but with minimal effect and in August it was found her cancer to be growing. She refused all chemotherapy treatment as she yearned to spend quality time with her family.

She visited Sri Lanka in July 2015 and stayed here for two months with the children and took Yoga and Siddha Ayurveda Medicine, which managed to heal her with a reduction in the cancer evident through a change into 50% reduction in her tumour markers. She returned to UK in September 2015 and was again admitted to the hospital in October and passed away on 2nd November 2016.

Indira was the younger daughter of Hon Karu Jayasuriya & Dr (Mrs) Vasantha Jayasuriya. She was educated at St Bridget's Convent, Devi Balika Maha Vidyalaya and finally in UK. In 1989 Mr. Jayasuriya was forced to send his two daughters, aged 15 and 12 years, to UK due to threats on his and his family's lives for heading government's economic reforms. She had just turned 40 on 26th September 2016 and of her short life she spent 28 years in UK. She obtained a degree in Economics from Bradford University in UK and a Masters in Development Studies at the London School of Economics. Thereafter she served in several leading financial institutions holding senior positions, such as Marketing Manager.







There are three main projects of the Indira Cancer Trust – which are broadly categorized as follows:

1

CANCER HELPLINE

Sri Lanka's first helpline exclusive for patients with cancer.



2

INDIRA CARE SERVICE

This includes a multitude of projects including the Mobile Mammography Project, Hair & Wig donation, Livelihood Development as well as Relaxation Programs.



3

INDIRA PAEDIATRIC CARE

This includes support provided to children at the Apeksha Hospital Maharagama.



CANCER HELPLINE

No one should have to face cancer alone and we help him or her by listening & befriending.

Sri Lanka currently has few support lines in existence that are run by the state sector like Ministry of Health – Suwaseriya (Health net), Tobacco Quit Line & National Child Protection Agency as well as several NGOs including Sumithrayo, CCC etc. All these deal with issues such as drug, alcohol, tobacco, child abuse and domestic violence, relationship and marital problems, mental health concerns, bullying at school or workplace etc.

People faced with cancer or any other emotional crisis mostly require informal and confidential emotional support which is provided by the Cancer Helpline. In addition this also serves as a focus for obtaining services provided by the Indira Cancer Trust.



Main Function of the Cancer Helpline:

- Provide guidance, resources and support to callers with a variety of needs
- Getting information about cancer and early detection
- Connecting callers to local or national resources, including support groups, transportation services, accommodation and other programs
- Short-term cancer counseling and emotional assistance
- Financial counseling regarding the costs of cancer and its treatments
- General information about the cancer support community
- Providing someone who is willing to listen

Details of calls from December 2016 – May 2019

		Total Calls (until May 2019)
1	**Total no of calls received**	**38,158**
2	**Type of Assistance Requested through Call**	
	Information	**1,972**
	Hair Donation	**20,331**
	Wig Request	**4,216**
	Breast Prosthesis	**974**
	Educational Scholarships	**445**
	Financial Aid	**3,676**
	Medicine	**147**
	Investigations	**251**
	Other	**6,414**
3	**Total no of letters for assistance dispatched after call**	**758**



Call Agents Supporting the Cancer Helpline at Indira Cancer Trust



Mrs L H A R Sumanadasa



Mr K L Prasanga Sanjeewa



Mrs G Herath



Mrs P G C Deshika



Mr H M I R Karunaratne



Mr L Fernando

Our Acknowledgement also is extended to:

Mrs Saumya Dheerasinghe

who was supporting in 2018 / 2019

INDIRA CARE SERVICE

2

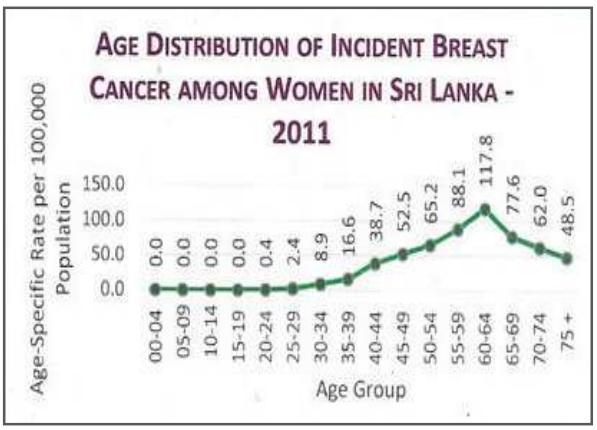
Mobile Mammography Project

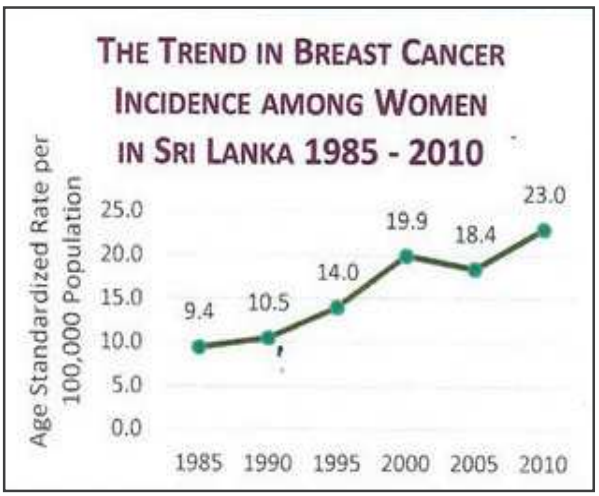
One in seven of all cancers reported in Sri Lanka is breast cancer.

One in three cancers reported among women in Sri Lanka is breast cancer.

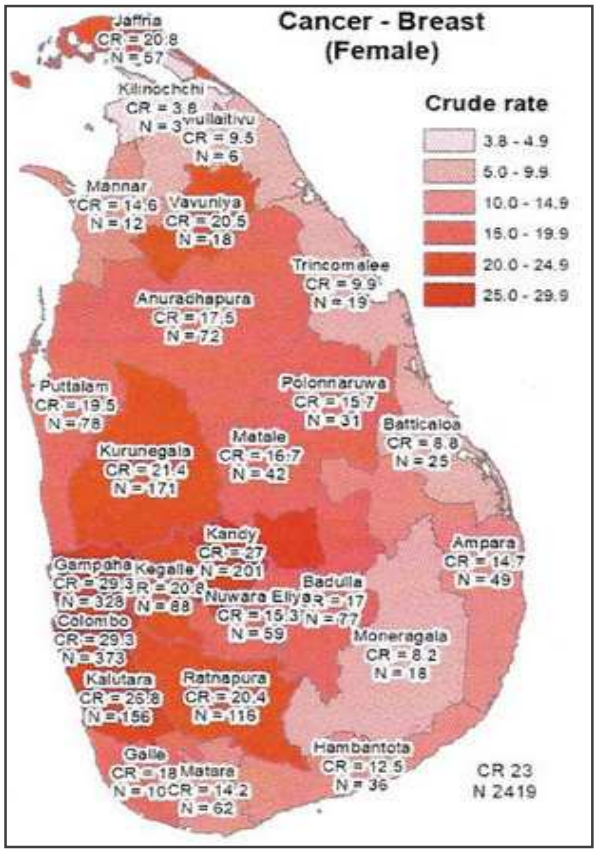
One in thirty eight women has life time risk of developing breast cancer.

Breast cancer has been the leading cancer as well as the number one cause of cancer deaths among women in Sri Lanka during the past 10 years.



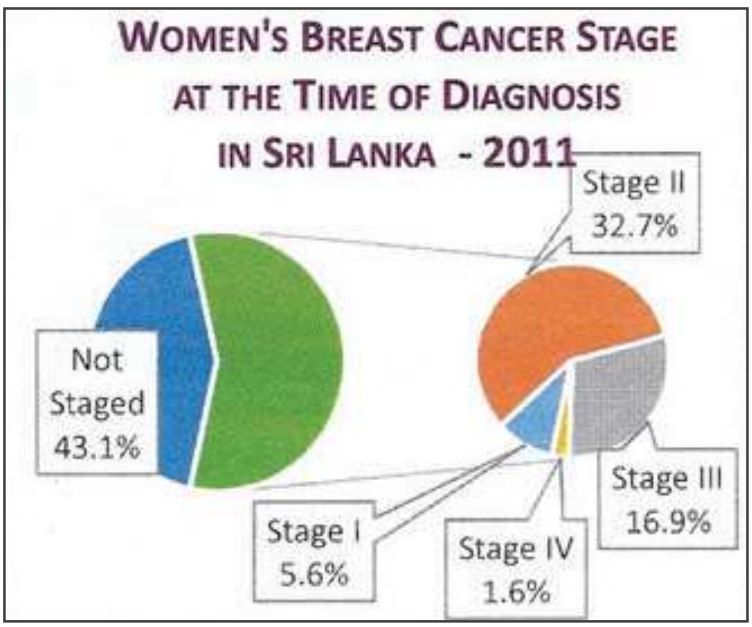


National Cancer Registry , National Cancer Control Program, Ministry of Health 2011



National Cancer Registry , National Cancer Control Program, Ministry of Health 2011

Poor survival in breast cancer in low and middle income countries is mainly attributed to the advanced stage of the disease at diagnosis. In 2011 the stages of breast cancer in women was calculated and 18.5% was found to be at the advanced stage.

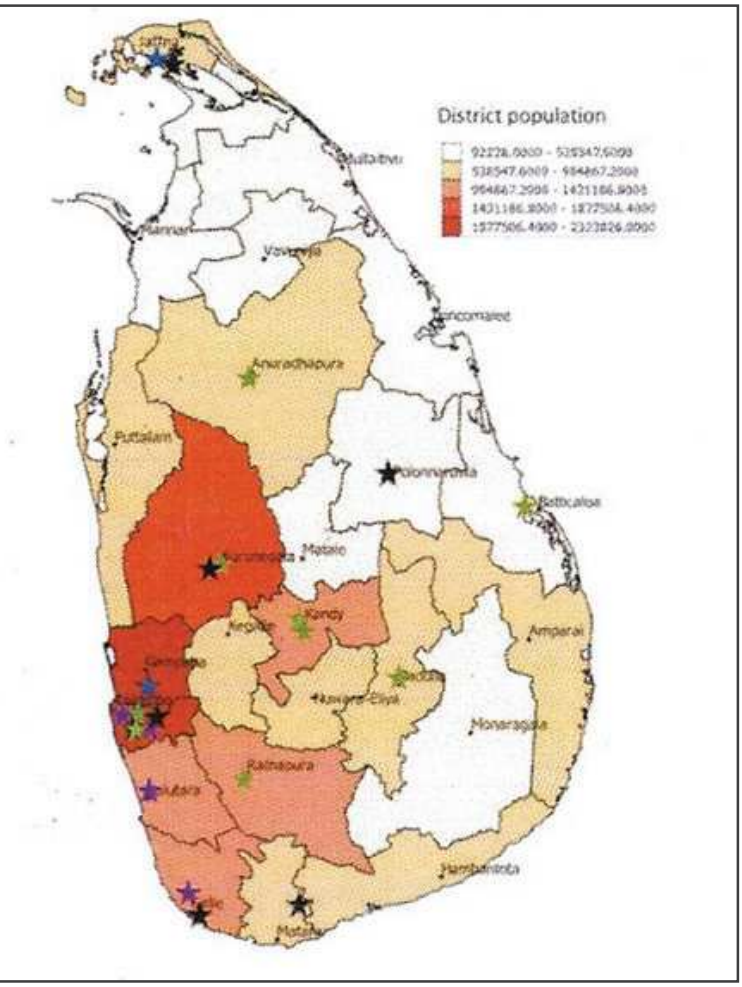


National Cancer Registry, National Cancer Control program, Ministry of Health 2011

Early detection of breast cancer can be done through screening by self examination of breasts; clinical breast examination by a trained care provider and by screening Mammography and / or Breast Ultrasound. As per the WHO the only breast cancer screening method that has proved to be effective is mammography screening. Population-based breast cancer mammography screening linked with timely and good-quality diagnosis and treatment services is therefore a must.

Mamography Services in the Public Sector (As of August 2018)

Currently installed	
■ Digital	
Apeksha H	NHSL
Kandy	Peradeniya
Anuradhapura	Badulla
Batticaloa	Ratnapura
Kuruneagala	
■ Analog	
Col. South	CEDC, N'pita
Karapitiya	Jaffna
Polonnaruwa	Kurunegala
Kamburupitiya	
Planned to install 2018 - Digital	
■ NCCP Funds	
NHSL	Col. South
Karapitiya	Kalutara
■ Donations	
Col. North	Jaffna



In view of this scenario Indira Cancer Trust had detailed discussions with a variety of stakeholders including the Ministry of Health, College of Radiology, College of Surgeons as well as the Atomic Energy Authority. A proposal which seeks a mobile mammography unit in a specialized bus that would screen / diagnose population in systematic population screening was therefore submitted to the Ministry of Health.

This will support the government's effort of implementing the national guidelines on early detection & management of breast cancer symptoms. A mobile unit with state of the art digital mammography system with all the facilities available on board will be taken around Sri Lanka screening women for breast cancer as well as being used for assessment of the disease to determine treatment. It is proposed that one machine is procured for each province on a phased out manner. Full time personnel, imaging, consultant review of the films are to be supported through the project and the implementation will be done through the Provincial and Regional Directors of Health Service. It is expected that approximately 100 mammograms will be done per day through this unit.

When travelling to districts / provinces it is expected that maximum utilization of this service will be done. The proposed program / schedule for mobile mammography machine to be sent to the districts will be drawn up in consultation with the Director National Cancer Control Program and the respective PDs / RDs. The services of all the MoH and Medical Officers conducting Healthy life style clinics, Work Place screening and Well Women Clinics to be informed early so that maximal utilization of the mammography machine is done for both screening as well as diagnosis.

The proposal is currently with the Ministry of Health undergoing technical evaluation. The total project cost is LKR 800 Million and Indira Cancer Trust after a series of discussions, is facilitating a grant from India to initiate and implement this effort.

Breast Prosthesis Project

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Breast Prostheses

A breast prosthesis is an artificial breast form that replaces the shape of all or part of the breast that has been removed. It fits in a bra cup with or without a bra pocket. Breast prostheses are moulded to resemble the natural shape of a woman's breast, or part of a breast. The breast prosthesis is given according to the size of the breast.



"I am from Peliyagoda and 60 years old. My husband passed away 20 years ago. I was diagnosed with breast cancer in June 2018 and had to have surgery to remove my left breast. I have a son and a daughter. My daughter is 38 years old and has 3 children. My son who is 39 years has 4 children of his own and works in a tea factory – he looks after me. I came today to get a Breast Prosthesis."

"I am from Wellipenna and 64 years old. I am not married. I have 3 sisters and 2 brothers. Two of my sisters and one brother have died. And the remaining sister and brother are both sick. I was diagnosed with breast cancer in 2010 and surgery was also done. I came today to get a breast prosthesis."

A Cut for a Cause

Although almost everyone was aware of the fact that chemotherapy causes hair loss, it was not until ICT initiated the hair donation programme on a mass scale, involving the famous Ramani Fernando Salons that every person realized that wigs were imported and some people would actually send their hair overseas as a donation to make wigs and the cost of such a wig was exorbitant. The campaign titled 'Your Hair Can Help Someone Who no Longer has Hair' was officially launched on 20th of July 2017.



16,109
Ponytails

1,032kg
Weight of Hair





SIgning of MoU with Key Partners supporting hair and wig donation :





ramani fernando SALONS

LD Salons





Why Did I donate my Hair?
Well… Why Not? Just to help…
Make Someone Happy…

- Charu Theevarathanthri





Why Did I donate my Hair?
To inspire the party who doesn't have hair and for it to look nice on her…

- Krishanthi Muthuthanthrige

Special Hair Donation Camps Conducted:

So many people in Sri Lanka have watched their lustrous locks go under the blades of a scissor and fall to the ground for a cause – Cancer. For them, this one act, they felt, could inspire many to donate their tresses to make wigs for those who are undergoing chemotherapy that results in hair loss. It is this act of kindness that has given the opportunity to provide a customized natural hair wig.

Apart from the daily collection of hair at the 15 Ramani Fernando Salons – hair donation camps were conducted on an annual basis.

30th April 2018
Anuradhapura Mahamewna Temple

This event was held at the invitation of the Chief priest at the temple as part of their Wesak Poya religious activities. Over 800 persons donated their hair.















20th January 2019

Ratnapura St. Agnes Balika Maha Vidyalaya, Balangoda

This was organized by the Past Pupil Association and the Girl Scouts' Movement of the school. Over 400 persons donated their hair.













A mother with her three daughters who donated their hair in memory of her elder sister who passed away from cancer.

Wig Making For A Cause

With the overwhelming response from the general public in donating hair through Ramani Fernando Salons and the high quality wigs made by Mr. Lalith Dharmawardana and his team, Indira Cancer Trust has been able to support many patients by providing a customized natural hair wig free of charge to patients. The request for wigs comes through Apeksha Hospital, Maharagama, the National Cancer Institute of Sri Lanka, from provincial hospitals and through Sri Lanka's first Cancer Help Line set up by the Indira Cancer Trust. A detailed application form is filled in and measurements of the head are taken. Apart from the measurements, three photos of the patient before undergoing treatment and losing hair is requested and the wig is custom made according to these photos.

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Wigs





The wig donation program of the Indira Cancer Trust is supported by a team of dedicated volunteers who are involved in the collection of hair as well as handling the wig donation programme every month. Making a wig out of human hair requires much time, effort and Indira Cancer Trust bears all costs related to the production of the wig so that it is given free of charge.

When donating the wig, individual counseling is given patients and they are instructed on how to use the wig and a wig care leaflet is handed over to them with the set of instructions.

One month after receiving the wig, a follow up call is given from Indira Cancer Trust to see if there are any issues or problems with the donated wig and patients are called in for correction should there be any issue.





"I had long hair earlier... SO when I lost my hair people were puzzled and used to ask me about it all the time...."





"I am a retired teacher and I used to teach primary school children at home. After my first chemotherapy all my hair fell out. I had to stop the classes and I couldn't even go out of the house. Children want their teacher to look nice....."





"Hair is the most important item for women and we only understand the value once we lose our hair.. I was in the house not able to go out.. Even our cat in the house used to get scared of me..."

Our team of Hair Coordinators that make this all possible



"One good deed begets another!" – When my daughter wanted to donate her hair for Poson of 2017, we looked around but found no place to donate hair locally: her hair was posted to USA. Very soon after, quite by chance, I came across a post on Facebook asking for volunteers to ICT and have never looked around since, for more inner fulfilment. The joy in the eyes of a person in a new wig which gives back the look they had, is enough! That July 2017 was unbelievable - from the moment the word was out of a facility to donate hair locally, people including males, were lining up to Ramani Fernando Salons; that interest keeps growing even after almost two years. The very first lot of hair we got, cut prior to and at the inauguration on 20th July 2017, had 118 samples weighing 5.515kgs. We were shocked at the numbers but that is nothing compared to loads we get today! For the very first sorting of hair on 21st July, we didn't have enough hands: my twins, Mineli & Gavin, offered to help. They gladly came later too but liked the work so much that they wanted to be volunteers themselves, not just be children of one! For goodness to prevail in the world, we need to encourage the young early in life. We have many happy 'ICT stories'. We do cry at times but they are always happy, content tears for another.

Come, join the 'Hair Team' and be a part of this inspiring work!

- Dakshinie Karunaratne (Mineli & Gavin)



"I am a retired nurse but my desire to be of help to people who have gone through the trauma of treatment for cancer, is as great as it was when I first set out to become a nurse.

At Indira Cancer Trust I discovered like minded people who possess sympathy and empathy but are pragmatic and want to provide the best for the less fortunate who come through the doors asking for help.

We make a great team because we always keep in mind the most important part of volunteering is the reason we volunteer and that is to make a difference in a patient's life. There are so many aspects to the wig donation program that anyone can find something to do and do it well. Of course we as individuals also get something out of our endeavours, a sense of satisfaction that we are able to make our wig recipients SMILE. Perfect…."

- Joan Hyde



The experience of being a volunteer at Indira Cancer Trust has become a unique part of my life. I began volunteering at ICT to help and bless others however through my experience I've found that it has brought a whole new perspective to my life. Volunteering is an opportunity to offer patients and their family members a sense of support, comfort, understanding and respect. The humbling reward for the investment of time and emotional energy given each day is knowing that you've made a difference in their lives at ICT . Patients gratitude for what we do is abundantly witnessed by their smiles and frequent expressions of "Thank you."

Being a volunteer is simply AWESOME!!!

- Karen Amarasinghe



"As a cancer survivor I was on the look out for a way of lending my support to those battling with cancer. Upon hearing of the Indira Cancer Trust and having attended an orientation programme I was instantly drawn to volunteer with them from its very early stages and be a part of this great initiative reaching out to thousands of those in need.

Being a part of the Wig donation and Counselling programmes witnessing the positive impact it makes on the patients, and how social stigma is distanced from them is truly fulfilling. In addition the monthly visits to the pediatric wards visiting the children with gifts on their birthdays and seeing the smiles on their faces even though they are in pain gives me a sense of humble pride and joy knowing that being a part of the ICT and the work they do serves its purpose in its entirety."

- Chitrika De Mel



" It has been twenty five years since my mother passed away from cancer and since then I have been engaged in various programs to help people. I found Indira Cancer Trust two years ago and I'm very glad that I could help people with Cancer through this organization. I also feel very motivated in helping people in the Wig Program and Birthday Program for children in the Apeksha Hospital. I also cherish the moments of joy of patients who receives the wigs and when they look at the mirror and their innocent smiles of happiness. So as the kids when they receive the birthday gifts and when they forget the entire world and enjoy the gifts. All these were possible because of Indira Cancer Trust and its volunteers, who are wholeheartedly committed for this worthy cause. There is still very much more to achieve and I'm sure we can overcome any challenges in the future. "

- Dushy Wanigasuriya

Livelihood Development Program - Financial Assistance (FA)

The patients who attend Apeksha Hospital as outpatients or in-patients are from all over Sri Lanka. A common feature that is seen with these patients is how the disease has pushed them to impoverishment and poverty. The breadwinner being affected by the disease is a main reason but any family member being affected has the same effect as there is frequent travelling and time away from workplace. Every day we get several phone calls as well as patients walking into the office informing us that they have no means to live.

Financial Assistance is then provided to patients with cancer by way of Rs 2,500 for a period of six months. This is exclusively given to either initiate a livelihood activity or improve an existing program. The process of obtaining financial assistance is done by completion of a request form submitted with supporting documents verifying it's a low income family followed by a personal interview with a trained designated counselor – who will follow the patient through the 6 months that they receive the financial aid.



249

Financial Aid

Name - Kanthi Ranasinghe
Age - 49
FA period - Feb 2018- July 2018



"My husband is bedridden and I have two sons. When I was diagnosed with cancer I was devastated. We had no income at all. When I applied for Financial Aid I had no idea what I was going to do or start. During my counseling session I stated that I have a ½ acre bare land and maybe I can cultivate something there. Indira Cancer Trust was so kind enough to buy me tea plants to cultivate in that land. I used the money to buy fertilizer and all the necessary things for my tea plantation. Now it has been one year and we have cut the trees for the first round. After the second round I am hoping to packet them and sell. Although I am still financially unstable I have faith that in the long term this is going to bring a lot of success to me"



Name - M.D Kusumaltha
Age - 52
FA period - October 2018- March 2019



"I am single and I live with my 83 year old mother. I was working in a factory but after my illness I couldn't go to work anymore. My brother supports me but he is also married and has two kids. I was thinking of a way to create an income for my elf and I heard about ICT and applied for FA. I invested my money on my brother's retail shop and receive profits every month. I have been able to help myself and also to take care of my mother with that money. Although my health is not in a very good state, this program helped me to chanel my emotions in a more positive aspect"

FA Period – October 2018- March 2019

256
No of people eligible for FA

23
Used money for medicine

136
Number of people who have started livelihood

63
Not done livelihood/ Used money for other purposes

10
No of Patients passed away after the FA was granted

An amount of Rs 2500 / month is given to Patients and their families to start on a livelihood project

Program Commenced	Feb-19
Total number of FA applications received	508
Total number of patients supported till May 2019	256
Total number waiting for interview	65
Applications Rejected	
1. Inability to contact for interview (3 Phone calls)	53
2. Did not come/ unable to come for interview	15
3. Cannot do any livelihood project	67
4. Other Reasons	54

Livelihood Development Program - Diriya Hala







Supporting Livelihood Activity through Creation of a marketplace for Sale of Products

One of the main issues identified with the livelihood support was the lack of a regular place of sale for the patients who make different products. The Psychological Counseling, Spiritual & Social Development Unit of the Apeksha Hospital, Maharagama and the Department of Social Service, Western Province, initiated Diriya Hala concept to overcome this barrier. The Indira Cancer Trust got involved during the first opening of Diriya hala on 1st April 2018 and has continued to support this effort by having regular Diriya Hala stalls every Wednesday at leading government institutions, coordinating efforts to participate in special Christmas / New Year sales as well as at special gatherings. Dentsu – Grants Group a leading advertising agency in Sri Lanka supported this effort by creating a Diriya Hala Brand.

Indira Cancer Trust provides transport to and from to the venue of Diriya Hala, meals and refreshments, as well as a transport re-imbursement so that all income earned will be saved by the patient.

76

Diriya Hala Stalls





"The household expenses in our household really went up with my child's illness and it was difficult to manage with my child's father's income alone. That is why I started to make rugs.
I started small but now I get a good income. I got a lot of help from many parties and am thankful to all of them."

දිරිය හල
Diriya Hala



"My younger son has a cancer. My husband is dead. I am in debt. My elder son carries the burden of the family. He is finding it difficult to do this on his own. So we started making greeting cards. We started this to earn an income but now I also enjoy doing it as it gives me a lot of mental satisfaction. I managed to earn an income as well and now I am using it for medicine for my younger son and our transport. I don't need to rely on my older son now."



Total Number of Diriya Hala Stalls Conducted upto May 2019		
1st Wednesday	Sethsiripaya stage 1	**52**
2nd Wednesday	Isurupaya	
3rd Wednesday	Suhurupaya	
4th Wednesday	Sethsiripaya stage 1I	
Every Day	Apeksha Hospital	**15**
Special Stalls	Other Venues	**09**

Supporting Livelihood Activity through Purchase of Equipment / Raw Materials & Training.

Another aspect of support provided also includes provision of equipment or providing capital to initiate a livelihood activity. This is done after review of each situation.



"I have cancer, so my left arm was amputated. I have a daughter who has a heart problem and needs surgery. I have to look after my family"

Western Province Social Service Department at Apeksha Hospital carried out training to make carpets. ICT provided the Capital Rs 5000 to purchase the raw materials.





"My Son has cancer and I have to look after my family. I can sew and make denim trousers for sale. I have a buyer every month. I need a sewing machine"

ICT donated a sewing machine

Supporting Livelihood Activity through Regular Training

Every 10th of the month is the training day at Indira Cancer Trust and a pool of renowned resource personnel are available to conduct the training.

This initiative was commenced in December 2018 on a regular basis by providing training to make christmas and other greeting cards.



In addition to monthly training, there was also opportunity given by MAS holdings for a 5 day training to a team of patients / carers at MAS Design office in Ratmalana. The training offered a unique opportunity for the team to learn the production of high quality bras to an accurate measurement. The bras are now being sold at the Diriya Hala as well as ICT purchases fitted bras to be given to patients who have had a mastectomy.





Supporting Livelihood Activity through obtaining Bulk Orders of Greeting Cards

An active effort is made by Indira Cancer Trust to identify new markets to sell especially to sell greeting cards related to special occasions.

All top 40 corporate companies were informed of this initiative and support was provided by some of them which resulted in bulk orders of greeting cards.

The Insurance Trust Fund and Mercantile Investments are some of those companies that supported this initiative.



Educational Scholarship Scheme



This is a program that was initiated in August 2018, especially for children of cancer patients where a monthy allowance of Rs 1000 is given until completion of their education.

Patient selection is done through interview and an annual review of the students and their performance at school is evaluated prior to continuation. In addition at the beginning of the school year all the equipment / school bags etc are given to each child.

There was an overall satisfactory response on receiving the educational aid and some of the parents withdrew the money from the bank account to pay for tution etc whilst others kept in the account for later use.

129
Applications Received

33
Waiting for Interview

85
Patients Supported till May 2019

11
Applications Rejected

Name - Mohomad Adnan Dhul
Age - 8 Years
EA Commencement date - September 2018

Mothers remarks :



" I have been suffering from cancer for so long . Now my initial treatment is over but I am still coming to Apeksha Hospital for follow up treatments. Adanan is my only child. My husband believed that I married him knowing that I had an illness. Therefore he left us. I have been unable to work due to my illness and I'm currently living with my parents. This assistance that I receive every month has been very useful for me to as I have no proper income to spend on my child's education. Now my only hope is to teach my son well and give him a bright future. I am really grateful for the assistance and hope to receive it every month to fulfill educational needs."

Name - S. Rasali Rashmi
Age - 6 years
Ea Commencement date - October 2018

Mothers remarks :



" My husband was suffering from cancer and he passed away in December 2018. He was the sole breadwinner of the family and his demise has been very difficult on the family. I had no means of doing a job while he was there as I had to take care of him. When I heard my daughter will be receiving assistance for education it took away a lot of burden from me as it gave some hope for her future. I am hoping to invest this money on her education and I can only hope for better days to come"

Gifts of School Books and Bags were given to all children receiving Educational Aid in December 2018







Relaxation Therapy

Relaxation Therapy (also known as Mind-Body Therapy) Is an integral part of the treatment package in developed countries of the West. This is based on the belief that what we think and feel can affect our well –being. Now there is ample evidence available to support this claim and WHO Country Office in Sri Lanka compiled the evidence so that the relaxation therapy could be promoted amongst patients.

This is the first time in Sri Lanka that Relaxation Therapy has been institutionalized and regular programs are conducted. There have been many activitieswere carried out in support of this including identification of resource personnel for technical supervision, production of guidelines as well as awareness sessions for consultants / hospital staff in order to enhance participation.





YOGA



Name : Vyasah Kalyanasunderam
Profession : Founder - Asranka Yoga Mandir - Sri Lanka
Chief Yoga Instructor - Swami Vivekananda Cultural Center
Address : No 16, R.G. Senanayake Mw, colombo 7
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ART



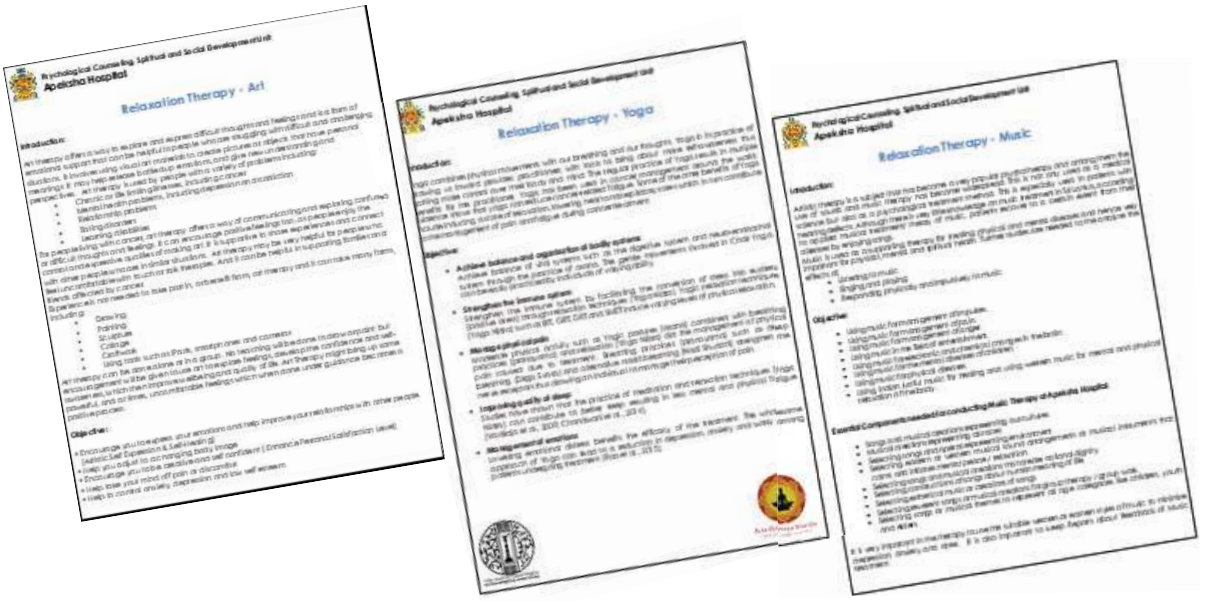
Name : Lakisha Fernando
Profession : Visual Artist, Art Teacher, Art Therapist & Consultant
Address : 454/1, Kotte Road, Pitakotte
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MUSIC



Name : Wedasinghe Arachchige Gnanadasa Perera
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Scientific evidence supporting Relaxation Therapy
Compiled by : World Health Organization - Country Officer for Sri Lanka



Psychological Counselling, Spiritual and Social Development Unit
Apeksha Hospital

Relaxation Therapy - Art

Introduction:

Objective:

Psychological Counselling, Spiritual and Social Development Unit
Apeksha Hospital

Relaxation Therapy - Yoga

Introduction:

Objective:

Psychological Counselling, Spiritual and Social Development Unit
Apeksha Hospital

Relaxation Therapy - Music

Introduction:

Objective:

Relaxation Therapy Conducted (Upto May 2019)

38
Art Therapy
Monday

39
Yoga
Wednesday

39
Music Therapy
Saturday

Art Therapy

Art therapy offers a way to explore and express difficult thoughts and feelings and is a form of emotional support that can be helpful to people who are struggling with difficult and challenging situations. For people living with cancer, art therapy offers a way of communicating and exploring confused or difficult thoughts and feelings. It can encourage positive feelings too, as people enjoy the control and expressive qualities of art, and is supportive to share experiences and connect with other people who are in similar situations. Art therapy may be very helpful for people who feel uncomfortable with touch or talk therapies and it can be helpful in supporting families and friends affected by cancer. Art Therapy is held every Monday at the foyer of the Razavi Building of the Apeksha Hospital.





"Every Day, I come to hospital and go back home with a very bad headache. Today by chance I saw the Art therapy Program and participated. I feel so much better..lighter and most of all I have no headache...."

"My mind was in a turmoil and I had a headache. I participated in Art therapy and felt so much better..."

Special Exhibition of Art of Patients who participated in Art Therapy. (December 2018)

The Patron of the Indira Cancer Trust, Speaker of Parliament – Hon Karu Jayasuriya on 26th December 2018, declared open a display of art created by patients at the Art Therapy session.

චිත්ත රේඛා - 2018

කලා ප්‍රතිකාර (Art Therapy) වැඩසටහන ට සහභාගි වූ සේවාලාභීන් ගේ නිර්මාණ එකතුවක් ලෙස 'චිත්ත රේඛා' චිත්‍ර කලා ප්‍රදර්ශනය ඔබ වෙත ඉදිරිපත් කරමු. අපේක්ෂා රෝහල - ඉන්දිරා පිළිකා භාරය සමඟ සබැඳිව පවත්වාගෙනයනු ලබන ලිහිලන ප්‍රතිකාර වැඩසටහන් මාලාවේ එක් ප්‍රතිකාරමය අංගයකි. 2018 ජුනි මාසයේ සිට සෑම සඳුදා දිනකම ක්‍රියාත්මක වූ කලා ප්‍රතිකාර වැඩසටහන් වලට සහභාගිවූ සේවාලාභීන් විසින් නිර්මාණ කරන ලද චිත්‍ර අතරින් තෝරගත් නිර්මාණ තිස් තුනක් (33) මෙහිදී ප්‍රදර්ශනය කරමු.





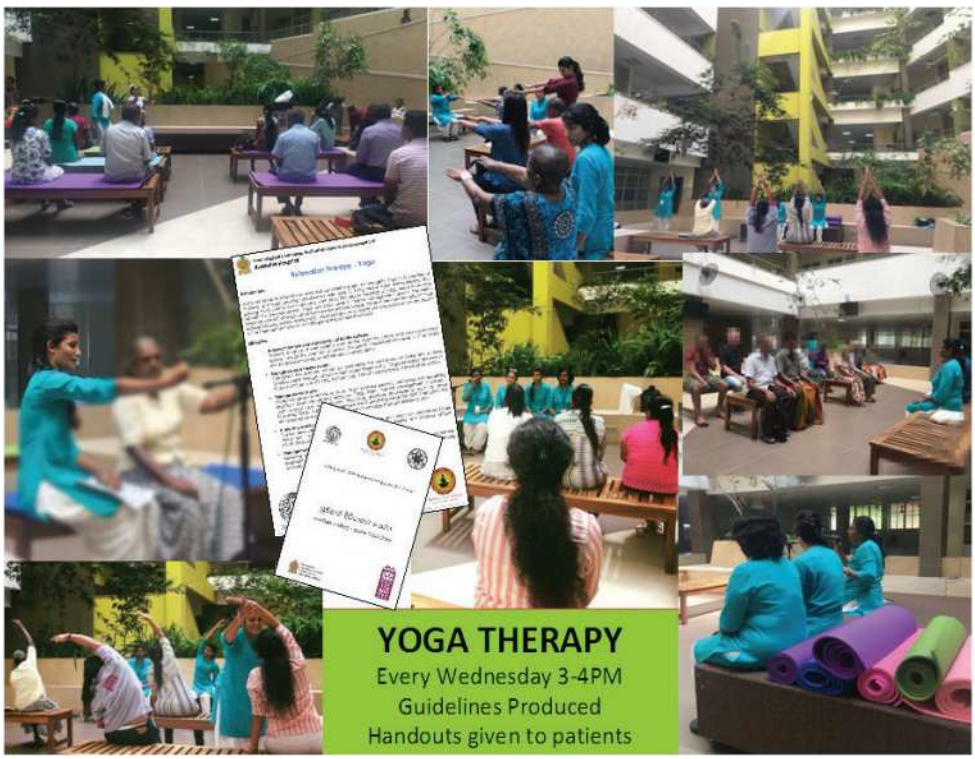




Yoga Therapy

Yoga combines physical movements with our breathing and our thoughts. Yoga in its practice of drawing us inward provides practitioners with tools to bring about more self-awareness thus gaining more control over their body and mind. The regular practice of Yoga results in multiple benefits for the practitioner. Yoga has been used in cancer management around the world. Evidence shows that yoga can reduce cancer-related fatigue. Some of the other benefits of Yoga include inducing a state of relaxation, lowering heart and respiratory rates which in turn contribute to the management of pain and fatigue during cancer treatment.

The Chief Instructor of the Swami Vivekananda Cultural Centre, which is part of the High Commission of India is facilitating and leading a group of Yoga Therapists & Yoga Instructors of the Swami Vivekananda Cultural Centre & Astanka Yoga Mandir to conduct the programs at the Apeksha Hospital, Maharagama. This is conducted every Wednesday.





"The uneasy and restless feeling I had, ended after I attended the Yoga Session. I feel like continuing Yoga....."

"I am happy! There is a feeling of lightness. This is similar to medication and helps control ones Mind, Body and Words. Yoga however also gives more physical relief.."

Music Therapy

Artistic therapy is a subject that has become a very popular psychotherapy and among them the use of sound and music therapy has become widespread. This is not only used as a medical science but also as a psychological treatment method. This is especially used in patients with hearing defects. Although there is very little knowledge on music treatment in Sri Lanka, according to applied musical treatment/ theory of music, patients recover to a certain extent from their diseases by enjoying music.

Music is used as a supporting therapy for treating physical and mental diseases and hence very important for physical, mental and spiritual health. The Music Session is conducted in the foyer of the Razavi Building and the patients attend the foyer area or they listen from their respective wards through the PA system.



Counseling Support

A separate team of volunteer counselors support several programs run by Indira Cancer Trust including the Wig Donation program, Financial Aid and Educational Aid Program. Individual counseling is also given to patients on request. Periodic training sessions are conducted for this team of counselors by Mr Nivendra Uduman & Ms Ardlay Mohamed.

"I am Harshani Kamalarathna, a volunteer Counselor of Indira Cancer Trust since February 2018. This opportunity to work as a volunteer Counselor of financial and educational aid programs of this Trust, dedicated to enhance the well-being of cancer patients which is very heart touching experience I have ever had in my life. By understanding psychological states of patients and their closed ones, I have chances to listen to them and hold their hands when they need it. After they open up themselves, there will be smiles on their faces always. The smiles of them bring a lot of happiness to my life which is realized me about how this program encourage them to identify their strengths and skills in order to uplift their well-being. ICT enhance psychological and social well-being through the empathy towards those in need and guide them to find the positive paths of lives with our support. I am very proud to being a part of Indira Cancer Trust family. Because this is the place I realized that "There is no greater joy nor greater reward than to make a fundamental difference in someone's life" (Mary Rose Mcgeady)"



"At times, our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude, of those who have lighted the flame within us. The spirit of Indira cancer Trust is truly amazing.. They are a team of happy, kind, generous and energetic people, who make Others Happy In many Incredible ways !
I feel blessed & love to work as part of this team"

- Devika Bodhinayake



"I am Dr. Sudarshani Wasalathanthri. I have been involved in the financial aid counseling Program of ICT since March 2018. During these sessions I have been able to counsel patients, explore their inner talents and encourage them to start on a livelihood program which will make them financially independent. Also I make it a point to use my counseling sessions to train my patients to look at the positive side of life in every circumstance they face. I consider myself fortunate for joining hands with ICT to support these patients who are in need of our love and support."



Transport Allowance

Many patients admitted to and discharged from the Apeksha Hospital including when attending clinics / treatment and come to ICT requesting support for the transport back to their homes after such treatment courses are completed. This is supported upon submission of the hospital ticket.



541
Patients

"I am from Kuliyapitiya. I lost my husband 15 years ago and I make a living from selling "Kole Kanda"(herbal canjee) I was diagnosed with Colon Cancer last year and did 3 operations. I have Two daughters who are married and cant really help me much. I have a son who works as a laborer on a daily pay. I borrowed money today to come to the clinic.
Apart from the transport re-imbursement I was also informed about the financial aid program where help is given o improve a livelihood. I took the forms today to ask for help"



"I am form Balangoda. My husband passed away 20 years ago. I have uterine cancer and have to come to Apeksha Hospital every 21 days. I sew rugs and I have two sons who are both married and does farming. Traveling to Colombo costs money and getting a transport re-imbursement is definitely a great help for me"

Funeral Support

After Many days , months and years battling a disease there comes an occasion where the patient succumbs to the illness. The family then faces many new challenges of trying to give their departed family member a befitting end. We receive requests to support in this instance and hence Indira Cancer Trust reviews each case and then supports all the final rites including preparation of body, casket and transport of the body to their respective home.
Some situations where we have been able to help.



42
Funerals

The Patient is from Hettipola, Kuliyaptiya and has been diagnosed with a cancer for 3 months.. His wife also was diagnosed with breast cancer 1 year ago and on treatment. They have 3 children – Two daughters who are married with their own families and a Son who is a farmer. Indira cancer Trust had helped her husband with medication earlier. The ward had informed family to come to Indira cancer Trust to get help with the funeral as she nor any of the children were able to do any arrangements.

The patient is from Galgamuwa and diagnosed with Cancer and staying at the Apeksha Hospital, Maharagama for the last 6 months. His wife has left their 6 month old child with her mother and has been living in the temple and looking after the husband who is warded at the hospital. They used to be in the business of making bricks and now the vocation is at a standstill with no income generated. She was called for an assessment for financial aid but she had indicated her inability to do a livelihood project. There were no other family members to support when the husband died. So Indira cancer Trust supported her.

Support for Blood Investigations, Medication & Equipment

Various other support is given to patients based on need and includes support for Blood Investigations (which are not done at Apeksha Hospital, Maharagama), medication (Which are not available at Apeksha Hospital Maharagama as well as equipment including assistive devices(including Wheelchairs) . One PET CT escan was supported monthly.

34
Blood Investigations

19
Scans (PET)

160
Medication

13
Equipment (including wheelchair)

Nutritional Support

Indira Cancer Trust provides nutritional support in various forms. The main component is the new kitchen planned as part of Suvapeksha new hospital complex- which also has the Paediatric Unit, as well as the Radiology Unit.

Technical support is provided by leaders in the field including Mount Lavinia Hotel, Confifi Group, Sri Lanka Army and Asiri Surgical Hospital. There were several activities conducted with the hospital kitchen staff to improve their technical skills and included visit to Mount Lavinia Hotel and training by Chef Pubilis and practical cooking sessions with Chef Pubilis at Apeksha Hospital. This activity was done on 26th Spetember 2019 to commorate the birthday of Indira Jayasuriya where all 700 patients and 400 minor staff were given the lunchtime meal.









Awareness Sessions

Awareness sessions are held on several occasions. All volunteers are recruited after an awareness session at the Indira Cancer Trust and a visit to the Apeksha Hospital, Maharagama. In addition various sessions are done when a request is received .

23
Awareness sessions in respective areas

Through the invitation of the National Cancer Control Program of the Ministry of Health we have also been able to conduct awareness sessions for Medical Officers and Cancer Education Nursing Officers (CENOs) based at the Cancer units throughout Sri Lanka.

At the invitation of the Western Province Social Service department – Multiple awareness sessions were also carried out for social services officers.













INDIRA PAEDIATRIC CARE

3

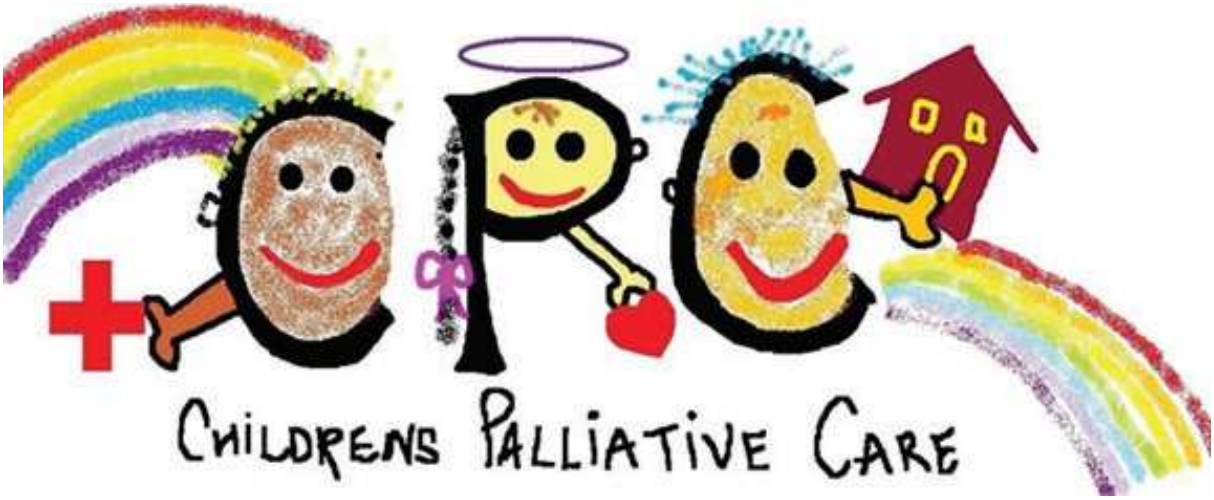
Keeping families with sick children together and near the care and resources they need.

Many families travel far from home and spend several weeks or months to get treatment for their sick children – a long time to be away or to separate a family. Through this project a place is provided for families, to call home, so they can stay close to their hospitalized child at no cost.

Apart from accommodation the proposed project also envisages the building of Sri Lanka's first Children's Palliative Care Centre.

WHO's definition for palliative care for children represents a special, but closely related field to adult palliative care. Palliative care for children is the active total care of the child's body, mind and spirit, and also involves giving support to the family. It begins when illness is diagnosed, and continues regardless of whether or not a child receives treatment directed at the disease.

This project is still at the inception and planning stage.



Support for Blood Investigations, Medication & Equipment.

Genetic Blood Investigations, which are an essential part of the treatment protocol for children are being supported by Indira cancer Trust, on regular basis every month. These investigations are not available at Apeksha Hospital. Every month upto 30 blood investigations are done. In addition PET CTs and other investigations which are not available at Apeksha Hospital, are also supported based on requests received.

Blood Tests

- ☐ All Translocation Panel
- ☐ AML Translocation Panel
- ☐ Philadelphia Chromosome (BCRABL) Detection
- ☐ Philadelphia Chromosome (BCRABL) Quantitation*
- ☐ Bone Marrow Karyotyping Peripheral Blood Karyotyping
- ☐ KRAS Mutation Detection (Condon 12 & 13) - Blood
- ☐ KRAS Mutation Detection (Condon 12 & 13) - Paraffin embedded tissue
- ☐ HER2 new by FISH method*
- ☐ PML-RARA Mutation Detection

408
BLOOD INVESTIGATIONS

10
SCANS (PET)

SIgning of MoU with Key partners for Investigations (Blood & Scans)



LANKA HOSPITALS



DURDANS HOSPITAL
A Heritage Built On Values And Expertise



ASIRI SURGICAL HOSPITAL
LIVE MORE

Monthly Paediatric Art & Craft Camp

The monthly Art and Craft camp is conducted every 3rd Saturday of the month at the playhouse at the Apeksha Hospital. Each month, themed activities are planned and all children are given gifts after activity. The volunteers also visit the wards and give each child a standard gift pack.



26
Art & Craft Camps









Children's Birthday Celebration

This has been the longest running program at Indira Cancer Trust and has brought many smiles to children's faces. The response form the parents and the children themselves have been truly amazing… Two volunteers visit the paediatric wards every single day to check on the new admissions and also to give a birthday gift to any child who celebrates their birthday on that particular day.

If they are not there on the birthday, we get children walking into the Indira Cancer Trust…

"My birthday was two months ago… and I was at home.. Could I please collect my gift?"

They come with excitement and go away happy.. We give them a personalized gift card and and a gift bag filled with age appropriate gifts. Lassana Flora has been supporting this effort from inception with regular gifts. Royal Fernwood also supports with personalised mugs for donation.

403

Birthday Celebrations









‘Thank You Cake’ given monthly to staff of Paediatric Wards

A cake is given to the staff of each ward at the end of the month as a thank you for all their hard work ! Two volunteers who are assigned to the Birthday Program hand over the cakes personally with a card.

110
Thank You Cakes





Support for master plan of Paediatric Unit (Suvapeksha Medical Complex)

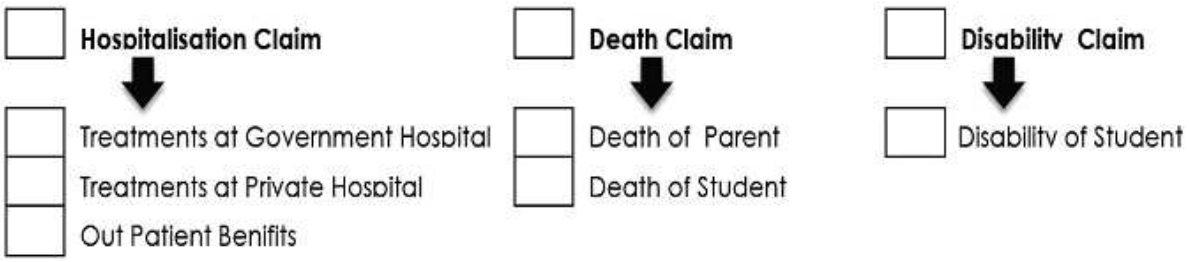




On a request for support for a new paediatric unit – Indira Cancer Trust initiated the discussions with hospital authorities and Design Cues who were the team that supported the design of Razavi Phase 1. Detailed discussions took place with the government of China for a proposed loan and the proposal has now been submitted by the Department of Planning, to the government of China..

Suraksha Insurance Scheme

The Suraksha Insurance Scheme established by the government under the theme “Protect Forever – The children of the Nation” helps families to meet their children’s healthcare expenses. Indira Cancer Trust acted as a supportive agency to facilitate the obtaining of claims as well as raising awareness on the insurance scheme.



Suraksha
Protect forever the children of nation

Conducting weekly classes

As there are many children warded for long periods a series of discussion commenced with a series of partners including the Ministry of Education and Lyceum International School with regard to initiating formal classes at the playhouse at the Apeksha Hospital. Curricula are being developed for different age groups and a smart board is also to be placed at the playhouse. Discussions are ongoing in regard to this with the relevant partners.

What volunteering does for the volunteer









Quite contrary to the ideas of 'indulge yourself' that are being constantly fed to us through popular media today, volunteering has brought to light an age-old formula for happiness for me and my family; the more we give, the happier we feel. Giving, whether you give money, time or compassion, is deeply fulfilling. But giving of your time and compassion, without any expectations of returns, is infinitely more fulfilling than sharing a portion of your wealth that is left over after you have taken care of all your needs and wants. I believe this is because you are giving things - time and compassion - that cannot be replenished. I was lucky enough to discover this early in life. When you find a good thing, you must share it. So I introduced the idea of volunteering early to my four children. They are all teenagers now, and reaping countless benefits for themselves out of volunteering.

Through the years of giving of our time for the benefit of others, we have gained as much as the people we have helped, maybe even more. Our confidence and self-esteem have grown due to that sense of completing a duty by giving back to our community, and helping make a difference in someone's life. It has given us a stress-free oasis of quality time away from the overwhelmingly busy, mostly humdrum lifestyle. We have noticed a feeling of being uplifted, and a definite positive impact on our physical and mental health. We have gained numerous new skills and an enormous amount of knowledge in areas that we would not normally be exposed to. Our horizons have been broadened, and we have connected with people across boundaries, which has made us grow and enhance our social awareness and emotional intelligence. But the best benefit of all is the deep and lasting sense of satisfaction and joy that stays with you, and colours the whole world for you.

When you volunteer, you give without expecting, and you give something that cannot be reacquired. The blessings of this act are infinite. You see the world change right before your eyes; you make it a better, happier place for everyone including yourself.

- Charu Theevarathanthri



I had the pleasure of joining Indira cancer care trust in 2016 to volunteer to help little kids at the hospital. A friend of mine introduced me to this worthy project. I have been working with the trust for almost three years. Being a Montessori teacher by profession I was motivated to work with kids, my grandmother was also a cancer patient and I felt that I should be of service in whichever way I could. I 'm one of the coordinators managing the Birthday program. With the help of Lassana Flora who generously helps by giving a toy and treat to the kids. This gesture adds a smile to the little ones faces. Which is a very fulfilling experience. Working with the Indra Cancer Trust is rewarding, and teaches me to appreciate life and be thankful for what I have been blessed with in life..

- Chamalka Mutucumarana



I have been a permanent volunteer at the Indira cancer trust from inception in April 2017... I am also one of the coordinators for the birthday program where we bring joy and light up the lives of little kids who don't know what the next day will bring... as I person I am compassionate to my fellow human beings and willingly find the time to get involved in CSR activities organized and sponsored by my company... participation at all these projects are carried out with great zest and utmost joy... from June this year I decided to volunteer of my time every Saturday for half a day helping in the Indira cancer trust office to streamline the birthday program and ensure a smooth operation .... I am proud and privileged to be a part of this noble cause and help put a smile on the face of a little child who is less .

- Sonali Perera



Use life tragedies as opportunities to reach horizons.

"While medicine may cure your body, it can't in itself make you happy. Isn't it? Only with thorough understanding and genuine acceptance of life realities (mind and its functions) can disturbing emotions be transcended. This is much more than a philosophy / knowledge. This is relevant to everyday life and living. By providing counselling for wig recepients and music therapy for cancer patients and their families, we invite and facilitate them to explore more on life and use this challenging period as a new opportunity, as a spring board to bounce back from life's jigsaw puzzle... We precisely know that your life is your best teacher and mine is the same."

- Sumudu Hewawasam

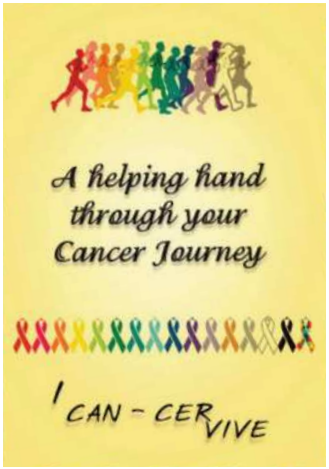


The Art and Craft camp is a program done by Indira Cancer Trust to engage with kids in the pediatric wards in creative manner as well as to express their ideas in creative way. We have been conducting the program for last two years with the support of generous sponsors and volunteers around the country. This program privileges the public to engage with kids in their creative activities and share their feelings and emotions.

It was always my pleasure to work with ICT and to conduct the programs. Working with kids in paediatric wards have given me the opportunity to benefit kids as well as the parents to open their creative minds and to make their lives more colorful and bright. I'm always grateful to ICT for giving me and my team this opportunity.

- Ridma Samaranayake

I-CAN-CER VIVE – A Helping hand through your Cancer Journey



When one is diagnosed with Cancer, it's not only the medication that's solely important for your recovery. Our lifestyle and mind frame plays a great role…

Malaika Kanangara Gunawansa is indeed an inspirational lady. She came to the Indira Cancer Trust with the intention of Volunteering especially for the counseling session. This little booklet of information was put together by Malaika to help anyone suffering from cancer or their family member to help in their journey of recovery from cancer.

" I am a Cancer Survivor, I was diagnosed with late stage of Primary Peritoneal Cancer. It's called a silent cancer as it shows no symptoms until you are in a late stage and you fall ill. This is also such a rare cancer that only 1 in two million people get it.

During my amazing journey, I realized how blessed I was with all the love and support from my family, friends and the medical team. This booklet will give tips on overcoming the side effects of chemotherapy as well as how to eat a balanced diet at home."



You beat cancer by how you live, why you live and in the manner in which you live.

Helping hands through your cancer journey is available in all 3 languages and with the help of friends and family, money was raised to publish 20,000 books to be freely distributed to cancer centres, societies, trusts and hospitals. A web link is also created for anyone who wishes to read online and print the book via link.

Indira Cancer Trust membership obtained

NCD Alliance Lanka
Promoting Health for a Better Tomorrow

In keeping with the Global Action Plan, Sri Lanka established the NCD Alliances Lanka which is a network of national NGOs, scientific and professional associations, academic and research institutions, civil society groups, private sector entities, and dedicated individuals. Indira Cancer Trust is proud to be a member of this National Body.
By working together with a wide range of partners with common interest, the NCD Alliance Lanka will bring one voice to the campaign for addressing NCD risk factors, improving the lives of people living with and at risk of the development of NCDs to work towards a nation free of NCDs.


Union for International Cancer Control (UICC)
is pleased to acknowledge the contribution of the
Indira Cancer Trust
to the global fight against cancer
Member of UICC

Indira Cancer Trust is now an Associate Member of the Union for International Cancer Control (UICC) and has joined the global community in the fight against Cancer.
As a UICC Member, Indira Cancer Trust will connect globally, to increase the impact and be a voice for the global cancer movement, representing Sri Lanka to harness benefits related to convening, capacity building and advocacy opportunities.

Our Strength ...

- Our Patron
- Our Trust Board
- Our Staff
- Our Volunteers
- Our Partners



Be the person who moves hearts...
Be the person who makes darkness disappear...
Be the person who makes colours appear...

To fulfill your dreams of serving humanity
Please join us

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