



Annual Report  
2013

**LION**  
**HEART**  
FOUNDATION

## *Preamble*

### **Working together towards a better future**

In 2006 three Dutch doctors who wanted to improve the poor medical conditions in Sierra Leone set up the Lion Heart Foundation (LHF). Seven years later we continue to focus on quality Healthcare, job opportunities and education. LHF believes these are essential ingredients to combat poverty.

Since 2011 the activities of Lion Heart are concentrated on the village Yele in the heart of the country. A palm oil factory was built, a Medical Centre was built, a hydro power plant repaired and a water-purification plant repaired. All this with the aim to create a healthy self-supporting community. We are committed to continue our effort until this is realized. Every year we are one step closer to achieving this.

The year 2013 was challenging. The economic climate in The Netherlands was

uncertain, rendering donors to be more reluctant to contribute.

Sierra Leones weather climate caused problems with the hydro power plant due to extreme water levels and lightning resulted in damage to some of the medical equipment and prolonged outages of the Internet.

But 2013 was also the year when one of our wishes came true: we opened the maternity ward in the Lion Heart Medical Centre (LHMC). This is an important milestone in helping us combat mother and child mortality rates, two important Millennium objectives of the UN.

Just donating money increases dependability. We believe the community deserves support to allow it to then take ownership and responsibility. This is the reason why this year we again invested in schooling and education of the local community, such as training of local nurses, laboratory technicians and an anaesthetic nurse.

Lion Heart has already achieved improvements in the difficult living conditions of the people of Yele and surroundings. This however does not mean we can now relax. Our mission will only be accomplished once we have made ourselves redundant.

This Annual Report gives you an overview of our projects and the impact they have had in the year 2013. Lion Heart remains committed to a better future for the inhabitants of Yele and surroundings. We really need your continued involvement. We hope we can count on your continued support over the coming years, as the inhabitants of Yele count on us! We really appreciate your support and interest!

Pien Bax-Engelsman  
Director Lion Heart Foundation



## Sierra Leone and Lion Heart

### Sierra Leone

Sierra Leone: A country which anno 2013 still evokes pictures of rebel armies and diamond smuggling. In reality it is a beautiful country with welcoming people. If you take a closer look however, there are also deep scars, both in the country as in the people. After a terrible civil war of almost 10 years the country is since 2002 slowly recovering. In spite of improvements Sierra Leone is still one of the poorest countries in the world.

Number of inhabitants	6.092.075
Inhabitants below the poverty line	52,9 %
Birth rate	37/1.000
Life expectancy at birth	45 years
Mortality <5 years old	160/1.000

The numbers anno 2013 are dramatic: more then half of the population lives below the poverty line. One in six children does not reach the age of five due to malnourishment or infectious diseases. Unemployment is still very high and schooling is not available for all. However grim all this sounds, it says nothing about the courage and resilience of the people and their desire for a better future for their family and community. And this is what is important when working towards a better future.

### Lion Heart Foundation

The Lion Heart Foundation is active in Sierra Leone since 2006 with the aim to help the community build their own future through sustainable health care, developing economic activity and transfer of knowledge. Self-reliance rather than aid dependence is the main objective of the foundation.

Lion Heart works with its own developed program 'Best of Both Worlds'. The essence is to create alternative income to allow sustainable financing of social services (healthcare/education). This combination of activities is implemented in the same geographical region to ensure the population profits visibly of the effects of the program and such is motivated to participate.

The Essence of 'Best of Both Worlds' is to create alternative income to allow sustainable financing of social services.



## **Organisation**

Lion Heart is an organization without bureaucracy, low overheads and higher educated volunteers. In Sierra Leone we cooperate with the local government and community. We feel passion, professionalism and commitment, both in Sierra Leone and in the Netherlands, has been the key to success in the past years.

## **The Board and team Lion Heart Foundation in the Netherlands**

In 2013 the following changes were made to the organization:  
Fred Nederlof said goodbye as chairman of the board to focus fully on the commercial activities in Sierra Leone, he also started a degree in archaeology. As founder of Lion Heart Fred has been instrumental in growing the foundation to where it is now and we can continue to build on that. Everyone at Lion Heart owes Fred gratitude for all his work. Board member Cornelia de Jong also ceased her function to focus fully on her coaching and interim management activities. The pictures she

made in 2009 for LHF are still extremely valuable and we thank her for her commitment.

At the end of 2013 the unsalaried board of the Lion Heart Foundation consisted of: Piet Hein M. Deiters (chairman a.i./treasurer) and Herman F. Veen (secretary).

Pien Bax-Engelsman and Caroline van der Graaf-Scheffer manned the office in Capelle aan den IJssel. After more than 6 years, Caroline unfortunately decided in April 2013 to change her course and leave Lion Heart. Since the start of the foundation she was a very successful fundraiser for Lion Heart, we will miss her dedication, creativity and involvement.

Finally, controller Johan Luijting said goodbye to Lion Heart to be able to spend more time with his grandchildren. Johan travelled to Sierra Leone regularly to give support and training to the financial staff. We will all miss his involvement and enthusiasm.

Director Pien Bax is since September 2013 supported by two part-time independent staff: Arjan van der Horst (financial controller) and Maciel Toorenvliet (communication advisor). Where needed the team is supported by the Board and a small team of volunteers.

## **Committee of Recommendation**

The committee of recommendation remained unchanged: Ahmed Aboutaleb (Mayor of Rotterdam), Frits Bolkestein (former Euro commissioner), Atto Mensah (ex-soccer international Sierra Leone), Mariette Opstelten-Dutilh (juvenile-judge), Felix Rottenberg (publicist) and Willemijn Verloop (founder of War Child Netherlands).

The board of directors, and all those affiliated with LHF, express their deep gratitude for the Committees support.

## Lion Heart Medical Centre

In 2010 Lion Heart started with building the Lion Heart Medical Centre to provide the community of the Chiefdom Gbonkolenken, of which Yele is the capital, good healthcare.



*Photo: The maternity ward of the LHMC in construction, with in front Yele mothers and nursing staff.*

In the past three years the Medical Centre has grown into a full-fledged hospital with 32 beds, an operating theatre and an X-ray department. In 2013 one of our long cherished wishes came true: we opened the maternity ward in the Lion Heart Medical Centre (LHMC). This new ward consists of 2 delivery rooms, an infirmary

with 12 beds and 2 special tropical incubators. The ward was taken in use in September 2013. The day after opening the ward the first premature baby was delivered and healthy. We thank the Heineken Africa Foundation and the capital funds that have made this possible.

### Mothers and Children

An important aspect of the Medical Centre is the care for mothers and children, they are most vulnerable and for their lives we can have the most impact. Giving birth in a safe manner and growing up healthy benefits the rest of ones life.

Thus we started a project to combat the large number of teenage pregnancies. To achieve this we create easy accessible good health care to these young girls. Also we give education in prevention of pregnancies and safe sex.

The Medical Centre also offers good treatment facility for malnourished children.

*In September the new maternity opened with 2 delivery rooms, 12 beds and 2 special tropical incubators...*



*Foto: Due to the availability of an ultrasound scanner in the LHMC, pregnancies can be monitored more seriously.*

## Educating local personnel

To continue to provide good care of the 53.000 inhabitants around Yele, education of local staff is of utmost importance. Well-trained personnel are crucial for clear communication with the patients. Educating local staff also enables the community to become self-supporting in the long run.

In 2013 a Dutch assistant physician travelled to Yele to train an anaesthetist, and a midwife spent 6 months in the LHMC to train local staff.

You can read more on this topic on page 13.

## Statistics for 2013

In 2013 10.000 patients visited the Out Patient Department and 1.600 patients were admitted to the Hospital. Usage of the hospital beds was at 86,5% and the average stay of patients was 5,4 days.

Over 917 pregnant women received an ultrasound check. 159 Deliveries were performed of which 94 natural births, 57 caesarean sections and 8 by use of vacuum delivery.

In total 2.784 children under five were treated in the hospital for various illnesses. 132 children were treated for severe malnutrition with special food and advice was given to the parents.

### *In numbers:*

*10.000 patients*

*1.600 submissions*

*159 deliveries*

*2.784 treated children (<5)*



*Photo:  
Tropical doctor Erdi  
Huizenga saved  
through a successful  
caesarean section the  
life of mother and  
child.*



### Commentary of an employee

My name is Mohamed Foray. I am working at Lion Heart Medical Centre, Yele, Gbonkolenken Chiefdom, Tonkolili District. As lab assistant I have gained a lot of experience with the help of lab technician Roosevelt. F. Lahai and the chief laboratory technician mr. Rene from

Holland. When the lab technician was out on leave for one month, I took over the lab. It was not easy for me working day and night.

On the 26th December 2013 at around 2:30 pm a patient was brought in; her name was Fatmata Bangura, 18 years old pregnant lady from Manowoh. C.H.O Mohamed Nuyabah one of the S.T.P students, together with the midwife madam Gerry were called. C.H.O Mohamed asked one of the family members to explain what happened, she explained.

Ultra sound scanning was done. C.H.O Mohamed called dr Erdi: the diagnose was [IUD] intra uterine death. C.H.O told me to check the Hb (haemoglobin) and the grouping: the Hb was 4.0g/dl the grouping was O rhesus negative.

C.H.O Mohamed Nuyabah called the family members and explained to them, that the child is dead. He told them, the only way Fatmata can live is to do operation, but she needs blood. C.H.O Mohamed ordered me to test the family members. Over twenty-five people were tested but they were not compatible. At that time the patient was taken in the operating theatre for the operation. At around 6:25pm one of the family members came in, by the name of Joseph. P. Kanu. I tested him: he was compatible O Rhesus negative.

I informed dr Erdi. I took 450 ml of safe blood from Joseph .P. Kanu, but it was not enough. The other family member came, named Abdul A Kanu also ORhnegative. So also 450 ml of safe blood I took from him. Finally Fatmata Bangura would live.

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## Education for the future

Lion Heart is of the opinion that solely monetary support increases the dependence of the population. We believe the community deserves support, to then be able to continue independently. Therefore we again invested in schooling and education of the local community this year.

Education enhances self-reliance. In addition it benefits not only the individual but also the community at large. It is a sustainable form of fighting poverty.

In 2013 the LHMC team was strengthened with the arrival of midwife Gerry Konings.

For a period of half a year she educated local staff to become maternity nurse.



*Photo: Midwife Gerry Konings*

In addition physician assistant Kristense Koutstaal flew to Sierra Leone early in the

year to train a nurse to become an anaesthesia assistant.

Last but not least several computers were donated to both the hospital and the palm oil factory (now owned by Natural Habitats) and staff were taught computer skills. Plans to renovate 5 local schools in Yele will be worked in detail in the coming year.



Education enhances self-reliance and as such is a sustainable form of fighting poverty.



## Hydro Power Plant

During 2012 the Hydro Power Plant in the river Teye was reinstated by the LHF. It had been completely destroyed during the war. Power is now supplied to the LHMC, the palm oil factory, water sanitation plant and 150 households who are connected to the network through a pre-paid system.

In 2013 the network has been extended to a total of 200 connections and three high voltage and six low voltage pylons were replaced. Additionally 15 new pylons were erected to bring the network closer to the houses. Due to the extension of the network more power was used in 2013. The power plant offers work for 8 local employees.



The power plant consists of two turbines and a generator, which can generate 250 kWh current. However the amount of power being generated strongly depends on the water level in the river. This uncertainty still renders it difficult to ensure a consistent power supply.

## Damage

Due to heavy thunderstorms and lightning strikes in 2013 severe damage resulted. In addition, the shafts of one of the turbines broke. The required repairs will be costly. Currently there is enough power to supply the customers when water levels are favourable; generators are being used to fill the power outages. Currently a plan is being formed on how to repair the broken shaft and adjust the rivers course to increase the capacity.

## Nedoil palm oil factory

A lot of farmers with small palm-oil plantations live in the area around Yele. During the war a lot of these plantations were destroyed. The result was that there was only small-scale production of oil possible.

In 2008 the Lion Heart Foundation built a Palm Oil factory to support the local farmers. The factory (with a capacity of 3 tons fruit per hour) was named Nedoil Ltd and can produce a maximum of 5000 tons of oil per year. It offers work to around 40 employees.



In 2013 Lion Heart started to look for investors to take over the factory, in line with the ambition of Lion Heart to make the factory self supporting. Natural Habitats was found to be interested; they have the required knowledge and focus on sustainable production of organically products. Towards the end of 2013 the deal was looking favourable. We hope to be able to tell you more on this in the next annual report. For Lion Heart this means we are one step closer to realising the concept of “Best of Both Worlds.”



## Results

The following milestones were the result since the start of the Lion Heart Foundation in 2006:

### In Magbenteh, Lungi and Makeni

- Completion of the renovation and expansion of the Magbenteh Medical Centre (MCH) therapeutic feeding centre from 25 to 125 beds
- Renovation of the Bai Bureh Medical Centre (BMC) in Lungi liaised to the MCH, which was severely damaged during the war.
- Construction of accommodation for 100 homeless polio-invalids in Makeni (also liaised to the MCH)
- Growth of treated patients in MCH and BMC: from 5.000 to 30.000 per year.



The MCH has grown to be a professional Medical Centre –including educational centre- and was transferred to local management in 2010, fitting Lion Hearts strategy to make itself redundant.

### In Yele

- Start palm oil plantation (production) and experimental plantation in Yele.
- Construction and start of first renewable palm oil factory.
- Support of secondary school, including renovation and school funds.
- Support of primary schools, including schooling materials.
- Construction of the Lion Heart Medical Centre and training of staff:
  - 2011 OPD ready
  - 2012 expansion of the centre with a ward of 32



beds, an operating theatre and a x-ray department.

- 2013 start of newly built maternity ward with 2 delivery rooms, 12 beds and 2 incubators.
- Educating local hospital staff.
- Renovation of destroyed Hydro power plant
- Renovation/expansion local electricity network and street lighting.
- Connecting to the grid of households, enterprises and hospital.
- Renovation of the water purification plant to ensure clean drinking water is available for the hospital as well as the community.

*We are proud of what we have achieved the past 7 years in Sierra Leone*



## Financial overview

### Introduction

The following figures make up the eighth book year of the Lion Heart Foundation, which was founded on the fifth of April 2006.

### Income

During 2013 a total of € 548.564 (2012: €926.818) was received to cover running

costs and specific projects, of which €425.502 has been utilised. In the above total, an amount of €2.722 is incorporated as an estimate value of donations in kind like medicine etc.

### Expenditure

The foundation has a voluntary board. The office staff consists of a director and 2 part time freelancers. The office accommodation (including telecom and computer facilities) is being made

available at a low rate by one of the sponsors, thus keeping office costs to a minimum. The foundation strives to maintain a low overhead and 2013 saw a result of 18%.

2013 saw staff activity in Sierra Leone under the flags of Lion Heart Foundation. The expat staff receives a stipend based on the PSO rates, which includes travel and accommodation.



## Income and expenditure

	2013		2012	
<b>Income</b>				
Donations		548.564		926.818
<b>Expenditure</b>				
Specific projects	82%	425.502	88,5%	870.618
Fundraising costs	3,8%	19.643	4,3%	41.981
Costs of management and administration	14,2%	73.484	7,2%	70.498
<b>Total Expenditure</b>		<b>518.629</b>		<b>983.097</b>
		29.935		-56.279

The following amounts were spent on the specified projects in 2013:

Project	Description	Sum in €
1	Local farmer support	126.477
2	Renovation of hydroelectric power plant in Yele	56.709
3	Hospital Yele	232.442
4	Other expenses	9.874



	2013	2012
<b>Balance per 31-12-2013</b>		
<b>Assets</b>		
Various assets	1	1.022
Debtors	1.603	83.792
Bank	43.769	39.170
<b>Total</b>	<b>45.373</b>	<b>123.984</b>
<b>Liabilities</b>		
Reserves	-88.236	-81.030
Assigned funds	120.654	83.514
Short term credit	12.955	121.500
<b>Total</b>	<b>45.373</b>	<b>123.984</b>

	
Stichting Lion Heart Foundation Rivium Westlaan 7 2909 LD CAPELLE AAN DEN IJSEL	
<b>Controleverklaring van de onafhankelijke accountant</b>	
Bijgesloten samengevatte jaarrekening, bestaande uit de samengevatte balans per 31 december 2013 en de samengevotte staat van baten en lasten met bijhorende toelichting, zijn ontleend aan de gecontroleerde jaarrekening van Stichting Lion Heart Foundation te Capelle aan den IJssel per 31 december 2013. Wij hebben een goedkeurend oordeel, met een paragraaf ter benadrukking van onzekerheid omtrent de continuïteit, verstrekt bij die jaarrekening in onze controleverklaring van 31 oktober 2014.	
De samengevotte jaarrekening bevat niet alle toelichtingen die zijn vereist op basis van de Richtlijn voor de jaarverslaggeving 650 Fondsenwervende instellingen. Het kennisnemen van de samengevotte jaarrekening kan derhalve niet in de plaats treden van het kennisnemen van de gecontroleerde jaarrekening van Stichting Lion Heart Foundation te Capelle.	
<b>Verantwoordelijkheid van het bestuur</b>	
Het bestuur is verantwoordelijk voor het opstellen van een samenvatting van de gecontroleerde jaarrekening in overeenstemming met Richtlijn voor de jaarverslaggeving 650 Fondsenwervende instellingen.	
<b>Verantwoordelijkheid van de accountant</b>	
Onze verantwoordelijkheid is het geven van een oordeel over de samengevatte jaarrekening op basis van onze werkzaamheden, uitgevoerd in overeenstemming met Nederlands Recht, waaronder de Nederlandse Standaard B10, "Opdrachten om te rapporteren betreffende samengevatte financiële overzichten".	
<b>Oordeel</b>	
Naar ons oordeel is de samengevatte jaarrekening in alle van materieel belang zijnde aspecten consistent met de gecontroleerde jaarrekening van Stichting Lion Heart Foundation te Capelle in overeenstemming met Richtlijn voor de jaarverslaggeving 650 Fondsenwervende instellingen.	
<b>Benadrukking van onzekerheid omtrent de continuïteit</b>	
De benadrukking van de onzekerheid omtrent de continuïteit komt voort uit het moeilijker verkrijgen van donaties en/of subsidies, waardoor een groter risico bestaat ten aanzien van de continuïteit van de stichting. Deze conditie daait op het bestaan van een onzekerheid van materieel belang op grond waarvan gerede twijfel zou kunnen bestaan over de continuïteitsveronderstelling. Deze situatie doet geen afbreuk aan ons oordeel.	
Was getekend, Sliedrecht, 31 oktober 2014. WIT accountants B.V. P. Alblas RA	
<small>             Dienstverleningsadres              Postbus 2182 - 2400 CD - The Hague aan den IJssel              T 077-750175   www.witaccountants.nl   info@witaccountants.nl   Twitter: @witaccountants              0900 4671 409 0007 0010 01   www.wit.nl           </small>	

## Future

Project wise 2014 will see the completion of some smaller projects for the medical centre like repair and maintenance of the X-ray equipment, covered walkways between the different buildings, a incinerator and visitors toilets.

The economical crisis has a clear impact on the income of the foundation. It is taking more effort to obtain donations and subsidies. Due to the split between activities related to the Medical Centre in Yele and commercial activities, continuity can be better guaranteed for the Foundation and the Medical Centre in particular.

Starting point will be to consolidate on what has been realised in the past years in

Yele, in particular the hospital. The focus will be to continue adequate healthcare to the inhabitants of Gbonkolenken Chiefdom in Tonkolili, one of the five poorest districts in Sierra Leone with approximately 53.000 inhabitants. The intent remains that local staff will be able to run the hospital independently in the future.

### **Impact to what we do**

It won't be a surprise to anyone that at the time of writing this report, Ebola has had a severe impact to the activities of Lion Heart in Yele, specifically the hospital.

Tropical Doctors Erdi Huizenga and Nick Zwinkels were repatriated and quarantined for three weeks in the

Netherlands after having been exposed to the Ebola-virus.

The Ebola-crisis resulted in having to close down the hospital for a short period. After quarantine the hospital re-opened and the tropical doctors returned to re-engage in the fight against Ebola.

2014 will surely bring a tumultuous year, with positive development but surely also fear and sorrow. We remain dedicated to a structural improvement of the health care in Sierra Leone.

You can follow us for the latest news on [www.lion-heart.nl](http://www.lion-heart.nl) and Facebook-page [www.facebook.com/LionHeartFoundation](https://www.facebook.com/LionHeartFoundation)

