



Annual Report

Lion Heart Foundation
2012

Sierra Leone





Building a future



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CHAIRMAN'S STATEMENT

The year 2012 was devoted to continuing the implementation of the new phase of the Lion Heart Foundation. As in 2011, we focused our attention on the projects in Yele. The second phase of the construction of our own hospital was realized, the water treatment plant was renovated and the hydroelectric power station has been restored and is operating again, a huge achievement for the whole team!

We have been active for seven years in Sierra Leone and we are proud of what has been achieved. Since the arrival of our tropical doctor Erdi Huizenga, the new hospital is expanded with a ward that includes over 30 beds, an operating theatre and an X-ray department. Further expansions including a mother and child clinic are planned for 2013. We hope that the clinic will eventually become a fully-equipped regional hospital. With great effort and patience we have managed to deliver a complete hydroelectric power station, including two newly installed turbines. Now the power plant can provide electricity for the village and the hospital, 24 hours a day. This is a unique milestone, nowhere else in Sierra Leone has this been achieved with hydropower. In addition, the hydroelectric power station provides the water treatment plant with power. As a result, clean drinking water is available at some tap points and in the hospital of Yele since July. Further repair and expansion of the distribution network is a priority in 2013. However we still have a long way to go before we have reached sustainable solutions. In our view a project is only sustainable if it is financially self-supporting. For this the 'Best of Both Worlds' program has to be the basis. The revenues of business enterprises are to be used to keep the hospital in operation. To this end some years ago we built the palm oil factory and from 2013 onwards, the hydroelectric plant should also generate income. Although the factory is performing considerably better, revenues are still not sufficient, and it is expected that this will remain so for the next couple of years. For the time being we are fully dependent on your donations. I would very much like to thank you again for your trust in our organization and your indispensable support. I wholeheartedly hope that in the coming years you will be willing to continue helping us in realizing these splendid and useful projects. In this annual report you will find a summary of our activities in 2012, together with a financial report and our plans for next year. I hope our enthusiasm inspires you and I wish you much pleasure in reading this report.

Fred Nederlof, chairman LHF



1 THE LION HEART FOUNDATION IN BRIEF

Early in 2006 the Lion Heart Foundation was founded after three Dutch doctors visited the Magbenteh hospital in Makeni, Sierra Leone. Shocked by the poverty they saw in this country, ravaged by the civil war, the three doctors decided to set up a foundation to support the local population in a sustainable manner.

The name 'Lion Heart Foundation' was chosen to underline the 'leonine' courage which had prevailed during the construction of the Magbenteh hospital in one of the poorest countries in Africa. Originally, the Foundation only intended to adopt the Magbenteh hospital and thereby prevent it from closure. But the story does not end there.

In cooperation with local stakeholders and the motto 'do and learn' the Lion Heart Foundation developed the 'Best of Both Worlds' program. With this program we hope to limit dependency on third parties and increase self-sufficiency. By actively involving local people in our activities, we build up local knowledge and expertise, motivation grows and paves the way to achieve results. For example, in recent years we managed to build a hospital, a palm oil factory, a hydroelectric power station and a water treatment plant. We also supplied various schools with materials and focused on educating the local population.



11 years after the war waging a battle: the

ended the country is still battle against extreme poverty

2 ORGANIZATION

2.1 Mission Lion Heart Foundation

The Lion Heart Foundation works in Sierra Leone to help develop sustainable health, education, economic activities and to pass on knowledge, with the objective to help the local people and economy to further develop themselves. This mission will be successfully completed when we eventually manage to make ourselves superfluous.

2.2 Work area Sierra Leone

Lion Heart is active in Sierra Leone, West-Africa. In terms of area this is as large as the Netherlands and Belgium put together. The country has been declared by the UN as one of the ten countries with the worst living conditions. Everything has to be rebuilt after a horrific time of war and exploitation. Eleven years after this bloody civil war ended, which resulted in more than 50,000 deaths and an almost completely destroyed infrastructure, the country is finally starting to cope with the consequences of the war. However, about 70% of the population still find themselves below the poverty line and less than half of the population have access to clean drinking water.

Especially in the rural areas, the medical facilities are poor. Hospitals and other medical facilities are difficult to reach, the quality is below standard and the hospitals are mostly under staffed. In addition there is a great shortage of good quality medication.

Also, due to the non-availability of electricity, there is a lack of diagnostic and treatment equipment and good laboratory facilities. About 60% of the population in Sierra Leone is illiterate. Although primary education (6-year primary school) in the country is free, many parents are unable to let their children go to school because of the costs of school supplies. Since 2011 the activities of Lion Heart are focused on the village of Yele and surroundings in Gbonkolenken Chiefdom of Tonkolili, one of the five poorest districts in Sierra Leone.



The ability to cope for oneself instead of dependency on external aid

2.3 Board of Governors and team of LHF in the Netherlands

By the end of 2012 the (unpaid) Board of Governors of the Lion Heart Foundation consisted of:

Fred J. Nederlof, chairman

Cornelie de Jong, secretary

Piet Hein M. Deiters, treasurer

Jacques C.H. van de Meulen

Herman F. Veen

The office was staffed by **Fred Nederlof**, **Pien Bax-Engelsman**, office manager and public relations and **Caroline van der Graaf-Scheffer**, fundraising and sponsor contacts. **Johan Luijting** acted as financial controller. **Don Keus** was the LHF overall operations manager. Johan and Don were regularly in Sierra Leone for both long and short periods of time. At the end of the year, Fred Nederlof indicated that he had less time available for Lion Heart. As a result, the board transferred the management to Caroline and Pien. The team in the Netherlands received strong support from the members of the board of governors and numerous volunteers.

2.4 Committee of Recommendation

At present, the Committee of Recommendation still consists of: Ahmed Aboutaleb, Mayor of Rotterdam; Frits Bolkestein, former Euro Commissioner; Atto Mensah, former soccer international Sierra Leone; Mariette Opstelten-Dutilh, (juvenile) judge; Felix Rottenberg, publicist and Willemijn Verloop, founder of War Child Netherlands.

The board of governors express their gratitude for the Committee's support.

The LHF aims to create
of Sierra Leone

opportunities for the population
to build their own future



2.5 Board and team INGO LHF in Sierra Leone

The INGO Lion Heart Foundation is the local subsidiary organization in Sierra Leone and responsible for the implementation of projects in Yele. The board and team of the INGO Lion Heart Foundation in Sierra Leone in 2012 consisted of:

Don Keus, operations manager all LHF projects in Yele

Johan Luijting, controller

Erdi Huizenga, head Lion Heart Medical Centre (LHMC)

Maria Estrella Hernandez, head nurse LHMC, head schooling project

Edward Adikali Turay, assistant operational manager

Maria Singco, manager Nedoil palm oil factory, head farmers program and supervisor plantations.

Steven Visser stayed in Yele as a volunteer for 6 months to assist the controller and to implement a new accountancy system.

Ruurd van Rooijen is still advising the Lion Heart Foundation voluntarily.

2.6 Main activities Lion Heart Foundation in the Netherlands

The fundraising is a primary task of the team at the office in Capelle den IJssel. As in previous years, during 2012 the foundation put in a lot of effort, however we have to deal with a declining income. The main reasons for this drop in income are the insecure political and economic climates. For our fundraising we are mostly dependent on introductions to private individuals, wealth funds, private foundations, companies and the government. A number of our benefactors have visited our projects before making the decision to support. Our experience shows that these visits contribute to the understanding of our goals.

Besides fundraising, one of the main activities of the LHF team in the Netherlands is logistical support to the LHF operations in Yele. Its main concern is the shipping to Sierra Leone of all kinds of medical and non-medical goods. In 2012, volunteers Jan Meijer and Tom Boer put in an incredible amount of work with the stowage of three jam-filled containers. The containers, sponsored by Caru and Unit45, remain in Yele and are used for (temporary) storage and serve as workshops and / or stores for the e-Luma project. Thanks to Van Uden Logistics, considerable savings were achieved on transportation costs.

1 in 8 women die as a result of complications during pregnancy



3 BEST OF BOTH WORLDS PROGRAM

3.1 Program

The Lion Heart Foundation has worked with the 'Best of Both Worlds' program since its founding. The essence of this program is that a large part of the profits of the economic activities is used to sustainably finance healthcare and education. In our view a project is only sustainable if it is financially self-supporting. At this point healthcare and education in Sierra Leone can't be supported financially with income from patients or the government. Therefore most hospitals and schools are structurally dependent on sponsors. We want to change that.

The Best of Both Worlds program is implemented in Yele in the Chiefdom Gbonkolenken with the purpose to achieve:

- Sustainable economic development, through the (re-)construction of a hydroelectric power station and a palm oil factory;
- Increased employment and income for the local population;
- Improving facilities for healthcare and education;
- Development of a social and economic infrastructure.

In 2012, our 'Best of Both Worlds' program received special attention from the President of Sierra Leone, Dr. Ernest Bai Koroma. At his request he visited the different projects of the Lion Heart Foundation and expressed great gratitude on behalf of the Society for the Foundation's efforts in the region.

3.2 Healthcare

Lion Heart Medical Centre (LHMC)

Healthcare in Sierra Leone is far below standard. On every 100,000 inhabitants there are 2 medical doctors (including specialists) and some 40 hospital beds available. Furthermore many health workers are under-qualified while (severe) shortages of drugs and other medical consumables exist.

In 2010 Lion Heart started the construction of the Lion Heart Medical Centre, to provide proper medical care to the population of the Chiefdom Gbonkolenken, of which Yele is the capital.

1 in 6 children in Sierra Leone do not live to their 5th birthday



The hospital in Yele is located next to the Nedoil palm oil factory. At first the clinic functioned as a first aid station for the employees of Nedoil. In September 2011, the clinic opened its doors for the rest of the population, first as an out patient clinic (OPD) and as a hospital for children under five years. At that time there was only a small team of staff available. In 2012, experienced tropical doctor Erdi Huizenga joined the small team of the LHMC. Shortly afterwards, she started educating twenty local nurses. Well-educated local employees are crucial to clear communication with patients. Moreover, the education program fits within the objective of the Lion Heart Foundation to give the community the opportunity to build their own future. Thanks to the substantial support of the Heineken Africa Foundation, the construction of a ward with 32 beds was completed in 2012. Halfway through the year, this new department opened its doors and also the operating theatre and a separate X-ray department were opened.

At present the hospital has two buildings. The first building contains the OPD, a diagnosis room, a small laboratory, a pharmacy, a delivery room, an operating room, a storage room and a department with multiple purposes such as an observation room, day treatment and a waiting room. The second building consists of a ward (32 beds) and an X-ray room. During 2012 an African kitchen was built opposite the LHMC. This kitchen serves the staff and patients. Since July the kitchen and the hospital have access to water and electricity. In 2012, a total of 6,977 patients visited the OPD, an average of 538 patients per month. This is more than double compared to last year. In 2011 the average was 208 patients per month.

Since the opening of the ward in July, the bed occupancy rate increased to 70-80%. The average length of stay of patients in the department is six days. You can [download](#) the English annual report of the Lion Heart Medical Centre here www.lion-heart.nl as well as a [report](#) on the treatment of malnourished children in the LHMC.

Clean drinking water

Clean drinking water is inseparably connected to healthcare. In agreement with the Government, Lion Heart cleaned the water tower and restored the water treatment plant. Since July 2012, clean drinking water is available in the hospital and several tap points in Yele. Thanks to the substantial support by the Anton Jurgens Fund and the Achmea Foundation we are able to restore, replace, and further expand the water distribution network in 2013.

Building the society and achieving active participation



economic independence through of the local population

3.3 Education

LHF is dedicated to improving education in the region. In 2011 we started with the phased renovation of the SDA Junior Secondary School, including the realization of a boarding house for overnight accommodation for children who live in more remote areas. In addition, LHF has been supporting with a school fund since 2008. Pupils qualify in case their parents or family cannot pay the school fees. Meanwhile 115 students make use of this fund. In 2012, the Foundation provided new desks and study and sports equipment for several primary schools in Yele with the support of Smarter Hospital and Primary school De Werkhof from Werkhoven in the Netherlands. Also, with the help of Frank Rammeloo the schoolyard has been renovated and equipped with a climbing frame, swings and a slide.

At Christmas time festively decorated shoeboxes were distributed. The shoeboxes were richly filled by the students of De Werkhof. In this way, the local pupils could also celebrate Christmas a little.

3.4 Economic activities

The Lion Heart Foundation has set up various sustainable economic activities in Yele. Once these projects are profitable, they will be used to finance healthcare and education.

Palm oil factory

Hundreds of farmers with small palm oil plantations live in the area around Yele. During the civil war many of these plantations were destroyed. As a result palm oil could only be produced on a very small scale. To help the local farmers to get an income and employment, the Lion Heart Foundation built a palm oil factory in Yele. Parallel to the construction of the factory, LHF laid out an oil palm nursery, a production and an experimental plantation. A significant number of farmers were supplied with young palm trees from the nursery and received the necessary education and training to improve maintenance and management of their plantation.



LHMC: more beds for more patients in 2012!

The palm oil factory became operational in May 2008 and has a capacity of 3 tons of fruit per hour, enough to handle the anticipated supply. The factory can produce 5-6 tons of palm oil per day, and also produces soap from the residue oil (sludge). It employs around 60 locals in the factory and plantations. In June 2012 there was a record sale of 60 tons of palm oil at once.

Hydroelectric power plant

The village of Yele is situated on the river Teije, where a hydroelectric power plant was located. However shortly after the civil war started both hydro power plant and water purification plant were destroyed. Since then, the inhabitants were reliant on expensive and environmentally unfriendly generators. Purpose of Lion Heart was to restore the power station and the electricity network in order to provide the village and the immediate area of electricity. With great effort and patience we have managed to deliver a complete hydroelectric power station in 2012, including two newly installed turbines.

Now the power plant can provide electricity for the village and the hospital, 24 hours a day. This is a unique milestone, nowhere else has this been achieved with hydropower in Sierra Leone. In addition, the hydroelectric power station provides the water treatment plant with power. As a result, clean drinking water is available at some tap points and in the hospital of Yele since July.

E-Luma project

The E-Luma project is developed by students of the Delft University of Technology, Carnegie Mellon University and MIT. The project focuses on boosting the local economy and trade.

The 'e' stands for electricity, entrepreneurship and education while luma means market place in the local Temne language. Because of shared interests the e-Luma project is supported by LHF by giving advice, mediation with local authorities, accommodation and technical support. In 2012 the containers, shipped by LHF to Sierra Leone, were made available to be incorporated in the construction of the Development Centre. In the center of these converted containers, eight local trading companies will be set up.



3.5 Results so far (2006-2012)

Since the start of the Lion Heart Foundation we have achieved the following results.

- Completion of the renovation and expansion of the MCH therapeutic feeding centre from 25 to 125 beds
- The MCH has grown to become an important regional hospital with a medical 'hands-on' training centre. The professional character of the hospital has lead LHF to hand over to local management in the summer of 2010, thus achieving a basic goal to become superfluous
- The Bai Bureh hospital in Lungi near Freetown which is connected to the MCH and seriously damaged during the war, has been renovated thoroughly
- The number of patients treated in these two hospitals has increased from 5.000 to 30.000 per year
- Construction of an accommodation for 100 homeless polio patients in Makeni
- Lay out of oil palm plantations (production) and experimental plantation in Yele
- Building and putting into use of the first industrial palm oil factory in Sierra Leone in Yele
- Long term support for the SDA Junior Secondary School in Yele including the renovation of the school building and boarding house and an expansion of the school fund
- Support for the primary schools in Yele including providing new school material
- Phased building of the Lion Heart Medical Centre in Yele: completion of the out-patients' department in 2011. In 2012 the LHMC was expanded with a ward that includes over 32 beds, an operating theatre, a hospital kitchen and an X-ray department
- Education of local hospital staff LHMC
- Renovation of the war destroyed hydroelectric power plant
- Construction of the electricity network, street-lighting and connection of homes and businesses in Yele to the grid
- Repair of the water purification plant in Yele, as a result of which clean drinking water on tap is available to the villagers and the hospital.

Providing money, food and water helps, but is not sustainable

4 2012 VISUALIZED



Plans to build a new ward have been realised, thanks to the Heineken Africa Foundation.

January



Don Keus gives President Koroma of Sierra Leone a tour through the various projects of Lion Heart.

March



Brand new X-ray device is installed.

April



May



Record sale palm oil!

June

- Tropical doctor Erdi Huizenga joins the team in Yele.
- Start education of 20 local nurses.

President Koroma:
 'As government we strongly support the integrated approach to healthcare, education and economic development. The projects run by Lion Heart are a good example for our country.'

All 20 nurses pass the exam and receive a certificate.

Opening of the new ward



2012 VISUALIZED



First hospitalization of a patient in the new ward.

July



The operating theatre is put into use: the first operation is a fact

August



Sponsor day Lion Heart Foundation in the Netherlands.

October



December

For the first time, clean drinking water and electricity are available in LHMC 24 hours a day.



Frank Rammeloo, technical supporter in Yele, cycles 25 hours non-stop for Lion Heart, and raises € 3,000 for hospital equipment.
It is not always easy: Flood shuts down the hydroelectric power plant temporarily.



September

Lion Heart Foundation competes for NRC Charity Award with an ad designed by Anneke van Dijk and Patricia Brouwer.



November

LHMC staff is trained by laboratory specialist René Scheeper to become analysts.



Christmas in Yele, children receive shoeboxes filled with toys from the Netherlands.

During the last 12 months some **6997 patients** visited the outpatients clinic, **165 surgical operations** were performed, some **116,045 kWh** of energy was generated and some **12,735 kg** of fruits were picked.





5 FINANCIAL OVERVIEW

5.1 Introduction

The following figures make up the seventh book year of the Lion Heart Foundation, which was founded on the fifth of April 2006. The figures in brackets refer to the previous book year.

5.2 Income

During 2012 a total of € 926,818 (2011: € 850,902) was received to cover running costs and specific projects, of which € 870,618 has been utilized. In the above total an amount of € 25.847 is incorporated as an estimated value of donations in kind in the form of medicines, free sea-container transport and countless other donations.

5.3 Expenditure

The foundation has a voluntary board of Governors with the Chairman working on a nearly full-time basis. The office staff consists of 2 part-timers filling 0.97 fte. 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 at a minimum. The foundation strives to maintain a low overhead of 10 to 15% and 2012 saw a result of 11% (2011 saw 11%).



5.4 Income and expenditure

Income and Expenditure	2012	2011
	€	€
Income		
Donations	926.818	850.902
Expenditure		
Specific projects	88,5% 870.618	88,9% 983.229
Fundraising costs	4,3% 41.981	4,2% 47.250
Costs of management and administration	7,2% 70.498	6,9% 75.374
Total Expenditure	983.097	1.105.853

In 2012 again several employees were active in Sierra Leone for the Lion Heart Foundation. Expatriates receive a stipend based on the PSO rates, which includes travel and accommodation.

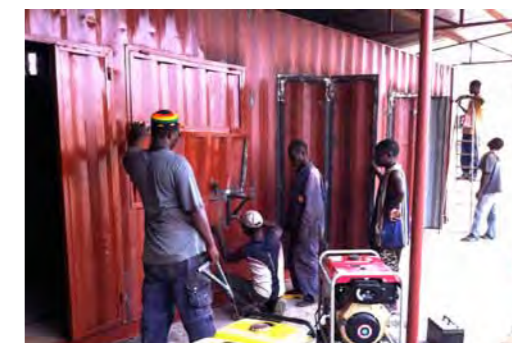
The following amounts were spent on the specified projects in 2012:

Project	Description	Som in €
1	Local farmer support	51.580
2	Renovation of hydroelectric power plant in Yele	534.252
3	Hospital Yele	235.247
4	School project Yele	8.666
5	Research on biomass	36.698
6	Other expenses	4.175
	Total	870.618

5.5 Balance

Balance per 31-12-2012	2012	2011	Liabilities	2012	2011
	€	€		€	€
Assets					
Various assets	1.022	2.044			
Debtors	83.792	62.918	Reserves	-81.030	-34.809
Bank	39.170	15.686	Assigned funds	83.514	93.571
			Short term credit	121.500	21.885
Total	123.984	80.647		123.984	80.647

An external auditor's report is obtained on these financial statements.







LION HEART FOUNDATION

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