



**Al Mustafa  
Welfare Trust**

Charity Number: 1118492



Creating a  
**BRIGHTER  
WORLD**  
by Saving & Restoring Sight

[almustafatrust.org](http://almustafatrust.org)  
020 8569 6444

**100%  
ZAKAT  
POLICY**

# 173,184 CATARACT SURGERIES PERFORMED

Over the last few years, the world has changed so much. We have faced pandemics, conflicts, natural disasters, the devastating impact of climate change, and now a serious economic depression, causing a rise in the cost of living all over the world.

The most vulnerable and impoverished communities globally will be hit the hardest, leaving countless people forced to make impossible decisions about how to survive. At Al Mustafa Welfare Trust, we remain steadfast in our commitment to support those in need and tackle poverty.

Together we can help tackle blindness and restore sight in impoverished communities. Each sight we help to restore uplifts an entire family and boosts a community. By helping people see once again, we are inspiring communities, helping people return to work and provide for their families, supporting people in their education and their worship.

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## OUR VISION

*We want to see a world where no one is blind from preventable & curable causes, where people with visual impairments & other disabilities participate equally in society.*

## OUR MISSION

*Saving sight, changing lives & building a brighter, safer future.*



## CHAIRMAN'S MESSAGE

Every year I write this opening message with the belief that I am the most inspired and happiest ever, and then the next year comes around and I am in even greater awe of you and the work we are doing together.

This year is now different, and I am so pleased to be able to tell you that, Alhamdulillah, by the grace of Allah (swt), Al Mustafa Welfare Trust has now conducted over 173,184 life-changing cataract surgeries - truly a magnificent achievement. In doing so, we have helped families thrive, enabled more people to work and study and for families to break out of devastating cycles of poverty. You have continued to support our eye care work around the world, helping to inspire, uplift and support vulnerable communities. Your dedication and commitment has come at a time of great turmoil and uncertainty, as we have witnessed so much loss and struggle:

Amongst long standing conflict, crises and natural disasters, the world is experiencing a devastating economic crisis which has resulted in inflation and a huge rise in the cost of living. Despite these challenges, you have remained committed to supporting Al Mustafa Welfare Trust in tackling blindness and restoring sight. And for this unconditional support I would like to thank you from the bottom of my heart and I look forward to celebrating another 173,184 surgeries with you.

Yours sincerely,  
**Abdulrazzaq Sajid**

# IMPACT OF VISUAL IMPAIRMENT

## 2.2 BILLION

Globally, at least 2.2 billion people have a near or distant vision impairment. In at least 1 billion – or almost half – of these cases, vision impairment could have been prevented or has yet to be addressed.

## OVER 50

The majority of people with vision impairment and blindness are over the age of 50; however, vision loss can affect people of all ages, even young children and babies.

## MAIN CAUSE

The leading causes of vision impairment and blindness are uncorrected refractive errors and cataracts.

## FINANCIAL COST

Vision impairment poses an enormous global financial burden with the annual global costs of productivity losses associated with vision impairment from uncorrected myopia and presbyopia alone estimated to be US\$ 244 billion and US\$ 25.4 billion.

## A SOLUTION IN SIGHT

90% of vision impairment can be prevented or cured.

## HOW YOUR HELP HAS CHANGED LIVES

*So far, we have performed 173,184 cataract surgeries in the following countries:*

PAKISTAN 132,411

GAZA, PALESTINE 2,137

BANGLADESH 25,518

MYANMAR / BURMA 711

DJBOUTI 2,941

SRI LANKA 2,283

KENYA 5,402

MALAWI 1,781



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# HOW WE SET UP EYE CAMPS

(Pakistan & Bangladesh only)

**1** One month prior to our camp, we place adverts in *local newspapers, community centres, mosques, radio and television.*



**2** We conduct eye screening to determine who requires medication, lenses, surgery or hospital referral.



**3** Those fit for surgery receive a further 5 additional tests: *Diabetes, HIV, Blood Pressure, Hepatitis B & C.*



**4** Surgery is performed and patients are provided food and accommodation for the day to aid recovery.



**5** The next day, we carry out the first post-operative check-up, remove bandages and discharge patients.



**6** A follow-up camp is organised 1 week later and surgeons ensure the patients eye sight is fully restored.

# SAVING AND PROTECTING SIGHT WORLDWIDE

**559,279**  
HEPATITIS  
SCREENINGS

**173,184**  
CATARACT  
SURGERIES

**1,219,453**  
OPD  
SCREENINGS

**683**  
SCHOOL-BASED  
EYE CAMPS  
DELIVERED

**1,411**  
DISABLED  
BUSINESSES  
SUPPORTED

**16,874**  
DISABLED KIDS  
SUPPORTED  
TO ATTEND  
SCHOOL

**801,249**  
EYEGLASSES  
DISTRIBUTED

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# ACTION FOR EQUALITY

We actively work to promote equal opportunities and inclusion for people with visual impairments and other disabilities, as we believe everyone has the right to an education, livelihood and happiness. Visual impairment or disability should never hold people back from fulfilling their potential or leaving them alienated. **To this end, we work across three strands:**



## EDUCATION

Education is a fundamental part of our work with children. We work with local and national partners worldwide to promote inclusive, quality education, giving all children the opportunity to attend school.



## EMPLOYMENT

We work to support and ensure the inclusion of people with disabilities in economic empowerment programmes and provide livelihood opportunities by working with local and national partners.



## POLITICS

The right of people with disabilities to take part in decision-making at all levels, including in the electoral process, is critical if they are to influence policies that affect their lives. We work to promote participation and inclusion in this way.



# CLASSROOM EYE CARE

*We take our eye screening services to schools in impoverished communities worldwide.*



683

SCHOOL-BASED  
EYE CAMPS  
DELIVERED

If children are found to have weak eyesight, we are able to issue them eyeglasses which provides relief and makes their learning richer. We have found that approximately 15% of school children have weak eyesight and require glasses. It is often the case that sadly, both teachers and parents have not realised the child has a visual impairment, and the child's education attainment and confidence is suffering because of it.

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# *The Lives You've* **CHANGED**

## *Palestine*

76-year-old Zaid has been struggling with the loss of his sight. He lives in a small room with his wife, whose eyesight is also worsening.

In reaching old age, the couple face huge issues with accessing food and clean water, as they live in unimaginable poverty and hardship. Zaid's blindness has created further complications and hardships, leaving the couple unable to get the food they desperately need. They are unable to leave their room unassisted, leaving them always dependent on others. Alhamdulillah, Al Mustafa Welfare Trust met Zaid and his wife. We carried out a cataract eye surgery and Zaid is now able to see once again. This cataract surgery has helped us ensure that the elderly couple are able to live a life of dignity and free of stress, alhamdulillah.

## *Pakistan*

Aisha tragically lost her husband 10 years ago and was now losing her sight. She is raising 5 children and is determined to work hard to provide for them.

Aisha works as a maid, tirelessly, often with long hours, but remains inspired by the sure knowledge that her children will have everything they need to thrive. However, over the last few months, Aisha has developed a clouding of her vision that's been getting worse. She knows she is almost blind but was unable to reach a hospital to get the support she needs. Al Mustafa Welfare Trust were able to conduct a cataract eye surgery in one of our hundreds of Eye Camps close to her village to help restore her sight. Now, Aisha is able to see once again and has returned to work.



## *Africa*

Ahmed a farmer in Malawi lives with his family of eight, who all rely on him to take care of them.

Ahmed has always worked hard, believing in the importance of providing for his family and being able to work and contribute to his community. Over the last year, Ahmed's vision has worsened, and he was becoming barely able to see. He had developed a cataract in both eyes. His financial circumstances left him unable to access a doctor or hospital to get the treatment he needed. Ahmed was becoming increasingly worried about his family as he has been unable to work to provide for them. Alhamdulillah, Al Mustafa Welfare Trust met Ahmed, and conducted two cataract eye surgeries, removing the cataract and restoring his sight. Ahmed has now returned to work with full energy and fervour.





A portrait of Dr. Abdirahim, a man with short dark hair and glasses, wearing a dark blue and white striped short-sleeved shirt. He is smiling slightly and looking towards the camera. The background is a blurred indoor setting with blue walls and a door.

# *Meet our volunteer* **DOCTOR**



Dr Abdirahim is one of our most dedicated doctors. Coming from humble roots and facing a series of challenges while growing up, he was determined to succeed and give back to his community.

After years of hard work and sacrifice, Dr Abdirahim has become a qualified doctor, earning his degree and accreditation from some of the most renowned institutes in the country. Now, he volunteers with Al Mustafa Welfare Trust, helping to ensure that those most vulnerable and living in remote locations have access to the quality healthcare they deserve. Dr Abdirahim travels with us to some of the most remote locations across Malawi, delivering eye camps and carrying out cataract surgeries. He is often on the road with us for days and weeks at a time, working with other doctors to deliver up to 100 surgeries a day. His dedication and commitment knows no bounds. Dr Abdirahim says that he is filled with happiness when meeting and helping beneficiaries, and he is always left feeling very grateful that he is able to support those in need, Alhamdulillah.



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# Investment in Advanced Diagnostic EQUIPMENT



*To be able to deliver world-class medical aid to our beneficiaries we want to ensure that our medical staff use the latest Advanced Diagnostic Equipment (ADE) in our eye hospitals and in our eye camps. Through your donations we were able to purchase and invest in the following technologies:*

## Optical Coherent Tomography (OCT)

An OCT is a non-invasive diagnostic method used for imaging the retina. It enables our team to diagnose early stage macular degeneration, glaucoma and diabetic retinopathy, the top three diseases known to cause blindness. The OCT has become the standard of care for assessing and treating most retinal diseases as it works at a 840nm wavelength and constructs a detailed image for our team to diagnose.

## YAG Laser

During our cataract surgery, we place an artificial lens on the eye membrane known as the lens capsule. Sometimes people can develop a haze in this lens capsule after their surgery which can make it difficult to see. We use YAG laser treatment to correct this cloudiness which can also occur in some cases of glaucoma.

## Argon Laser

Because of their relatively shorter wavelengths, Argon Lasers can be used to treat a number of eye conditions and very sensitive cases. The eye conditions that can be treated through Argon Lasers range from glaucoma, diabetic eye disease to some retinal holes and tears. It can also be used to prevent an eye condition from getting worse and on occasion to cure it.

# Eye Restoration in AFRICA

*Approximately 26.3 million people across Africa have a form of visual impairment. It is estimated that 15.3% of the world's blind population reside in Africa.*

One in three Africans - 422 million people - live below the global poverty line, which makes their circumstances even more challenging. Many communities across Africa lack access to basic health services, and so something as treatable as cataracts are left untreated for years, leading to complete and debilitating blindness.

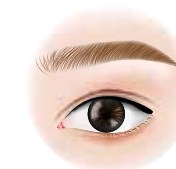
In some communities across Africa, there are myths and preconceived ideas regarding the use of hospitals and being treated by doctors. This can prevent people from seeking the support they need, and especially so for women. Al Mustafa Welfare Trust is working to educate and empower communities, dispelling myths that can have catastrophic impact on human life. We are now working with local hospitals to conduct cataract surgeries of those most in need in the community.

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## WHAT ARE CATARACTS?

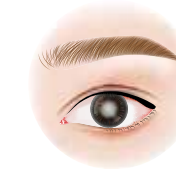
Cataracts are cloudy patches appearing on the lens of the eye, which begin to limit our vision. Cataracts usually get worse slowly over time, and can occur in one or both eyes. Symptoms may include a sensitivity to light and glare, clouded, blurred or dim vision, increasing difficulty with vision at night, need for brighter light for reading, seeing 'halos' around lights, fading or yellowing colours, and double vision. If untreated, cataracts can lead to blindness.



Healthy Eye



Vision from a healthy eye



Cataract



This is what a cataracts patient would see

### *What are some of the causes of cataracts?*

Poor nutrition

Dirty water and poor hygiene conditions

Dirty sand which hits the eye

Old age

Poverty and lack of health services

### *Can cataracts be cured?*

**Yes**, cataract surgery is a simple procedure that costs as little as **£45**. It can help restore sight and prevent blindness.





# CELEBRATING WORLD SIGHT DAY

*Every year, on the second Thursday of October, World Sight Day is celebrated around the world. On World Sight Day, there is mass awareness raising about the causes, impacts and solutions of blindness.*

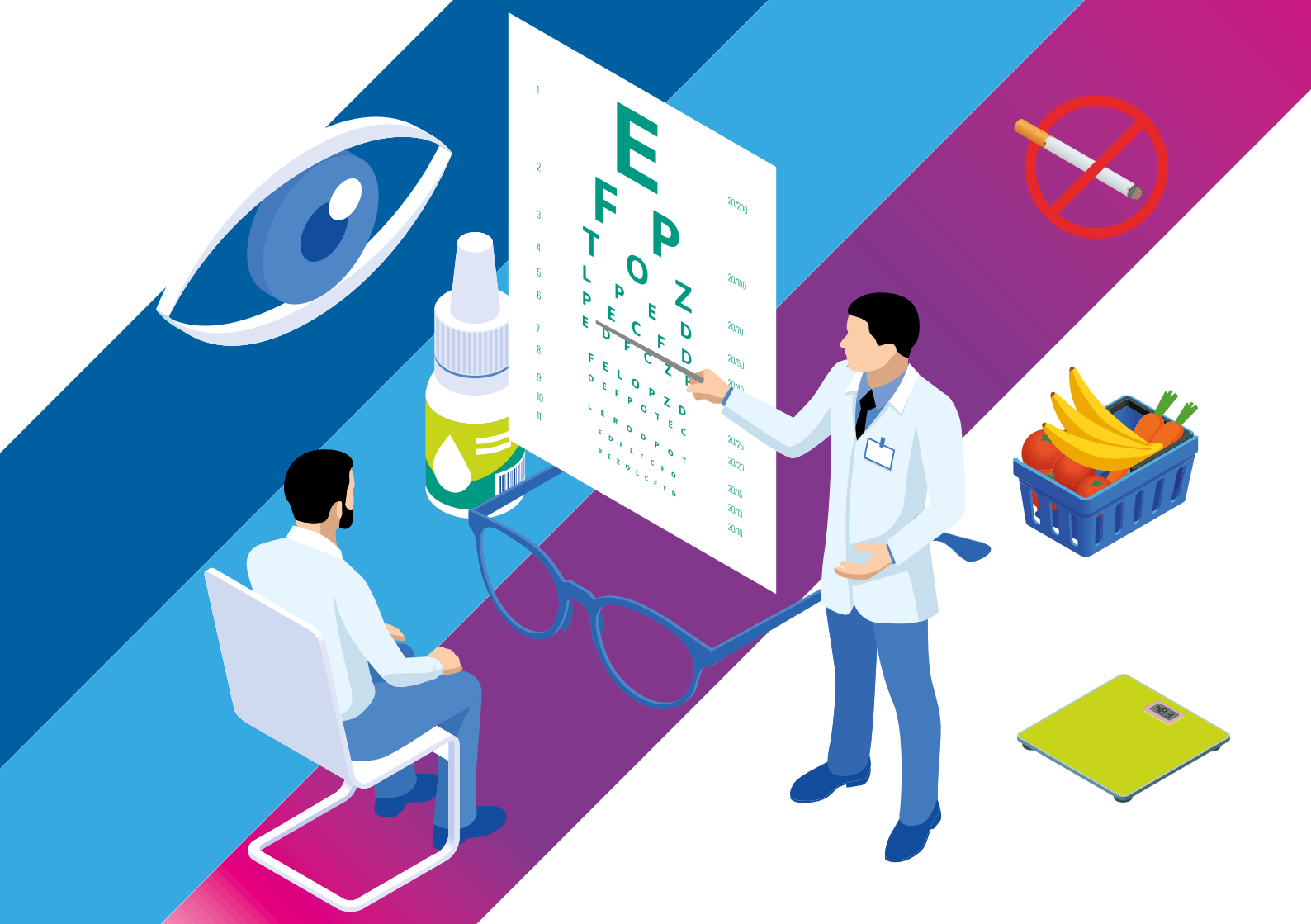
Activities take place worldwide highlighting the 39 million people who are blind, and the 285 million who are visually impaired. For us, World Sight Day is also a day of celebration and to mark how far we have come together, in treating blindness and restoring sight. At Al Mustafa Welfare Trust, we are overjoyed about the huge milestone we have hit, of having carried out over 173,184 cataract surgeries. This means we have helped restore and save the sight of over 173,184 people, while helping hundreds and thousands more with glasses and support services. Together we have been working in remote communities to transform lives, advocate for the rights of visually impaired and disabled people, and to help societies flourish.

 **YOUR EYES**



 **WORLD  
SIGHT DAY**  
2022

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# KEEP YOUR EYES HEALTHY

*Eye health is important no matter where you live.  
Keep your eyes healthy with these tips.*



## HAVE ANNUAL EYE EXAMS

With yearly eye examinations, in addition to updating your prescription, professionals can catch problems such as glaucoma, diabetic eye disease, and macular degeneration before they start and this can help prevent loss of vision.



## EAT A HEALTHY DIET

Fruits and vegetables such as leafy greens and carrots can keep your eyes healthy, as can eating fish which is high in omega-3 fatty acids, such as salmon, tuna, and halibut.



## MAINTAIN A HEALTHY WEIGHT

Diabetes and other conditions can lead to vision loss, diabetic eye disease, or glaucoma.



## KNOW YOUR FAMILY HISTORY

Some eye diseases are hereditary. Know your family risks up front.



## GIVE YOUR EYES A REST

When working at a computer, try the 20-20-20 rule: every 20 minutes, look away from your screen at a point 20 feet in front of you. Hold for 20 seconds.



## QUIT SMOKING *(or never start)*

Research has linked smoking to an increased risk for age-related macular degeneration, cataracts, and optic-nerve damage, all of which can lead to blindness.



## WEAR PROTECTIVE EYEWEAR

Wear safety goggles when playing sports or doing jobs that create airborne sawdust or other hazards. Wear sunglasses to protect from UVA and UVB radiation.

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# Join Us and Help Make a Difference...

*Become a member of Team Green and join Al Mustafa Welfare Trust in carrying out life-changing eye camps around the world.*

You will be able to see first-hand the massive impact that a simple 15-minute operation can have on a person, their family and their community at large.

Raise £3,000 and personally deliver it to your eye camp to see the impact of your donations! You will be able to travel with our team and get an insight on how we setup our eye camps and help deliver a life-changing experience to those who need it the most. Volunteer with our team, meet the beneficiaries and witness first-hand what a difference your donation can make.

**Get in touch to find out more!**

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## Fundraise

Whether it's a sponsored run or a coffee and cake morning, your support changes lives.

## Donate

Make a regular monthly donation and help make a difference every single day.

**£45** could provide for **One Cataract Surgery.**

**£135** could provide for **Three Cataract Surgeries.**

**£450** could provide for **Ten Cataract Surgeries.**

**£1,500** could provide Cataract Surgeries for **28 people** in one Eye Camp.

## Campaign

Add your voice and speak up for those who don't get heard.

## Leave a Gift

A gift in your Will, however small or large, can help ensure we can always be here for those in need, and bring you blessings and rewards even after you have passed away.



Give a gift  
that lasts a  
lifetime.

Just £45 could provide  
One Cataract Surgery.



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**100%  
ZAKAT  
POLICY**

*giftaid it*

☐ Please tick

**Add 25% to your  
donation at no  
extra cost!**

I confirm that I am a UK Income or Capital Gains Tax payer and want Al Mustafa Welfare Trust (AMWT) to reclaim the tax as Gift Aid on this donation, any previous donations for the last 4 years and any future donations until I notify otherwise. I understand that Gift Aid is reclaimed by the charity from the tax I pay for the current year and that if I pay less Income Tax and / or Capital Gains Tax than the amount of Gift Aid claimed on all my donations in that tax year it is my responsibility to pay any difference. I understand that other taxes such as VAT and Council Tax do not qualify. I understand that the reclaimed tax will be used towards the administration cost of the charity and that I must inform the charity if I want to cancel the declaration, change my name or address or no longer pay sufficient tax.

Signed

Date

Name (Mr/Mrs/Miss)

Address

Post Code

Email

Telephone

## SINGLE DONATIONS

I would like to donate

£

towards

I enclose a cheque made payable to **'Almustafa Welfare Trust International'** for £

Please charge my credit/debit card for £

**Card Type**

Card Number

Expiry Date

Security Code

Issue Date

Issue Number

Signature

Date

## DIRECT DEBIT (To make regular donations)

Name(s) of Account holder(s)

Bank/Building Society

Account No:

Sort Code:



I would like to donate

☐ £45 a month

☐ £90 a month

☐ £125 a month

☐ Other £

I wish my donation to be made on the **1st** ☐ or **15th day of the month** ☐

starting from  (dd/mm/yy)

### BENEFICIARY'S ACCOUNT DETAILS

Account Name: **Almustafa Welfare Trust International**

Sort Code: **30-90-89** Account No. **53820168** Bank: **Lloyds Bank**

Signature

Date



**We couldn't have  
done it without you!  
Together we performed  
173,184  
Cataract Surgeries**



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Welfare Trust**

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