



**Al-Mustafa
Welfare Trust**

Charity Number: 1118492

Hope in *Sight*

Throughout this
crisis you have
helped people
see again.
Thank you!

almustafatrust.org
020 8569 6444





Thanks to you
we performed
123,792
cataracts
operations!



*‘Whoever relieves a
believer’s distress of the
distressful aspects of this
world, Allah (swt) will
rescue him from a
difficulty of the difficulties
of the Hereafter’*

(Sahih Muslim)

Throughout the COVID-19 pandemic, you have continued your valuable support and helped us give the gift of sight back to thousands of people during this difficult time. When you restore the sight of one person, you help entire communities flourish. People living with visual impairments often rely on family and neighbours for support with even simple tasks and are unable to work.

OUR VISION

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

OUR MISSION

Saving sight, changing lives and building a brighter, safer future.



CHAIRMAN’S MESSAGE

It is heart-breaking to see so many people around the world are suffering like never before.

The Covid-19 pandemic has caused severe health-related issues for so many people, as well as causing even more hunger and poverty. It has reminded us how important quality healthcare is at any given time. Al Mustafa Welfare Trust is committed to providing excellent eye care to impoverished communities, as restoring sight can truly restore hope and help communities flourish. I have met hundreds of people who were trapped in darkness and whose families were suffering alongside them due to visual impairments, despite it being treatable and preventable.

You have joined us on our mission to treat blindness and together we have conducted over 120,000 cataract surgeries, Alhamdulillah.

This year, more than ever, we have been grateful for your continued support. Saving sight, changing lives and building a brighter, safer future.

Yours sincerely,
Abdul Razzaq Sajid

Impact of Visual Impairment

New data about visual impairment was published in 2020. It showed that:

39 MILLION

An estimated 39 million people are blind, cataracts being the leading cause.

237 MILLION

An estimated 237 million people have moderate to severe visual impairment.

2.2 BILLION

An estimated 2.2 billion people struggle with near vision and need reading glasses.

75%

More than 75% of all blindness and visual impairment can be cured or prevented.

1 BILLION

More than a billion people, about 15% of the world's population, have some form of disability.

115 MILLION

The rates of disability are increasing due to a rise in chronic health conditions, amongst other causes. Without action the number of people who are blind could rise to 115 million by 2050.

A heart felt thank you from **AMWT**

We know how difficult 2020 has been for everybody here in the UK and worldwide. The Coronavirus pandemic has caused unprecedented loss of life, of income and livelihood, and of togetherness.

In these difficult times, you supported us and helped those most in need. Together, we showed the most vulnerable around the world that they are not alone.

With your support, we're moving closer to eliminating trachoma and we're making huge strides in promoting the rights of people with disabilities. We couldn't have done it without you, and we hope you're proud of what you're helping us achieve! **123,792** cataract surgeries mean **123,792** people can live independently, support their families and help their communities. With restored eyesight, they can work, embrace their loved ones, go to the mosque, recite the Qur'an and enjoy every precious moment of their life.



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Al Mustafa Eye Hospital

Al Mustafa Welfare Trust has established a specialist eye hospital in Lahore, Pakistan. Our hospital is one of a kind, providing expert healthcare free of cost for those most in need.

We are currently serving 200 patients every single day. At our hospital, we work with world-class doctors and treat a whole range of eye health conditions, truly benefiting vulnerable people living in poverty.

Qualified eye specialist surgeons and doctors using the latest techniques to provide excellent medical care and performing critical operations; helping restore the sight of hundreds of people each day. Our hospital is fully-equipped with excellent medical machinery and equipment.

At our hospital, we take our eye camps one step further. While our eye camps will continue and are brilliant in saving sight, we are often dependent on weather and location. Although our services are good, we are unable to operate on children or provide specialist support that is sometimes required. At our hospital, we can offer tailored support with expert medical professionals and treat complex cases. Our hospital also means that patients are welcome to visit us whenever they need help. This allows us to treat blindness a lot earlier; preventing longer lasting damage and averting a wider impact to the lives of the people we are helping.

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PAKISTAN 603

GAZA, PALESTINE 62

BANGLADESH 298

BURMA 21

GAMBIA 106

SUDAN 21

KENYA 33

SRI LANKA 39



Think Global, Act Local

*So far, we have run
1,183 Eye Camps in
8 countries, providing
essential medical treatments
to those most in need.*

Vision = Freedom

How we set up Eye Camps



1

1 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.



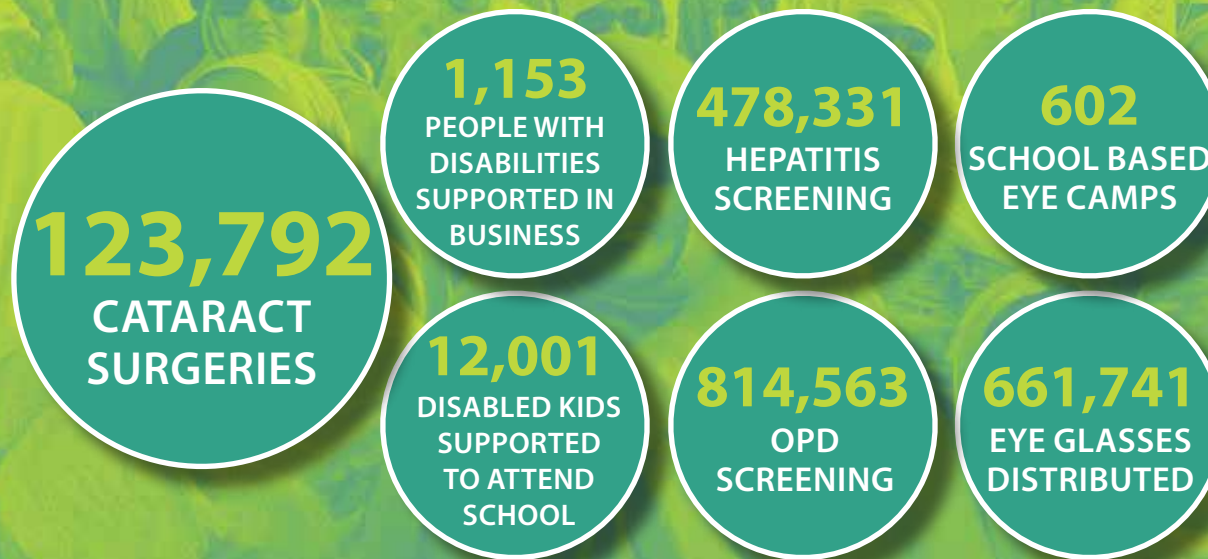
6

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

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Small Steps Big Impact

This year we achieved increased results in almost every area of our activity and reached more people than ever before.



Supporting Disability Rights

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 go to school.



EMPLOYMENT

We work to support and ensure the inclusion of people with disabilities in economic empowerment programmes and 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. 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.



What is Cataracts?

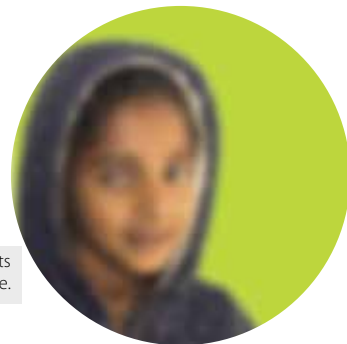
Cataracts are when cloudy patches appear on the lens of the eye, which begins to limit our vision. Cataracts usually get worse slowly over time, and can occur in one or both eyes. Symptoms may include a sensitivity to light and glare, clouded, blurred or dim vision, increasingly difficulty with vision 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.

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.



This is what a cataracts patient would see.

Restoring Karamat's Sight

When Karamat Ali was 46 years old, he began having problems with his eyesight. As his vision worsened over time, he soon found himself unable to work.

His friend told him he thought he had cataracts, but Karam Ali himself was unaware and unsure. Without any income and no eye care facilities nearby, he had no way of getting help with his condition. Being unable to work meant he was dependent on the help of his family for even simple tasks, and could not afford to send his children to school. Without any income, he could not afford healthcare from the city.

Al Mustafa Welfare Trust held an eye camp at Karamat's village, where we were able to assess him and conduct a cataract surgery, which restored his sight. Now, Karamat's life is completely transformed. He is living his life independently without relying on others, and is once again able to help others. He is now able to provide for his family again by working. He is planning to start a farming project that he has been dreaming of for the past two years but could not do anything for it. He now has a fresh beginning, a new lease of life and hope for a brighter future.

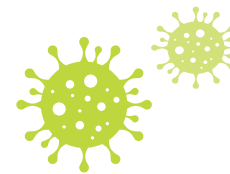
£45

Just £45 provides for
One Cataract Surgery.





Leave nobody behind **Covid-19**



Before, during and after Covid-19, Al Mustafa Welfare is committed to leaving no-one behind. This means we focus on making our programmes inclusive and accessible so that anyone, everywhere can benefit from the transformative work we do.

By delivering quality eye camps around the world, we ensure more people have the opportunity to correct their vision and cure preventable blindness. This means that we can ensure more people are working, flourishing, happy and succeeding. In the pursuit of development and improvement, we leave nobody behind.

We take our eye camps to some of the remotest parts of the world, serving some of the most impoverished communities, even during this crippling global pandemic. Once we decide to work in a certain area, we work with local and national partners, press outlets, community centres and mosques to ensure that we reach as many people as possible.

Our teams have been following all guidelines regarding social distancing, protective equipment and clothing, hygiene and sanitation to ensure that our eye camps can still carry on in a safe manner.



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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.



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EYE HEALTH HERO

Wawuda is the first and currently the only cataracts surgeon working in Lokirima, Kenya. She helps perform around 10 to 20 cataract operations a day, and her favourite moment is when the patient's bandages are finally removed and they can see again.

"Sight is the most important sense," says Wawuda "Trust me, if you wake up and you can't see, your life will be completely changed."

She may just be beginning her career as a cataracts surgeon, but Wawuda is very passionate about helping to improve eye care in Lokirima, Kenya.

Celebrating World Sight Day

Every year, on the second Thursday of October, World Sight Day is celebrated around the world.

On this day, there is mass awareness raising, highlighting the 39 million people who are blind, and the 285 million who are visually impaired. 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 invite you to join us in celebrating the incredible strides we have made in carrying out over 123,000 cataract surgeries and saving sight. 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.



2020
WORLD
SIGHT
DAY





Keep your Eyes Healthy

Eye health is important no matter where in the world 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 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 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 £1,000 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!



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Fundraise

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

Leave a Gift

A gift in your Will, however small or large, can help ensure we can always be here for those in need.



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Campaign

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

Donate

Make a regular monthly donation and spread the impact of your gift.

£45 provides for **One Cataract Surgery.**

£135 provides for **Three Cataract Surgeries.**

£450 provides for **Ten Cataract Surgeries.**

£1500 provides Cataract Surgeries for **28 people** in one Eye Camp.



Al-Mustafa Welfare Trust®

Charity Number: 1118492

110 High Street, Hounslow TW3 1NA

Tel: +44 (0)20 8569 6444

www.almustafatrust.org

info@almustafatrust.org



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 M M Y Y Security Code Issue Date M M Y Y

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

Together we did
123,792
Cataract Surgeries.



**Al-Mustafa
Welfare Trust®**

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almustafatrust.org

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