



Al Mustafa
Welfare Trust

Charity Number: 1118492

Celebrating 150,000 Cataract Surgeries



almustafatrust.org
020 8569 6444



Thanks to
you we
performed
152,149
Cataract
Surgeries



CHAIRMAN'S MESSAGE

I write to you with a heart full of immense gratitude and happiness.

The way we have come together to restore sight for those around the world is remarkable. Alhamdulillah, by the Grace of Allah (swt), Al Mustafa Welfare Trust (AMWT) has conducted over 150,000 life-changing cataract surgeries.

This would not be possible without you, the impact of these surgeries has had a profound and lifelong effect on patients. Whilst Covid-19 brought challenges to life, movement and work, we ensured that our aid delivery was not hindered. We worked on the ground with our local teams and partners to ensure safe and effective delivery to the most vulnerable of communities. We did all we could to make sure that our eye care projects were not disrupted, reorganising our work to promote the wearing of face masks, use of hand sanitiser and managing crowd numbers to stop the spread of the virus.

Thank you for your continued support of Al Mustafa Welfare Trust. There are 150,000 grateful souls, with restored sight worldwide, a truly magnificent achievement. Their families are now thriving, with less burdens and more people working or studying. May Allah (swt) reward you in kind and I look forward to achieving another 150,000 surgeries with you.

Yours sincerely,
Abdul Razaq Sajid

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.

'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)





2.2 BILLION

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

MAIN CAUSE

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

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.

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 is estimated to be US\$ 244 billion and US\$ 25.4 billion.

Impact of Visual Impairment

Rising to the Challenge

To help prevent the spread of COVID-19, we've adapted many of the eye health programmes you support.

As COVID-19 emerged, we saw huge pressures placed on the health sector around the globe. Countries with weak infrastructure were unable to cope with the new virus, and had to bring in new ways of working to adapt and deal with the pandemic. We even saw aid operations close in some countries with organisations unable to reach communities in need. However, Al Mustafa Welfare did not stop or give up. In fact, we ramped up our efforts because we knew that communities in need needed us more than ever. We continued our eye camps in impoverished locations so no one had to live in darkness for a moment longer than necessary.

We implemented social distancing, good hygiene and face masks to limit the spread of the virus, and ensured that we kept crowds to a minimum. We also used these camps as an opportunity to talk to communities about the virus, raising awareness and spreading good practice.



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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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How your help has changed lives

So far, we have performed 152,149 cataract surgeries in the following countries.

PAKISTAN 115,067

GAZA, PALESTINE 1,820

BANGLADESH 22,843

BURMA 690

DJBOUTI 2,863

SRI LANKA 2,186

KENYA 5,279

MALAWI 1,401



A Solution in Sight 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.

Building Sustainable Eye Care Systems Worldwide

152,149
CATARACT
SURGERIES

1,341
DISABLED
BUSINESSES
SUPPORTED

512,652
HEPATITIS
SCREENINGS

651
SCHOOL-BASED
EYE CAMPS
DELIVERED

16,314
DISABLED KIDS
SUPPORTED
TO ATTEND
SCHOOL

998,723
OPD
SCREENINGS

755,991
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 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



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The chance to Thrive

Danish's Story

8-year-old Danish loves to go to school. He always wants to do well, carrying around his text books wherever he goes. However, over the last few years, Danish noticed that his eyesight was getting progressively worse. The words on the blackboard were becoming more difficult to read, and soon he couldn't read his books. Danish and his family didn't know what to do, so he prepared for a life in the darkness. He put his dreams of being a doctor away. Al Mustafa Welfare Trust met Danish and were able to conduct a cataract eye surgery. As a result, Danish's eyesight has returned, and he is back at school working towards his goal of becoming a doctor! We are so glad we were able to identify and treat Danish quickly so he did not have to endure too much hardship. Alhamdulillah, his future is bright!

Naz Bibi's Story

Al Mustafa Welfare Trust was able to conduct a cataract surgery for Naz Bibi, a mother with small children. Alhamdulillah her eyesight has been restored and she happily plays with her children, feeds them and reads with them. Despite the joy of no longer struggling in darkness, she can't help but feel regret about all she missed out on while she didn't have the right treatment. Living with blindness was incredibly difficult as she could not care for her children properly, nor did she witness them growing and learning. Now, Naz Bibi looks forward to being part of her children's lives as they grow and flourish.



Muhammad's Story

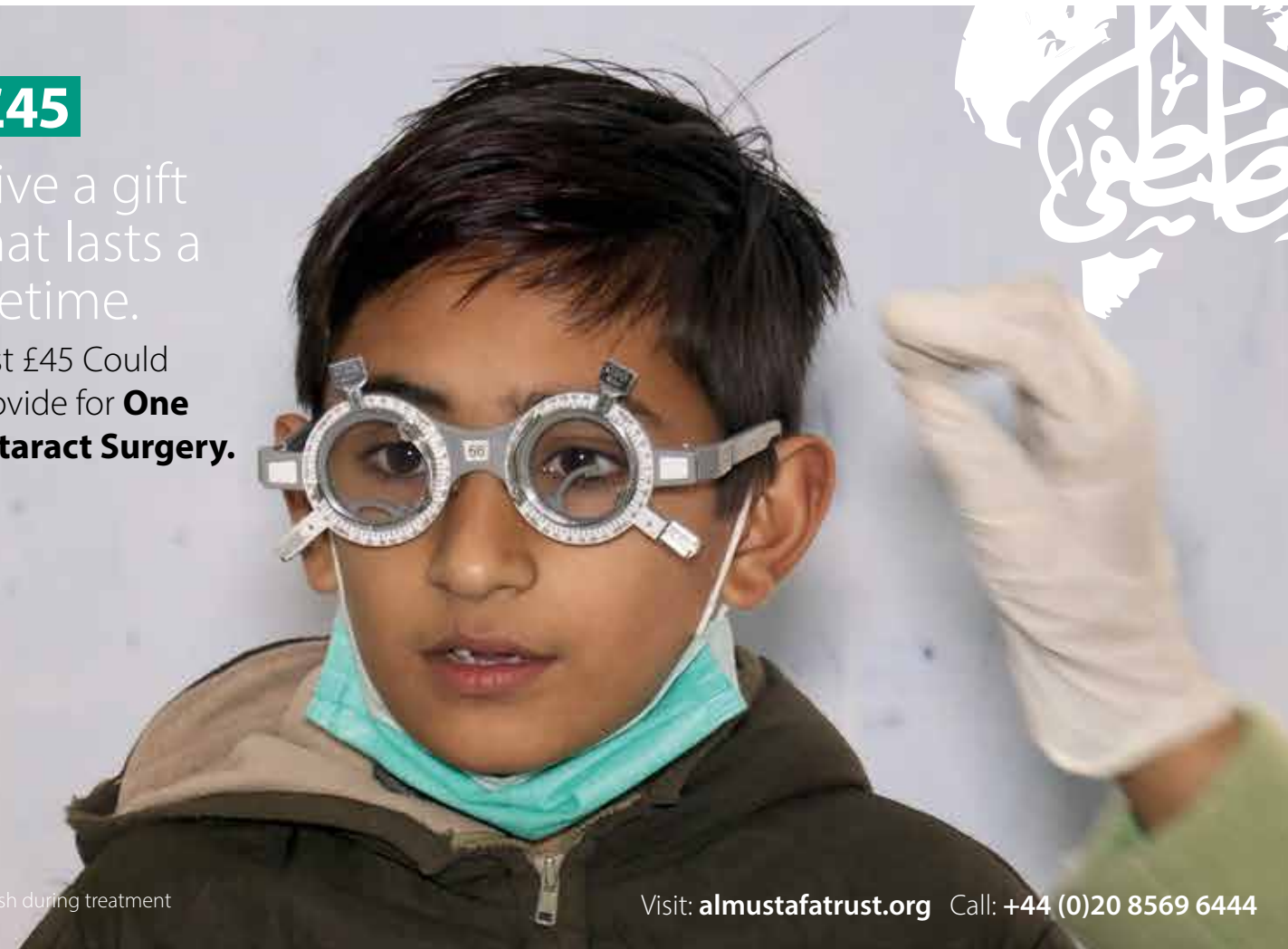
Muhammad Wasim makes a humble income for his family by driving a rikshaw. He noticed over time that his vision was becoming more and more blurry and it became difficult to see the road. Eventually he lost sight in one eye totally, and had to stop working. Sat at home, he was devastated about not being able to earn for his family and worried how they would survive. Feeding his family became incredibly difficult. He came to one of Al Mustafa Welfare Trust's eye camps, where we were able to conduct a cataract eye surgery, bringing back his beautiful eye sight! Muhammad is now able to see again, and is back working to provide and support his family. Muhammad is so grateful to be able to work again, and he looks forward to be able to help his children succeed in everything they wish to do.

£45

Give a gift that lasts a lifetime.

Just £45 Could provide for **One Cataract Surgery.**

Danish during treatment



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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. We are now working with local hospitals to conduct cataract surgeries of most needed in the community.



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, 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?

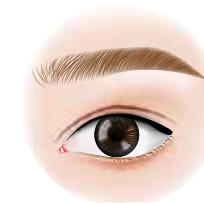
Poor nutrition

Dirty water and poor hygiene conditions

Dirty sand which hits the eye

Old age

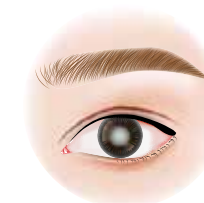
Poverty and lack of health services



Healthy Eye



Vision from a healthy eye



Cataract



This is what a cataracts patient would see



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.

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Celebrating World Sight Day

 **WORLD SIGHT DAY**
2021

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 150,000 cataract surgeries. This means we have helped restore and save the sight of over 150,000 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**



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 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, and bring you blessings and rewards even after you have passed away.

Campaign

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

Donate

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

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

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

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

£500 towards **Eye Hospitals.**

£1500 could provide Cataract Surgeries for **28 people** in one Eye Camp. (Pakistan & Bangladesh only)

£4000 could pay for a **Slit lamp** for eye examinations.





**Al Mustafa
Welfare Trust®**

Charity Number: 1118492

110 High Street, Hounslow TW3 1NA
Tel: +44 (0)20 8569 6444
Web: almustafatrust.org
Email: 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

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
152,149
Cataract Surgeries**



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