



# Al-Mustafa Welfare Trust

Charity Number: 1118492



## Eye Care Everywhere

Helping Restore the Blessing of  
Sight & Transforming Lives

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

**Al Mustafa Welfare Trust's goal is a world where no one is blind from avoidable causes, and where people with visual impairments and other disabilities participate equally in society.**

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### CHAIRMAN'S MESSAGE

It has been said that if I can see pain in your eyes, then share with me your tears. If I can see joy in your eyes, then share with me your smile. This is so true because every time we help someone see again we often witness genuine tears of happiness.

This year we achieved increased results in almost every area of our activity and reached more people than ever before. It costs so little to restore the blessing of sight, thank you for your steadfast support and please continue assisting us to spread the gift of sight.

Yours sincerely,

**Abdul Razzaq Sajid**  
Chairman

# Impact of Visual Impairment

Recently published data on visual impairment rates indicate that:

**36 MILLION**

An estimated 36 million people in the world are blind. The leading cause of this is cataracts.

**217 MILLION**

An estimated 217 million people have moderate to severe visual impairment. The main cause of this is uncorrected refractive error.

**1.1 BILLION**

An estimated 1.1 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.

**1 BILLION**

Rates of disability are increasing because of the ageing population and a rise in chronic health conditions, among other causes. Without action, the number of people who are blind could rise to 115 million by 2050.

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# Loss of Sight Effects the Most Vulnerable

Studies indicate that two-thirds of people suffering from eye conditions are women and girls. There are various reasons for this, including access to treatment.

Even when health services are accessible, in many developing world community's men control the family finances and their medical needs are prioritised. The unethical question this poses is - should a family invest in a woman's eye health? In many cases the answer is no. Additionally when services are not easily accessible, it can also be harder for women to travel for treatment because of domestic responsibilities. In some cultures there is a sense of shame surrounding any type of disability, including visual impairments. In Pakistan, for example women are often afraid to be seen as a burden on the family and ashamed about being blind and may not seek medical help and support for this reason.



*Did You Know?* AMWT has a team of trained councillors who conduct community out-reach projects aiming to educate people on eye treatments and family healthcare.

# Our Achievements



**86,203**  
CATARACT  
SURGERIES



**489**  
SCHOOL BASE  
EYE CAMPS



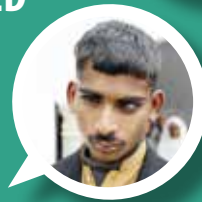
**591,841**  
OPD (SCREENING)



**242,550**  
HEPATITIS  
SCREENING



**490,000**  
EYE GLASSES  
DISTRIBUTED



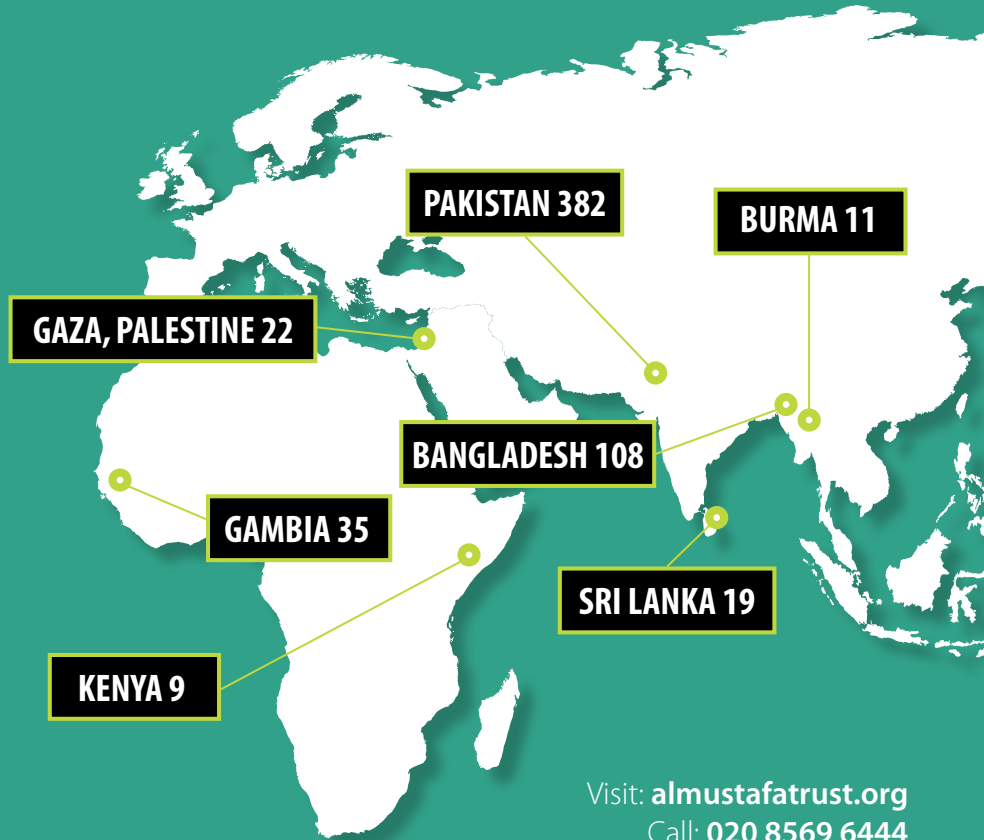
**992**  
PEOPLE WITH DISABILITIES  
SUPPORTED IN BUSINESS



**9,047**  
CHILDREN WITH  
DISABILITIES  
SUPPORTED TO  
ATTEND SCHOOL



# Eye Camps 2018



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# Transforming Lives Together



## Nazeera Bibi, Kashmir

Nazeera Bibi a 60-year-old elder from Kotli, Kashmir, slowly began losing her sight in June 2013. The loss of vision made her very unhappy, she could no longer be independent and was confined to her home. She was fortunate that someone took care of her, but most people did not know how to deal with her. Her older brother advised her to go to the AMWT clinic in Pakse. Nazeera Bibi was operated on by AMWT staff, over the course of two days both her eyes underwent surgery. When the bandages were removed after the second operation, she was able to see everything around her again to her great jubilation. Of course, she was overjoyed to see her brother again, but now she also looks at ants with an almost childlike wonder. She is very happy with this enormous improvement in her life and looks forward to the future with a smile.



## Mr Azmol, Bangladesh

Azmol lives in Sylet, Bangladesh and last year he noticed that his vision was gradually becoming blurred. He was worried that his work as a carpenter would eventually become impossible. How would he be able to provide for the livelihood of his family? He was referred and treated in one of AMWT's eye camps in Khamvang. The operation encountered some complications and only one of his eyes was fully treated. This has not subdued his happiness, 'All the wealth in the world does not equal what I have been blessed with again.'



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## Anwar Mehmood, Muzaffargarh

Many people in the developing world can suffer from various types of disability discrimination when their health is failing. An example of this kind of exclusion is 49-year-old Anwar Mehmood, who lost his job after his eyesight became poorly. His vision steadily worsened until he lost sight in both eyes. The pressure to provide for his son, two daughters and dependent mother was immense. Money was so scarce his son had to be pulled out from school and Anwar suffered from acute depression at the frustration and confinement he felt as a blind man. Anwar attended the AMWT Eye Camp in Muzaffargarh where we were able to identify him through a survey conducted in his community. After his successful surgery he commented, 'I'm now confident in getting around again, my contentment is linked to my mothers, I have never seen her more happy than when I told her I could see her again.'



## Mandala, Gambia

We met Mandala at a hospital in Gambia, just before her operation. At the age of 76, she was still working with her husband on a farm. She told us how the cataracts in both eyes made everyday life a huge challenge, and even simple tasks were a struggle. She would often mistakenly pick crops rather than weeds while she was farming, faces had become more difficult to identify, she had to rely on recognising voices instead. When the day for Mandala's surgery arrived, her sister Naobi was by her side. After the surgery, she exclaimed 'I can't express my gratitude in words because of the delight I am feeling!, I can see what everyone is wearing. I can see all the colours! The first thing I'll do when I get home is devote my prayers to God because I am so thankful to Him and to those who helped make this miracle.'



**Did You Know?** AMWT is the only charity working in Pakistan which screens blood for Hepatitis B&C from all patients in its eye camps before their surgeries. WE then treat all Hepatitis B&C positive patients under strict prescribed medical procedures.

# Eye Restoration in Africa

*Providing eye care in Africa is full of challenges. Poverty, the shortage of eye specialists and transportation are all major obstacles.*

Cataracts are the leading cause of treatable blindness in the world. Most people have no idea what is wrong with their eyes or that there is a solution. A 15-minute cataract surgery to remove the clouded lens costs about £35 and can restore sight. But because cataracts develop gradually and are painless, most people in Africa won't spend the money to travel to hospital to seek help. Even when diagnosed, many people feel much fear and apprehension. Hospitals are often viewed as places where you go to die, not as centres for cure. Moreover, many people have little real conception of what cataract surgery is all about. Two common and frightening beliefs are that doctors will replace your eye with a goat's eye! Or that during surgery they'll completely remove your eyeball, before replacing it! AMWT is working with local communities to dispel such myths and provide necessary treatments.



# Supporting World Sight Day



*Once a year, on the second Thursday of October, World Sight Day is celebrated to raise awareness of the 36 million people who are blind and the 217 million people that are visually impaired worldwide.*

We know that 80% of blindness and vision loss is curable or preventable. This means four out of five of the visually impaired lose their sight needlessly. That's why AMWT is committed to raise funds to treat 100,000 visually impaired people by 2020 through a global initiative, run in partnership with the International Agency for the Prevention of Blindness (IAPB). To help fund leading eye health organisations to deliver projects that train doctors and health workers, develop eye care infrastructure and support services to the poor.



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*There is very little in life that brings the sense of satisfaction like helping someone in need.*

**Anisa Nafees (AMWT)**

# Join Us & Help Make a Difference

Help us reach our 100,000 surgery target, doing more to help save people's eyesight and changing lives for the better in some of the world's poorest countries. Become a member of Team Green and take part in our Eye Camps to personally see the difference that a 15 minute operating procedure has on someone's life.

## **An Amazing Opportunity to do Something for the Community**

Experience first-hand the joy in people's eyes, the embrace of a grateful child or the supplication of an elderly person. It's these little things that fill you with warmth and satisfaction.

## **Fun and Friendship**

Make new friends and professional connections. Lead projects that make your community a better place to live. Have fun doing it!

## **Networking**

A chance to bring together people of different backgrounds together, work collectively on a single project. Call us on 020 8569 6444 or complete the online form, we need you!



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# 86,000 Surgeries Completed to date, help us reach our target of 100,000!

## How you can help...

**£35**

provides for **One**  
**Cataract Surgery.**

**£105**

provides for **Three**  
**Cataract Surgeries.**

**£350**

provides for **Ten**  
**Cataract Surgeries.**

**£1000**

provides for **a complete**  
**Eye Camp.**

### ► **Donate**

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

### ► **Fundraise**

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

### ► **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.





# Al-Mustafa Welfare Trust®

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110 High Street, Hounslow TW3 1NA

Tel: 020 8569 6444

[www.almustafatrust.org](http://www.almustafatrust.org)

[info@almustafatrust.org](mailto:info@almustafatrust.org)



**100%  
DONATION  
POLICY**

*giftaid it*

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

Please tick

I would like Al Mustafa Welfare Trust (AMWT) to treat this donation and any donation I have made in the last 4 years and any future donations as Gift Aid donations. I confirm I am UK Income Tax and/or Capital Gains Taxpayer. I understand that I must pay an amount of Income Tax and/or Capital Gains Tax at least equal to the amount of tax Al Mustafa Welfare Trust will reclaim from my donations in the relevant tax year. I understand that other taxes such as VAT and Council Tax do not qualify. I understand the charity will reclaim 25p of tax on every £1 that I have given and that AMWT uses all Gift Aid amounts received on your donations towards its most needed programmes.

Signed

Date

Name (Mr/Mrs/Miss)

Address

Post Code

Email

Telephone

## SINGLE DONATIONS

I would like to donate

£  towards

I enclose a cheque/postal order made payable to 'Al Mustafa Welfare Trust' 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

£2 a month  £4 a month  £6 a month  £8 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: **Al-Mustafa Welfare Trust International**

Sort Code: **60-11-18** Account No. **20366027** Bank: **NatWest**

Signature

Date



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