



**CPAR**

Canadian Physicians for Aid and Relief

**2022-2023**

**Annual Report**

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[www.cpar.ca](http://www.cpar.ca) | [info@cpar.ca](mailto:info@cpar.ca)

# TABLE OF CONTENTS

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- 3 Executive Summary**  
*A short summary of what you will learn in this report.*
- 4 Foundation Overview**  
*Read about who we are and what we do.*
- 5 Message from Our Executive Director**  
*Kathrina Loeffler, our Executive Director, shares insights from F22/23.*
- 6 Message from Our Board Chair**  
*Judith Dyck, our Board Chair, gives the Board's perspective on 2022-23.*
- 7 Where We Worked**  
*Discover our programs and where we worked in 2022-23.*
- 8 Measuring Our Progress**  
*Learn about some of our project successes and challenges.*
- 9 This Year In Comparison**  
*See what we accomplished this year in comparison to others.*
- 10 Program Highlight: In Her Hands**  
*Why CPAR is committed to investing in women and girls.*
- 11 Financial Report**  
*Learn exactly where your donation went.*
- 12 Organizational Structure**  
*Meet our teams, and discover how key decisions are made.*
- 13 Key Supporters & Donors**  
*We acknowledge and thank those that make our work possible.*
- 14 Next Steps**  
*Our goals for 2023-24.*
- 15 Conclusion**  
*Our highlights from the year.*





# EXECUTIVE SUMMARY

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The contents of this report will give you an in-depth look at everything we've managed to accomplish during the 2022-2023 year. **You'll hear from our Executive Director, Board Chair, and learn more about our 'In Her Hands' program. You will also see more details comparing how our work this year stacked up to previous years.**

We're happy to report that in 2022-2023, CPAR's Ethiopia program completed a remote ultrasound capacity building for antenatal access (RUAA) project, received funding from the Fund for Innovation and Transformation to conduct research on the completed RUAA project, and continued a Global Affairs Canada-funded project to enhance sexual and reproductive health and rights for women and adolescents (EWSA).

CPAR's Malawi program completed a freedom to learn for girls in rural Malawi – addressing the menstruation barrier (MHM) project, and also received funding from the Fund for Innovation and Transformation to conduct research on the completed MHM project.

In Canada, CPAR raised funds for its work in Africa by engaging Canadians on international development issues related to CPAR's mandate, and providing opportunities for public engagement and action, including Canadian volunteerism to further its purpose. In the past fiscal year, CPAR received support from four volunteers who have together contributed approximately 384 hours to assist the organization's international programs and projects.

**Thank you for taking the time to read about our work, and read on for more information about each of our programs.**

**50**

Health Systems Strengthened

**33**

WASH Projects

**42**

Food Security Projects

**28**

Livelihoods Programs

**12**

Emergency Aid Projects



For nearly 40 years, CPAR has made a commitment to long-term change in rural East Africa. Founded in 1984 in response to the famine in Ethiopia, Canadian Physicians for Aid and Relief (CPAR) is a non-profit organization working in partnership with vulnerable populations and diverse organizations to overcome poverty and build healthy communities in Africa. CPAR has field offices and programs in Ethiopia, Malawi, and Tanzania.

CPAR supports programming that: improves health systems capacity; and addresses the determinants of health that impact the well-being of the communities in which we are working (food security and nutrition, clean water, improved sanitation and hygiene, and the creation of sustainable livelihoods). CPAR employs a community-centered development approach, working in partnership with African community members to develop initiatives that best address their needs, improve the quality of their lives, and that of future generations.

# OUR PROGRAMS

 <p>Health Systems Strengthening</p>	 <p>Water, Sanitation &amp; Hygiene</p>	 <p>Food Security &amp; Nutrition</p>	 <p>Improving Livelihoods</p>
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# OUR MISSION & VISION

**Our Mission:** Building health system capacity and supporting healthy lives in low resourced regions.

**Our Vision:** Stronger health systems in Africa.

## SINCE 1984...

<p><b>8</b></p> <p>Countries with Healthier Lives</p>	<p><b>165</b></p> <p>Projects Completed</p>	<p><b>1,200</b></p> <p>Households Directly Reached</p>	<p><b>76,815,000</b></p> <p>Trees planted in Sub-Saharan Africa</p>
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# MESSAGE FROM OUR EXECUTIVE DIRECTOR, KATHRINA

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Led by Dr. Mark Doidge, Canadian Physicians for Aid and Relief (CPAR) was founded in 1984 in response to the extreme famine and critical health crisis faced by Ethiopian refugees in Sudan. At that time, CPAR's work took the form of emergency relief – providing food aid and medical relief to those in need. Those initial actions were the catalyst for CPAR's evolution and transformation into a development organization that not only responds to the immediate needs of a community, but also takes a long-term sustainable approach to improve the health of community members, and ensure that they can build resilience against the impact of future crises.

I am beyond pleased to have been the Executive Director of CPAR since 2019. My interest in international development started at a young age, when I lived in Papua New Guinea and then in Lesotho. Those experiences sparked in me a passion to learn about other cultures and a drive to contribute to ending poverty.

To achieve our vision of stronger health systems in Africa, we depend on consistent donations to plan ahead and continue reaching those most in need of support. Our small and efficient team are working hard to keep program expenses low and our impact high. We are so thankful for our current donors, for their continued commitment towards CPAR's programs - and we welcome new donors to do the same. We have new projects planned for this coming year in Ethiopia, Malawi and Tanzania, and we plan to reach more than 279,133 people by March 2024. With your help, we hope to achieve an even greater impact, and we are calling on our generous donors to help us get there!



**“Those experiences sparked in me a passion to learn about other cultures and a drive to contribute to ending poverty”**

# MESSAGE FROM OUR BOARD CHAIR, JUDITH

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It has been forty years since Bob Geldof organized Band Aid, a massive push to raise money and feed starving children in Ethiopia. In 2024, it will be forty years since CPAR was formed to provide Canadian aid and relief in the Ethiopian famine. Frustratingly, children are starving once again in Ethiopia and Sudan, a heart-rending outcome of the war in that region. While CPAR no longer focuses on aid and relief, we and our local teams have persevered and continue to support the most vulnerable populations in Ethiopia and Malawi. This past year has been a difficult one for CPAR. The challenges of COVID-19 were finally behind us when inflation reduced disposable income, impacting people's ability to give. Foundations found themselves facing an increase in requests and the war in Ukraine rocked markets. Despite this, we've managed to support stronger health systems in Ethiopia and Malawi. In 2022-23, more than 76,158 people were helped through the improved health and economic opportunities our projects provide. CPAR remains committed to accountability and sound governance. We have improved transparency and now report how our work compares to previous years - showing how we met performance targets and identifying where we need to adapt. As always, our annual financial audit is on our website, so you can feel confident in your decision to support CPAR's work. The meetings of the volunteer Board of Directors are virtual, but we continue to make meaningful decisions about CPAR's work, including sound financial choices, program development and succession planning. We updated our governance practices and welcomed new Board Members, who are bringing renewed enthusiasm and experience to CPAR.

The world of smaller NGOs is changing, and several of our compatriot organizations have ceased operation. The Board and staff continue to reevaluate how and why CPAR does things. We are committed to ensuring that we add value and use donor and public funds in responsible and meaningful ways and look forward to sharing our progress and successes with all of you.

**“We are committed to ensuring that we add value and use donor and public funds in responsible and meaningful ways”**



# WHERE WE WORKED 2022-2023

CPAR has offices in **Ethiopia, Malawi** and **Tanzania**, and also runs public engagement programs in **Canada** to connect Canadians to our projects in Eastern Africa.

Each country we work in is diverse and vibrant in its own unique way, however, a lack of resources means many citizens face challenges to meet their basic needs.



- **Four volunteers from Algonquin College's nursing program helped to develop resources for CPAR.**
- **Five volunteers from Humber College's International Development Graduate Program helped to develop a proposal for CPAR.**



- **Enhancing Sexual and Reproductive Health and Rights for Women and Adolescents (ESWA)**
- **Remote Ultrasound Capacity Building for Antenatal Access (RUAA)**



- **Freedom to Learn for Girls in Rural Malawi – Addressing the Menstruation Barrier (MHM)**



# MEASURING OUR PROGRESS



## RUAA

In partnership with the University of Saskatchewan, CPAR designed and tested a capacity building program that aimed to **increase access to obstetrical care in rural Ethiopia** by bringing potentially life-saving prenatal ultrasound imaging – and associated diagnostic, preventative and therapeutic capacities -to pregnant women in remote areas of Ethiopia. The goal was to test the delivery of synchronous ultrasound services in selected Health Centers for pregnant women, who are unable to access regular obstetrical antenatal care (ANC) by training health officers, nurses and/or midwives to use synchronous ultrasound technology in consultation with an Obstetrician located in a regional hospital.

## ESWA

CPAR and Global Affairs Canada (GAC) joined forces on a four-year project to **improve the sexual and reproductive health of women and adolescents in the Amhara and Oromia regions in Ethiopia**. The project supports the delivery of the national Ethiopian curriculum for sexual reproductive health (SRH) and the development of SRH service capacity in the Ethiopian health system. It has a direct and long-lasting impact on the lives of the more than 708,000 women and adolescents in these regions.

## MHM

CPAR’s Menstrual Hygiene Management (MHM) testing project examined the comparative **effectiveness of menstrual cups and reusable menstrual pads in empowering girls and women in selected schools in rural Malawi** to manage their menstrual health and thereby reduce absenteeism, which contributes to poor educational outcomes. This innovative solution targeted girls from the time they begin to menstruate to provide the tools they need to manage their menstrual hygiene.

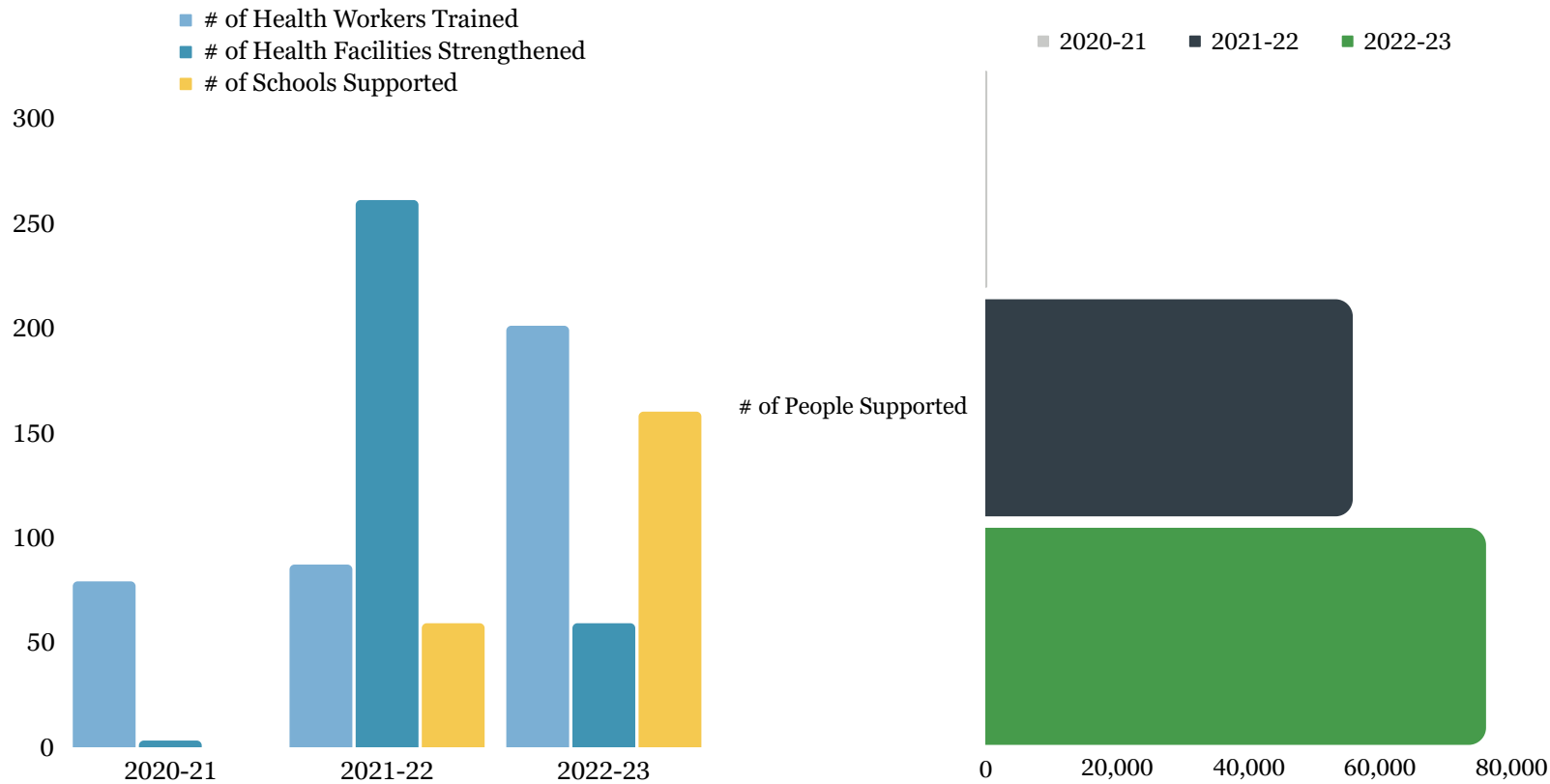
PROJECT	COUNTRY	TIMELINE	BUDGET	CO-FUNDER
RUAA	Ethiopia	August 2020 - November 2022	\$224,211	FIT
ESWA	Ethiopia	April 2019 - January 2025	\$4,503,030	GAC
MHM	Malawi	March 2022 - March 2023	\$199,938	FIT

THEME	SDG(S)	PARTNER(S)	BENEFICIARIES
Health	3 & 5	The Ethiopian Ministry of Health The Ethiopian Ministry of Health The Ministry of Women and Children The Ministry of Education	3,609
Health	3, 5 & 10	Regional and zonal health authorities Local universities Community administrative and healthcare teams Local grassroots organizations	65,576
Education	5	Freedom from Fistula	6,973



# THIS YEAR IN COMPARISON



## How Were So Many Health Workers and Health Facilities Helped in 2021-22 and 2022-23 Compared to Other Years?

In partnership with the Government of Canada, CPAR has been working on a 5-year project to enhance sexual reproductive health for women and adolescents in Ethiopia. A key focus will be on ensuring that health workers, including health extension workers, midwives, and nurses have the practical knowledge, skills and the materials they need to deliver quality sexual reproductive healthcare. Much of these training activities were provided in the past fiscal year, enabling CPAR’s impact to be much great in F2023. Learn more about this project and our others on [www.cpar.ca](http://www.cpar.ca).

## Why Were So Few People Helped in 2020-21 Compared to Other Years?

Unfortunately, COVID-19 caused many set-backs for our project plans in 2020-21. As of April 2020, schools were closed, our Canadian and African staff had to stay home, and many of our planned training activities were delayed until we could bring groups together again. We are happy to report that projects were still completed in 2020-21, and despite numerous challenges since 2020, we have directly supported 132,235 people in the past three years!

# PROGRAM HIGHLIGHT: IN HER HANDS

## PROGRAM REPORT

For over 35 years, CPAR has witnessed transformations – large and small – that have brought safe, clean water to communities where the source of life was also a source of disease. We have seen women take on leadership roles in their villages, marshalling the knowledge and the know-how to bring economic stability and healthy livelihoods to their communities. We have seen African medical professionals work creatively and responsibly to overcome obstacles to deliver life-saving care. For these reasons and many more, **we launched the “In Her Hands” campaign with the goal of putting health, hope and security into the hands of those who need it most.** We’re inviting Canadians to join us in our work to build healthier communities in rural Africa. Learn more at [www.cpar.ca](http://www.cpar.ca)!

## IMPACT STORY

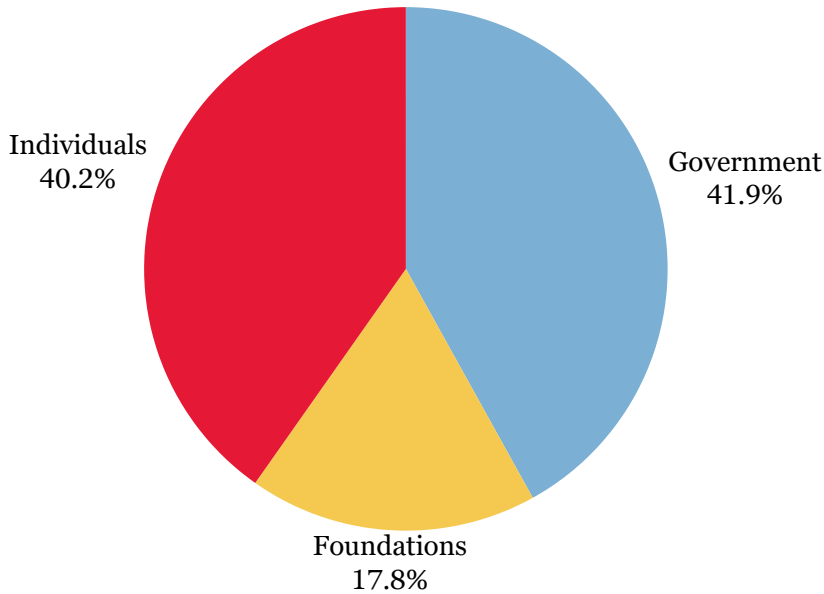
Three of our field offices in Ethiopia recently conducted a five-day peer-educator training session for 248 female students and 149 male students from primary and secondary schools. The training gave peer educators knowledge and skills to create awareness in their school communities about sexual and reproductive health (SRH). They returned to their communities and provide their 12,488 peers with health education and counselling, using different kinds of media to promote SRH education, and referrals for SRH services. We are hearing great feedback about our peer educator's impact. One female participant told us: **"After meeting this wonderful peer-to-peer educator, I can confidently say that my life has taken a completely different and well-founded path."**

*- A beneficiary of peer-to-peer education from Assella Field Office Secondary School, Ethiopia*



# OVERVIEW OF 2022-2023 FINANCIAL REPORT

## WHERE DID FUNDS COME FROM?

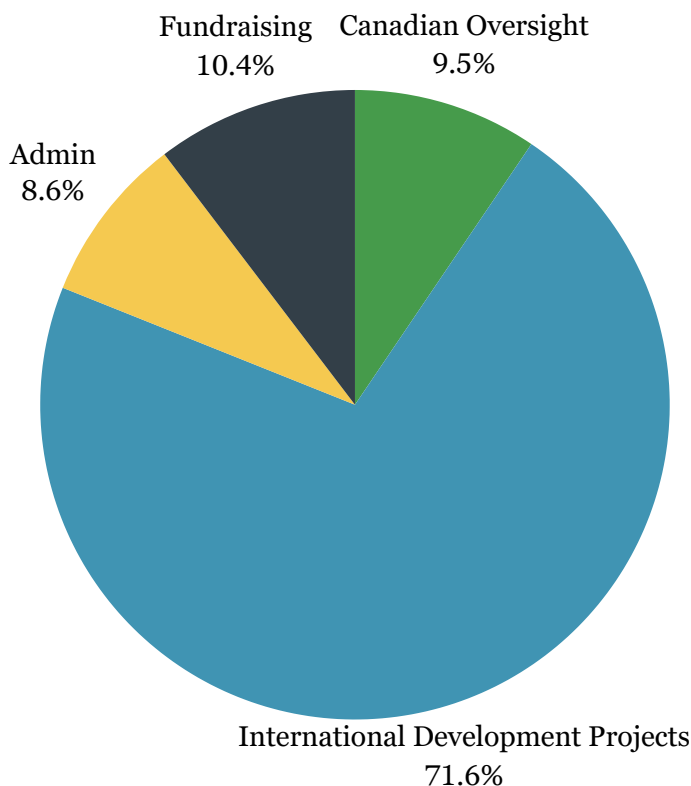


An average of 71 cents of every donation dollar spent has directly supported our charitable programs (Ethiopia - Malawi - Tanzania). As we continue to examine ways to grow and diversify our revenue stream, we are deeply committed to ensuring donations are directed towards our mission of building health system capacity and supporting healthy lives in low resourced regions.

Our small and efficient team is critical to keeping our overall fundraising costs at 10.4%, and our administration costs at 9.9%.

CPAR's fiscal year runs from April 1st to March 31st. Our annual audit and financial statements were completed this year (2023) by the firm of Welch LLP. This audit can be found under 2022-2023 Financial Statements on the Canadian Physicians for Aid and Relief website at [www.cpar.ca](http://www.cpar.ca).

## WHAT DID FUNDS GO TOWARDS?



### INTERNATIONAL DEVELOPMENT

**PROJECTS:** Programs focused on strengthening healthcare systems (Ethiopia); Address WASH issues by educating teachers and students in permaculture, conservation agriculture, environmental conservation, and hygiene (Malawi); and Registration costs to maintain operations (Tanzania).

**CANADIAN OVERSIGHT:** Help educate the public about international development issues.

**FUNDRAISING:** Internal fundraising efforts within CPAR to maximize our donor reach and potential impact.

**ADMIN:** Most of our administrative fees this year went towards salaries for our small team in Canada.

# ORGANIZATIONAL STRUCTURE

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## CANADIAN STAFF



**Kathrina Loeffler**  
Executive Director



**Christian Vulpe**  
Director of Finance and Admin



**Laura Murray**  
Executive Assistant



**Keely Noiles**  
Manager of Philanthropy and Programs



**Mark Loewenberger**  
Program Coordinator



**Tasia Loeffler**  
Admin Officer



**Amanda Amin**  
Admin and Donor Management Officer



**Serin Hendriques**  
Admin and Communications Officer

## LOCAL OFFICES



**CPAR Ethiopia**



**CPAR Malawi**



**CPAR Tanzania**

## BOARD OF DIRECTORS

**Chair** - Judith Dyck

**Vice-Chair** - Dr. Graeme McKillop

**Treasurer** - Susan Williams

**Member** - Claire Huxtable

**Member** - Sherry Poirier

**Member** - Getachew Tesfaye

**Member** - George Vilili

## EXECUTIVE COMMITTEES

**Executive Committee**

**Finance Committee**

**Nominations and Governance Committee**

**Program Advisory Committee**

# Thank you to our incredible donors, collaborators, and supporters!



Fund for Innovation  
and Transformation  
Fonds pour l'innovation  
et la transformation



**Robert Sherrin**

**Ewan Main**

**In 2022-2023, our monthly donors contributed \$274,566 CAD!** This consistent generosity has enabled the completion of many of our projects, and it has vastly improved (and continues to improve) the lives of thousands of women, men and children.

## **Our monthly donors really do save lives!**

Becoming a monthly donor is simple. Just visit [www.cpar.ca](http://www.cpar.ca) to enroll and, should circumstances change, you can easily contact us to cancel. If you are a Canadian taxpayer, you will receive an annual tax receipt for the total of your yearly donations. We cannot thank our current Monthly Donors enough for their continuing commitment to enable us to make a difference. We welcome new donors to help us in our journey!



# NEXT STEPS

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CPAR has achieved so much since our conception in 1984, and **we have many plans to continue growing our impact in 2023-24!** We plan to continue our programming efforts in Ethiopia, which focus on enhancing sexual and reproductive health rights for women and adolescent girls, and we just started a project funded by Transportation Canada to commemorate the victims of Ethiopian Airlines Flight 302. In Malawi, we are working in partnership with UNICEF to deliver an accelerated cholera and flood response project for eight rural districts, and we are hoping to expand our Green Schools Network. We also just received support to begin a new project in Tanzania, which will provide remote ultrasound capacity building, antenatal access, and sexual and reproductive health education for women and girls in remote areas. Learn more about these programs on our website ([www.cpar.ca](http://www.cpar.ca)). In addition to our upcoming project work, we have many plans to improve our fundraising efforts, including:



## **New CPAR Website**

In 2023, [www.cpar.ca](http://www.cpar.ca) received a major face-lift! This new website is more modern in its appearance, mobile-friendly, and provide our audience with more details about our programs. Be sure to check-out our new website, and let us know what you think.



## **CanadaHelps Donor Management System**

We are in the process of switching our donor management system from Keela to CanadaHelps. This switch will decrease the amount of time CPAR spends on administrative duties, and provide our donors with more information about their giving details. Update your credit card information, download your tax receipts, and much more directly through CanadaHelps!



## **School Twinning Program**

We're developing an 'Academic Allies' program where students in Canada can directly support schools in Malawi through our Green Schools Network project. Students will learn about some of the challenges kids experience in developing countries, like Malawi, and will receive resources and lessons about how to make a positive difference in the world. Want CPAR to present at your school? Get in touch with us ([info@cpar.ca](mailto:info@cpar.ca))!

# CONCLUSION

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From this report, we hope you have a better understanding of who CPAR is, what problems we look to address, our programs, our successes, and our challenges. Our team is small, and extremely dedicated to supporting healthy lives in low resourced regions. Our work is only made possible through individual donors, like-minded charities and corporations. If you would like to learn more about CPAR and our work, please visit [www.cpar.ca](http://www.cpar.ca) or give us a call at +1 (416) 369-0835 -- we would love to hear from you!!



## OUR SUCCESSES

- **Successful completion of projects in Ethiopia and Malawi**
- **New projects planned for 2023-24, including a project in Tanzania**



## OUR CHALLENGES

- **Internal conflicts in our working areas**
- **Climate change is creating new health problems**
- **Inflation has decreased disposable income for individual donors**



## OUR FUTURE PLANS

- **New CPAR website**
- **New donor management system**
- **New Academic Allies Program**

**Be a part of CPAR's journey: donate now to continue building healthy communities in Africa!**



## Contact

**Canadian Physicians for  
Aid and Relief (CPAR)**

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**We thank you for your continued  
support in our efforts to  
contribute to stronger health  
systems in Africa.**

 **CPAR**  
Canadian Physicians for Aid and Relief