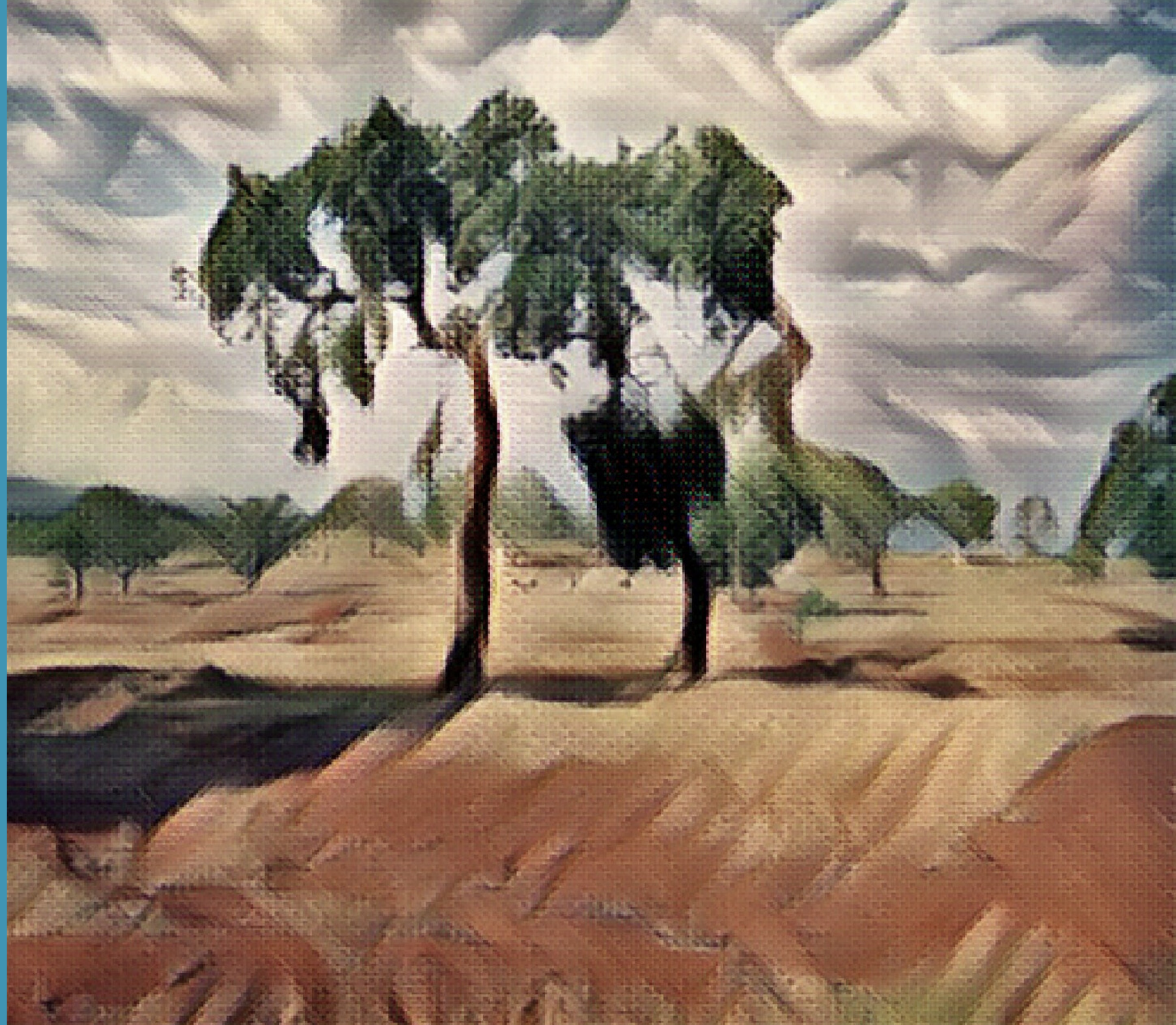




Annual Report 2020-21

Going for the Goals: In Praise of Persistence

April 1, 2020 - March 31, 2021



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Chair's Message

In a year when the world was reeling from the COVID-19 pandemic, where everyone was re-writing their plans on an almost daily basis, I'm proud to say that the team of staff, volunteers and donors at Canadian Physicians for Aid and Relief never lost sight of our goals.

As a physician founded charity with an almost 40-year commitment to health in Africa, our teams in Canada and Africa sprang into action with resolve and creativity.

Our people continued their work with expectant mothers in Ethiopia, school children in Malawi and communities in Tanzania. Certainly there were modifications to 'how' we do our work, but there was never any consideration to close up and go home - because the 'why' is just too important.

The pandemic brought urgency to our work in Sanitation and Hygiene in particular, and reminded us how the very simple act of handwashing is essential to maintain health. We were also reminded that health needs do not get put on hold, just because there's some other challenge on the horizon, and that some are made worse by the circumstances.

I want to take this time to thank our staff for their mission-first commitment, and our donors and funders for sticking by us during a challenging period whose impact we still can't predict. I also want to thank the excellent team of physician and nurse volunteers in both Canada and Ethiopia, who continued their work together to support emergency care systems - at a time when we all appreciated its importance - everywhere in the world.

Canadian Physicians for Aid and Relief was born from uncertain times, and I'm proud to see that we can continue to rise to meet the challenges that will evolve. CPAR is proud to be contributing to the United Nations Sustainable Development Goals, and I'm happy to share with you our progress against all obstacles.

Thank you

Dr. Steve Ferracuti

Chair, Board of Directors





Executive Director's Message

This photo, at left, was taken before the pandemic. It was my introduction to our wonderful team in Malawi, and would be followed by a stop in Ethiopia to meet our team there.

Many times over the last year I have been grateful for having made the journey. I am grateful for the people who represent the ideals of Canadian Physicians for Aid and Relief in Tanzania, Malawi and Ethiopia. I am grateful for our small team in Canada and our committed volunteers. And of course, I am grateful for CPAR's committed donors and funders.

To build health systems, provide care, and bring new ideas to a community requires trust. In uncertain times - like a worldwide pandemic - that trust is foundational. We could not do our work without it, and we could not make an impact on the health outcomes of the people we serve without the people and systems that engender it.

We began this year with a little bit of shock and a lot of optimism. We believed we could still make progress during a time when the world felt like it was standing still. I'm happy to share with you the advances we made and the impact our work is having in creating sustainable change for thousands of people in rural communities in Africa - against all odds.

We're grateful for the support, patience and understanding of our people, our supporters, our partners and our funders.

Kathrina Loeffler

Executive Director

The 17 Sustainable Development Goals





Our Purpose

Objectives

Our Mission

Building health system capacity and supporting healthy lives in low resourced regions.



Our Vision

Stronger health systems in Africa.



Our Commitment

We recognize the value of the Sustainable Development Goals in improving health systems and outcomes, and work to realize those goals within our work.





Our Priorities

Sustainable
Development Goals

Our Priority SDGs



There are 17 SDGs and 169 targets. These are all important, but as a small Canadian charity our focus is on achieving goals in a measured, sustainable and impactful way

3 GOOD HEALTH AND WELL-BEING



Prenatal care includes ensuring mothers get the nutrition they need for healthy babies



"Ensure healthy lives and well being for all at all ages."

In 2020 and early 2021, CPAR readied an ambitious plan to increase the training and scope of practice for rural midwives and health workers, leverage the skills and talents of in-demand doctors in far away hospitals, and introduce rural women to the benefits of prenatal care and delivery in clinical settings with skilled healthcare staff

Lack of access to prenatal care results in preventable birth injuries, greater risk to mother and child, low birth-weight babies and improper care and nutrition for mothers-to-be.

While the pandemic delayed our start date, we used the opportunity to refine our training and create smaller class sizes and more training opportunities when in-person training opened up in early 2021.

 1 in 3

Women in rural Ethiopia give birth with the assistance of a skilled health worker



6 CLEAN WATER AND SANITATION



Accessing water from the 30,000 litre rainwater harvesting tank. Primary school, Malawi

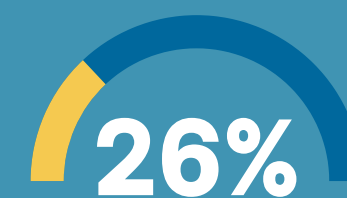
"To ensure availability and sustainable management of water and sanitation for all."

Elementary schools in rural Malawi often host more than 1,000 students . . . and have little to no access to water.

Our Green Schools Network project expanded to five more schools in 2019 - bringing rainwater harvesting tanks to promote sanitation and hygiene and capitalize on Malawi's rainy season.

Additionally, our Green Schools program included education in sustainable agriculture and the schools' 30,000-litre tanks ensure a bountiful crop of nutritious vegetables in the school garden, and fruit and shade trees to enhance the soil, mitigate deforestation and calm the dust storms around the schools.

The pandemic delayed the start on our next, most ambitious phase - adding 7 new schools to the Network - but allowed much of the groundwork to begin, to continue to expand the Network



Percentage of primary schools with adequate improved sanitation facilities in Malawi



5 GENDER EQUALITY

Peer Training Session on Sexual and Reproductive Health, Ethiopia

"To reduce inequality within and among countries."

In 2020 we announced our partnership with the **Government of Canada** to deliver sexual and reproductive health training and information to rural areas of Ethiopia.

Working with teachers, students, and women's groups we began the process of training and empowering others to encourage women and young girls to get the care and information they need to reach their full potential.

While COVID-19 delayed the start of our in-school activities, we were able to pivot to public information sessions through radio and other means - using our radio time first to spread information about COVID-19 protective measures, and eventually pivoting to our planned messaging around health care, family planning and gender-based violence.

19%



The percentage of health facilities in Assela, Fiche and Gondar with adolescent-friendly sexual and reproductive health services



Our Impact

Sustainable
Development Goals



30%

reduction in
obstetrical
complications in
project area in March
2021

80 women

surveyed to
determine
attitudes to
prenatal Care



A year of healthy **mothers**, healthy **babies**

85%



of women patients saw the value of
ultrasound as part of their prenatal
care

542

women received
ultrasounds
in February 2021



4,808

students in five schools learned how washing hands is essential to good health

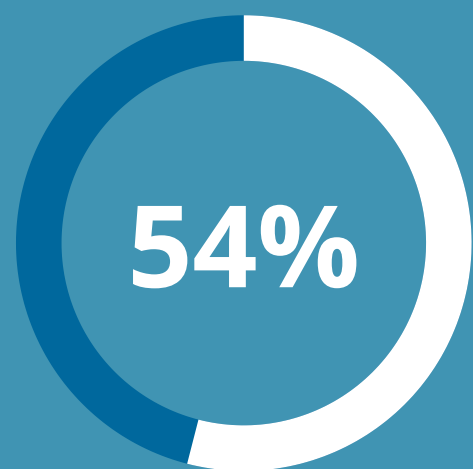


80%

of the students in the one Agriculture Club are practicing permaculture at home



A year of clean **water**, healthy **children**



of people in Kasungu District have access to safe, clean water. CPAR secured funds to bring the total to 8 rainwater harvesting tanks in the district



150,000

litres of rainwater captured in 5 storage tanks at schools in Malawi

Nov 2020 - Feb 2021

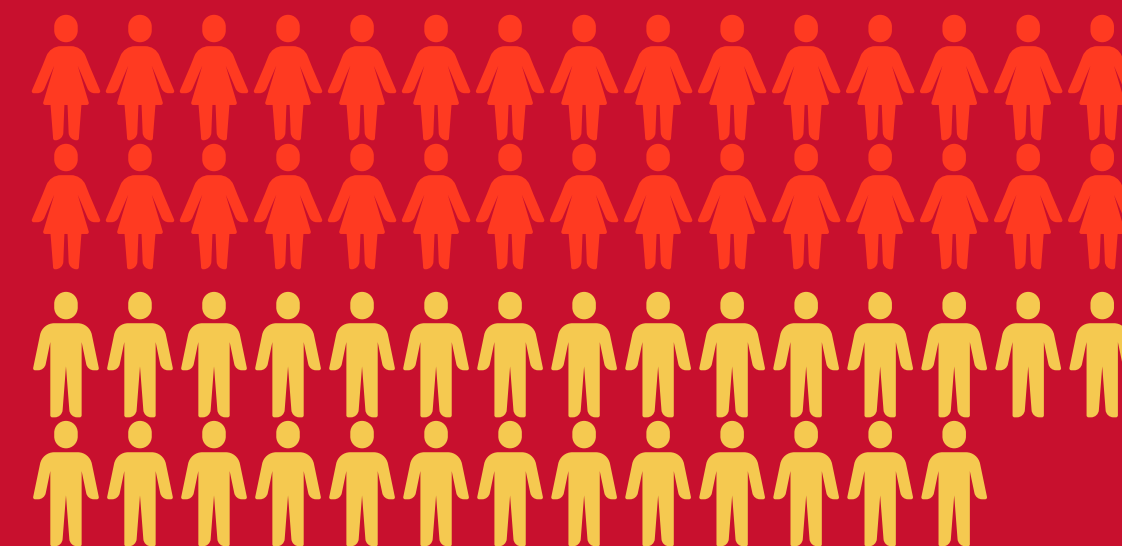


85%

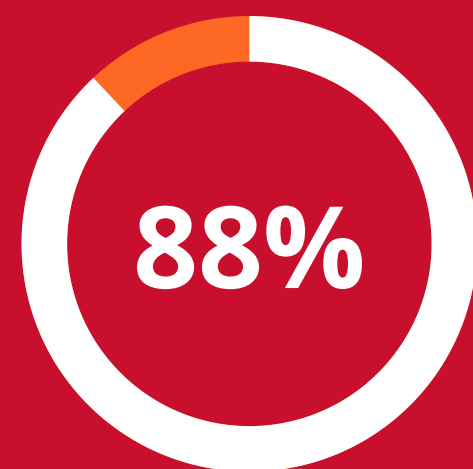
average grade of peer educators in post training testing - increasing 11.5% over the 5 days of training

58 teens

were trained as peer educators -
30 girls,
28 boys



A year of empowered **girls**, healthy **women**



of survivors of female genital mutilation in Oromia support the discontinuation of this harmful traditional practice

918

minutes of radio broadcasting to promote SRH services, availability and information



In gratitude



In a year in which we adjusted to a global pandemic, weathered civil unrest in northern Ethiopia, and managed to persist in our project goals while being always mindful of the dangers of a fast-spreading virus, we are thankful for the people and the organizations who persisted along with us. We could not have done it without you!

The Government of Canada

For your steadfast belief in the project to bring SRHR to rural Ethiopia, against all odds.

ChariTree & Ryan's Well

For your desire to improve the health of Malawi school children and your patience as we awaited school re-openings.

Donors & Volunteers of CPAR

For maintaining your support in uncertain times, and supporting long-term health investments.

MCIC & Blossom Foundation

For understanding the importance that new technologies in the hands of trusted care providers can make for healthy moms & babies.

A year of financial health

Thanks to the support of our donors and funders, we increased revenue.

We made changes to reduce expenses with lasting impact.

The result? We were able to increase funding of our programs in Africa.

That's what we call putting our money where our mission is!

Get the whole story

Our complete financial statements are online:
www.cpar.ca/About-Us/Annual-Reports-Financial-Statements

CANADIAN PHYSICIANS FOR AID AND RELIEF

STATEMENT OF REVENUES AND EXPENDITURES

YEAR ENDED MARCH 31, 2021

	2021	2020 (Restated - Note 14)
REVENUE		
Grants	\$ 1,005,073	\$ 301,352
Donations	628,968	862,575
Investment income	9,334	22,037
Other income	28,927	43,625
	<u>1,672,302</u>	<u>1,229,589</u>
EXPENDITURES (Note 11)		
Administrative management fees	153,852	57,427
Administrative salaries and benefits	-	79,045
Amortization	31,790	12,064
Fundraising, communications and development education	127,988	286,696
Office and general	66,979	86,396
Overseas development and relief projects	1,259,268	889,228
	<u>1,639,877</u>	<u>1,410,856</u>
EXCESS OF REVENUES OVER EXPENDITURES (EXPENDITURES OVER REVENUES) FROM OPERATIONS	32,425	(181,267)
OTHER ITEM		
Transition costs related to reorganization and relocation (Note 10)	-	(357,063)
EXCESS OF REVENUES OVER EXPENDITURES (EXPENDITURES OVER REVENUES)	<u>\$ 32,425</u>	<u>\$ (538,330)</u>



Contact Us

For any questions or clarifications on our report.

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