

WWW.CPAR.CA | INFO@CPAR.CA



ANNUAL REPORT 2023-2024



CPAR

Canadian Physicians for Aid and Relief

TABLE OF CONTENTS

2 Executive Summary

A short summary of what you will learn in this report.

3 Our Organization

Read about who we are and what we do.

4 Since 1984

Discover key achievements since CPAR's beginnings.

5 Message from Our Executive Director

Kathrina Loeffler, our Executive Director, shares insights from 2023-24.

6 Message from Our Board Chair

Judith Dyck, our Board Chair, gives the Board's perspective on 2023-24.

7 Where We Worked

Discover our programs and where we worked in 2023-24.

9 What We Worked On

Learn about some of our project successes and challenges.

11 A Breakdown of Our Projects

See a detailed breakdown of what we accomplished this year.

13 Stories of Change

Hear directly from those your donations are impacting.

15 Our Donors Testimonies

Hear from some of our monthly donors and why they donate.

16 Financial Report

Learn exactly where your donation went.

17 Organizational Structure

Meet our teams, and discover how key decisions are made.

18 Key Supporters & Donors

We acknowledge and thank those that make our work possible.

19 Next Steps

Our goals for 2024-25.

EXECUTIVE SUMMARY

The contents of this report will give you an in-depth look at everything we've managed to accomplish during the 2023-2024 year.

You'll hear from our Executive Director, Board Chair, and learn more about our impactful programs, such as 'Enhancing Sexual and Reproductive Health for Women and Adolescents' (ESWA) and 'Project 302.' You will also see more details comparing how our work this year compared to previous years.

We're happy to report that in 2023-2024, CPAR's Ethiopia program continued to deliver outstanding results through the ESWA project, reaching over 708,000 women and girls with improved sexual and reproductive health services. Additionally, the Project 302 initiative empowered 25,000 adolescents in Addis Ababa with leadership and educational opportunities, while gaining recognition from the Ethiopian government for efforts in combating gender-based violence.

In Malawi, CPAR's Green Schools Network improved access to Water, Sanitation, and Hygiene (WASH) infrastructure and promoted sustainable agriculture practices, benefitting over 1,400 students. Furthermore, in response to the nation's severe cholera outbreak, CPAR partnered with UNICEF to provide critical aid and WASH support to over 58,000 individuals.

In Canada, CPAR raised funds for its work in Africa by engaging Canadians in international development issues and fostering public action. This year, Canadian volunteers contributed to resource development and supported project proposals, underscoring the vital role of collaboration in achieving CPAR's goals.

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



OUR ORGANIZATION

Our Mission

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

Our Vision

Stronger health systems in Africa

Our Approach

CPAR employs a **community-centered development approach**, working in partnership with African community members to develop initiatives that best address their needs, where they live. We work to improve the quality of their lives, and that of future generations.



Health Systems Strengthening



Water, Sanitation & Hygiene



Food Security & Nutrition



Improving Livelihoods

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 is highly committed to localization and the promotion of community-led projects. Our staff are native to the country in which they work, and provide CPAR Canada with important information on the local country context and needs to ensure we do not impose solutions on communities, but rather, work collaboratively to solve local problems.

SINCE 1984

For 40 years, CPAR has been committed to building stronger health systems and supporting healthy lives in Africa.

24,056,636+

lives supported through CPAR's programs

192+ 10

projects

different countries

76,815,000+

trees planted in East Africa

12,256+

latrines constructed

18,252+

handwashing stations

2,163+

water sources provided



MESSAGE FROM OUR EXECUTIVE DIRECTOR, **Kathrina**

Dear Donors and Partners,

This year, CPAR continued its mission to address some of Africa's most pressing challenges. In Ethiopia, over 61% of people living with HIV are women aged 15 and older, while 13% of teenage girls (ages 15-19) are mothers or pregnant. In Malawi, a severe cholera outbreak, exacerbated by inadequate sanitation, affected over 58,000 people, while thousands of adolescents in Ethiopia remained without leadership and educational opportunities.

In response, we continued supporting 56 health facilities with the necessary supplies and training to provide youth-friendly sexual and reproductive health (SRH) services. Our emergency cholera intervention in Malawi supported over 301,000 individuals, providing access to clean water and sanitation facilities. Additionally, we empowered 715 students in Addis Ababa through education and leadership training, helping to create a generation of informed and resilient youth.

As we look forward, we remain committed to reaching even more communities, closing the gaps in healthcare, education, and sanitation. Join us in building a future where health, dignity, and opportunity are rights enjoyed by all. Consider donating today and making a lasting impact.



MESSAGE FROM OUR BOARD CHAIR, **Judith**

Dear Donors and Partners,

Forty years. That's how long CPAR has been working to strengthen health systems in Africa. It's also how long Canadians have trusted us to be their conduit to helping those who need the most.

This past year, we worked with disadvantaged youth in Addis Ababa as part of Transport Canada's project to commemorate lives lost in the Air Ethiopia crash. Global Affairs Canada supported CPAR to continue reaching 708,000 women and girls in Ethiopia, training them in sexual and reproductive health (SRH). Our office in Malawi was an important partner with UNICEF in combating cholera, in addition to the work done to provide clean water and hygiene in remote schools.

As we move forward, we will continue to be your hands of service. The support and commitment you give to us are never taken for granted. CPAR remains committed to high ethical, fiscal and programmatic standards. We are proud to share this annual report with you.

"CPAR remains committed to high ethical, fiscal and programmatic standards."



WHERE WE WORKED

2023-2024



- 2,388,176 lives supported
- 2,000+ menstrual materials provided
- 1,037 students educated
- 404 teachers and principals trained
- 220 students with special needs received medical support
- 77 healthcare workers trained
- 56 health facilities supported
- 42 water sources built or rehabilitated
- 20 wheelchairs provided
- 39 schools supported
- 10 latrines constructed



Ethiopia

- Project 302.
- Enhancing Sexual and Reproductive Health for Women and Adolescents in Ethiopia (ESWA) continued.

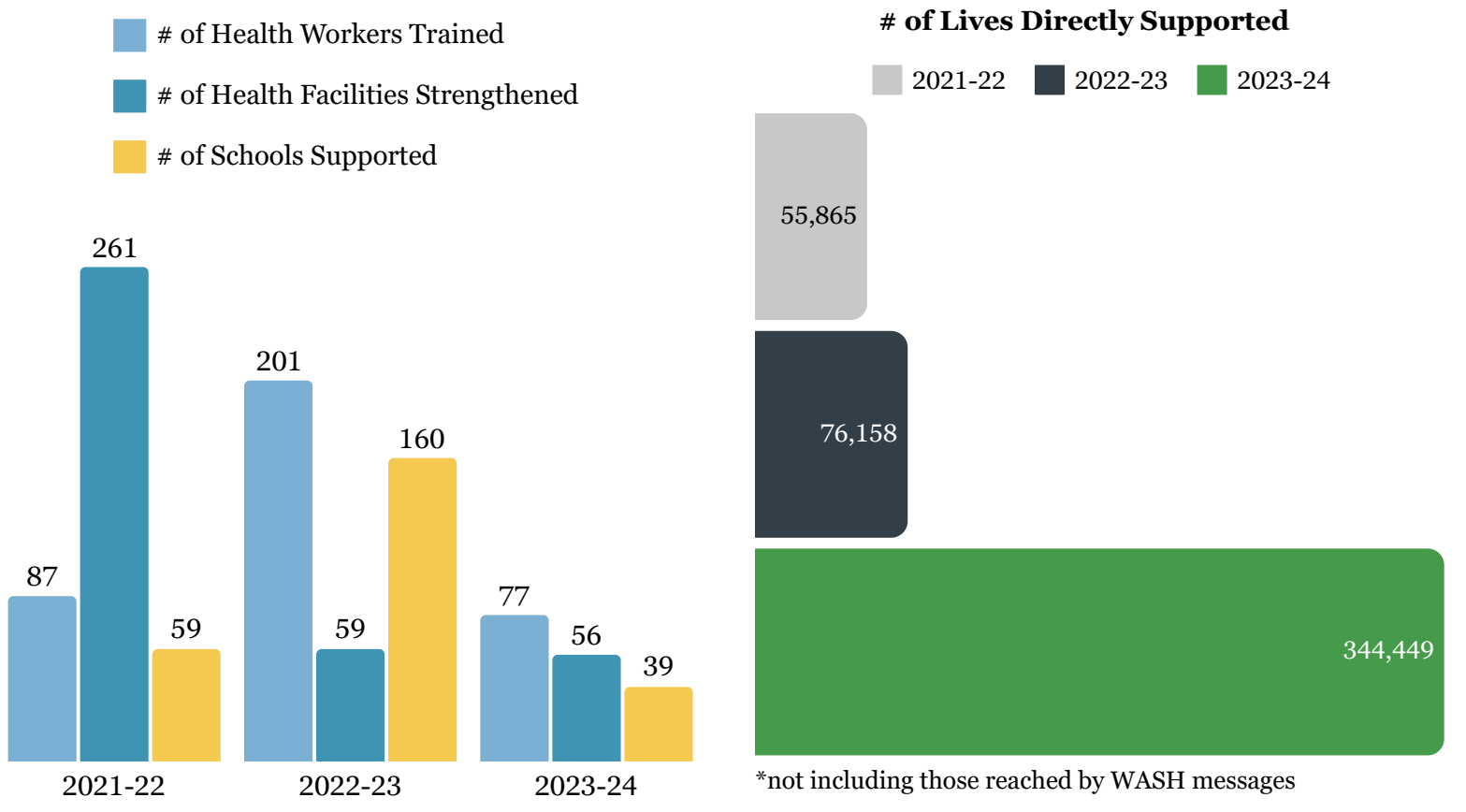
- 14,000+ community members participated in SRH conversations
- 1,110 pairs of shoes donated to students
- 400 students received nutritional support
- 807 trees planted
- 23,323 people reached with Water, Sanitation & Hygiene (WASH) supplies
- 2,043,616 individuals reached with WASH messages



Malawi

- Green Schools Network
- Accelerated Cholera and Flood Response (ACFR)

THIS YEAR IN COMPARISON



CANADA

- Volunteers from Algonquin College's nursing program and Humber College's International Development Graduate Program helped to develop resources and a proposal for CPAR.

Why Were Fewer Health Workers, Health Facilities and Schools Reached in 2023-24?
 The ESWA project, a five-year initiative that significantly contributed to the results achieved in Health Facilities for previous fiscal years, was phased out this year. Additionally, more funds were allocated to emergency WASH needs this year. Through this, 132 more schools benefitted from WASH awareness campaigns; these schools were not included in the figure above depicting direct school support.

Why Not Include the Over 2 Million People Reached by WASH Messages?
 While over 2 million people in Malawi were provided sanitation and hygiene awareness information, including through door-to-door visits, radio programs, community meetings and school initiatives, these activities primarily provided information and awareness rather than direct project support.

WHAT WE WORKED ON

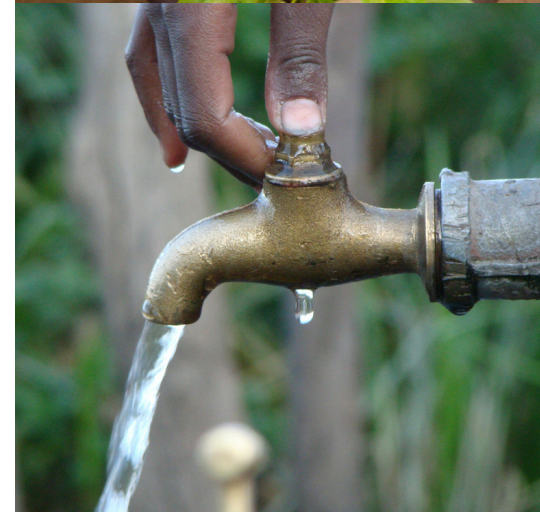
ESWA

'Enhancing Sexual and Reproductive Health for Women and Girls', also known as 'ESWA'. CPAR and Global Affairs Canada (GAC) joined forces to support the delivery of the National Ethiopian curriculum for sexual reproductive health (SRH), as well as to support the capacity building of healthcare system's SRH services for women and adolescents in the Amhara and Oromia Regional States of Ethiopia. This has directly impacted the lives of 708,458 women and girls. The project has met all of its goals, which include reducing the number of births among women under age 18 and lowering the maternal mortality rate. CPAR Ethiopia recently received an award from the Ethiopian government recognizing its work to combat Gender-Based Violence (GBV).

PROJECT 302

'Commemorating Victims of Ethiopian Airlines Flight 302' (or Project 302) is bringing lasting and positive change to 25,000+ adolescents in eleven Addis Ababa high schools through a broad outreach program focused on education, health, career and social development, and environmental change. This project is funded by Transport Canada to honour the memories of the 157 plane crash victims from Ethiopian Airlines Flight 302. The project supports the causes their families and friends care about, while making a real and lasting impact in their memory.

The Sustainable Development Goals (SDGs) that our programs address:



CHOLERA RESPONSE

In response to Malawi's severe cholera outbreak, CPAR, in partnership with UNICEF, launched an urgent intervention across eight high-risk districts, including those affected by Cyclone Freddy. From June 21 to December 31, 2023, the project reached over 2.3 million people with life-saving cholera prevention efforts. This included providing safe water to 242,525 individuals, improving sanitation for 58,635 people, and constructing or rehabilitating 40 water sources.

Additionally, CPAR distributed WASH supplies to 23,323 people and conducted awareness campaigns, benefiting 2.04 million individuals. The initiative also supported 26 schools with essential WASH infrastructure and 134 schools through educational campaigns, helping to build a more resilient, healthier community.

GREEN SCHOOLS NETWORK

The Green Schools Network (GSN) Project was launched in Malawi in 2016, scaling activities from a similar project "Primary School Rainwater Harvesting" in Tanzania. The incorporation of agriculture into everyday school life for students not only feeds today's school children, but the lessons in permaculture are being adopted by the communities. This project has already benefitted 15,600 students with 13 rainwater harvesting tanks built. As the project enters its 2024-25 phase, ongoing support is essential to expand its positive impact for both students and surrounding communities.



A BREAKDOWN OF OUR PROJECTS



Health Systems Strengthening



Water, Sanitation & Hygiene



Food Security & Nutrition



Improving Livelihoods

Project	Country	Timeline	Theme	Beneficiaries	The Problem	Ultimate Goal	Main Activities	Target	Progress (2023-24)	Progress (Overall)	Budget (CAD)	Main Funder(s)
ESWA	Ethiopia	April 2019 - January 2025	<ul style="list-style-type: none"> Health systems strengthening 	708,459 individuals in Oromia and Amhara Regions	Lack of use and awareness of Sexual and Reproductive Health (SRH) services	Improved comprehensive sexual and reproductive health and rights (SRHR)	<ul style="list-style-type: none"> Train teachers and students in SRH and establish youth clubs Provide health supplies 	Bringing awareness of SRHR services in rural Ethiopia	<ul style="list-style-type: none"> 77 more health personnel trained and able to provide gender-responsive SRHR services 	<ul style="list-style-type: none"> All project activities to be completed by January 2025 	\$4,502,534	Global Affairs Canada
Project 302	Ethiopia	March 2023 - March 2027	<ul style="list-style-type: none"> Improving Livelihoods Food security & nutrition 	27,160+ individuals in Addis Ababa	Lack of educational programming for students in Addis Ababa	Empowered high school students who influence the development agendas of the country	<ul style="list-style-type: none"> Development of leadership skills Increase motivation and responsibility for community change 	Motivate students from 11 high schools in Addis Ababa	<ul style="list-style-type: none"> Leadership training for 275 students 1,100 pairs of shoes provided to students in need 	<ul style="list-style-type: none"> First year of planned project activities completed 	\$1,062,668	Transport Canada
Green Schools Network	Malawi	July 2023 - July 2024	<ul style="list-style-type: none"> WASH Food security & nutrition 	1,465 students in Lilongwe district	Lack of WASH infrastructure and food security results in high dropout rates	Reduce dropout rates and primary school absenteeism	<ul style="list-style-type: none"> WASH and permaculture 	WASH infrastructure and training for 2 primary schools	<ul style="list-style-type: none"> 1,465 students with WASH access 807 fruit trees planted 	<ul style="list-style-type: none"> 15,600+ students and teachers from 13 primary schools supported since 2017 	\$50,000	Unifor Social Justice Fund
Cholera Response	Malawi	June 2023 - August 2024	<ul style="list-style-type: none"> WASH Emergency aid and relief 	2,000,000+ individuals over 8 districts	Extreme flooding and spread of cholera throughout Malawi	Prevent further spread of cholera through lifesaving WASH assistance	<ul style="list-style-type: none"> Community outreach on WASH education Build infrastructure, such as wells Distribute WASH supplies 	Support 8 districts in southern Malawi	<ul style="list-style-type: none"> 42 water sources installed/rehabilitated 2,043,616 people reached with WASH messaging 	<ul style="list-style-type: none"> All project activities completed by August 2024 	\$588,000	UNICEF



STORIES OF CHANGE

ABENEZER (17, name changed)

is one of the most outstanding students of Mesrak Goh secondary school and the seventh son in a family that struggles to meet the basic needs of their children. Although his family struggles to meet basic daily needs, his participation in CPAR's youth leadership training changed his life. He recalls: *"I had no clue about the outside world and felt like I missed the best spices of life."*

At first, Abenezer hesitated, seeing the training as a distraction from his studies. However, after learning about CPAR's program, he had what he calls an "AHA moment" and decided to give it a try. He was one of 25 candidates selected to represent his school, and he describes the training as "life-changing." Afterward, he experienced a complete shift in mindset: *"I understand the importance of general equality beliefs... the thoughts I have on social inclusion are way more developed after the training as well as my thoughts on volunteerism."*

Abenezer was also inspired by an exposure visit to Ethiopian Airlines arranged by CPAR. *"Wow, I got all my answers! Above all, discipline, work ethic, and commitment to pursue a career and be successful."* He shares: *"All of this happened because of CPAR and its dedicated team members to help people have a better tomorrow. I can't thank you enough for the opportunity you brought to my life. Just want to say I will make it count!"*



Sarah (name changed), a 15-year-old girl from a rural community in Jidda Woreda, Ethiopia, was a victim of abduction and sexual abuse, threatening her safety and future. With support from CPAR and local partners, she was able to access urgent medical and psychological care, and today, she has returned to school and is rebuilding her life with courage and determination. CPAR continues to support her journey, providing resources and connections that strengthen her resilience. Her story is a testament to the impact of community support and determination in overcoming hardship. She was the first victim of abduction in the region that went back to school.

Jade (name changed), a 14-year-old female student from a primary school in rural Malawi: *"We used to have a long queue waiting for someone to come out from a latrine due to inadequate sanitary facilities at our school."* Jade further explained that due to the lack of adequate latrines at her school, many students were not able to access the limited latrines during school hours, which resulted in students openly defecating in the nearby school bushes and the school not being considered hygienic.

Austen (name changed), a 14-year-old male student from a primary school in rural Malawi: *"We used to do open defecation in the nearby school bush. Thanks go to CPAR for assisting us with durable latrines and a rainwater harvesting tank from where we will be drawing water to clean the newly constructed latrines. I am very happy."*



OUR DONORS' TESTIMONIES

Did you know that over 17% of our funds come from individual donors?

Read more and learn about what motivates some of our monthly donors to give!

NORMA (87, CPAR monthly donor since 1984)

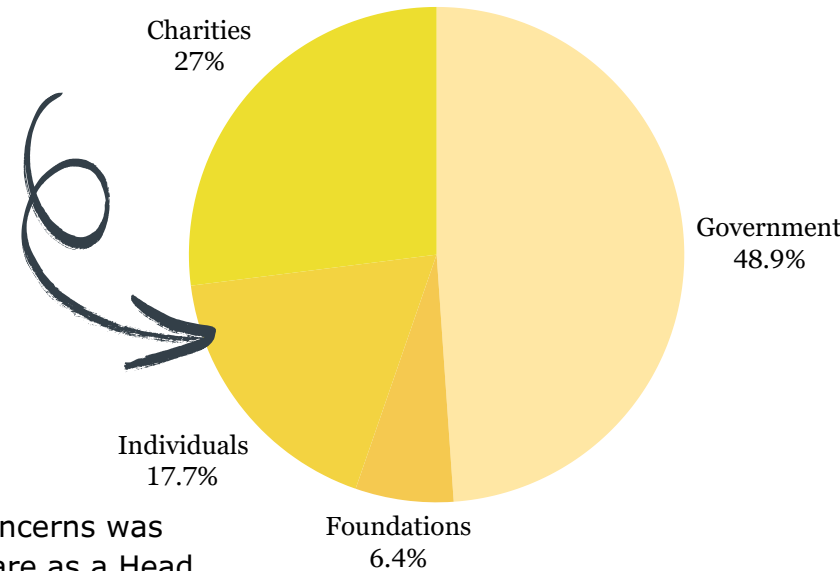
"My own interest in international health concerns was motivated by Biafra – I worked in Acute Care as a Head Nurse. I became a CUSO Volunteer and went to Nigeria as a Nurse Tutor. After 3 years, I returned to Canada and back into the health care system as Director of Nursing.

A project called "PLANT A TREE IN AFRICA" by CPAR caught my attention and I was able to purchase hundreds of trees, making the donations in the name of nursing staff of each clinical area. The beautiful posters received acknowledging their donations were posted on each nursing unit for patients, visitors, staff, and physicians, etc. to see.

They generated considerable interest, and I hoped spurred others to learn about CPAR and to participate in their programs. ***This is what motivated me to become a monthly donor, and 40 years later at the age of 87 – I am pleased to continue contributing to the incredible work of CPAR.*** Thank you for your dedication in these very challenging times of climate change and humanitarian crises."

MELINDA (CPAR monthly donor since 2017)

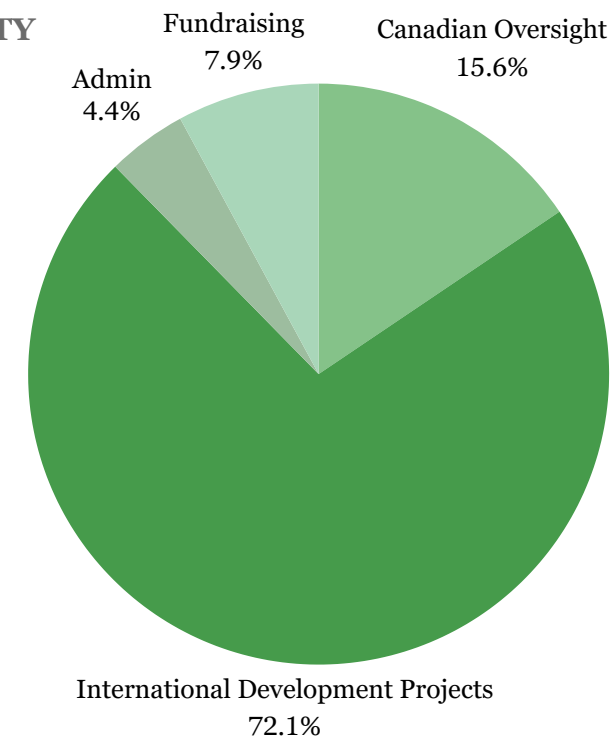
"We live comfortably and have clean water, homes to live and groceries we can buy. I believe every living person should have access to these things as well as health care. ***If every able person donated, we could make a huge difference to those less fortunate.*** Keep up the good work!"



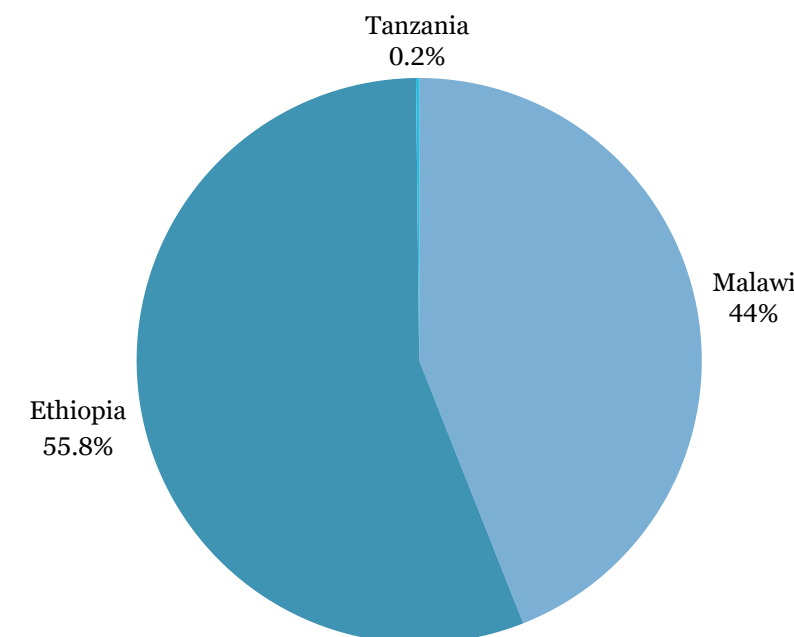
OVERVIEW OF THE 2023-2024 FINANCIAL REPORT

WHAT DID FUNDS GO TOWARDS?

BY ACTIVITY



BY PROGRAM



INTERNATIONAL DEVELOPMENT PROJECTS:

Programs focused on strengthening healthcare systems (Ethiopia); Addressing 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.

An average of 72 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 7.9%, and our administration costs at 4.4%.

CPAR's fiscal year runs from April 1st to March 31st. Our annual audit and financial statements were completed this year (2024) by the firm of Welch LLP. This audit can be found under 2023-2024 Financial Statements on the Canadian Physicians for Aid and Relief website at www.cpar.ca.

ORGANIZATIONAL STRUCTURE

CANADIAN STAFF



Kathrina Loeffler
Executive Director



Christian Vulpe
Director of Finance and Admin



Laura Murray
Executive Assistant



Keely Noiles
Director of International Development



Nazik Avagyan
Director of Finance



Mark Loewenberger
Program Coordinator



Tasia Loeffler
Admin Officer



Amanda Amin
Admin and Donor Management Officer



Serin Hendriques
Admin and Communications Officer

BOARD OF DIRECTORS

Chair - Judith Dyck
Vice-Chair - Dr. Graeme McKillop
Treasurer - Claire Huxtable
Members - Dr. Avnish Mehta, Dr. Paul Mkandawire, Dr. Sam Appavoo, Susan Williams, George Vilili, Kim Cook, Trish Paton

EXECUTIVE COMMITTEES

Executive Committee
Finance Committee
Nominations and Governance Committee
Program Advisory Committee

LOCAL OFFICES



CPAR Ethiopia



CPAR Malawi



CPAR Tanzania

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



Judith Dyck

Ewan Main

In 2023-2024, our monthly donors contributed \$284,214 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 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

CPAR has achieved so much since our conception in 1984, and **we have many plans to continue growing our impact in 2024-25!** Learn more about these programs on our website (www.cpar.ca). In addition to our upcoming project work, we have many plans to improve our fundraising efforts, including:



It's Now Easier Than Ever to Support CPAR's Mission!

We recently added a 'Ways to Give' page to our website (www.cpar.ca/how-to-help), which outlines the various ways our donors can support CPAR. This webpage provides our very generous donors (and those who are thinking about supporting CPAR) with a clear understanding of all their available options and makes it easy to find their ideal method. From CPAR's Legacy Giving program to Donating Securities -- it's now easier than ever to support CPAR's mission.



Plant a Tree Campaign Returns!

Do you remember CPAR's *Plant A Tree in Africa* campaign? This program began in 1989 to raise awareness and funds in support of CPAR's community forestry projects. Through this program, CPAR has planted more than 76 MILLION TREES throughout Africa. Planting trees will not solve everything -- but it does provide a remedy to many problems. Soil quality is improved. The land can retain more moisture. Vegetative cover is restored and communities can grow more food. To help CPAR plan more trees... stay tuned for the return of the Plant A Tree campaign!!



Academic Allies Program

We've launched our '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 to learn more? Visit our webpage (www.cpar.ca/academic-allies)!





Contact

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

401-240 Bank Street
Ottawa, ON, CA K2P 1X4
+1 (416) 369-0865



CPAR

Canadian Physicians for Aid and Relief

www.cpar.ca | info@cpar.ca

Registered Canadian Charity 11883 5230 RR0001