

# POLICY PLAN 2022



STICHTING GENTLE CARE FOUNDATION

Amsterdam

2022

# Beleidsplan Stichting Gentle Care Foundation

## OUR WORLD

### **...TO CARE FOR**

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## 1. OBJECTIVE, VISION AND WORKING METHOD OF STICHTING GENTLE CARE FOUNDATION

### Mission

The Gentle Care Foundation aims, together with Yayasan Gentle Care Foundation Indonesia, to provide the largest possible group of people in Indonesia with better access to good medical care. The focus will be on people with diabetic, venous and / or burn wounds to prevent amputations and operations due to late action. We want to achieve this by offering medical care, a monthly health check in the kampongs (= neighborhoods) and the provision of knowledge and information. In time, this will lead to more and more people getting a better quality of life.

### Vision

Wounds can have a significant negative impact on the quality of life and other dimensions of the patient's health. What is the rule in health care in the Western world, is often the exception in Indonesia.

The Gentle Care Foundation wants to set an example by working together with its Indonesian partner Yayasan Gentle Care Foundation Indonesia, by suggesting ideas and supporting them in their implementation, with the efforts of volunteers and interns from home and abroad. By raising awareness of the relationship between their lifestyle and their condition and by making local foundations and governments enthusiastic about our activities, there will eventually be improvements in healthcare.

### Method

The Gentle Care Foundation works together with our Indonesian partner Yayasan Gentle Care Foundation Indonesia. The Dutch board will create brand awareness and recruit donations and gifts in the Netherlands to support the projects in Indonesia.

Yayasan Gentle Care Foundation Indonesia carries out the projects and related activities in the vicinity of Mataram, the capital of the island of Lombok.

The first step, and also a very important one, which the Gentle Care Foundation wants to take together with Yayasan Gentle Care Foundation Indonesia, is to

increase knowledge and insight into the treatment of people with diabetic, venous and/or burns.

To this end, the Gentle Care Foundation will organize meetings and workshops for nurses and care providers. These meetings will be provided by 2 nurse specialists in the field of diabetes and wound care from the Netherlands in collaboration with the board of Yayasan Gentle Care Foundation Indonesia.

This knowledge sharing provides the nurse with the necessary tools to provide information to the patient and the family. By making the family more aware, they learn to optimally support and stimulate the patient.

Raising patients' awareness of how to care for their wounds and how their lifestyle is directly related to their condition will help improve people's long-term health wellbeing.

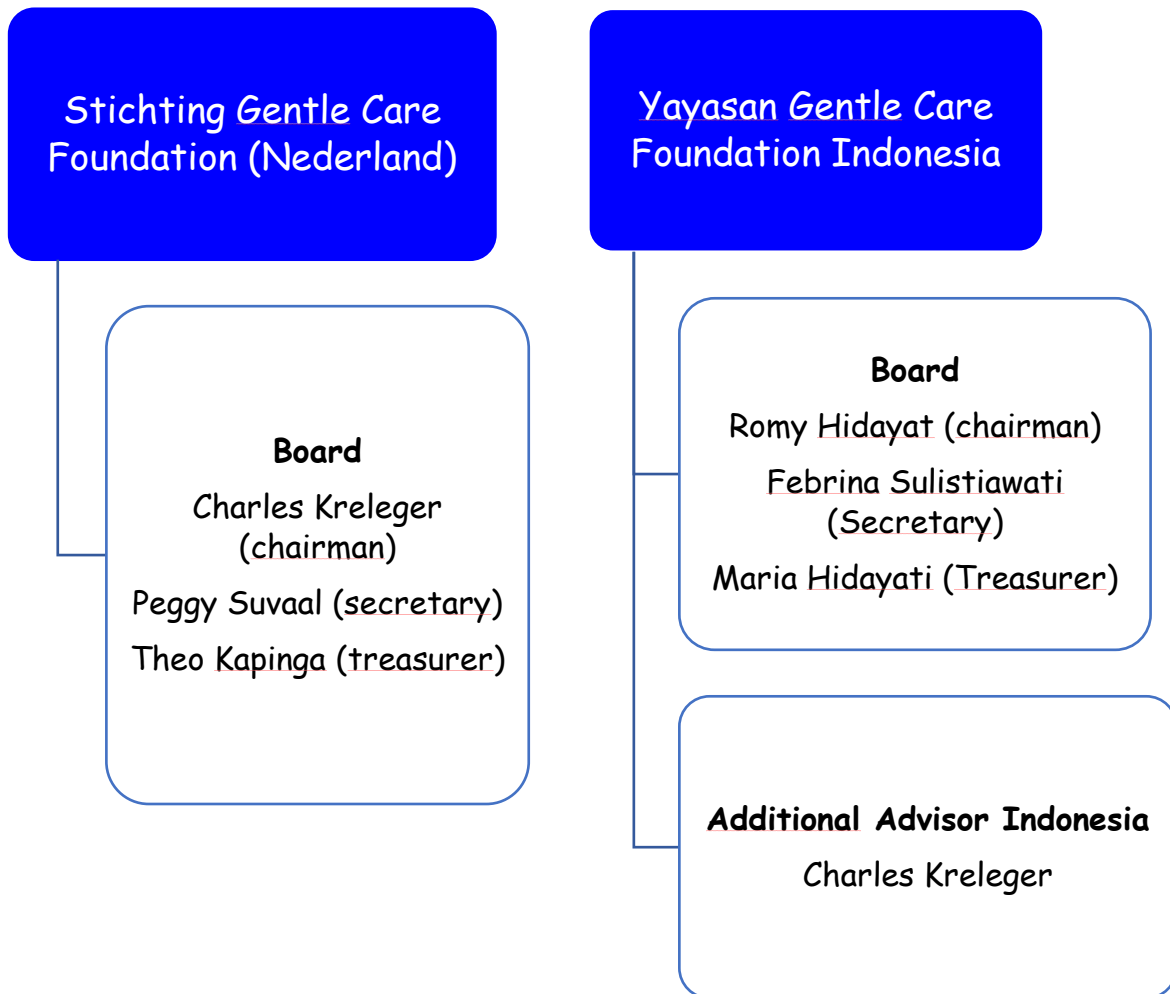
In addition, Gentle Care Foundation nurses will transport patients who need and lack adequate medical care because they have no transportation to the hospital. The Gentle Care Foundation has a well-equipped bus at its disposal for this. The Gentle Care Foundation bears the costs of the materials and medicines needed for the treatment and transport of the patient.

In the future, we hope to visit the kampongs around Mataram once a month with a mobile post (ambulance with materials for medical research) to examine the inhabitants preventively. We examine the general health of the people, i.e. blood pressure, saturation and temperature and inform about health and a healthy lifestyle.

2. ORGANISATION: ORGANIZATIONAL CHART, BOARD & VOLUNTEERS / INTERNSHIPS

Organisation

a. Organizational Chart:



## b. Board

### Stichting Gentle Care Foundation, Nederland

#### Board:

The board members and volunteers have the task of communicating the vision of the Gentle Care Foundation in a positive way, as well as successfully developing the objectives and the resulting projects. This without any form of self-interest or compensation. The board consists of 3 members, namely a chairman, treasurer, secretary. These board members are assisted by an Advisory and Supervisory Board consisting of 3 members.

#### *Charles Kreleger, chairman and founder is engaged in:*



- # Leading the organization, the meetings, the board members and volunteers
- # Acting externally on behalf of the Foundation
- # Coordinate and carry out the activities in the Netherlands
- # Maintaining a balance between the Gentle Care Foundation and its Indonesian field partner Yayasan Gentle Care Foundation Indonesia
- # Take fundraising initiatives together with other board members
- # Reporting on the above during board meetings

#### *Peggy Suvaal-Laurens, secretary is engaged in:*



- # Handling telephone traffic, mail and email
- # Acting externally on behalf of the organization in the Netherlands
- # Maintaining contact with sponsors and donors
- # Report on the above during board meetings
- # Taking minutes and reporting of the board meetings
- # Prepare the agenda for the board meeting
- # Maintain social media

**Theo Kapinga, treasurer is engaged in:**

- + Financial administration of the foundation in general and current projects
- + Check actual income and expenses against planned income and expenses
- + Preparation of the annual financial report
- + Report on the above in the board meetings

**Yayasan Gentle Care Foundation Indonesia**

**Board:**



**Romy Hidayat**

Yayasan Gentle Care Foundation Indonesia consists of three Indonesian board members with Romy Hidayat as chairman. This foundation was created to implement and monitor the projects in Lombok and to legalize all activities according to Indonesian law. Donations for the projects go through the Gentle Care Foundation in the Netherlands. There are clear agreements between both foundations in which the purpose, tasks and responsibilities are described.

**Additional advisor for Indonesia:**

In addition to income from the Gentle Care Foundation, the Yayasan in Lombok is allowed to raise its own "local" funds, but with complete transparency. Charles Kreleger, co-founder of the Gentle Care Foundation will advise and coordinate the projects in collaboration with the board in Indonesia.



**Charles Kreleger**

### **c. Volunteers/Internships:**

#### **Volunteers:**

The Gentle Care Foundation and Yayasan Gentle Care Foundation Indonesia want to be able to count on volunteers in the Netherlands and Indonesia in the future. We will therefore focus on this in the coming period.

Volunteers are in close contact with the board but they are not present at the board meeting.

We ask volunteers from the Netherlands who travel to Indonesia to support a project at Yayasan Gentle Care Foundation Indonesia as a volunteer for at least one month.

#### **Internships:**

The Gentle Care Foundation and Yayasan Gentle Care Foundation Indonesia offer students with an education that matches our projects the opportunity to register for an internship of three to nine months.

This can be done directly with the foundation / yayasan. The Gentle Care Foundation and Yayasan Gentle Care Foundation Indonesia give students the opportunity to gain experience in the workplace and assist the students in this on a daily basis. Selection is made by the executive board of our foundation in response to requests that reach us via [info@gentlecarefoundation.nl](mailto:info@gentlecarefoundation.nl) or our [www.gentlecarefoundation.nl](http://www.gentlecarefoundation.nl) .

In addition, the chairman of the Gentle Care Foundation will contact various universities of applied sciences in the Netherlands by telephone to discuss possible possibilities for cooperation.

Yayasan Gentle Care Foundation Indonesia will also contact universities in Lombok to promote internship opportunities within the foundation.



### 3. PROJECTS

#### **Lombok:**

On the Indonesian island of Lombok, only a small part of the population benefits from tourism, most desas (= villages) are poor and receive little or no medical assistance and knowledge. Our field partner in Lombok is Yayasan Gentle Care Foundation Indonesia.

#### **Vervoer van en naar het ziekenhuis:**

In Indonesia, there is a large group of patients who lack treatment for their wounds simply because they do not have transportation to and from the clinic.

To prevent this and to provide these patients with the necessary medical care, the Gentle Care foundation provides patient transport for these people. With regard to this transport, we try to create partnerships with various local hospitals.

To make this transport possible, the Gentle Care Foundation will purchase an ambulance. As a foundation, we are completely dependent on donations and gifts.

#### **Screening:**

The team of the Yayasan Gentle Care Foundation Indonesia will start screening patients at the beginning of 2022.

This screening involves examining the general health of patients. But it also looks at diabetic wounds, the pre-stages of diabetics, or a certain health risk, while there are still no clear symptoms or complaints.

Early detection can prevent worse and increase the chance of a cure.

For this screening, the team uses various screening instruments, such as a questionnaire, a physical examination, a measurement or a test of body material, such as a blood test. Sometimes different screening instruments are used.

### **Workshops and Seminars:**

Increasing knowledge and understanding of diabetic, venous and/or burn injuries is of great importance. By using the right treatment method as soon as possible, we increase the chance of full recovery and we rule out amputations.

For that reason, a quarterly meeting for nurses, doctors and other interested parties will be organized where we share our knowledge and skills. After all, they are the first in the neighborhoods to notice that people walk on with wounds that are not healing or not healing. They therefore play a very important role within the community. During these meetings we invite experts from home and abroad to share their knowledge and stories in various areas of wound care and diabetes.

We will make the information program known to the general public via posters and social media.

### **Goals for the future:**

#### **Local, mobile medical post health program:**

Once a month, the team of Yayasan Gentle Care Foundation Indonesia visits the kampongs in the poor areas of Lombok, together with a doctor if possible. The population is then informed via posters about the possibility to have themselves examined and their wounds treated free of charge. On this day we want to test people's general health. We want to do this by measuring blood pressure, saturation and temperature and examining the skin for possible wounds. Our team also provides information about the importance of a healthy lifestyle.

## 4. FINANCES

Forecast required resources 2021-2022

### Investments Start

	PERIOD	Option 1	Option 2
<b>Project medical care / transport*</b>			
Costs ambulance (toyota reborn)	Write off	€19.200,-	€ 25.600,-
Fuel	1 year	€ 930,-	€ 930,-
Registration	1 year	€ 200,-	€ 200,-
Uniforms (4 x)	Write off	€ 130,-	€ 130,-
Ambulance kit (1 container)	Write off	€ 70,-	€ 70,-
Strecher	Write off	€ 130,-	€ 130,-
Logo & Branding	Write off	€ 260,-	€ 260,-
Insurances	1 year	€ 230,-	€ 230,-
<b>Other projects</b>			
Materials project screening	1 year	€ 300,-	€ 300,-
Start-up workshops and seminar	1 year	€ 1.400,-	€ 1.400,-
<b>TOTAL</b>	<b>1 year</b>	<b>€ 22.850,-</b>	<b>€ 29.250,-</b>

<b>Coverage plan</b>	<b>Through savings</b>	<b>Companies &amp; Individuals</b>	<b>Fundraising</b>
<b>Costs Ambulance</b>			<b>Fundraising</b>
<b>Current Affairs</b>			
<b>Materials, Instruments &amp; Medication</b>		Donations companies	
<b>Fuel, Registration &amp; Insurances</b>		Donations companies	
<b>Expense allowances</b>		Donations individuals	

#### Recruitment forecast

In order to acquire the necessary resources, we want to apply to Wilde Ganzen and various equity funds. We also want to create support among private donors by providing information about our work. We will also ask interns who come to work with us for a short or longer period of time to do as much as possible crowdfunding to support the clinic and care programs of Gentle Care.

The treasurer, in consultation with the full board, is responsible for the expenditure of the collected funds. Spending will correspond as much as possible to a budget determined in advance and approved by the board. Deviations will be discussed within the board for approval or disapproval.