Quality of life is a multidimensional indicator and therefore it is essential that all domains of quality of life, including physical, psychological, social and environmental aspects of the patient with cancer and the caregivers are improved together with addressing any financial and psychological impacts on the patient and their family.

We all have a choice in life and we can allow sorrows to drag us down or be a stepping-stone to enrich and heal another person’s life. Indira Cancer Trust aims to do exactly that…. 
Indira Cancer Trust

Reg No: 06/189 | 27 November 2016

Reg No: 07/47 | 10 January 2018
1. **CANCER HELPLINE**
   Sri Lanka’s first helpline exclusive for patients with cancer.

2. **INDIRA CARE SERVICE**
   This includes a multitude of projects including the Mobile Mammography Project, Hair & Wig donation, Livelihood Development as well as Relaxation Programs.

3. **INDIRA PAEDIATRIC CARE**
   This includes support provided to children at the Apeksha Hospital Maharagama.

There are three main projects of the Indira Cancer Trust.
No one should have to face cancer alone and to help him or her by listening & befriending.

Sri Lanka currently has few support lines in existence that is run by the state sector like Ministry of health – Suwaseriya (Health net), Tobacco Quit Line & National Child Protection Agency as well as several NGOs including Sumithrayo, CCC etc. These all deal with issues such as drug and alcohol, tobacco, child abuse, domestic violence, relationship and marital problems, mental health concerns, bullying at school or workplace etc.

People faced with cancer or any other emotional crisis mostly require informal and confidential emotional support which is provided by the Cancer Helpline. In addition this also serves as a focus for obtaining services provided by the Indira Cancer Trust.

### Details of calls from December 2016 – May 2019

<table>
<thead>
<tr>
<th>1</th>
<th>Total no of calls received</th>
<th>38,158</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>Type of Assistance Requested through Call</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Information</td>
<td>1,972</td>
</tr>
<tr>
<td></td>
<td>Hair Donation</td>
<td>20,331</td>
</tr>
<tr>
<td></td>
<td>Wig Request</td>
<td>4,216</td>
</tr>
<tr>
<td></td>
<td>Breast Prosthesis</td>
<td>974</td>
</tr>
<tr>
<td></td>
<td>Educational Scholarships</td>
<td>445</td>
</tr>
<tr>
<td></td>
<td>Financial Aid</td>
<td>3,676</td>
</tr>
<tr>
<td></td>
<td>Medicine</td>
<td>147</td>
</tr>
<tr>
<td></td>
<td>Investigations</td>
<td>251</td>
</tr>
<tr>
<td></td>
<td>Other</td>
<td>6,414</td>
</tr>
<tr>
<td>3</td>
<td>Total no of letters for assistance dispatched after call</td>
<td>758</td>
</tr>
</tbody>
</table>
Signing of MoU with Key partners
Mobile Mammography Project

One in seven of all cancers reported in Sri Lanka is breast cancer.

One in three cancers reported among women in Sri Lanka is breast cancer.

One in thirty eight women has life time risk of developing breast cancer.
A breast prosthesis is an artificial breast form that replaces the shape of all or part of the breast that has been removed. It fits in a bra cup with or without a bra pocket. Breast prostheses are moulded to resemble the natural shape of a woman's breast, or part of a breast. The breast prosthesis is given according to the size of the breast.

“I am from Peliyagoda and 60 years old. My husband passed away 20 years ago. I was diagnosed with breast cancer in June 2018 and had to have surgery to remove my Left Breast. I have a son and a daughter. My daughter is 38 years old and has 3 children. My son who is 39 years has 4 children of his own and works in a tea factory – he looks after me. I came today to get a Breast Prosthesis.”

“I am from Wallipanna and 64 years old. I am not married. I have 3 sisters and 2 brothers. Two of my sisters and one brother have died. And the remaining sister and brother are both sick. I was diagnosed with Breast Cancer in 2010 and surgery was also done. I came today to get a Breast Prosthesis.”

The proposal is currently with the Ministry of health undergoing technical evaluation. The total project cost is LKR 800 Million and Indira cancer Trust after a series of discussions, is facilitating a grant from India to initiate and implement this effort.
A Cut for a Cause

16,109
Ponytails

1,032kg
Weight of Hair
Signing of MoU with Key Partners supporting hair and wig donation:
Special Hair Donation Camps Conducted:

30th April 2018

Anuradhapura Mahamewna Temple
Special Hair Donation Camps Conducted:

20th January 2019
Ratnapura St. Agnes Balika Maha Vidyalaya, Balangoda
“Hair is the most important item for women and we only understand the value once we lose our hair.. I was in the house not able to go out.. Even our cat in the house used to get scared of me…”

“I am a retired teacher and I used to teach primary school children at home. After my first chemotherapy all my hair fell out. I had to stop the classes and I couldn’t even go out of the house. Children want their teacher to look nice…..”

“I had long hair earlier... SO when I lost my hair people were puzzled and used to ask me about it all the time....”
Indira Cancer Trust

Livelihood Development Program

Financial Assistance (FA)

256
No of people eligible for FA

Rs 2500 per month given for a period of 6 months to improve / start livelihood activity

23
Used money for medicine

63
Not done livelihood / Used money for other purposes

10
No of Patients passed away after the FA was granted

136
Number of people who have started livelihood

Annual Report 2018 - 2019

Financial Assistance

The patients who attend Apeksha Hospital as outpatients or in-patients are from all over Sri Lanka. A common feature that is seen with these patients is how the disease has pushed them to impoverishment and poverty. The breadwinner being affected by the disease is a main reason but even any family member being affected causes this as there is frequent travelling and time away from workplace. Every day we get several phone calls as well as patients walking into the office informing us that they have no means to live. Financial Assistance is then provided to patients with cancer by means of Rs 2500 for a period of six months. This is exclusively given to either initiate a livelihood activity or improve an existent program. The process of obtaining financial assistance is done by completion of a request form submitted with supporting documents verifying it's a low income family followed by a personal interview with a trained designated counselor – who will follow the patient through the 6 months that they receive the financial aid.
Name - Kanthi Ranasinghe
Age - 49
FA period - Feb 2018- July 2018

I have a ½ acre bare land and maybe I can cultivate something there. Indira Cancer Trust was so kind enough to buy me tea plants to cultivate in that land. I used the money to buy fertilizer and all the necessary things for my tea plantation. Now it has been one year and we have cut the trees for the first round. After the second round I am hoping to packet them and sell. Although I am still financially unstable I have faith that in the long term this is going to bring a lot of success to me.”
Name - M.D Kusumaltha  
Age - 52  
FA period - October 2018- March 2019

“I am single and I live with my 83 year old mother. I was working in a factory but after my illness I couldn’t go to work anymore. My brother supports me but he is also married and has two kids. I was thinking of a way to create an income for my elf and I heard about ICT and applied for FA. I invested my money on my brother’s retail shop and receive profits every month. I have been able to help myself and also to take care of my mother with that money. Although my health is not in a very good state, this program helped me to chanel my emotions in a more positive aspect”
Livelihood Development Program

Diriya Hala

Supporting Livelihood Activity through Creation of a marketplace for Sale of Products

One of the main issues identified with the livelihood support was the lack of a regular place of sale for the patients who make different products. The Psychological Counseling, Spiritual & Social Development Unit of the Apeksha hospital, Maharagama and the Department of social service, Western Province, initiated Diriya Hala concept to overcome this barrier. The Indira Cancer Trust (ICT) got involved during the first opening of Diriya Hala on 1 April 2018 and has continued to support this effort by having regular Diriya Hala stalls every Wednesday at leading government institutions, coordinating efforts to participate in special Christmas/new year sales as well as special gatherings. Dentsu – Grants Group, a leading advertising agency in Sri Lanka, supported this effort by creating a Diriya Hala Brand.

Indira Cancer Trust provides transport to and from Indira Cancer Trust to Venue of Diriya Hala, meals and refreshments as well as transport reimbursement so that all income earned will be saved by the patient.
<table>
<thead>
<tr>
<th>Stalls Conducted upto May 2019</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1st Wednesday Sethsiripaya stage 1</td>
<td></td>
</tr>
<tr>
<td>2nd Wednesday Isurupaya</td>
<td>52</td>
</tr>
<tr>
<td>3rd Wednesday Suhurupaya</td>
<td></td>
</tr>
<tr>
<td>4th Wednesday Sethsiripaya stage 11</td>
<td></td>
</tr>
<tr>
<td>Every Day Apeksha Hospital</td>
<td>15</td>
</tr>
<tr>
<td>Special Stalls Other Venues</td>
<td>09</td>
</tr>
</tbody>
</table>

Diriya Hala Stalls: 76
“The household expenses in our household really went up with my child’s illness and it was difficult to manage with my child’s father’s income alone. That is why I started to make rugs. I started small but now I get a good income. I got a lot of help from many parties and am thankful to all of them.”
“My younger son has a cancer. My husband is dead. I am in debt. My elder son carries the burden of the family. He is finding it difficult to do this on his own. So we started making greeting cards. We started this to earn an income but now I also enjoy doing it as it gives me a lot of mental satisfaction. I managed to earn an income as well and now I am using it for medicine for my younger son and our transport. I don’t need to rely on my older son now.”
Livelihood Development Program
Supporting Livelihood Activity through Purchase of Equipment / Raw Materials & Training.

“I have cancer, so my left arm was amputated. I have a daughter who has a heart problem and needs surgery. I have to look after my family”

Western Province Social Service Department at Apeksha Hospital carried out training to make carpets. ICT provided the Capital Rs 5000 to purchase the raw materials.
Livelihood Development Program
Supporting Livelihood Activity through Purchase of Equipment / Raw Materials & Training.

“My Son has cancer and I have to look after my family. I can sew and make denim trousers for sale. I have a buyer every month. I need a sewing machine”

ICT donated a sewing machine
Livelihood Development Program
Supporting Livelihood Activity through Regular Training

INDIRA CARE SERVICE

2018 / 2019

INDIRA CANCER TRUST
Livelihood Development Program
Supporting Livelihood Activity through obtaining Bulk Orders of Greeting Cards

GET YOUR GREETING CARDS FROM DIRIYA HALA THIS CHRISTMAS AND NEW YEAR.....

Size of card: 6” x 4”
Colour of cards: Red, Green, White or Cream Colour
Designs:

Card Outside (Front): No writing
Card Outside (Back): Diriya Hala Logo
Card Inside: Seasons Greetings or With Complements
Cost per Card: Rs 100 (With Envelope)
Rs 1000 per month for children of cancer patients until they finish their education.
Name - Mohomad Adnan Dhul  
Age - 8 Years  
EA Commencement date - September 2018

Mothers remarks:

“I have been suffering from cancer for so long. Now my initial treatment is over but I am still coming to Apeksha Hospital for follow up treatments. Adanan is my only child. My husband believed that I married him knowing that I had an illness. Therefore he left us. I have been unable to work due to my illness and I’m currently living with my parents. This assistance that I receive every month has been very useful for me to as I have no proper income to spend on my child’s education. Now my only hope is to teach my son well and give him a bright future. I am really grateful for the assistance and hope to receive it every month to fulfill educational needs.”
INDIRA CARE SERVICE

Name - S. Rasali Rashmi
Age - 6 years
Ea Commencement date - October 2018

Mothers remarks:

“ My husband was suffering from cancer and he passed away in December 2018. He was the sole breadwinner of the family and his demise has been very difficult on the family. I had no means of doing a job while he was there as I had to take care of him. When I heard my daughter will be receiving assistance for education it took away a lot of burden from me as it gave some hope for her future. I am hoping to invest this money on her education and I can only hope for better days to come”
Gifts of School Books and Bags were given to all children receiving Educational Aid in December 2018
Relaxation Therapy

Scientific evidence supporting Relaxation Therapy
Compiled by : World Health Organization - Country Officer for Sri Lanka
Relaxation Therapy Conducted (Upto May 2019)

Scientific evidence supporting Relaxation Therapy
Compiles by: World Health Organization - Country officer for Sri Lanka

Art Therapy
Every Monday 2-4PM
Guidelines Produced
Mobile Team Visiting Wards

Music Therapy
Saturday

Yoga
Wednesday
Relaxation Therapy

“Every Day, I come to hospital and go back home with a very bad headache. Today by chance I saw the Art therapy Program and participated. I feel so much better..lighter and most of all I have no headache....”

Art Therapy

“My mind was in a turmoil and I had a headache. I participated in Art therapy and felt so much better...”
Special Exhibition of Art of Patients who participated in Art Therapy.  
(December 2018)
Relaxation Therapy

Yoga Therapy

YOGA THERAPY
Every Wednesday 3-4PM
Guidelines Produced
Handouts given to patients

Yoga Wednesday 39
Relaxation Therapy

“The uneasy and restless feeling I had, ended after I attended the Yoga Session. I feel like continuing Yoga.....”

Yoga Therapy

“I am happy! There is a feeling of lightness. This is similar to medication and helps control ones Mind, Body and Words. Yoga however also gives more physical relief..”
Relaxation Therapy

Music Therapy

MUSIC THERAPY
Every Saturday 2-4PM
Guidelines Produced
Mobile Team Visiting Wards

Music Therapy Saturday 39
Relaxation Therapy

“This program gives so much of mental satisfaction and relief. This is not only good for patients but also for the relatives who comes to visit. Hope you will continue this for the benefit of all”

Music Therapy

“There is no one who doesn’t like Music. Although we are physically ill we MUST be mentally well. And we are so happy that programs like Music therapy are organised to help our mental well being”
Make this Christmas an extra Special one…
Psychological Counseling, Spiritual & Social Development Unit of the Apeksha Hospital & Indira Cancer Trust is organizing a special Christmas Day Program…

A special X-Mas performance by Sohan & the experiments
25 December
4-6pm
Razavi Building
Apeksha Hospital

X Mas Day Special Celebration
25 December
Ground Floor – Razavi Building

1.30PM - Provision of School Books & Bags to all children receiving Educational Scholarships from Indira Cancer Trust
2PM - Opening of exhibition of painting done by patients who participate in the regular Art Therapy Program
2PM - Special Christmas Music program with Sohan & the Experiments (25 December 2018)

Please Join Us…

2PM Onwards
Santa will be visiting all wards
Special Wesak Music program (18 May 2018)
Counseling Support

Team of Volunteer Counselors:

- Wig Donation Program
- Financial Aid
- Educational Aid
- Individual Counseling (on request)
Transport Allowance

“I am from Kuliapitiya. I lost my husband 15 years ago and I make a living from selling “Kola Kanda” (herbal canjee) I was diagnosed with Colon Cancer last year and did 3 operations. I have Two daughters who are married and can’t really help me much. I have a son who works as a laborer on a daily pay. I borrowed money today to come to the clinic. Apart from the transport re-imbursement I was also informed about the financial aid program where help is given to improve a livelihood. I took the forms today to ask for help”

“I am from Balangoda. My husband passed away 20 years ago. I have uterine cancer and have to come to Apeksha Hospital every 21 days. I sew rugs and I have two sons who are both married and does farming. Traveling to Colombo costs money and getting a transport re-imbursement is definitely a great help for me”

541 Patients
The Patient is from Hettipola, Kuliapitiya and has been diagnosed with a cancer for 3 months. His wife also was diagnosed with breast cancer 1 year ago and on treatment. They have 3 children – Two daughters who are married with their own families and a Son who is a farmer. Indira cancer Trust had helped her husband with medication earlier. The ward had informed family to come to Indira cancer Trust to get help with the funeral as she nor any of the children were able to do any arrangements.

The patient is from Galgamuwa and diagnosed with Cancer and staying at the Apeksha Hospital, Maharagama for the last 6 months. His wife has left their 6 month old child with her mother and has been living in the temple and looking after the husband who is warded at the hospital. They used to be in the business of making bricks and now the vocation is at a standstill with no income generated. She was called for an assessment for financial aid but she had indicated her inability to do a livelihood project. There were no other family members to support when the husband died. So Indira cancer Trust supported her.

42 Funerals
Support for Blood Investigations, Medication & Equipment

- Blood Investigations: 34
- Scans (PET): 19
- Medication: 160
- Equipment (including wheelchair): 13
• Kitchen Upgrade
• Extra meal for paediatric patients
• Menu review
Special Lunch 26th September 2018 & 2019
Awareness Sessions

Awareness sessions are done on several occasions. All Volunteers are recruited after an awareness session at the Indira Cancer Trust and a visit to the Apeksha Hospital, Maharagama. In addition, various sessions are done when a request is received.

Through the invitation of the National Cancer Control Program of the Ministry of Health, we have also been able to conduct awareness sessions for Medical Officers and Cancer Education Nursing Officers (CENOs) based at the Cancer units throughout Sri Lanka.

At the invitation of the Western Province Social Service department, multiple awareness sessions were also done for social services officers.
Keeping families with sick children together and near the care and resources they need.

- To create a home, away from home, which is filled with not only help, but also hope....
- Allow Families to Face the Weight of Illness Together....
- Allow Children to Get the Best Care....
- Services for Families to be provided....

Support for Blood Investigations, Medication & Equipment.

Genetic Blood Investigations, which are an essential part of the treatment protocol for children are being supported by Indira Cancer Trust, on regular basis every month. These investigations are not available at Apeksha Hospital. Every month up to 30 Blood Investigations are done. In addition PET CTs and other Investigations which are not done at Apeksha Hospital, are also supported based on requests received.
Support for Blood Investigations, Medication & Equipment.

Blood Tests

- All Translocation Panel
- AML Translocation Panel
- Philadelphia Chromosome (BCRABL) Detection
- Philadelphia Chromosome (BCRABL) Quantitation*
- Bone Marrow Karyotyping Peripheral Blood Karyotyping
- KRAS Mutation Detection (Condon 12 & 13) - Blood
- KRAS Mutation Detection (Condon 12 & 13) - Paraffin embedded tissue
- HER2 new by FISH method*
- PML-RARA Mutation Detection

408 BLOOD INVESTIGATIONS

10 SCANS (PET)
Signing of MoU with Key partners for Investigations (Blood & Scans)
INDIRA
PAEDIATRIC CARE

Monthly Paediatric Art & Craft Camp

26
Art & Craft Camps
Children’s Birthday Celebration

Birthday Celebrations
INDIRA PAEDIATRIC CARE

‘Thank You Cake’ given monthly to staff of Paediatric Wards

Thank You Cakes
Support for master plan of Paediatric Unit (Suvapeksha Medical Complex)

PROPOSED SUWAPEKSHA MEDICAL COMPLEX
TOTAL 670 BEDS (Total beds increasing 1050 in Apeksha Hospital)

1. 7 NOS BED PEDIATRIC WARDS- (230 BEDS)
2. ISOLATION WARD - (10 BEDS)
3. PEDIATRIC DAY CHEMOTHERAPY UNIT- (30 BEDS/ COUCHES)
4. PEDIATRIC ICU (10 BEDS)
5. BONE MARROW TRANSPLANT UNIT – (7 BEDS ) (4 ROOMS +3 STEP DOWN ROOMS)
6. BONE MARROW BIOPSY & LUMBAR PUNCTURE THEATER
7. PLAY AREA LIBRARY /RESEARCH UNIT
8. RADIOLOGY/IMAGING -(MRI/CT/X-RAY/ULTRA SOUND)
9. COUNSELLING AREA
10. PALLIATIVE WARD
11. RESEARCH UNIT/LIBRARY
12. CHILDREN'S SCHOOL/ THEATRE
13. ECG
14. GROUND LEVEL CAR PARK- 22 CARS
15. BASEMENT – LEVEL CAR PARK 58 CARS
indira paediatric care

suraksha insurance scheme

- Hospitalisation Claim
  - Treatments at Government Hospital
  - Treatments at Private Hospital
  - Out Patient Benefits

- Death Claim
  - Death of Parent
  - Death of Student

- Disability Claim
  - Disability of Student

suraksha
protect forever the children of nation
To initiate regular class room activity at the playhouse with inclusion of Languages & Information Technology
What volunteering does for the volunteer

Over 500 Volunteers
Indira Cancer Trust membership obtained

Union for International Cancer Control (UICC) is pleased to acknowledge the contribution of the

Indira Cancer Trust
to the global fight against cancer

Member of UICC

NCD Alliance Lanka
Promoting Health for a Better Tomorrow

www.uicc.org
Our Partners....
Be the person who moves hearts...
Be the person who makes darkness disappear..
Be the person who makes colours appear...

To fulfill your dreams of serving humanity
Please join us

112
363
211