

OPSA CHARITY NEWSLETTER

OPSA provides free surgical treatment to correct facial abnormalities including cleft lip and palate in poor children and young adults in Pakistan.



Spring Issue | Date: March 22, 2018

Registered Charity: 1116561

2017 CHARITY ROUNDUP

Our activities throughout 2017 remain focused on the provision of free plastic surgery to underprivileged children and young adults in Pakistan. These procedures are mainly to correct cleft lip and palate, but also include other deformities, for instance as a result of burns.



Cleft lip and palate cases are particularly common in Pakistan due to the lack of a welfare state, meaning that, if the patient's families cannot pay for treatment themselves,



they would remain untreated. These young people would find it difficult to fit into their communities.

We aim to offer a service to these people, ensuring that they are treated to a standard that we would expect in the UK, and in turn improve their quality of life. A simple operation is often all that is needed to transform these people's lives forever.

We treat our patients according to their need, regardless of their faith, gender or other personal circumstance.

Everybody at OPSA gives their time and expertise free of charge.

In recent years Dr Penny McManus, Consultant Breast Surgeon with the Hull & East Yorkshire Hospitals Trust, has been instrumental in helping to establish a breast care service, primarily to raise awareness of breast cancer in women of all ages in Pakistan.

More on this later in the newsletter.



UPCOMING SURGICAL CAMP DATES

March: 25th - 31st March 2018

Spring surgical camp to Gujrat

October: Date TBA

Autumn surgical camp to Gujrat

A NOTE FROM OUR CHAIRMAN

2017 was an outstanding year for us; it was also our 20th anniversary of our trips going to Pakistan twice a year, that is 40 individual life-changing trips where we have helped give babies, children and young adults a face they can live with.

Our international medical team grew, welcoming surgeons and anaesthetists from Ireland, and Turkey, helping us complete over 70 operations during the most recent medical camp in October 2017.

We have also trained more local surgeons, anaesthetists and nurses, so the invaluable work can continue to happen even after the international team has returned home.

We were also very fortunate to welcome onboard nominated charity trustee and independent social worker, Ariel Bruce who attended her first medical camp in October. Ariel brings with her vast social work experience and skills to involve the wider family of each patient that OPSA sees and treats.

We were delighted that Ms Penny McManus, Consultant Breast Surgeon joined us during the October 2017 camp, continuing to support and promote the breast cancer awareness project. Not only does she undertake surgical procedures during her visits, but she presents at professional meetings to raise awareness of the adverse implications of the widespread problem of late diagnosis of breast cancer in Pakistan.

Please enjoy the rest of our newsletter and help us by sharing it with family and friends.

Thank you.



Mr Nick Hart - OPSA Chairman



NEW TRUSTEES

At a recent special meeting of OPSA, it was proposed to increase the number of trustees by four.

This motion was passed in order to broaden the range of experience and skills from both a medical and none medical background to continue to help the charity flourish.

Members nominated for trusteeship are:

Penny McManus (Consultant Breast Surgeon)

Ariel Bruce (Social Worker)

Scott Illingworth-Harrison (Website and Design)

Tracy Brown (Finance)

The appointment of the new trustees will be communicated to the Charity Commission during the submission of our Annual Report & Return for 2017.

More on each new trustee in our next newsletter.

RESTORED SMILES

Why we do what we do...



BURNS EQUIPMENT

OPSA was delighted to be able to donate a 'Versajet' to the Plastic Surgery & Burns Unit in Multan (a nationally recognised and regulated burns unit). This piece of equipment is invaluable for the successful outcome of treatment of severe burns.

OPSA treats very few victims of burn wounds now, as the demand for treatment for cleft conditions increases year on year, so this is one way of being able to continue to help burns victims in Pakistan.

The charity continues to work towards a holistic service for cleft patients in Pakistan, as patients could expect to receive this level of care in the West. The challenge is being able to develop the service in such a way that it becomes self-sustainable in the long term. We work closely with Dr Ijaz Bashir, the Medical Director, towards this end.



(top) The Vaserjet machine and (bottom) treatment/cleaning of a burns wound with high pressure water.



EXPANDING THE MEDICAL TEAM



Mr Riaz continues to network with like-minded individuals within his professional organisations to encourage other Cleft Surgeons to share their skills with the local doctors in Pakistan. In March, Professor Reha Kisnisci from Turkey attended the camp, his second visit to date (and he is keen to maintain his support).

In October Mr Chris Hill, Cleft Surgeon for Northern Ireland made his fourth visit and expects to continue attending on an annual basis to support the service. Local surgeons and anaesthetists are keen to visit the cleft hospital during the camps to learn from their western colleagues, but one of the most significant challenges facing the project is encouraging such clinicians to offer their services, even for a very short time, without payment.

Mr Riaz encourages plastic surgery trainees with an interest in cleft conditions and head and neck surgery to join the team to learn. They get exposure to many more such patients in the one week of each camp than they would over the course of a year in the UK.

In October 2017 Mr Michael McBride, a senior registrar in Plastic Surgery from Belfast, N.I. joined the team, as did Dr Doruk Kocyigit from Ankara in Turkey, and Mr Diaa Othman from Leeds to further increase their knowledge and skills.

Dr Rafique, the charity's anaesthetic lead does the same, and Dr Hina Lohdi joined the team also. Dr Lohdi, who works at Leicester University Hospitals, is working towards specialising in paediatric anaesthetics. She has worked in the third world countries previously, doing similar work, so was quite familiar with the set-up.



BREAST CANCER AWARENESS PROJECT

Over the past few years Dr Penny McManus, Consultant Breast Surgeon with the Hull & East Yorkshire Hospitals Trust, has been instrumental in helping to establish a breast care service, primarily to raise awareness of breast cancer in women of all ages in Pakistan, as there is a desperate need for this.



For many reasons, including socio-economic, cultural and geographic, women are not presenting early enough to receive life-saving treatment. Penny has been directly involved in raising awareness within the medical fraternity, presenting her work to breast surgeons in Pakistan, and demonstrating the most up-to-date and innovative techniques during live surgery demonstrations.

Since Penny's involvement, a mammogram service has been established in the Women and Children's Unit at the Cleft Hospital in Gujrat, on a weekly basis, and she has developed relationships with local surgeons who help to support and grow this service.

Why awareness and training is needed

Many women are reluctant to see a male doctor, so the disease may be advanced or incurable by the time they eventually seek treatment. Breast reconstruction after a mastectomy, common in the UK, is a rarity in Pakistan, so women are often left feeling mutilated.

Penny's research has also shown that the disease occurs in a younger age group in Pakistan, potentially more aggressive, and may be associated with widespread industrial pollution.



DENTAL

During the last camp Dr Farooq Ahmad, a dental surgeon specialising in orthodontics also joined the team. Dr Ahmad is currently a speciality registrar, who is now working towards an MSc in Orthodontics.

Mr Ahmad's contribution is invaluable to the many patients needing his input and expertise, making a significant positive result to the outcome for many patients with orthodontic issues relating to facial abnormality.



(top) Maria aged 10, hiding her face. Her surgery was postponed while her heart condition was treated. (middle) Maria, pre-op, waiting to have her surgery. (bottom) After the first stage of her surgical treatment in 2017. Further surgery is planned in 2018.

THE MEDICAL TEAM



(above) The surgical team members from October 2017

The Oct 2017 team here comprised of:

From England

- Nick Hart (Chairman)
- Plastic surgeons Mr Muhammad Riaz and Mr Diaa Othman
- Breast surgeon Penny McManus
- Anaesthetists Dr Zahid Rafique and Hena Lohdi
- Senior nurse Mrs Annette Middleton
- Operating department practitioner Mrs Rae McGlone and
- Social worker and researcher Ariel Bruce

From Northern Ireland

- Plastic surgeons Mr Chris Hill and Mr Michael McBride, Anaesthetist Dr Shahid Tariq

From Turkey

- Maxillofacial surgeons Prof Reha Kisnisci and trainee Dr Doruk Kocyigit

From Pakistan

- Maxillofacial surgeons Dr Muhammad Umar Qayyum and Dr Rubbab Zahra, and
- Plastic surgeons Dr Mushahid Aslam and Dr Yasir Iqbal.

We would like to take this opportunity to thank all members of the medical teams who attended the camps in March & October 2017.

Finally, we would like to thank everyone that helped us along the way, especially those that helped raise the vital funds needed to continue our life-changing work.

SOCIAL WORK

OPSA – “Giving children a face they can live with.”

In October of 2017, Ariel was able to visit Pakistan with the charity OPSA (Overseas Plastic Surgery Appeal) to observe the vital work they are doing operating on young

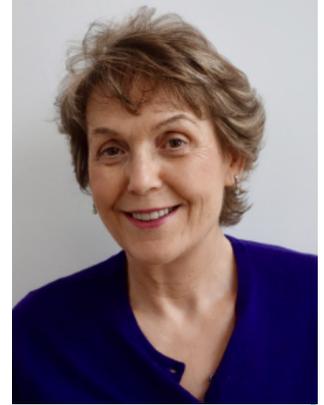
children with facial abnormalities. Children like Arfat, above, who had life-changing surgery as a baby thanks to OPSA.

Ariel Bruce and her colleagues are supporting the charity. Ariel gained valuable insight ‘on the ground’ in Pakistan where the work is being carried out. Using second hand and recommissioned surgical equipment, the medical team from OPSA train local doctors to carry out often life-saving operations that are commonplace in the UK.

Children come from hundreds of miles away to receive truly life-changing surgery which they would indeed not have access to without the existence and support of OPSA. Without such corrective surgery, these children would never learn to talk or feed properly, which can lead to being ostracised by their families and by society as a whole.

Ariel and her team have been spreading the word about the excellent work that OPSA carries out. OPSA is supported by journalist Katie Adie and actors Stephanie Cole and Debra Stephenson, who are OPSA ambassadors.

There is much work to be done; OPSA aims to raise a further £20,000, which will enable it to open another operating theatre in Pakistan, thereby helping many more children in the area.



HOW YOU CAN HELP

There are many ways you can help, visit our website for more info at www.opsacharity.com/opsa#get-involved or scan the QR code and donate today.

Donate Today

Click or scan



PHOTOS FROM THE OCT 17 SURGICAL CAMP





OPSA CHARITY FUNDRAISING UPDATE

FOR A THIRD YEAR, THANKS JOHN!

Mr John Rhodes (accompanied by our very own Chairman, Mr Nick Hart) is doing the Humber Bridge Walk again this year on May 12th and would welcome your support. Barclays Bank has also very kindly offered to match any donation John receives up to the value of £750.

If you would like to sponsor John or Nick, please send an email to web@opsacharity.com and include the following information:

- Your full name and postal address
- Email address and contact number
- The amount you wish to sponsor (remember Barclays Bank will match this)
- And if you want to claim gift aid, if you are a tax payer in the UK.



A THANK YOU TO ALL OUR SUPPORTERS

OPSA relies entirely on donations which allow us to visit Pakistan to provide free, life-changing surgery. All donations go towards expenses of air fares, equipment and consumables; the entire medical team continues to give its time free of charge. There are no 'paid' trustees or team members. Dr Ijaz Bashir and the Bashir Family support the hospital and the team by providing all accommodation, transport and hospitality at their own expense.

We have many organisations and people at home and abroad that sponsor us with both cash donations, sponsorship, equipment and consumables.

We would especially like to thank the the Spire Hospital in Anlaby East Yorkshire for its help in sourcing & providing pharmacy items, and Lee Barnett at Hull Royal Infirmary who sources vital consumables for us, which are critical to the success of the surgery. St Hugh's Hospital in Grimsby has continued to provide us with medical and surgical consumables free of charge, so a huge 'thank-you' to them also.

Many people also give us regular donations anonymously and we would like to take this opportunity to thank them, whoever they are.

We will be planning more events throughout the year, bookmark our website opsacharity.com or [Facebook](#) page for up to date info.

THE OPSA AMBASSADORS



KATE ADIE OBE DL

Kate grew up in Sunderland and gained her BA from Newcastle University where she read Swedish.

She became a familiar figure through her work as BBC Chief News Correspondent. She is considered to be among the most reliable reporters, as well as one of the first British women, sending despatches from danger zones around the world.

Kate was created an OBE in 1993 and is very pleased to be an ambassador for the OPSA charity.



STEPHANIE COLE OBE

Stephanie trained at the Bristol Old Vic Theatre School.

Stephanie is one of the UK most loved actors who has starred in TV, film, theatre and radio including: Still Open All Hours, Man Down, Coronation Street (Winner of the British Soap Award for Best Comedy Performance).

Stephanie was created an OBE for Services to Drama, Mental Health and the Elderly in 2005 and is excited at the opportunity of being an ambassador with the OPSA charity.



DEBRA STEPHENSON

Debra was born and raised in Hull and began her career entertaining in social and working men's clubs in the area as a young teen.

By 14 she was a winner on the BBC talent show Bob says Opportunity Knocks as a vocal and comedy impressionist. Work in radio and television followed, including her vocal contributions to ITV's Spitting Image.

Debra is proud to be an ambassador with the OPSA charity.



HOW YOU CAN HELP

There are many ways you can help, visit our website for more info at www.opsacharity.com/opsa#get-involved or scan the QR code and donate today.

Donate Today

Click or scan

