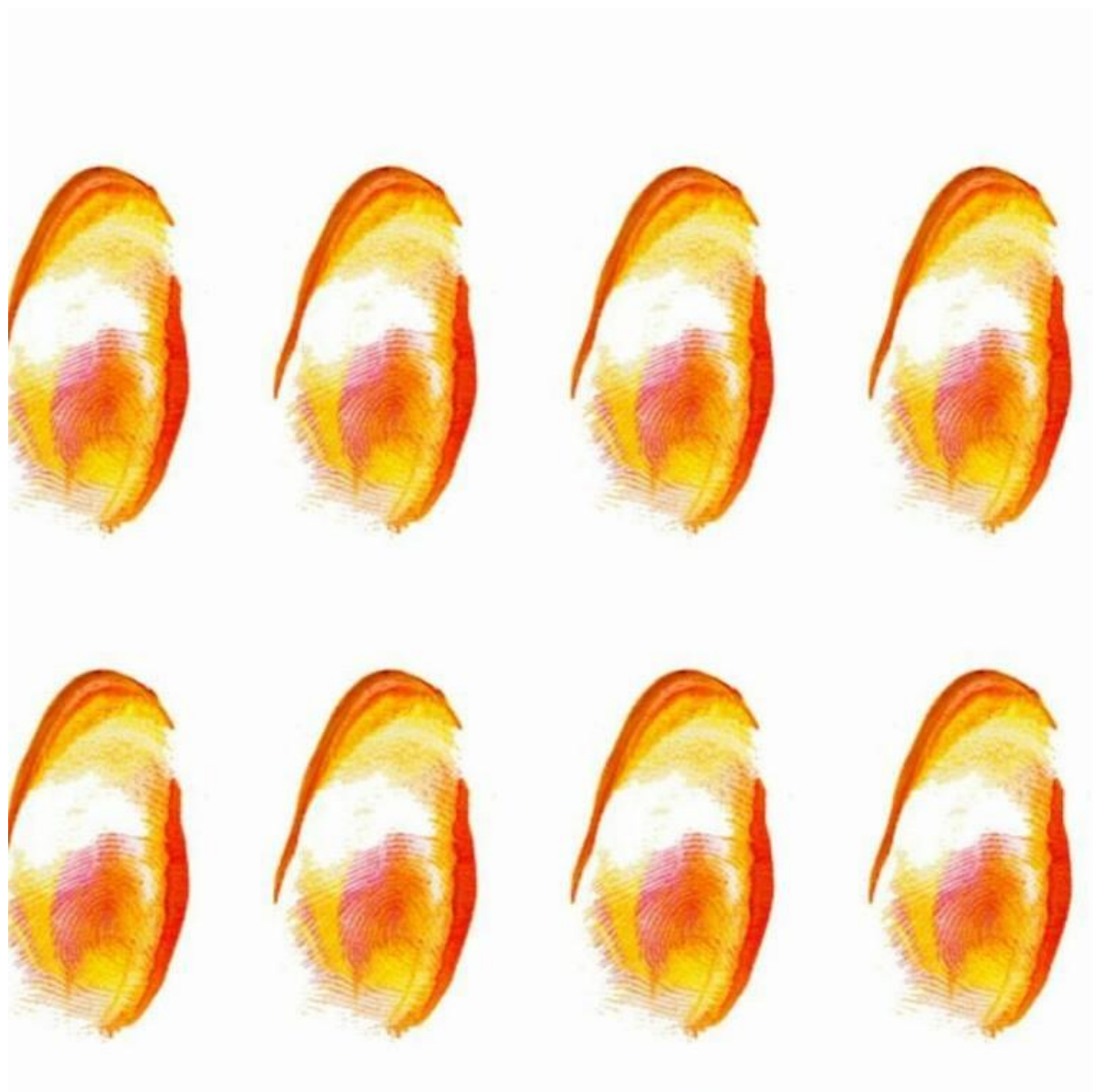


2021 MOTO Annual Report



Be at the forefront of a new and strong initiative for sustainable health and social care interventions for countries in Africa.

Registered Tanzanian NGO 00NGO/R/1612

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About Maisha Outreach Therapy Organization (MOTO).

Maisha Outreach Therapy Organization (MOTO) is a non-governmental organization registered in Tanzania. At MOTO, we believe that empowering and supporting individuals can reignite the "moto wa Maisha" - the fire of life (in Kiswahili), and that access to support and rehabilitation therapies are key to reducing vulnerability and isolation, and increasing the chances of a happier, healthier life for individuals and their families.

To achieve our goals, we facilitate vital awareness-raising, advocacy, and rehabilitation projects with and for people with disabilities and long-term conditions in Tanzania. We share skills and knowledge to work towards accessible and comprehensive rehabilitation services, the training of relevant professionals, and use therapeutic interventions and social outreach as a tool to support and empower those made vulnerable through health conditions or marginalization.

MOTO believes that access to more rehabilitation services and further support for vulnerable and marginalized people is the key to sustainable healthcare and is the new frontier of global health development.

Mission and Vision.

Our mission is to provide high-quality, accessible therapeutic intervention and social support in communities around the world as well as our vision statement is sustainable health and equality through accessible therapy services.

Our Core Values.

- **Advocacy**

To advocate for and alongside people living with disability, long-term conditions (Both acquired and non-acquired), and other vulnerable and marginalised people. To achieve this, we aim to be a voice for vulnerable people, to ensure they are gaining access to the healthcare interventions and support we all have a right to.

- **Empowerment**

We aim to not only advocate for vulnerable people but to empower those to advocate alongside us, to raise awareness and support for those in need. Further to this, we aim to empower through education, rehabilitation, and skill-building. Enabling individuals to achieve their daily activities of living, and to reignite their "fire of life".

- **Individuality**

We believe that all therapy interventions should be solely driven by the individual needs of those receiving the therapeutic intervention. Person-centered care will be at the heart of what we do.

- **Education**

We see education as central to our principles. Not only will we aim to educate individuals, caregivers and volunteers by providing training on evidence-based therapeutic interventions, we also understand the importance of the transference of both knowledge and skillset between professionals, caregivers, clients, and organizations.

- **Sustainability**

Here at MOTO, we aim to not only meet the needs of the present, but we aim to focus on long-term outcomes, in which we can support individuals, organizations, and communities to build an effective, sustainable structure necessary for the suitable care and support necessary for those with LTC's. We aim to achieve this by learning from each other, and empowering individuals through education and advocacy. Further to this, we aim to improve access to quality services, resources, and education.

Strategy.

Maisha Outreach Therapy Organization is currently developing its first full strategy following our recent work developing partnerships and re-assessing community needs following the impact of COVID-19 on global health initiatives. This will be available on our website by April 2022.

The Website.

The website provides all organizational information, such as the organization's mission and vision, details of projects, organization partners, testimonials, and key contact information. It can be found via www.maishaot.org

Reports & Communication.

- **Monthly Brief Report**

A monthly brief report is sent to all course participants, potential sponsors, organization partners, and other interested stakeholders. The newsletter focuses on finalized projects but also provides planned projects and other activities.

- **Social Media**

Maisha Outreach Therapy Organization continued to expand its use of social media to be as informative and transparent as possible to its stakeholders. Facebook is currently used to update our supporters, but we hope to recruit a volunteer to assist with our social media presence and extend onto Instagram and LinkedIn.

- **Project and Annual Reports**

After the start of our activities and completion of our project, the sponsor and other partners receive an extensive written evaluation report. This report describes the progress of the projects, assessment results, challenges and solutions, lessons learned for future projects, and financial statements. Stakeholders involved and those who are interested with Maisha Outreach Therapy Organization receive a soft copy annual report.

Foreword.

This is MOTO's first annual report in a new format reporting on our work over the past calendar year. However, since the end of 2016, our organization has evolved into a growing number of projects and programs. We are at the development stage in the growth of the organization. Our focus will be on creating community as well as individual impact and program sustainability to secure funding opportunities and partnerships.

In this report, you will read about the different activities and initiatives we have done so far around the Kilimanjaro region for the year 2021. We have partnered with different organizations like Songambebe, The Moshi Epignosis Physiotherapy Clinic, Anderson Memorial Rehabilitation, and Care Organization, and others to perform our daily activities. These are just some of our examples of our partners, more on this in the following pages as well. As an organization we are involved in many smaller and larger initiatives, too many to do justice in these pages, but we have tried to provide a good taste for the types of projects we are involved in. All this activity has also meant that we expanded our team in terms of volunteers.

We hope you will enjoy reading up on a variety of the activities we chose to highlight here in this annual report. We thank all our supporters for your ongoing support of our works.

Feel free to contact us with any questions or queries: hello@maishaot.org

The MOTO Team.

- **Johnson Dickson – Country Director**

Johnson is from the Kilimanjaro region in Tanzania, which is currently the home of MOTO. Johnson has extensive knowledge and skills in community and international development, having taken part in and led various youth, education, and health programmes in Tanzania. Johnson is also a founding member of MOTO and has run the Kilimanjaro marathon twice on MOTO's behalf. Johnson's local expertise and optimism put the "moto" (fire) in MOTO.

- **Judy Barrett – Executive Director**

Judy is one of the Founders of MOTO, and is also registered and practicing Specialist Occupational Therapist with the UK's National Health Service. Judy has a Master of Science in Occupational Therapy, and has a special interest in fair access and treatment for vulnerable people both in the UK and in Tanzania. Prior to working in healthcare, Judy worked initially as a volunteer, and then as a staff member on community development projects across Africa and Asia – including Tanzania, where she used to live.

- **Saad Mbingah – Programme Officer**

Saad is currently based in Zanzibar and supports the development of MOTO on the Zanzibar islands. Saad is an experienced community development worker and an excellent field researcher. Saad is originally from Dar es Salaam and has also completed the Kilimanjaro marathon to raise awareness of MOTO.

Official registered as National NGO.

We are very proud of our successful registration as an NGO in Tanzania. 2021 was looking good, despite the challenges presented to us due to the COVID-19 pandemic. MOTO is committed to making change and impacting the lives of those experiencing acute, long-term, or chronic physical and mental disorders by raising awareness about disability and improving access to therapies. We are committed to Tanzanian excellence and innovation. It is not easy, especially when physio and occupational therapy are low down the list of priorities for international, national, and regional health boards, but we believe it is the vital piece missing from sustainable health and social care systems in Tanzania and many other countries. This went hand in hand with obtaining a Tax Identification Number (TIN) from the Tanzania Revenue Authority (TRA) which will be used in paying different government taxes accordingly. TIN will be crucial in different financial activities for the organization, especially in auditing.

New Team Member.



Welcome, Stu, who has joined the MOTO team as a volunteer clinical advisor for Physiotherapy! Stu is an experienced physiotherapist in the UK and is looking forward to learning more about physiotherapy in Tanzania and sharing skills and knowledge with our partner organizations.

As AHPs in the UK, although there is a struggle for resources at times, therapists in Tanzania are put under even greater strain. We hope by combining the clinical experiences of UK therapists and Tanzanian therapists, there can be a mutual strengthening of creativity, quality, and innovation across the borders!

Awareness Raising.



As part of an awareness campaign on what we are doing, this year Our team represents MOTO in different ways. Johnson runs the Half marathon (21km) at Kilimanjaro International Marathon.

Through this event, he was able to meet with different people and explain in detail who we are and what are the min activities. Judy (and other UK-based MOTO supporters) participated in Kilimanjaro Virtual Challenges (22.8km). The aim was to raise some funds so as to increase accessibility and quality of rehabilitation therapies, and advocate for inclusive societies for people with disabilities.

Updates on Partner Organization.

Like other organizations, we do believe in resource sharing and partnership for effective implementation and sustainable and effective results of our works. Strategic partnership provides opportunities to share knowledge, maximize resources, and build global communities that lead the effort to uplift the vulnerable in the communities we work. We managed to seek like-minded partners with complementary implementation models, innovative evaluation and learning methods, as well as geographical presences to enable growth and strengthen the impact of our programs. Songambe Initiative, Moshi Epignosis Clinic, Ndoto Compass, and others are examples of our partners. We hope by building a strong partnership, we can move forward with our mutual goals together and support some of the most vulnerable people in society.

Fundraising Platform.

Through JustGiving we were able to fundraise some money that will contribute to our many activities specific to:

- ✓ A research project to further improve our projects and ensure they are relevant and effective in a COVID-19 world that has changed the face of public health across the world and caused new challenges for vulnerable people.
- ✓ Supporting trained national and international volunteers to facilitate our programmes in Tanzania (by providing funding for necessary resources, travel and living costs). This would also include funding placements for Tanzanian therapists to support our outreach work with partner organisations in Kilimanjaro region.
- ✓ Applying for International NGO status, which will improve our chances of success when applying for grants.

Stanley and Sandra.



MOTO was very proud to be chosen to facilitate a very personal project, all the way from Germany. Sandra, a young woman from Germany, first met Stanley when she was working on a health project in Kilimanjaro, Tanzania. She was touched by his story. Stanley is a young man who was involved in a serious accident that left him paraplegic. He is both physically and financially

dependent on his family, but wants this to change. Stanley dreamt of having his own shop which could provide for his family and that he could help run. With help from MOTO Sandra decided to help make that happen through different donations. At this moment Stanley owns a small retail shop that helps him to generate income for his family. On behalf of his family, we are very proud and thankful for everyone who participated and donated during our fundraising campaign.

Please check out Sandra's GivingWay page for more details and how YOU can keep on donating!

<https://www.givingway.com/campaign/99eddf>

Consent gained to share facial images

Please note this is a private donation and project, MOTO does not currently provide grants to individuals

Celebrating the life of our friend & partner supporter Theodore Max Franklino.

On 07.08.2020 we lost one of our first donor/supporter and a good partner of us. Theo



had been in our lives for 6 years and was one of our first supporters. Theo believed in achieving dreams, and even when it was difficult, urged us to continue. He is completely irreplaceable and had a huge impact on us as a friend, and a supporter of MOTO. Theo had big dreams with our organization and we hope to accomplish them to honor him. ***“What moves through us is a silence, a quiet sadness, a longing for one or more day, one more word, one more touch. We may not understand why he left this earth so soon, or why he left before***

we were ready to say goodbye, but little by little, we begin to remember not just that he died, but that he lived. And that his life gave us memories too beautiful to forget”. We will always remember Theo and we are so grateful for the support his friends and family have continued to show us.

Donation from Lyndhurst Road Tattoo and Chris Billington.



Lyndhurst Road Tattoo decided to conduct a fundraising campaign and managed to raise over £900 for MOTO in memory of our biggest advocate and wonderful friend, Theo Franklino who passed away a year ago.

At the same time, Chriss Billington run the Big Half in London on the 22nd of August and raised £170 for charities close to three people we have unfortunately lost in the past 18 months: Richard Hudson - St Margaret's Hospice (Taunton), Theo Franklino - Maisha Outreach Therapy Organisation, and Eileen Billington - Northwest Air Ambulance Charity. We would like to say a huge thank you to them for raising that amount and we are incredibly moved by this generosity.

World Spinal Cord Injury Day.

The International Spinal Cord Society (ISCoS) established 5 September as 'World Spinal Cord Injury Day', with the intention of increasing awareness for persons with a spinal cord injury (SCI). This year's theme is 'Covid-19 and SCI: Staying healthy with the help of Telecommunication and Telehealth'. Covid-19 is still a major concern, affecting the lives of millions of people around the world and posing challenges in providing health care. Telecommunication and Telehealth have emerged as an effective way to facilitate optimal health service delivery while minimizing the hazard of direct person-to-person exposure to Covid-19 but the question is still how applicable it is in Africa.



We are proud supporters of the Songambebe Marathon this year, another organisation that supports people living with disabilities in Tanzania. We also took the opportunity to provide some re-useable PPE and sanitizers to 50 vulnerable people as there are growing concerns internationally for the new COVID variant, and most people in Tanzania do not yet have access to vaccination.

MOTO Field Visit.



With our partner Songambebe we managed to visit patients affected with spinal cord injuries in Moshi rural areas. The main reason was to see how they are doing and try to do the need assessment on what can be improved towards the challenges they are facing. We have come to realize that most of the caregivers living with people with disability, especially in rural areas need more education on how to take care of people with disabilities. Big congratulations to our partner as well as Kyaro Assistive Tech who managed to give out some urine bags and wheelchairs for those who were in need.

MOTO Research Project.

2020 is the year that has changed everyone's lives across the world. The world has changed significantly, especially for vulnerable people. The work of rehabilitation therapists has been highlighted as essential, but still too often inaccessible.

MOTO and partners started an ambitious research project to refine how we work in a post-COVID environment, and how the needs of vulnerable people, communities, and rehabilitation specialists have changed in Tanzania. In order to understand the Lived experiences of people with disabilities and their carers (including access to therapy), beliefs about disability, and the challenges of people with a disability experienced by community members/professionals who do not have a disability, the perceived value of rehabilitation therapies by a wider community, healthcare professionals, and relevant authorities, knowledge of access to rehabilitation therapies, and examination of current methods of access as well as challenges to accessing rehabilitation therapies, we decided to conduct small research around Kilimanjaro region.



The research was conducted using a mixture of questionnaires, interviews, and case studies on a face-to-face basis, with appropriate PPE and/or social distancing in place to support vulnerable people. MOTO provided PPE for participants who require it and do not have access to it. All participant's information is treated as confidential unless consent is given by the participant and identities will be anonymized in any produced reports.

Meeting with Jakaya Mrisho Kikwete Foundation.

As we believe in partnership and cooperation, we managed to meet with The Jakaya Mrisho Kikwete Foundation (JMKF), a foundation with the vision of transforming lives through innovative, effective, sustainable, and value-added solutions. We were very interested with their cross-cutting issues which focused on Universal Health Coverage (UHC), Gender, Persons with Disabilities, and Nutrition. With them we explore different angles on how we shall work together especially towards disability programs for the great impact in our community.



International Day of Persons with Disabilities (IDPD).



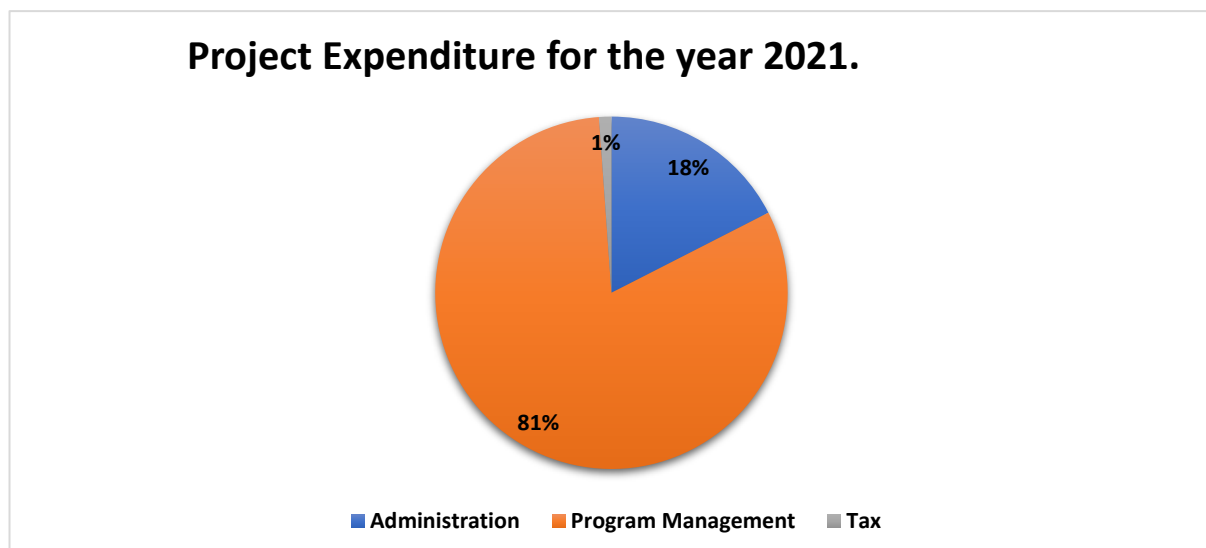
International Day of Person with disabilities is a UN day that is celebrated every year on 3rd of December. The day is about promoting the rights and well-being of persons with disabilities at every level of society and development and raising awareness of the situation of persons with disabilities in all aspects of political, social,

economic, and cultural life. WHO joins the UN in observing this day each year, reinforcing the importance of securing the rights of people with disabilities, so they can participate fully, equally, and effectively in a society with others, and face no barriers in all aspects of their lives.

In Kilimanjaro MOTO participated in the event which comprises more than fifteen organizations around the Kilimanjaro region. The event took place in Hai district with the theme “**Leadership and participation of persons with disabilities toward an inclusive, accessible, and sustainable post-COVID-19 world.**” So many challenges facing people with disabilities were addressed and the government representative agreed to work on it.

Finances.

Shown below is a summary overview and breakdown of our finances for 2021. Through generous support and fundraising, we were able to accomplish our programs. The percentages listed below are drawn from the audited financial statements from the fiscal year ending by independent public accountants.



Looking Forward.

As our organization grows, we have taken a thoughtful approach toward improving many aspects of our program so that we can assess, reflect and create a meaningful impact on marginalized communities.

We look forward to sharing with you our strategy in April 2022. We are in the process of creating this, and updating our programme/project plans as informed by our research project that took place in 2021. Our research report will also become available in the coming future.

Thank You.

Maisha Outreach Therapy Organization extends our gratitude to all of our donors and supporters who made our work possible this year. We are honored and grateful for your support and look forwards to many more years of partnership.

Maisha Outreach Therapy Organization supporters.

We could not do this work without the tremendous financial support of our individual donors and huge time contribution of our partner organizations and volunteers. To you, we are deeply thankful.

Partner Organizations/Companies.

The Moshi Epignosis Physiotherapy Clinic.

The Toa Nafasi Organization.

Songambele Initiative Organization.

Lyndhurst Road.

Tanzania Disability Development Initiative (TDDI).

Ndoto Compass.

Anderson Memorial Rehabilitation and Care Organization.

Timeless Business Solution.

Individual Donors.

It is not possible to mention everyone who supported us in one way or another but the following are few of them: Susan Daly, Megan Powell, Amanda Pullen and Bob Crone, Timothy and Patricia Bolton, Joyce Willard, Ann and Mick Young, Inga Palme, as well as Chris Billington and others, we are thankful for what you have done.