



# FUNDRAISING HANDBOOK

HELPING TO HEAL HANDS WORLDWIDE

# Contents

About The British Society for Surgery of the Hand (BSSH)	1
Our global projects	2
In focus: LION Hand Unit, Malawi	3
How we are helping	4
Costs	6
How you can help	7
Fundraising	7
JustGiving	8
Donations	9
GiftAid	10
Contact us	11

# About The British Society for Surgery of the Hand (BSSH)

The BSSH is the professional organisation representing hand surgeons in the UK and strives to improve the care of patients with hand injuries and hand disorders.

Its aims are to promote and direct the development of Hand Surgery, to foster and co-ordinate education, study and research in Hand Surgery, and to disseminate knowledge of Hand Surgery among members of the medical and allied health professions.

The BSSH sponsors scientific meetings and continuing medical educational courses. Its fellowships, bursaries and research grants support research in Hand Surgery and the training of Hand Surgeons.

It is a member society of the European Federation of Societies for Surgery of the Hand and the International Federation of Societies for Surgery of the Hand.

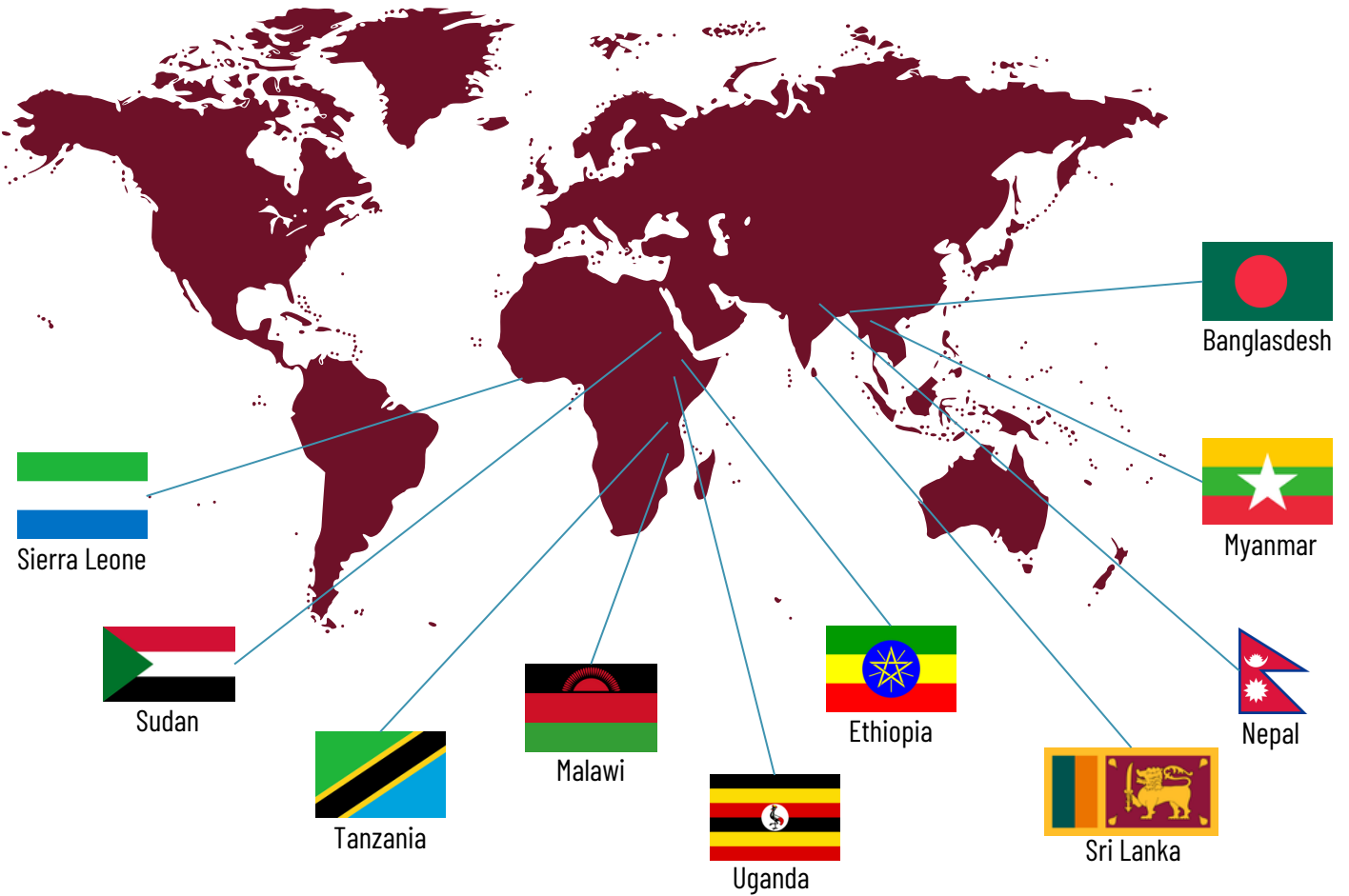
BSSH has been supporting members to perform voluntary work overseas since 2010. From modest beginnings responding to an invitation to lead a surgical mission to The Holy Spirit Hospital in Makeni, Sierra Leone, the work has steadily grown so that now we have educational projects in 10 low to middle income countries (LMICs).

Each project is visited by a team of UK hand surgeons and hand therapists annually, to run an educational course, teach the local team and treat some patients. Providing hand surgery education to surgeons and their teams in LMICs is an excellent use of BSSH members' skills, knowledge and commitment to hand surgery. It is in keeping with the objective of the society "to further the development of hand surgery by education and research."

# Our global projects



Find out more about our project countries





# IN FOCUS:

# LION Hand Unit

## Lilongwe, Malawi



**BSSH** The British Society for  
Surgery of the Hand



**From 2023, BSSH are running an exciting new project to set up the first Malawian Hand Unit at the Kamuzu Central Hospital in Lilongwe.**

## About Malawi

Malawi is one of the 10 poorest countries in the world and has the 9th highest rate of road traffic deaths in the world. For every death, there are 25 non-fatal injuries causing permanent disability which can affect whole families, leading to poverty and dependency. Complex hand wrist injuries also arise from industrial accidents and street crime. Many of these injuries are poorly treated causing pain and loss of function, which directly affects the working hands of Malawi.

## About LION

The Lilongwe Institute of Orthopaedics and Neurosurgery (LION) is a new purpose-built healthcare facility for treating injured Malawian patients free of charge. It is attached to the Kamuzu Central Hospital, in Lilongwe, the capital city of Malawi, which serves a catchment population of several million people.

# How we are helping

A Memorandum of Understanding has been agreed between the BSSH, the British Association of Hand Therapists (BAHT) and the LION.

For five years, BSSH and BAHT will assist LION in the delivery of treatment for patients with elective and traumatic conditions of the hand.

We have recruited BSSH and BAHT volunteers who will work in the LION Hand Unit throughout this period. They will collaborate with local staff in the running of specialist hand clinics and regular hand trauma and elective lists, while promoting sustainability through education and training.





- » 5 year commitment, 2023 to 2027
- » Continuous on-site presence of a volunteer Senior Hand Surgeon, a Hand Therapist and a Junior Hand Surgeon
- » Working with and training local surgeons and therapists to deliver a Hand Service
- » For BSSH and BAHT to manage a staged withdrawal of support over 5 years, leaving Malawi with its very first independent operational Specialist Hand Surgery Unit



# Cost per year

Based on 25 volunteer trips per year  
- Volunteers are not provided with salaries, expenses or UK travel

Travel/airfare	£26,000
Visas	£1,250
Work permits/registration	£6,780
Admin support	£5,056
Accommodation and amenities including security	£31,000
Housekeeper	£1,560
Food	£7,020
Transport	£4,000
Health Insurance	£3,745
<b>TOTAL</b>	<b>£86,371</b>
<b>TOTAL 5 years</b> including inflation and contingency	<b>£500,000</b>

## BSSH Financial contribution

Year one	£100,000
Yearly from year two	£25,000



# How you can help

## Fundraising

Fundraising could be as simple as doing a sponsored walk, run or cycle. Maybe even gathering your friends to have a coffee morning or cake sale.

If you are up for a challenge, maybe you'd like to take part in a sporting event, take on a hiking challenge or brave a skydive!

Or maybe you can talk to other people or organisations about the project and persuade them to donate to it.

All fundraising efforts, small or large, will together make a massive difference in helping BSSH delivering education and training in low and middle income countries globally.



**£100**

Average health insurance for a volunteer in a project country for 6 weeks

**£1,000**

Airfare and visa for a volunteer surgeon, therapist or trainee to visit a project country

**£1,200**

Average accommodation and food cost for a 6 week volunteer in a project country



Once you have decided on your fundraising idea one of the easiest ways to manage donations is to set up your own JustGiving fundraising page. Your fundraising page can be set up in a matter of minutes and directly linked to a BSSH project of your choice with donations automatically sent to BSSH. Simply go to the project JustGiving page and click "Start Fundraising". If you need any support, please give us a shout.

[Click to go to LION Hand Unit JustGiving page](#)



Links to the individual JustGiving pages for BSSH projects can be found on the BSSH website [here](#).

## Top tips

### Set a target

Pages with targets receive on average 46% more donations.

### Tell a story

Let people know what you are fundraising for, why it will make a difference and why you are doing it. The more detail the better as your donors will give more knowing how their money will be helping.

### Add offline donations

Add any offline donations you receive to your JustGiving total so supporters can see how well you are doing.

### Add a photo

Make your fundraising page more personable.

### Share, share, share

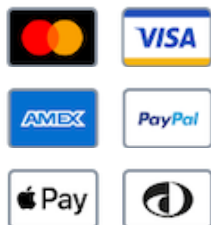
Post regular updates on social media – new stories give your supporters a reason to come back and donate again. Ensure to tag the BSSH so we can share your updates as well!

### Keep us updated

The more you keep us updated with your plans, preparation progress, the more we can help you to succeed in your goal.

# Donations

## JustGiving



The easiest way to make a donation is via JustGiving. There are options for a one-off donation or to set up a monthly donation.

[Donate to BSSH  
LION project](#)

[Donate to BSSH  
in general](#)

**Bank transfer** If you wish to make a bank transfer, please use the project name you are donating in aid of as the reference. Please also email [secretariat@bssh.ac.uk](mailto:secretariat@bssh.ac.uk) with confirmation of your donation so we can match it up as well as a GiftAid form so BSSH can claim an extra 25% from the Government.

Account Name: The British Society for Surgery of the Hand  
Sort Code: 50-30-25  
Account Number: 26089971  
Bank Name: NatWest

## Cheques

Please write all cheques out to "British Society for Surgery of the Hand" and post to:

British Society for Surgery of the Hand  
Royal College of Surgeons of England  
38-43 Lincoln's Inn Fields  
London, WC2A 3PE

Please either include a letter with the cheque or email [secretariat@bssh.ac.uk](mailto:secretariat@bssh.ac.uk) with your details and which project the donation is in aid of where relevant.

## Benevity

BSSH are registered with Benevity so if you have an account, it is easy to set up a donation.

Give though Benevity:

<https://causes.benevity.org/projects/509880>



# GiftAid

\*UK donations only

*giftaid it*



Donating with Gift Aid means BSSH can claim an extra 25p for every £1 you give. It will not cost you any extra.

JustGiving will automatically prompt you to claim GiftAid and claim on behalf of BSSH.

If you are donating via bank transfer or cheque, you will need to fill out a GiftAid form. This is very quick and easy to do and makes a huge difference to our causes.

If you pay tax above the basic rate, you can claim the difference between the rate you pay and basic rate on your donation through your Self Assessment tax return.

## Single donations:

Please fill out and send this GiftAid form for a single donation from yourself.

GiftAid form:  
Single donation

## Multiple donations:

This form is ideal for those gaining sponsorship for a fundraising event outside of JustGiving. Each of your sponsors will need to add their name and postcode for us to be able to claim GiftAid.

GiftAid form:  
Multiple donations


# Contact us


Please ensure you let us know of your fundraising efforts. Not only are we able to support, we can share your fundraising to our network and raise awareness of the importance of BSSH global projects.

 +44 (0)207 831 5162

 [secretariat@bssh.ac.uk](mailto:secretariat@bssh.ac.uk)

 [www.bssh.ac.uk](http://www.bssh.ac.uk)

 British Society for Surgery of the Hand  
Royal College of Surgeons of England  
38-43 Lincoln's Inn Fields  
London

 Charity Number: 268396

