

Acutus
Merlin House
Glasgow
G52 4XZ



getting people moving

13th October 2010

Dear Acutus

Thank you so much for your exceptionally generous donation of £5000 to 500 miles. 500 miles takes its name from the lyrics of The Proclaimers' song, "I would walk 500 miles" - your gift will certainly get many of the world's most unfortunate people up and walking.

500 miles supports the delivery of prosthetic and orthotic services and other mobility/function promoting services such as orthopaedic and plastic surgery to disabled people in Malawi and Zambia. (A prosthetic leg replaces a leg or part of a leg which is missing whereas an orthosis is a support for a leg or part of a leg which is weak or doesn't work properly eg a splint.) 500 miles is also trying to develop the capacity of the very limited prosthetic and orthotic services in Malawi and Zambia for the benefit of future generations.

I believe that what 500 does is highly effective in terms of (1) impact per £, (2) numbers of disabled people who will benefit and (3) the huge transformation in the quality of people's lives. For a relatively small, one-off sum, prosthetic and orthotic support and orthopaedic and plastic surgery can have a life transforming effect for a disabled individual giving that person the chance to be mobile and so get an education, earn a living, support a family and participate in social activity. I've met a lot of them and seen what their lives are like before and after being helped. With the cooperation of the Malawian Ministry of Health, 500 miles runs a prosthetic and orthotic centre in the grounds of the main tertiary care hospital in Lilongwe, Malawi. From a standing start in March 2009, we are now prescribing, manufacturing and fitting an average of over 45 devices per month and are ready to commence an outreach initiative which we hope will ultimately reach the whole of central Malawi.

In Zambia 500 miles supports both a small prosthetic and orthotic workshop at the Zambian Italian Orthopaedic Hospital ("ZIOH") in Lusaka and the airborne medical service called FlySpec. We support the workshop with salaries, training and income – the latter through funding prosthetic and orthotic devices for those who can't afford them. FlySpec takes orthopaedic and plastic/reconstructive surgery by air to disabled people in towns and rural communities in Zambia where such services are not otherwise available. The surgeons fly the planes themselves. The kind of operations they carry out are the treatment of congenital and acquired deformities, often from neglected trauma and bone infections (including cleft palate work, club foot correction, release of burns contractures and amputation). Over 60% of all patients operated upon are physically disabled children. The sheer size of Zambia and the difficult terrain mean that it's practically impossible for people in need of prosthetic and orthotic devices who don't live in Lusaka to obtain them. Since May 2008 FlySpec and 500 miles have been taking the prosthetic and orthotic service offered by ZIOH into rural areas.

You can really see the impact of your wonderful donation when you consider that an operation to correct a club foot on a child living in rural Zambia would cost only about £100 and the full cost of purchasing one adult below knee prosthesis and having it fitted is on average just £60 in Malawi and Zambia. 100% of donations is applied towards 500 miles projects.

Kind regards and thank you so much again for supporting 500 miles' work,

Olivia Giles, **Chief Executive**

500 miles
Box 500
44-46 Morningside Road
Edinburgh
EH10 4BF

e. olivia@500miles.co.uk
www.500miles.co.uk