2023 Annual Report

Act against Aids

Ruedi Lüthy Foundation

20 YEARS OF SHARED COMMITMENT

Sharing responsibility for 20 years

It's been 20 years since I decided to bring my knowledge of HIV/Aids to Zimbabwe to help people who are too poor to afford medical help. It was a family decision. Without the unconditional support of my whole family, it wouldn't have been possible to establish Newlands Clinic in March 2004 and run it successfully for 20 years. My wife Rosy gave up part of her life in Switzerland and followed me to Harare. Our son Philipp, set up the IT system in the clinic, and his older brother Thomas, often visited us in our house on Bowood Road. And then, of course, there's Sabine, who as CEO has been shaping the foundation for twelve years with enormous passion. Harare and its people have also become a second home to her family.

Without this strong family support, Sabine and I would not be able to do this work. And the same applies to our employees in Harare and in Switzerland: they're all backed by wonderful family members who support, accompany, comfort and encourage them, and occasionally get them to slow down.

It's with great pride that we all bear responsibility for over 8,000 patients. We bear this responsibility with you, people who trust us, our values and our expertise. Thanks to your support and the prudent planning of the Foundation Board, after two decades the Ruedi Lüthy Foundation stands on solid ground. This is extremely important, as the challenges are unlikely to diminish in the coming years. Thanks to your compassion and trust, we have been giving life, hope and confidence for 20 years.

For that we thank you with all our hearts!

"The foundation stands on solid ground and is well equipped for the future."

Prof Ruedi Lüthy, Founder and Sabine Lüthy, Co-Chief Executive

Medical treatments becoming more complex

Anyone who takes their medication regularly and has no symptoms can obtain the necessary preventive medication from the in-house pharmacy without consulting a doctor, or a nurse. We are concerned about the increasing number of patients who are developing secondary diseases in addition to their HIV infection.

While the HIV rate in Zimbabwe back when the foundation was established in 2003 was around 19 % of adult the population, in the last 20 years it has fallen to around 11 %. What at first glance appears to be an extremely pleasing result is still a catastrophe in terms of 1.3 million or so people infected. In the almost 20 years of its existence, the number of patients at Newlands Clinic has risen steadily to 8,051 at the end of 2023. It should not be forgotten that the impact of treating these people extends much further. Every young woman who is successfully treated is very likely to give birth to healthy children. Every man in whom the HIV virus can be suppressed thanks to treatment will not pass on the disease during unprotected sex. But even if the therapy works extremely well, taking medication to suppress the viral load still weakens the immune system. This is why people with HIV increasingly suffer from secondary diseases such as high blood pressure, diabetes and cancer.

Cancer threatens the success of therapy

"It can't be right that we successfully treat our patients for HIV and then lose them to cancer," says Dr Tarisai Kufa, Physician at the Women's Health Centre. While there were 105 diagnosed cancer cases in 2020, by the end of 2023 there were already 250 patients, 56 of whom had died. Most of the cancer patients came to the Newlands Clinic at an advanced stage. This clearly shows that the clinic is the last hope for many HIV patients. The public health system is not in a position to help these people. There is only one radiotherapy machine in the public health sector, and it often breaks down. Most people in Zimbabwe can't afford treatment in a private clinic. Newlands Clinic enables some patients to receive radiotherapy in the private sector, but for financial reasons we unfortunately can't cover all treatment costs for financial reasons.

Cervical cancer is widespread

In Zimbabwe, a third of all cancers are diseases of the cervix. Women living with HIV have a six times higher risk of developing cervical cancer than the HIV-negative comparison

"It can't be right that we successfully treat our patients for HIV and then lose them to cancer."

Dr Tarisai Kufa, Physician at the Women's Health Centre

group. The high-risk variant of the human papillomavirus (HPV) causes over 90 % of cervical cancers worldwide. It's therefore extremely important for our patients to be regularly tested for HPV. Last year, we tested almost 2,500 patients for the high-risk variant of HPV. Unfortunately, around 1,600 of these women tested positive. This doesn't mean that all of them will develop cervical cancer. But they are at high risk and therefore need to be screended regularly and treated if necessary.

Older people with HIV

HIV therapy means that the people receiving treatment are getting older and older. Last year we counted 2,713 patients over the age of 50. Non-communicable diseases such as high blood pressure, heart disease, diabetes and chronic kidney disease are more common in this age group. In addition, HIV therapy can lead to considerable weight gain, especially in women. This is a factor that increases the risk of diabetes and high blood pressure. This development means that we need to broaden our treatments and our focus. Medical staff need training so that they can explain the correlations to our patients and help them understand why additional examinations and medication are necessary.

Mental and social health

Newlands Clinic offers comprehensive and sustainable treatment to destitute people infected with HIV. This also covers their mental and social health. The aim of our Mental and Social Health (MSH) department is to understand the difficulties faced by people living with HIV and their families and to support them accordingly.

Mental health support services:

- Individual psychotherapy sessions
- Support groups focusing on the following:

- Women with cancer: "The Cancer Survivors Holding Arms"
- Men with HIV
- Teenagers with HIV
- Young mothers with HIV
- Counselling for parents and other carers on their children's adherence to HIV treatment

Social health support services:

- Food aid for patients who don't have the financial means to feed themselves and their families a regular and balanced diet
- Support with paying school fees
- Scholarships for particularly talented young people from destitute families to attend university
- Vocational training for teenagers and young adults
- Business training for especially vulnerable women to run a micro-enterprise
- Business training for especially vulnerable men to run a micro-enterprise

Marigold Mupunga, Golden Kadziyanike, Bahati Kasimonje, Farisai Harinye, Vimbai Mukodzani, Lengton Marumbi (MSH team)

1,211 people

were given access to e'Pap, a nutrient-enriched porridge.

843 households

were receiving food support per month (average). That's 46 % more than in the year 2022.

Marion Mukasa-Batende in conversation with Loveness Mutandiro

"We make a difference in everyone's life. It's fulfilling to see how people quickly feel better and can lead a normal life again."

Marion Mukasa-Batende,
Clinic Manager

Marion, what made you decide to work at Newlands Clinic 20 years ago?

At the time I didn't know much about HIV, and I didn't realise that our country was so badly affected by it. It was both exciting and scary to listen to Prof. Ruedi Lüthy. It was fascinating that a stranger wanted to give his knowledge and support to the people of Zimbabwe. I thought, if a stranger can do that, then I can do the same for my fellow citizens.

What was your first day at work like?

When we arrived at the new office, nothing was ready yet. The computers were still packed in boxes and we had to set everything up. I was afraid that the organisation wouldn't survive. But I was also full of joyful anticipation of what was about to happen.

With conviction and passion

Marion Mukasa-Batende has been with the Newlands Clinic since its beginnings 20 years ago. As long-serving staff member she plays an important role in the clinic's exceptional atmosphere. In an interview she tells us what this work means to her and what advice she gives new employees.

Twenty years later, what's the most important advice you give new employees?

At Newlands Clinic, the patients are the most important thing. It's not only about prescribing medicines. We see every person as an individual. This means that we first listen to them carefully. It also means that we seek eye contact with our patients. This isn't usual in Zimbabwe. I realised this the first time I saw Prof. greeting a patient at reception. His entire attention was focused on this person. That's when I realised that Prof. really does see each person as an individual. This attitude is part of Newlands Clinic's values. It's very important that new employees understand this. We make a difference in everyone's life. It's fulfilling to see how people quickly feel better and can lead a normal life again. Lost hope is reignited. The compassion of all the staff at Newlands Clinic for human life is outstanding, and it's essential.

Is there an induction programme for new employees?

We're in the process of developing an induction programme for the various roles at the clinic. Certain things are the same for everyone. Everyone must share the vision and the rules of the Ruedi Lüthy Foundation, such as human dignity and solidarity. Everyone pays attention to the details. We really want to know what the person is all about. Why is he or she turning to Newlands Clinic? What's their living environment like? This is extremely important, because it's the only way we can really respond to the needs of each individual. That's the unique thing about this place. And everyone who works here needs to understand that.

"We see each person as an individual. This means that we first take the time to listen carefully."

Fortunate Saviri

39 out of a total of 86 employees have been working at Newlands Clinic for over ten years.

Ruedi Lüthy insisted right from the start that the clinic should be as paper-free as possible.

Yes, exactly, and that was also completely new to me. I was trained in data management but had little experience in it. Philipp Lüthy, Ruedi Lüthy's son, taught us the most important things. We were only allowed to note appointments electronically. At first I was worried that we wouldn't be able to handle it. But Prof. wanted it that way and it soon proved its worth. Today we have our own data management system, ePOC, and enter everything – patient data, lab values and much more – directly into it. This makes the work less error-prone and more efficient and gives us more time for our patients.

Is the stigma of being infected with HIV still the same as it was 20 years ago?

The stigma is still there, but it's different to 20 years ago, when no one spoke openly about HIV. In the early years, no one would have shared their plate with an HIV-positive or used the same sanitary facilities. Now most people know how HIV is transmitted and are much more relaxed about dealing with it. However, society is still a long way from people being able to talk openly about their HIV infection. HIV/Aids is strongly associated with sexual infidelity and is still a taboo subject.

Fortunate Saviri, receptionist

We read in the European media that more and more people who are trained as doctors or nurses are emigrating abroad. Is Newlands Clinic also affected?

Unfortunately, Newlands Clinic is also feeling the effects of this regrettable development, which correlates with the economic situation in Zimbabwe. In 2023 alone, eight employees relocated to Europe. That's the first time that Newlands Clinic has lost such a large number of employees. Fortunately, we were able to fill all those vacancies with well-trained people within a very short space of time. Newlands Clinic has an excellent reputation and is an attractive employer.

Nationwide training is essential

Everyone employed at Newlands Clinic does an exceptional job. This doesn't just include working at the clinic, but also passing on knowledge to healthcare professionals throughout the country. To this end, Newlands Clinic works closely with the Zimbabwean Ministry of Health and Child Care.

In the year under review, all the planned training blocks – with the exception of one course during the presidential elections in August – went ahead. A total of 1,275 health professionals completed the various training sequences, around 25 % more than the previous year. But there's still a great need for training, whether at doctor or nurse level, in all ten provinces of the country.

Online training is an important pillar

Travelling from remote areas to Newlands Clinic in Harare isn't easy. This makes the online programmes provided by the training team led by Dr Cleophas Chimbetete all the more important. They take place over four weeks and cover a wide range of topics, summarised in eight modules. At 320, the number of participants was slightly down on the previous year (334). Healthcare professionals from all over the country take advantage of this opportunity for further training. Unfortunately, a common reason why interested parties can't benefit from these live trainings is because their internet connection is unstable or down. This means that the e-learning platform that Newlands Clinic will be launching very soon is very important. It's due to go live in the first half-year of 2024. This will allow participants to work through course materials when they have time and a stable network connection.

Staff training

Ageing patients often have additional needs due to their secondary illnesses. This is why all employees at Newlands Clinic receive appropriate further training. In addition, the management team attended a leadership seminar in the year under review and all employees were trained in various aspects of communication with both co-workers and patients.

Number of course participants	2023
Two-week HIV Management Course for nurses (on site)	226
One-week HIV Management Course for doctors (on site)	122
Continuing education on HIV treatment (decentralised / 5 days in the districts)	91
Continuing medical education (diverse 1- to 8-day courses)	516
Online training courses (1 day)	320
Total	**1,275**

"The two-week HIV Management Course training sensitised me to the holistic approach to treatment at Newlands Clinic."

Lengton Marumbi, social worker

Understanding HIV – thanks to intensive research

Patient data from Newlands Clinic are an important source of information for applied HIV research international. In addition, the first Research Day organised by Newlands Clinic was a great success.

The Newlands Clinic research team, led by Dr Cleophas Chimbete, maintains an intensive exchange with the Institute of Social and Preventive Medicine at the University of Bern. For many years, Newlands Clinic has contributed data to a large research consortium working under the banner of Epidemiologic Databases to Evaluate AIDS (IeDEA). Newlands Clinic researchers are also actively involved in analysing this data.

At the Institute of Social and Preventive Medicine at the University of Bern, Professor Gilles Wandeler and PD Dr Eliane Rohner are researching the link between HIV infections and cervical cancer caused by the high-risk virus HPV, as well as the occurrence of non-communicable diseases such as arterial hypertension, diabetes and other cardiovascular risk factors in people with and without HIV.

Newlands Clinic Research Day

One of the research highlights of last year was the first ever Research Day. The exchange with medical experts and decisionmakers from all over the country was a great success. The programme covered HIV treatments, the management of ageing patients and secondary diseases such as high blood pressure and diabetes. The mental problems which often accompany HIV infection were also an important item on the programme.

National and international dialogue is key

In the year under review, Dr Margaret Pascoe, head physician at Newlands Clinic, co-authored an article on "Socioeconomic inequalities in cervical precancer screening among women in Ethiopia, Malawi, Rwanda, Tanzania, Zambia and Zimbabwe" published on BMJ Open; three further articles by members of the research team are currently being peer reviewed. In addition, Newlands Clinic employees presented their research findings at 14 national and international conferences on topics such as dolutegravir and hypertension and screening tools in the Integrated HIV Geriatric Clinic.

"National and international exchange does a great deal to disseminate knowledge about HIV."

Tinei Shamu, Head of Laboratory

Foundation Bodies

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Our heartfelt thanks!

Our project partners and generous contributions from our many donors are what makes treatment of HIV/Aids in Zimbabwe possible in the first place. Our heartfelt thanks!

Special thanks go to the following institutions:

- Apotheke zum Rebstock AG
- Bernhart-Matter-Stiftung
- Swiss Agency for Development and Cooperation (SDC)
- Dr. Rau Stiftung
- Edwin und Rita Kilcher
- Fondation Hubert Looser
- Zimbabwe Ministry of Health and Child Care
- Hans-Eggenberger-Stiftung
- ISPM University of Bern
- Jansen PrimeSteps Foundation
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- NatPharm
- Rita und Guido Heule Stiftung
- Rosmarie Mettler-Stiftung
- Schmid Unternehmerstiftung
- Stiftung Bernhard Kunder
- Stiftung Palliacura
- Stiftung des Rotary Club Bern Bubenberg
- Tschikali Stiftung
- Bern University Hospital
- Vrenjo-Stiftung

HIV infections and deaths: how many are affected?

(figures for 2021)

	Zimbabwe	Switzerland
People with HIV	1.3 million	17,350
HIV rate, 15 – 49 age group	11.6 %	0,2 %
Deaths per year	20,000 (including 2,800 children up to age of 14)	<200* (no children)

* By the end of 2015, a total of almost 9,800 people in Switzerland had been diagnosed with late-stage AIDS and around 60 % of them had died as a result of the disease.

Sources: aidsinfo.unaids.org; aids.ch; bag.admin.ch

A year of complex challenges

The financial year closed with an annual loss of CHF 300,000, attributable to lower contributions and slightly lower donations with slightly higher expenses. Thanks to prudent management, the foundation is able to cover this surplus expenditure.

At CHF 7.0 million, total income was around 9 % below the prior year (CHF 7.7 million). Cash donations totalled CHF 3.4 million. This is a decline of 5 % versus the prior year and is due to lower donations from legacies. Donations in kind were around 21 % higher than the previous year thanks to the good availability of medicines from the NatPharm government supply centre. The Swiss Agency for Cooperation and Development (SDC) provided Newlands Clinic with CHF 1.2 million in funding in the year under review (prior year CHF 1.8 million). It granted the foundation a contribution totalling CHF 6.98 million for the years 2020 to 2023.

Total expenditure slightly higher

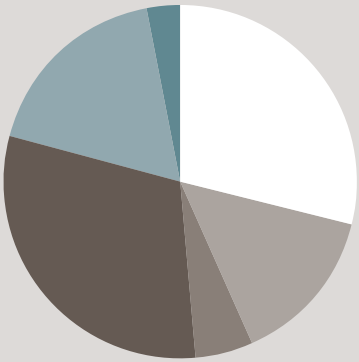
At CHF 8.1 million, the foundation's total expenses were slightly higher than the prior year (up 1 %). Of this expenditure, 88 % flowed directly into projects (2022: 90 %). These broke down as follows: around CHF 6.1 million for the Clinic (-2 %), CHF 559,000 for the Training Centre (-2 %) and CHF 417,000 for the Women's Health Centre (+7 %). The clinic's slightly lower expenditure was the result of more favourable purchase prices for medicines and lower replacement requirements for infrastructure. The Women's Health Centre faced the challenge of the increased incidence of cervical cancer.

General expenditures for administration (CHF 571,000) and for fundraising and communications (CHF 435,000) increased by CHF 219,000 versus the previous year. This additional expenditure was mainly due to additional expenses for services from external providers as a result of the absence of the Chief Executive for reasons of illness and during the reorganisation of the team at the Bern office.

Balance sheet and annual profit

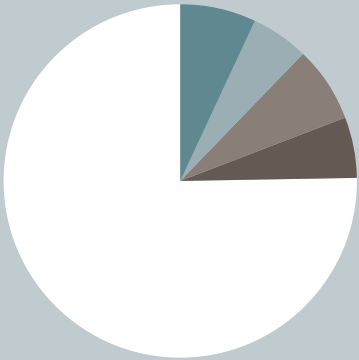
Current assets at 31 December 2023 came to CHF 22.5 million (-2.8 %), of which CHF 14.9 million falls to securities. Inventories of drugs were increased. Organisational capital totals CHF 23.4 million and designated capital CHF 17.9 million. These funds can be used to ensure the lifelong HIV treatment of patients even in the event of a temporary drop in income. In the income statement, total expenses exceed-

Origins of funds



29.1 % Ordinary donations
14.3 % Earmarked donations
5.4 % Legacies/gifts
30.4 % Donations in kind (primarily drugs)
17.8 % Public sector (SDC)
3 % Other income

Allocation of funds



75.4 % Clinic
6.9 % Training Centre
5.2 % Women's Health Centre
7.1 % Administration
5.4 % Fundraising and communications

ed total income by around CHF 1.1 million. The positive development of the financial result reduces the annual loss after capital allocation to CHF 282,000. This can be covered from reserves.

Financial statements for Zimbabwe

The local Ruedi Lüthy Foundation organisation in Zimbabwe ensures the running of Newlands Clinic, while the Ruedi Lüthy Foundation in Switzerland raises the necessary funding. The accounts of the Ruedi Lüthy Foundation in Zimbabwe, which encompasses Newlands Clinic, the Training Centre and the Women's Health Centre, were audited by Grant Thornton in Harare and have been consolidated in the present financial statements. ›

› The foundation was established in 2003 with the purpose of providing comprehensive treatment and support to destitute people with HIV/Aids in southern Africa. To this purpose the foundation can run clinics and train doctors and healthcare, workers. The foundation does not pursue any economic purposes and does not seek to make a profit.

Organisation and remuneration

The foundation's bodies are listed on *page 15*. The members of the Board of Trustees work in an honorary capacity and are elected for a term of four years; repeated re-election is permitted. They are responsible for the strategic management of the foundation and for managing the assets. The salaries and fees of the CEOs and Deputy CEO totalled around CHF 221,000 including employer contributions. Of this, CHF 32,000 fell to project expenses and CHF 61,000 to general expenses. This additional expense is mainly associated with the aforementioned bridging of the Chief Executive's absence due to illness.

Outlook

We continue to view the economic and social environment in Zimbabwe as unstable. The development of costs will remain challenging in 2024. Regardless of this, the team at Newlands Clinic will do everything in its power to provide our patients with reliable treatment. At the same time we will move ahead with the training of medical staff and scientific research.

The office in Bern will take further measures to increase income and achieve a balanced annual financial statement in the medium term.

"I'm delighted to be part of a team that's committed to giving people with HIV not only medical treatment, but also hope and dignity. Newlands Clinic shows what engagement means."

Hans-Peter Wüthrich, Head of Finance and Deputy Chief Executive

LIENHARD Audit AG

Report of the Statutory Auditor on the Limited Statutory

to the Board of Trustees of

Ruedi Lüthy Foundation, Bern

As statutory auditors, we have examined the financial statements of Ruedi Lüthy Foundation, which comprise the balance sheet, income statement, cash flow statement, statement of changes in equity and notes for the year ended 31 December 2023. As permitted by Swiss GAAP FER 21 the information in the performance report is not required to be subject to the statutory auditors' examination.

These financial statements in accordance with Swiss GAAP FER and Swiss law, the foundation's deed and regulations are the responsibility of the board of trustees. Our responsibility is to perform a limited statutory examination on these financial statements. We confirm that we meet the licensing and independence requirements as stipulated by Swiss law.

We conducted our examination in accordance with the Swiss Standard on the Limited Statutory Examination. This standard requires that we plan and perform a limited statutory examination to identify material misstatements in the financial statements. A limited statutory examination consists primarily of inquiries of personnel and analytical procedures as well as detailed tests of foundation documents as considered appropriate in the circumstances. However, the testing of operational processes and the internal control system, as well as inquiries and further testing procedures to detect fraud or other legal violations, are not within the scope of this examination.

Based on our limited statutory examination, nothing has come to our attention that causes us to believe that the financial statements do not give a true and fair view of the financial position, the results of operations and the cash flows in accordance with Swiss GAAP FER. Furthermore, nothing has come to our attention that causes us to believe that the financial statements do not comply with Swiss law, the foundation's deed and regulations.

Zurich, 1 March 2024

Yours sincerely

LIENHARD Audit AG

Claudio Piubel
Licensed Audit Expert
Auditor in Charge

Mirko Culjak
Licensed Audit Expert

Enclosure:
- Financial statements 2023 (balance sheet, income statement, cash flow statement, statement of changes in equity and notes)

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Mitglied von EXPERTsuisse

Income statement

	2023 CHF	2022 CHF
Income		
Donations	**5,540,148**	**5,460,047**
– Ordinary donations	2,033,368	2,102,470
– Donations from legacies/gifts	380,059	683,551
– Earmarked donations	998,937	822,466
– Donations in kind	2,127,784	1,851,560
SDC contributions	**1,241,625**	**1,800,000**
Income from the Training Centre	**10,944**	**9,310**
Other income	**196,768**	**402,786**
Total income	**6,989,485**	**7,672,143**
Expenses		
Project expenses Harare		
Newlands Clinic	**6,076,373**	**6,229,270**
– Personnel expense	2,237,542	2,055,759
– Medication and medical costs	3,430,471	3,637,665
– Infrastructure and vehicles	211,457	357,238
– Various project costs	196,903	178,608
Training Centre	**558,496**	**571,220**
Women's Health Centre	**416,841**	**387,823**
Total project expenses Harare	**7,051,710**	**7,188,313**
General expenses		
Administration	571,479	473,608
Fundraising and communications	434,945	313,581
Total general expenses	**1,006,424**	**787,189**
Total expenses	**8,058,134**	**7,975,502**
Operating income	**– 1,068,650**	**– 303,359**
Financial income	**749,400**	**– 2,109,890**
Net non-operating income	**24,128**	**23,296**
Annual profit or loss before capital allocation	**– 295,122**	**– 2,389,953**
Withdrawal from designated capital	13,320	21,169
Annual profit or loss after capital allocation	**– 281,802**	**– 2,368,784**

Balance sheet

	2023 CHF	2022 CHF
Assets		
Cash, post office account, bank deposits	6,301,442	8,411,973
Total cash and cash equivalents	**6,301,442**	**8,411,973**
Securities	14,941,907	13,767,054
Receivables from goods & services and accrued income & prepaid expenses	146,197	155,266
Inventories	1,145,651	859,947
Total current assets	**22,535,197**	**23,194,240**
Real estate in Switzerland	1,630,000	1,630,000
Total assets	**24,165,197**	**24,824,240**
Liabilities		
Current liabilities		
Liabilities from goods & services and accrued expenses and deferred income	412,312	648,235
Total current liabilities	**412,312**	**648,235**
Deferred long-term liability	333,333	333,333
Total liabilities	**745,645**	**981,568**
Organisational capital		
Paid-in capital of the foundation	100,000	100,000
Designated capital	17,898,974	17,912,294
– Training Centre	2,000,000	2,000,000
– New projects	2,000,000	2,000,000
– Newlands Clinic	11,572,000	11,572,000
– Staff quarters	326,974	340,294
– Women's Health Centre	2,000,000	2,000,000
Reserve for fluctuations in asset value	1,900,000	1,900,000
Unrestricted capital	3,802,380	6,299,162
Net profit or loss for the period	– 281,802	– 2,368,784
Total organisational capital	**23,419,552**	**23,842,672**
Total liabilities	**24,165,197**	**24,824,240**

Lienhard Audit AG in Zurich serves as the foundation's auditors. The supervisory authority is the Federal Supervisory Board for Foundations (FSBF). The financial statements were prepared in accordance with the accounting and reporting recommendations for non-profit organisations (Swiss GAAP FER 21) and comply with the ZEWO requirements.

The complete financial statements, comprising the balance sheet, income statement, cash flow statement, statement of net increase/decrease in organisational capital and notes can be viewed at **www.ruedi-luethy-foundation.ch/en/publications**

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