

IMPACT

Preventing needless disability. Transforming lives.

Where vegetables grow health follows

New shoots are bringing hope and nutritious food to people living across IMPACT's international programme of action.

Vitamin and mineral deficiencies compromise health and can lead to needless disabilities such as sight loss, yet the body needs only small amounts. This creates an extraordinary opportunity to improve the health of many people at low cost.

Our health workers spread the word about the importance of nutrition in classrooms, Mothers' Clubs and community health awareness sessions. Gardening and cooking skills are shared with parents, teachers and children, putting fresh produce on the table every day and augmenting often limited meals. You are what you eat.

In the UK, our Tasty Team supports primary schoolchildren and targeted families to grow vegetables. Getting children involved young can help shape their diet for a lifetime. The Tasty Team also shares nutrition advice and cooking skills to help people eat well on a budget.

Photograph by Rasmi Sophoan, IMPACT Cambodia's school health co-ordinator



Children's healthcare appeal – update

We waste no time in translating your gifts into action. Your generous support for our matched funding appeal made wonderful things happen.

Already, almost 350,000 children across seven countries have benefited from healthcare including more than 2,000 operations to restore sight, hearing or mobility or to repair conditions including cleft lip and hydrocephalus. We also provided spectacles and hearing aids, which help children learn in school.



After life-changing surgery, Abdullah in Bangladesh will soon walk and play, and Reuben in Kenya can finally see the world around him



£43 takes health screening to a school

8-year-old Abdullah in Bangladesh had corrective surgery for clubfoot, and 2-year-old Reuben in Kenya, whose sight was restored after cataract surgery, can now enjoy life with other children. Reuben's mother told us before his surgery, "He knows my voice, but now I am hopeful he will see his mother."



£35 helps care for a mother and baby

The power of love

Caring for mothers gives babies the best start in life and helps them grow into healthy children. It also keeps women safer from the inherent risks of pregnancy and childbirth, which are increased where medical resources are scarce.

We have supported IMPACT Nepal to establish a birthing centre in Auraiya, replicating the successful original in Saptari. The centres provide a vital service to rural women, supporting them through pregnancy to the post-partum period.

Elsewhere in our programme, midwives and traditional birth attendants are trained and equipped to do their job safely and ensure complicated cases receive medical interventions which can prevent death or disability. Surgical repair is provided where birth injuries have already occurred to return women to health and their families.

Seeing eye to eye

Poverty is a prime cause and consequence of disability yet restoring a person's sight (or hearing or mobility) makes it easier to learn in school or earn a living.

IMPACT supports our partners to perform thousands of life-transforming eye operations each year; the vast majority are to remove cataracts. IMPACT East Africa is working in Kitui County, Kenya, where one of the biggest challenges for the community is lack of eye care. The cost of travel prevents people from seeking treatment at distant hospitals so IMPACT is taking treatment to them. The need is great, so plans are in place to reach more people if funds become available.



"I had long suffered from low vision that affected my work. After the surgery, I can see clearly and live independently—it feels like I've regained a part of my life." 60-year-old Rajab, a farmer, following surgery aboard IMPACT Bangladesh's floating hospital



A life of lasting IMPACT

Our Honorary President, Lady Wilson, OBE, FRCOphth (Hon), has died peacefully in her 104th year. A visionary humanitarian, Jean dedicated her life to preventing and treating needless disability, improving the lives of countless people around the world.

In 1950, she and her late husband, Sir John Wilson, co-founded Sightsavers, helping to launch a global effort to end avoidable blindness. Building on this legacy, Jean and John, together with their daughter Claire Hicks MBE, established IMPACT UK in the mid-1980s, extending their work beyond sight loss to include hearing impairment and physical disabilities. This laid the foundations for the organisation we are today, which has touched 53 million lives worldwide over the past 40 years.

Jean will be greatly missed by her IMPACT friends and colleagues around the world. We are committed to ensuring her legacy lives on in practical action.



Jean was passionate about early intervention and prevention. She championed affordable surgery, improved nutrition, immunisation, safer motherhood and community-based care - believing these were essential to reducing poverty and suffering in a world where 1.3 billion people live with significant disability.

Photo: Sir John and Lady Wilson visiting Impact India Foundation's Lifeline Express hospital train in the 1990s

Healthcare on two wheels

Thanks to generous supporters, IMPACT healthworkers can now reach more people with ten new motorbikes across Cambodia, Nepal, Bangladesh and Zanzibar.

These motorbikes are already transforming IMPACT's vital work, allowing workers in the field to travel quickly to remote communities, carry essential supplies and see far more patients than on foot or using unreliable transport.

Mahfuz Islam, IMPACT Bangladesh's Leprosy Field Organiser says: "Before, I relied on walking, rickshaws or shared vehicles, which limited the families I could visit each day. With the motorbike, I can reach more patients, provide faster follow-ups, and be confident the community can access support whenever they need it."

£1,041 provides a motorbike for a healthworker



2026: Turning vision into reality

Thanks to donations, legacies from generous supporters and our 40th anniversary matched funding appeal, we have exciting plans for the year ahead.

IMPACT Pakistan will launch a new Mobile Health Unit, offering an alternative to the under-resourced facilities or traditional healers many rural families rely on. They are also developing a low-cost telemedicine project to connect remote communities with qualified doctors via the internet

We will take the hospital to more remote locations through mobile facilities such as IMPACT's Jibon Tari floating hospital in Bangladesh. Medical equipment is urgently needed onboard to enhance eye and ear care services.

The need is great, and our ambition is limited only by the funds available. With your support, we can take action today to prevent disability tomorrow.

£48 restores sight, hearing or mobility



Safe water is essential to life. In Zanzibar, we plan to equip more schools with water tanks and tap stalls to improve hygiene and reduce the spread of disease.

In Nepal, we are investing in a gravity-fed water system for the village of Tamadi in Parbat, alongside toilets and handwashing facilities at the local school.

Together we can make good things happen



In the past year, 985,246 people received surgery, medical care, assistive devices, antenatal support and access to clean water, sanitation and more. These life-changing efforts are only possible because of people like you. Funding is urgently needed to grow our projects and ensure that even more people can receive help in the months ahead. Thank you.

Please send your donation using the Gift Form below, call us on 01444 457080 or visit www.IMPACT.org.uk to make your gift.

£25

establishes a home garden for a malnourished family

£48

restores sight, hearing or mobility

£100

trains a healthworker

£250+

purchases vital medical equipment for IMPACT's hospitals

Please help us to help others *giftaid it*

I would like to support IMPACT's work with a gift of

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