



ANNUAL **REPORT** 2022-23



FOUNDERS

Girish Nair
Ankeet Dave

REGISTRATION NO.

47455

CIN

Access Life Assistance Foundation
Registered As A Section 8 Company Under
The New Companies Act, 2013
VIDE CIN: U74900MH2014NPL258629

PAN

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FACEBOOK

<https://www.facebook.com/accesslifeindia/>

YOUTUBE

<https://www.youtube.com/user/accesslifeindia>



Certified in 2018, 2019, 2020,
2022 & 2023



Access Life Assistance Foundation transforms challenges into hope, providing vital support and shelter to families during their toughest battles with pediatric cancer.

Our commitment ensures brighter futures for children and peace of mind for their caregivers.

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FOUNDER'S MESSAGE

When we started Access Life, six years ago, we had envisioned that every needy child who comes to Mumbai to undergo treatment for cancer would have access to a clean, safe, comfortable, caring and a cost-free accommodation - a home away from home, for both the child and his family. In such a nurturing environment, these little ones would have another opportunity to experience childhood, the way they ought to.

Keeping this in mind, we developed a model at one location, the successful framework of which could then be replicated elsewhere. Thus, we set up the first Access Life Center for Childhood Cancer Care at Chembur, in Mumbai, Maharashtra, in June 2014. The donation of a mini-van by a generous contributor has ensured a stress-free transport to and fro from hospitals for our children.

Along with meeting their physical needs, we have also addressed the psychological and social effects of cancer. Counselling, yoga, music, recreation, education and nutritional supplementation programs, have helped in giving the parents and children, the holistic support they need to tackle this challenging disease. As we grew over the years, we added four more centres for accommodating the children and their families and have received four vehicles that help us provide transportation for the children at our Centres. At present we have six centres – taking our occupancy capacity to 98 accommodation units that serve the needs of over 294 individuals. Our 6 centres are operating at full capacity and we are looking forward to opening more units. The driving force(s) behind all this are our volunteers; and our committed staff, who work selflessly.

But in this journey of trying to spread happiness, we have also faced a major challenge in the form of people unwilling to let out their properties for housing young, poor cancer patients. Creating more awareness on cancer should hopefully motivate more people to open their hearts and homes to these children.

Before the end of Financial Year 2019-20, the entire world was severely challenged by COVID-19 pandemic, which led to a deep impact. We are yet to see the wild consequences of this deadly pandemic. We continue to strive towards our goal, ensuring a healthy & hygienic atmosphere for our brave hearts and their care takers as well as our team members.

and so our Mission continues.....

Girish Nair



ABOUT US

We Are....

A Home away from Home

Access Life Assistance Foundation (ALAF) is a not-for profit organization setup in June 2014 and is registered as a section 8 company under the New Companies Act 2013.

Research indicates 70 -90% of childhood cancers are curable, but the treatment can often be a long drawn one, lasting from anywhere between 5-12 months or sometimes even extending to 24 months. While Hospitals provide quality medical services, these treatments are often offered as day care visits where the patient has to periodically visit the hospital on a regular basis.

Many families who come from remote places across India to metropolitan cities for their child's cancer treatment have no place to stay during the course of the treatment. Some families end up living on footpaths or in unhygienic conditions due to lack of proper accommodation. When living in such an unhygienic environment without having proper nourishment, these kids start losing their battle against cancer very early on. Many poor families find themselves at crossroads for the want of a good, affordable and hygienic place to stay and have to often abandon treatment and return to their hometown.

Access Life was thus born to provide a loving and temporary home for the outstation children undergoing treatment for cancer and their parents or caretakers.

Besides providing a comfortable shelter for these families, Access Life also addresses the psycho-social impact of cancer by providing nutritional support, safe transportation to hospitals, practical support services, counselling services, educational services, and recreational facilities like music, dance, art and craft and many more.

PHILOSOPHY

High quality and holistic healthcare facilities should be available for all, regardless of their economic status.

VISION

To create an environment where children and adolescents have access to quality health care and holistic support and which allows families to face the weight of illness together.

MISSION

- To offer free clean and safe accommodation, hygienic environment, nutritional food, safe local travel, counselling, recreational and educational support to outstation children challenged with cancer and their parents, during the entire duration of treatment.

MANAGEMENT TEAM



Girish Nair
Founder & Chairman



Girish comes with over 15 years of rich experience in Finance management and has worked in various industries like Aviation, Public Relations and Travel. He has been associated with several organizations, including Ethiopian Airlines, Malaysian Airlines, Neucom Consulting (PR Firm), SGS Enterprises and Nexus Travel Solutions. Currently he is a partner with SGS Enterprises and is also on the board of Directors of Nexus Travel Solutions Pvt. Ltd. He was awarded the Asia-Pacific Cancer Society's Training Grant (APCASOT) for a training programme in Australia in 2016.



Ankeet Dave
Co Founder

Ankeet has over a decade of experience in Public Relations (PR) and Communications management. He has worked for renowned PR Agencies, like Hanmer MS&L and Vaishnavi Communications servicing clients in the media and entertainment space as well as managed PR for celebrities. Currently he is a Managing Partner at Commarchs Digital Media Ltd, a Limited Liability partnership firm.



Preeti Mutta
Director

Advisory Board Members



Nikunj Jhaveri



Sapan Choksi



Sanjiv Mehta



Karishma Parekh



Sneha Jaisingh



Dr. Suresh Sundar



Kala Sundarvedha



Neha Huddar

A peek into 2022-2023



1425+

Children served
till date

6

Centre Across
Mumbai, Manipal,
Pune, Chandigarh

4280+

Lives changed
(2 Child & 2 Caregivers)

3212

Stressfree
Nights

3850+

Activities under
Emotional &
Psycho-Social support



What We Provide

Accommodation:

Access Life engages in serving through its 6 childhood cancer care centres - 3 in Mumbai, 1 in Pune, 1 in Manipal, & 1 in Chandigarh, India. Our 6 centres are located as below:

Access Life (Chembur-HO), Jolly Land CHS, Bungalow No 6, Ghatla Village, Chembur

- In 2014, Access Life's first center was launched in Chembur, Mumbai, with a mission to minimize some of the challenges faced by these kids and their families. With our expansion plan and increase in staff we have converted this centre in to a office.

Access Life (Bandra), Gharonda Building, National College lane, Bandra West

- In 2018, we started our sixth centre in Bandra, Mumbai which serves 14 kids and their families.

Access Life (Manipal), Bunglow number 30, 31, near, BQ Rd, Madhav Nagar, Manipal

- In 2022, we started our centre on the Manipal campus, Manipal which serves 12 kids and their families

Access Life (Chandigarh), House No - 103, Sector 23A, Chandigarh

- In 2022, we started our centre in Sector 23, Chandigarh which serves 20 kids and their families.

Access Life (Chembur), Plot 5B, Gurunanak Niwas, Near Wasan Motors, Sion Trombay, Chembur

- In 2017, we began our fourth centre in Chembur, Mumbai & in 2020 renovated this place which serves 30 kids and their families

Access Life (Chembur), 2nd Floor, Plot 403.J, Suswagatam 2, Sion Trombey Road, Chembur

- In 2018, we started our fifth centre in Chembur, Mumbai which serves 12 kids and their families.

Access Life (Pune) Nirmal Bunglow , D/3 Hindustan Estates, Jupiter Society, Kalyani Nagar, Pune

- In 2021, we started our centre in Kalyani Nagar, Pune which serves 11 kids and their families.

Keeping our vision in mind since we started Access Life in the Year 2014, at present, 98 underprivileged cancer afflicted children reside along with their guardians in the above 6 centres.



Nutrition :

A well-balanced nutrition is very crucial for the optimum development of children. This requirement is further exaggerated in cases where children are being treated for cancer.

Cancer itself can be debilitating. Furthermore, treatments like chemotherapy and radiation can cause loss of appetite, inability to eat food because of various side effects like nausea, vomiting, mouth ulcers, change of taste, and inability to retain nutrients from food.

If the children are malnourished during the course of their treatments, they will be unable to respond well. Moreover, the impoverished state of the families of these brave hearts and their inability to afford nourishment during the treatment process made it necessary for Access Life to step in to provide nutrition and accommodation.

We at Access Life ensure that the children staying at our centres get appropriate nutrition through the provision of food grains and nutritional supplements required by the children. Additionally, considering the multi-diversity of families staying at Access Life, each family is given a separate gas stove, groceries and other cooking facilities at their accommodation.



Transportation :

Each family undertakes on an average, 3-4 trips a week to the hospitals, for tests and treatment, in our 10 donated vehicles & a 26-seater bus. Due to the weak immune system of the children, public transport exposes them to further risk of infections. Easily accessible and stress-free transportation forms an essential part of a supportive care system that is provided by Access Life.



Counseling :

The act of venting out has proved itself to be very helpful and therapeutic.

Counselling services have been an integral part of Access Life. The impact observed in the lives of children and parents is high.

Counselling can help one to cope with Post-traumatic stress disorder (PTSD) and with many issues faced during and after the cancer diagnosis and treatment. Different counseling therapies and interventions help heal and put across a clear vision of the purpose of living with motivation and encouragement.

In the latter part of Year 2019-20, a professional In-house counsellor joined us on board, and she supported the kids, parents and occasionally the staff with sessions related to

- Behavioural issues
- Eating habits
- Psycho-education
- Motivation & Self-esteem
- Team building
- Palliative Care Counselling
- Bereavement counselling
- Counselling for Anxiety, Depression & Fear



Art and Craft Activity:

Art empowers in finding the inner talents in one's own self. Art based therapy is an expressive form of therapy that uses the creative medium of Music, Dance Movement, Painting and Craft to improve a person's physical, mental and emotional well-being. We have experts in these fields offering their voluntary services at our centers, for the children and their families.



**2015
SEPTEMBER**

Commence transportation services

**2018
FEBRUARY**

Access Life Diamond Garden Centre set-up at Chembur

**2018
NOV**

Access Life Bandra Centre set-up

**2014
JUNE**

Access Life Ghatla Village Centre Set-up at Chembur

**2017
JULY**

Access Life Gurunanak Niwas Centre set-up at Chembur

**2018
MAY**

Commence of Clean & Care hygienic kit program

OUR JOURNEY SO FAR...

**2022
AUGUST**

Access Life Chandigarh Centre Set-up

**2021
JUNE**

Access Life Pune centre set-up

**2020
NOVEMBER**

Increased unit capacity at AL Gurunanak Niwas Centre

**2022
APRIL**

Access Life Manipal Centre set-up

**2021
FEBRUARY**

Introduced Education as a core activity

**2020
FEB**

Introduced Counselling as a core activity

Facing Cancer Together: Strength in Numbers

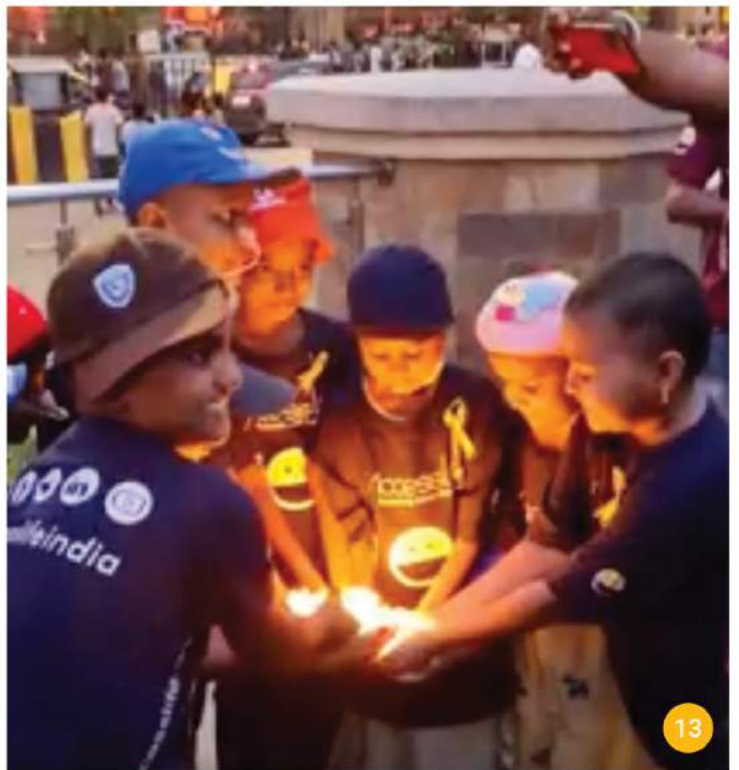
State Wise Distribution of 1430 bravehearts
in a Span of 9 years





Lightening Event

Sep 2022



Access Life Chandigarh Centre



Centre Front View



Children Play Area



Family Unit



Recreation Area



Centre Office Room



Kitchen



Centre Coordinator Room & Back Side Area

Access Life Manipal Centre



Family Unit



Children's Play Area



Garden View



Counselling Room



Recreation Area



Kitchen



Centre Front View

CSR Donor Specific Activities



Cipla & APPI (AL Pune)



Accenture (AL Gurunanak)



HDFC Credila (AL Gurunanak)



HDFC Credila (AL Gurunanak)



L&T (AL Bandra)



Goodera (AL Bandra)

Volunteering Activities



Siddharth Malhotra Rakul Preet Vidit





CASE STUDY

BRAVEHEART YASH L. MUNDHRE GURUNANAK CENTRE

Age: 11 years 9 month

Dad's Occupation: Labour

Mom's Occupation: Homemaker

Date they came to AL Center: May 2nd 2022

Cancer Name: ALL

How did the family members come to know about their kid being impacted with Cancer?

Yash was initially suffering from a fever and was admitted to PMP Hospital Ahmednagar, where some implant operations were performed. After the surgery, Yash suddenly developed clots in his body. This unusual symptom led doctors to become suspicious and recommend further tests in Mumbai. Once Yash and his family reached Tata Hospital in Mumbai and conducted additional tests, he was diagnosed with cancer.

What are the challenges faced by the family?

The family faced multiple challenges:

Financial Constraints: They initially could not afford the trip to Mumbai for further treatment due to a lack of money.

Housing Issues: Upon arriving in Mumbai, they had no place to stay, which forced Yash to sleep instead of walk, indicating severe exhaustion and lack of proper accommodation.

Emotional Strain: Yash's mother was dealing with the emotional burden alone, as Yash's father had passed away. She needed counseling and motivation to cope with the situation.

Health and Mobility: Yash had difficulty walking and initially did not engage with other children, which indicated both physical and emotional challenges during his treatment.

How did they come to know about Access Life Foundation?

The family came to know about Access Life Foundation through a social worker. After arriving in Mumbai and receiving Yash's diagnosis, they were informed by the social worker that they would receive a call from Access Life. They received a call from the foundation, which explained the terms and conditions. After agreeing to them, they were provided with a room at Access Life, where Yash and his mother found relief and support.



CASE STUDY

BRAVEHEART SHIBANGI SAHA GURUNANAK CENTRE

Age: 07 years 3 month

Dad's Occupation: Labour

Mom's Occupation: Homemaker

Date they came to AL Center: July 25 2022

Cancer Name: Lymphoma

How did the family members come to know about their kid being impacted with Cancer?

The family initially took their child to a local doctor in their village as she was suffering from a persistent fever. The doctor recommended some tests, which were conducted at a nearby facility in Hadada. The test results revealed that the child had lymphoma. Given the severity of the diagnosis, they were referred to Tata Memorial Hospital (TMH) in Mumbai for specialized treatment. Upon arrival at TMH, the child was in a serious condition and was hospitalized for two weeks, during which time she required a blood transfusion.

What are the challenges faced by the family?

The family faced numerous and severe challenges:

Financial Hardship: The mother, who was the sole caretaker, had been working as a housemaid in their village to support the child. The family struggled with a lack of financial resources, which made it difficult to access necessary medical care.

Emotional Strain: The mother was under immense emotional stress, especially after her husband left her and remarried following their child's paralysis attack. This abandonment added to her already significant emotional burden.

Health Issues: The child not only had lymphoma but also suffered from a paralysis attack and recurrent fever. These health issues compounded the difficulty of managing her condition.

Living Conditions: Initially, they were found in a deplorable state by the Medical Social Worker (MSW) at TMH, highlighting their poor living conditions and overall suffering.

Isolation and Responsibility: With no other family support, the mother bore the entire responsibility of caring for her ill child, which was incredibly taxing both physically and emotionally.

How did they come to know about Access Life Foundation?

During a round at TMH, the Medical Social Worker (MSW) noted the family's poor condition and referred them to Access Life Foundation. They received a call from Access Life and, after completing the necessary processes, were provided accommodation at the Gurunak Centre in Chembur. This support improved their living situation, allowed the child to receive proper care, and provided emotional support to the mother. Both the mother and her sister (Masi) were very grateful for the assistance, which was crucial to the child's recovery.



CASE STUDY

Braveheart Mankirat Singh Chandigarh Centre

Age: 05 years 3 month

Date they came to AL Center: Sep 29 2022

Cancer Name: ALL

How did the family members come to know about their kid being impacted with Cancer?

The family initially noticed that their child was experiencing fever, which eventually led to a decline in platelet counts. Despite undergoing numerous basic medical treatments and tests, the root cause of the illness remained undiagnosed. Eventually, they were referred to PGI, Chandigarh, where they received the diagnosis that their child was suffering from Acute Lymphocytic Leukemia (ALL).

What are the challenges faced by the family?

The family faced several challenges:

Financial Burden: The cost of numerous medical treatments and tests, coupled with the high cost of living in Chandigarh while their hometown was far away, posed a significant financial burden.

Logistical Issues: Being far from home, the family struggled with accommodation, food, and resources while the child underwent treatment at the hospital.

Emotional Strain: Witnessing their child's illness and undergoing treatment put immense emotional strain on the family, affecting their mental well-being and overall stability.

How did they come to know about Access Life Foundation?

The family was guided by the Medical Social Worker (MSW) department at PGI to contact Access Life for shelter and support during the treatment and recovery period. Following the MSW's recommendation, Mankirat and his parents sought assistance from Access Life Chandigarh Centre, where they have been staying for the past five months. Access Life provided them with the necessary shelter and resources, enabling them to continue the child's treatment even after discharge from the hospital. Through counseling sessions and a supportive environment at Access Life, Mankirat has shown significant improvement in his confidence and physical abilities, much to the joy and relief of his parents.

Empowering Change **Creating Hope** Transforming Lives!



Let's create an impact in the lives of these courageous souls and their families.
For inquiries and support, feel free to get in touch with us



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