

# newborns VIETNAM



ANNUAL IMPACT REPORT 2013-14  
IN SAFE HANDS



## FOREWORD

The 2015 deadline for the Millennium Development Goals is fast approaching and despite remarkable progress, the reduction of mortality is far from consistent. Reductions in neonatal mortality lag behind survival gains for older children. There is a stark survival care gap for pre term babies depending on resource levels in countries. The focus for Newborns Vietnam continues to be supporting better hospital based services in central Vietnam and building the capacity of medical and nursing staff.

This has been a year of progress and success for the charity and our local partners. We were honoured to receive a 'Certificate of Merit' from the Da Nang People's Committee for our humanitarian work.

Although the completion and formal assessment of the outcome of our neonatal nurse training programme is awaited, there have already been major changes in the care of the newborn infants at the Da Nang Hospital for Women & Children. There is increased awareness of the importance of temperature regulation in the newborn, and hand hygiene is better with improving cross infection rates. An impressive use of skin-to-skin care even for very sick babies has resulted in an increase in exclusive breastfeeding. Development care is being introduced with more understanding of the affect on the baby of stresses caused by their environment. Doctors and nurses are working better as a team to coordinate the clinical care of the babies.

We have set up a programme to bring experienced neonatal nurse volunteers from the UK to work for short periods within the unit at the Da Nang Hospital to support the nurses to apply their new knowledge and skills within their day-to-day care. This is to help sustain the good nursing practices established by Canterbury Christ Church University's teaching programme.

Our hypothesis that specialist nurse training with associated changes in the care of the newborn infants will have a significant impact on mortality rates is being tested through an evaluation programme supported by a grant from The Peter Stebbings Memorial Charity. We are excited about the extent to which some of what we do and find can be transferred to other developing health services in resource poor countries.

Our Cycle a Difference Challenge rides have inspired tremendous support from our sponsors; Premier Oil, Standard Chartered Bank, British and International businesses in Vietnam, and exceeded our fundraising expectations. After days of cycling they ride into Da Nang City like royalty with a police escort to meet the nurses and babies. This is a once in a lifetime experience. The 2013 cycling is captured in the film 'Last Chain to Da Nang' sponsored by Road Cycling UK, a wonderful evocative and emotional mix of the heady beauty of Vietnam, cycling and newborns.

The year ahead will see the completion of the neonatal nurse training and the start of our Nurse Practice Educators programme to train the most able nurses to teach basic neonatal care in a range of settings. We are exploring partnerships with UK hospitals which would provide training for junior doctors and infection prevention to reduce death from sepsis, the major cause of death for over 40% of newborns.

We are hugely appreciative of the support of our health and academic partners in Da Nang and immensely grateful to our cyclists, corporate sponsors and donors for their dedication, commitment and generosity.

**Leslie Morphy OBE,  
Chair of Board of Trustees**

Newborns Vietnam is a charity dedicated to reducing neonatal mortality and promoting the health of newborns and their mothers in countries with high levels of neonatal mortality particularly in south-east Asia and with a specific focus on Vietnam.

Neonatal care has always faced challenges with the consequences of poor care being life threatening or life limiting. This spreads beyond the individual to changing the lives of the immediate family, the community and ultimately society globally. We are committed to working in partnerships with public health providers to build regional capacity to save newborn lives and improve standards of care.

Although neonatal care has advanced as a discipline within the health services in the developed world there remain stark inequalities in newborn survival rates around the world. Many newborn infants die needlessly due to the lack of access to the knowledge and skills provided by appropriately trained health care professionals. Our local partnership initiatives support the development of enhanced neonatal outcomes by addressing the knowledge and skills deficit of local health workers.

We are determined advocates working to raise awareness of neonatal mortality and advancing solutions informed by our training programmes, research studies and direct local experience.

## **MAKING A DIFFERENCE TO THE LIFE CHANCES OF NEWBORNS**

We have ambitious plans for the future and are committed to developing more neonatal and medical education partnerships in more places. We know that we will not advance neonatal care overnight or on our own. But we will collaborate with others and together we will support our local health partners to bring about change. We believe passionately that every child deserves the chance to celebrate his or her first birthday and grow into a healthy independent adult who can contribute to society without being burdened by the effects of adverse events during the first few weeks of life.



## **CONTENTS**

Foreword

Highlights of the Year 3

Neonatal Nurse Training 5

Building Capacity & Sustainability 7

Research 8

Volunteer Programme 9

Equipment 10

Cycle a Difference 11

Fundraising 13

Influencing 14

Thank You 15

Moving Forward 16

Financial Summary 18



Leslie Morphy makes her first visit to Vietnam as Chair of the Board of Trustees. Dr Nguyen Khac Minh, Dean of Da Nang University of Medical Technology & Pharmacy, warmly welcomed her to the University.

Mr Phung Tan Viet, Vice Chairman of the Da Nang People's Committee presents Newborns Vietnam with a Certificate of Merit for our humanitarian work.



# 2013/14



Dr Antony Stokes British Ambassador to Vietnam and Phung Tan Viet, Vice Chairman of the Da Nang People's Committee award a certificate of appreciation to Phil MacLaurin, Business Unit Manager for Premier Oil, for their sponsorship and support of Newborns Vietnam's work to advance newborn care.

Cyclists make a triumphant arrival at the Da Nang Hospital for Women & Children at the completion of their epic 1,500 kilometre Cycle a Difference Vietnam Challenge Ride.





Launch of the Newborns Vietnam & Da Nang Hospital for Women & Children's Clean Hands Clean NICU saves lives Campaign.



Cyclists met the nurse that their cycling sponsored, the nurses awarded each cyclist with an emblem of the Song Han Bridge, the City's most famous landmark.

# HIGHLIGHTS OF THE YEAR



Dr Tran Dinh Vinh, Director of the Da Nang Hospital for Women & Children thanks Mr Bo Olsen and his family for their donation for improving the facilities for mothers and babies.

Nine British and international teams take on the Cycle a Difference Asian Business Ride 2014 with 3,000 metres of intense climbing on the first day.



## MAKING A DIFFERENCE NURSE TRAINING

Our nurse training programme was designed and taught by Canterbury Christ Church University to address a deficit in the knowledge and skills of nurses working in the regional neonatal intensive care unit at Da Nang Hospital for Women & Children and to build the capacity of academics from Da Nang University of Medical Technology & Pharmacy to develop neonatal nurse training in the future. The Ministry of Health approved the neonatal nursing course as a pilot programme with associated research to provide scientific evidence on the impact on infant outcomes and nursing care.

The programme commenced in March 2013 and will be completed in August 2014. The aim is to develop competent, confident, skilled nurses whose enhanced knowledge and skills will directly contribute to reducing neonatal mortality and morbidity.

Prior to the course, nursing was task orientated which allowed timely completion of essential activities with nurses focusing on single activities often to the exclusion of any surrounding events. There was a lack of underpinning knowledge of anatomy and physiology associated with these tasks and limited or absent follow through of interventions and poor understanding of the impact of environmental stressors.

The training acknowledges the nurses' previous level and style of learning but stretches them to make links and see relationships between actions and outcomes of their practice. The teaching combines theory and the development of practical skills, and an understanding of the role of the neonatal nurse, and how this role works with the neonatal team to limit the effects of disease where possible.

The course develops the nurses' understanding of the key principles of neonatal care and builds on these to further develop their understanding of the complexity of neonatal disease processes.

The nurses have come to understand how to use their new knowledge to assess the baby's condition and make a decision. Through the use of scenarios and practical training, nurses have developed the skills to assess the needs of the baby, to identify realistic goals, plan the care required and to ensure that interventions are carried out safely and are appropriate for that particular baby. There are very clear improvements in positioning, containment, self-comforting and observations and the babies are less stressed with greatly improved skin colour.

The nurses are more knowledgeable and confident in what they do. This has been documented using a concept mapping tool to evaluate the nurses changing perception of their role, together with feedback questionnaires.



Newborns Vietnam is continuing to provide basic equipment to support the implementation of good practice from the nurse training.

We have provided: infant warmers, digital thermometers, dash monitors, neonatal adhesive sensors, Babylog flow sensors, and neonatal soothers.

## HOW DID WE DO?

We delivered 7 modules of the 18-month neonatal nurse training course equivalent to UK Higher & Further Education Qualification Framework, Level 4 for 27 nurses and 4 academics. Each module equated to 200 hours of study.

We have witnessed the nurses growing in confidence and ability to plan and rationalise the care of the babies – rather than applying the same care without question to all infants.

We have developed nursing guidelines and protocols to support the neonatal nurses to use their new knowledge to rationalise and plan nursing interventions to minimise harm and maximise benefit for the neonate and the family.

There has been an increase in skin-to-skin care and a 50% increase in breast feeding.



# MAKING A DIFFERENCE BUILDING CAPACITY & SUSTAINABILITY

Practice Education is an important element of building and sustaining knowledge capacity within clinical settings. Knowledgeable professionals who attain this skill have the ability, if supported, to become the pillars and leaders of their profession, promoting higher standards of care.

The Newborns Vietnam Nurse Practice Educators course in 2015 will be taught by Canterbury Christ Church University and builds on the outcomes of our neonatal nurse training by empowering nurses to become trainers, to sustain the spread of knowledge and develop initial resources to support this.

The aim is to develop an initial cohort of Practice Educators, who develop the resources, knowledge and skills to teach basic neonatal care in a range of practice settings; community, maternity, and neonatal units, so supporting the delivery of safe standards of care. Canterbury Christ Church University lecturers will facilitate the development of learning and teaching approaches, which will enable participants to develop teaching resources and skills.

In order to successfully achieve this and to promote sustainability, Canterbury Christ Church University will support our partner Da Nang University of Medical Technology & Pharmacy to build their capacity to evaluate practice education and assess competency including the use of resources by developing a bespoke local Practice Evaluation Tool and supporting its application to the neonatal practice education setting.

Our focus is sustainability and the aim is to ensure the knowledge and skills of nurses developed as a result of our neonatal nurse training programmes are sustained and contribute to:

- capacity building within the Da Nang Hospital for Women & Children's neonatal unit by supporting the development of future workforce within the neonatal unit,
- the development of improved basic neonatal skills across a range of immediate care givers; birth attendants, nurses, obstetric nurses, medical practitioners, and care settings; rural hospitals and health centres.
- to build the capacity, knowledge and skills of nursing academics at Da Nang University of Medical Technology & Pharmacy academics to support future neonatal education developments.

## HOW DID WE DO?

We developed the learning and teaching strategy and course content for the Nurse Practice Educators programme with our Da Nang partners and Canterbury Christ Church University.

We secured approval for the programme from the Ministry of Health.

Our Cycle a Difference Asian Business Challenge 2014 Ride raised the funds for this course.



## MAKING A DIFFERENCE RESEARCH

The Peter Stebbings Memorial Charity awarded Newborns Vietnam a research grant to explore the impact of our nursing education programme on infant outcomes for all babies admitted to the Da Nang neonatal unit over a two-year period.

The primary aim of the project is to determine whether there is any association between a neonatal nursing educational intervention (the joint Newborns Vietnam - Canterbury Christ Church University neonatal nurse training programme) and outcomes of babies undergoing neonatal intensive care in the neonatal unit at Da Nang's Women & Children's Hospital, Vietnam.

An additional evaluation of the opinions of the trained nursing cohort and parents will supplement the core 'clinical' outcome assessment and will allow for validation of curriculum content to be considered for implementation in similar resource limited countries. Proving the hypothesis is important, as it will allow us to make recommendations for dissemination of the neonatal nurse education model, potentially making a real difference to neonatal outcomes in Vietnam and beyond.

Wider implementation of our neonatal nurse education model developed in Da Nang will potentially lead to improved outcomes of sick babies born in Vietnam. Through this model we hope to provide evidence to support the establishment of a national training programme for neonatal nurses in Vietnam and through dissemination as a proven model to improve outcomes in other resource poor countries and contribute to World Health Organisation Millennium Goal 4 'Reducing child mortality'.

The study is being led by internationally recognised neonatal academics based in the US and UK.

## HOW DID WE DO?

We established the Project Steering Group responsible for the overall conduct of the project and specifically, development of the final Research Protocol, approval of the project documentation, operational plan.

We recruited and trained the local research team.

Retrospective data prior to the intervention has been considered to determine the baseline association.

Data sets developed and prospective collection of baseline data collection started in November 2013 and had accrued data on 1,477 babies by 31st March 2014.

Trial report forms have been sampled for accuracy and completeness.



## MAKING A DIFFERENCE VOLUNTEER PROGRAM

A programme has been set up to bring experienced neonatal nurse volunteers who have personally experienced the development of neonatal practice from the basic to the resource rich conditions that exist today in the UK, to work for short periods within the neonatal unit to support the nurses to apply their new knowledge and skills within their day-to-day care. This will support the neonatal nursing team to implement guidelines and sustain good practice from the neonatal nurse training.

In February 2014 Dr Andrew Lyon, carried out an assessment of the training needs of junior doctors and to identify key issues that would inhibit progress in the further advancement of newborn care. The assessment identified key areas for clinical training to build the capacity of the junior doctors to UK middle grade standard i.e. the future managers and the urgent need for infection prevention training.

## HOW DID WE DO?

We recruited 6 neonatal nurse volunteers from 4 UK NHS Hospital Trusts.

We developed a training plan for junior doctors with our Da Nang partners.



## MAKING A DIFFERENCE NEONATAL EQUIPMENT

There will always be a need to improve the equipment in neonatal units our emphasis is on making sure this is appropriate for the current needs and that there is a satisfactory support infrastructure for training and servicing.

Neonatal thermoregulation is a critical function for newborn survival and good temperature control is of vital importance in the care of newborns.

Hypothermia in the preterm or sick baby is closely associated with death. To help maintain the correct temperature, infants in the Da Nang neonatal unit are nursed in locally made Infant Warmers.

Infection is a major cause of death and morbidity in the newborn. It is a problem worldwide, and across Vietnam infection is the cause, or a major contributor, in 40% of the deaths. Insufficient basic equipment adds to the risk of infection and cross infection.

There will always be babies who need resuscitation at birth or during their time in the neonatal unit but the ultimate aim for all those caring for babies in these environments is to reduce the harm that can occur as a result of their treatment.

Our equipment appeal over the next two years is to provide sufficient Neopuffs and the air/oxygen blenders they are used with, to allow for the babies both on the unit and those delivered in the hospital, to have access to this equipment to enable safe and effective resuscitation to be delivered when needed. In addition we would like to have an infant warmer, or incubator and stethoscope for every newborn in the intensive care nurseries.

This year our focus has been to provide equipment that meets the fundamental needs of newborns, safe resuscitation, protection from infection and warmth. The purchase of infant warmers, neopuffs, stethoscopes, neonatal sensors and essential repairs to ventilators has made a big difference to outcomes.

All the critical lifesaving equipment relies on a constant supply of power, when the power goes down there is gap while the hospital generator kicks in. 2013 was a year of two major typhoons and many months of adverse weather. The neonatal unit UPS battery back up power system was depleted and thanks to the wonderful generosity of a UK donor, 40 replacement batteries were purchased

## HOW DID WE DO?

We provided 5 infant warmers, 10 neonatal stethoscopes, dash monitors and 200 neonatal soothers, and 40 UPS batteries.



## CYCLE A DIFFERENCE

Cycling is our main fundraising activity and has exceeded our expectations. We are building a reputation for great cycling challenges in a beautiful country, which combined with the opportunity to see first hand Newborns Vietnam's work in Vietnam, is significantly raising the profile of our work.

Our successful Cycle a Difference Vietnam Challenge Ride in May 2013 inspired 25 British cyclists to ride 1,500 kilometers in 10 days from Lao Cai to Da Nang. Premier Oil & Standard Chartered Bank sponsored the ride. Chief Executives of major British and International companies in Vietnam joined our UK cyclists for their epic tour.

They cycled in the strongest heatwave in thirty years, iced towels kept our valiant cyclists going together with an incredible determination to complete the ride. The team with their police escort rode into Da Nang like royalty and were welcomed with a standing ovation from the British Ambassador for a truly amazing achievement. All the beauty and the emotion of the ride is captured on film, to view 'Last Chain to Da Nang' sponsored by Road Cycling UK, go to <http://goo.gl/W0D3vA>

For many it was a life changing experience, "We all have confidence that Newborns Vietnam's hard work will result in a successful outcome at the Vietnamese end and we were pleased to play a small part in making your work come to fruition. I can honestly say that I've never tried harder at anything in my life and I've never felt as fulfilled as a result. This ride was truly life altering".

Teams from nine British & International companies joined our Asian Business Ride in March 2014 and cycled 500 kilometers in 3 days, the British Ambassador to Vietnam, Dr Antony Stokes LVO, cycled the final stage into Da Nang.

Without our Cycle a Difference sponsors and the commitment and spirit of those who cycle for 'newborns' it would be impossible for us to carry out our work to improve the life chances of newborn infants in Vietnam.

Day 1  
25 intrepid cyclists head  
for the first mountain  
climb out of Lao Cai.



By day three temperatures  
had risen to an average  
of 42 degrees.



Adel Tyson-Bloor with her nurse "I cannot tell you how incredible cycling in Vietnam was. The work you are doing out there is amazing and to be able to ride right up to the hospital and get a look around at what the funds are being raised for finished the challenge off perfectly. I know there were a few tears being held back by the majority of us".



"You can all rightly be very proud of your achievements in the past three days. It is always humbling to see fellow cyclists of all abilities struggling up and down mountains pushing themselves to the limit of their endurance in the name of a charity that aims to give families the gift of life, to help open the door of hope that would otherwise have been closed the them."

Cyclist Duncan Lloyd, Premier Oil

## CYCLING FOR NEWBORNS IS CHALLENGING AND INSPIRING



Dr Antony Stokes, LVO British Ambassador to Vietnam leads the teams into Da Nang.

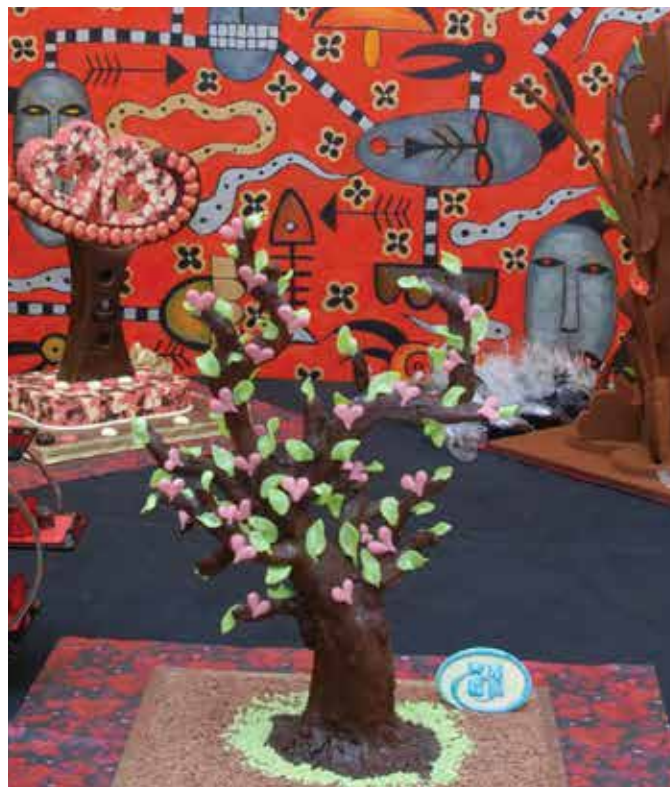


Mr Ngagen Xuau Anh, the Vice Chairman of the People's Committee congratulates all of the cyclists

## FUNDRAISING

This year we have widened our fundraising activities with an Eve of Valentines Day reception hosted by the British Ambassador, Dr Antony Stokes LVO, at the British Residency. This was a night to remember with beautiful romantic music from members of the Vietnamese National Symphony Orchestra and amazing chocolate trees crafted by Chefs from the Hanoi Hilton Hanoi Opera, InterContinental, Hanoi Westlake and to Sofitel Legend Metropole Hotels. The added sparkle was the silent auction for the chocolate trees.

We received a very generous donation from Galaxy Communications, our first works of art auction a Buffalo Banyan Leaves Sculpture by Le Dinh Nguyen and a very fine painting 'My Daughter' by Doan Hoang Lam.



## INFLUENCING

This year we have worked with our Da Nang public health partners and hospital leaders to raise awareness of the critical importance of hand hygiene, improving infection control and the vital role that nurses play in care of sick and pre term infants.

Together, we launched our Clean Hands & Clean NICU Saves Lives campaign in January 2014 with a public display of hand washing and cleaning.

We have highlighted the need for more nurses and proposed a ratio of one nurse caring for three babies and for babies to be allocated to specific nurses to improve the continuity of care.



Our neonatal nurse training programme has raised awareness that nursing skills and knowledge, staffing levels, environmental stressors and infection control have a critical impact on the well being and health outcomes of sick and pre term infants.

We have strongly advocated the need for an increase in the nurse baby ratio to support a move from task orientated nursing to baby focused care and to enable the nurses to implement good practice from their training.

We are building wider relationships with more hospitals and universities in Vietnam and raising awareness of the importance of specialist neonatal nurse education in reducing mortality and improving outcomes for infants that survive neonatal care.

We have made the case to UK NHS Hospital Trusts to work with us to support our training programme for junior doctors.

We are gathering evidence to demonstrate that investment in neonatal nurse training is essential to support better hospital based newborn services in low resource countries to levels closer to those seen in the developed world.

## HOW DID WE DO?

The Da Nang Hospital for Women & Children Hospital has allocated an additional 30 nurses to the neonatal unit in 2103 -2014.

The Da Nang Hospital for Women & Children Hospital issued a Directive for Infection to all hospital departments to support the nurse training and create a safe environment for newborns.

## THANK YOU

We would like to say a special thank you to all our corporate sponsors and to Premier Oil and Standard Chartered Bank for their continuing support for our Cycle a Difference Vietnam Challenge Rides.

This year over 1,500 individuals have generously supported our work and due to limited space we cannot list them all.

## CYCLE A DIFFERENCE CORPORATE SPONSORS

PREMIER OIL PLC

STANDARD CHARTERED BANK

HR2B

## CORPORATE SPONSORS

ACE Insurance Company, Ltd.

Aedas Vietnam Limited

Aquaterra Energy

Ashurst

Bike Love

Canterbury Christ Church Gospel Choir

CBRE (Vietnam) Co., Ltd

CBRE staff

Classic Fine Foods

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Dragon Capital

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Hanoi Bicycle Cooperative

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Petro Vietnam Trans Emas

Petro Vietnam Technical Training

Phuc Khang Hung Technology JSC

Richardson Designs

Rolls-Royce International (Vietnam) Ltd.,

Santos Limited

Savills staff

Savills Vietnam Ltd

Sofitel Legend Metropole Hotel

Southern Vietnam Helicopter Co

Spin Events

Rose Bicycles

TBS Vietnam Co.Ltd

The Bike Shop

Vietnam Airlines

Waterfront

Thanks also to all our anonymous donors and those who sponsored our cyclists on their Just Giving Pages.

## MOVING FORWARD

### Our Plans for 2014-2015

In the coming year we will complete our neonatal nurse training programme, a major milestone for Newborns Vietnam. Our team will evaluate and disseminate the lessons we have learnt exploring the nurses' changing perception of their role and the impact on their nursing care.

We will consider initial evidence from our research evaluation, the outcomes of the first clinical audit and qualitative interviews with nurses and parents, to inform our work to raise standards of care and improve outcomes across Vietnam.

We will continue to support Da Nang Hospital for Women & Children to provide better facility based care for all sick newborns and to develop their capacity as a regional training hospital and centre of neonatal excellence.

A period of consolidation supported by our UK volunteer neonatal nurses will enable the new nursing knowledge to be embedded in daily practice.



## WE WILL:

- Develop our research and evaluation to provide further evidence for the need for investment in neonatal nurse and medical education and specifically to look at a new developmental follow up study.
- Continue to raise awareness of the critical role of nurses in the care of sick and pre term infants.
- Deliver neonatal nurse and medical education training programmes on topics informed by review of clinical practice and our research.
- Train Neonatal Nurse Practice Educators to teach basic neonatal care in a range of care settings, to allow the delivery of safe standards of basic neonatal care nursing, neonatal care nursing, build the capacity of our local education partners to develop neonatal nurse training for the future.
- Review the high rates of neonatal infection and other factors that may inhibit further progress in reducing mortality and morbidity and develop appropriate training.
- Seek support from UK NHS Trusts to enable Neonatal Consultants to participate in our junior doctors teaching programme.
- Further develop Cycle a Difference as Newborns Vietnam's fundraising vehicle and develop a brand identity for 'cycling for newborns'.
- Develop new fundraising initiatives and widen support.

## HOW CAN YOU HELP?

Your generosity is the key to making all these plans to change the life chances of newborns with your support we can make a difference these are some of the ways you can help.

### DONATE

Make a donation please visit  
[www.newbornsvietnam.org](http://www.newbornsvietnam.org)

### CAMPAIGN

Become an NBV campaigner -  
tell your friends about our work  
and help raise awareness of  
neonatal deaths

### VOLUNTEER

If you are medically qualified - join  
our volunteer programme

### FUNDRAISE

Cycle for newborns and help us  
give every baby a chance to  
celebrate his or her first birthday

[www.newbornsvietnam.org](http://www.newbornsvietnam.org)

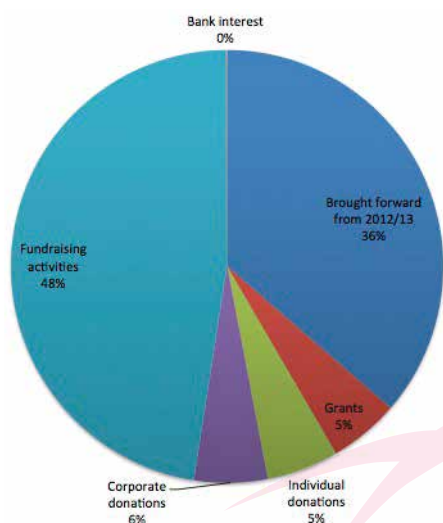


## OUR FINANCES

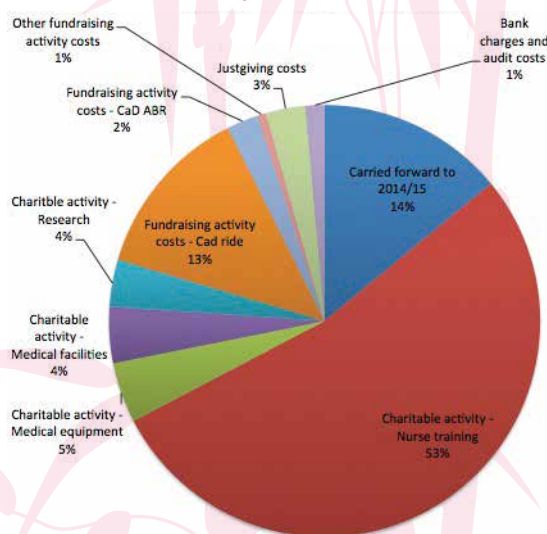
At the end of 2014 our second full year of operation, Newborns Vietnam is a positive financial position. Thanks to the incredible support from the British and International business community in Vietnam for our fundraising Cycle a Difference events and the enormous commitment of our cyclists, within this

financial year we have raised over £150,000 and therefore we are able to meet our planned expenditure for our neonatal nurse training programme while beginning to build funds for the 2015 Neonatal Nurse Practice Educators course.

NBV Income 2013/14



NBV Expenditure 2013/14



## OUR PEOPLE

Chair of the trustees  
Leslie Morphy OBE

Trustees

Dr. Duncan Macrae  
Suzanna Lubran  
Dr Katie Gallagher  
Luke Humphreys

Dr Susan Blake  
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[www.cycle-a-difference.com](http://www.cycle-a-difference.com)

[www.healthynewbornnetwork.org/partner/newborns-vietnam](http://www.healthynewbornnetwork.org/partner/newborns-vietnam)

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