



Trustee's Report for The Life Lisa Orsi Foundation

Year Ending 31 October 2023

Introduction

The Life Life Lisa Orsi Foundation is a legacy foundation set up in the memory of Lisa Orsi by her family.

Lisa was a physiotherapist who lived and worked in Singapore and sadly passed away at the young age of 22 years old after suffering from Altitude Sickness when climbing Mount Bromo in Indonesia. Lisa was a strong advocate of organ donation and donated her organs to save and improve the lives of Singaporeans.

Lisa was a keen sports person and an avid traveler who immersed herself in the cultures and communities she travelled to.

The foundation was set up to keep the memory of Lisa alive and to educate young people on altitude awareness to prepare young people on what to expect and how to treat symptoms of altitude, as more and more young people are travelling and exploring the world. The foundation also aims to promote and educate young people on organ donation and to remove the stigma which surrounds it. This is achieved through the participation in amateur sports engaging with the local community, schools, youth clubs and sports clubs.

Objectives and Activities

The Live Life Lisa Orsi Foundation aims to educate and inspire young people to travel and embrace other cultures, while raising awareness of Organ Donation and Altitude Mountain Sickness; particularly local residents of the Derry/ Londonderry District Council Area, without reference to sex, race or social background.

- 'Live Life Programme': Creating and facilitating a six-month, module-based learning programme, where we educate participants in our key concepts of Organ Donation and Altitude Mountain Sickness. Complemented by modules that promote good physical health, mental well-being, social inclusion, and positivity.

- **Fundraising:** Collaborating with the selected participants to organise and execute fundraising events to support the implementation of the events throughout the module base learning and cultural expedition.

Key Activities: Throughout the year, the foundation engaged in various activities to meet our objectives, including:

- Researching and selecting the Live Life Programme modules. Collaborating with external charities/organisations to coordinate and finalise the programme.
- Organising a 'Welcome Day' for potential participants to attend and sign up for to the programme. Which involved delivering the background to the Foundation, the life that Lisa lived and the aims and purposes of the foundation.
- Engaged with ARC who educated the participants in the real life issues facing young people and the community surrounding addiction and how to identify, avoid and seek help if required.
- The participants and undertook first aid training and became certified as first aiders.
- Organ donation module which educated in the benefits of organ donation and the procedures and removed the stigma that surround organ and tissue donation.
- Dr Renee Farrar delivered an outstanding and detailed session on Mountain Medicine, educating on altitude awareness, how to prepare for altitude, planning the trek, identifying the symptoms and how react and treat them.
- We kicked off our fundraising campaign by approaching local businesses for donations, offering them advertising space in our brochure for The World Gaelic Games as a token of appreciation.
- We continued our fundraising efforts through educating and assisting our participants in the methodology of fundraising and community engagement and they ran their own fundraising events within the local community.
- Some examples of the individual fundraising included; Quiz Nights, Community Discos, Bag Packs, Bun Sales in Schools, Bonus Balls.
- The fundraising committee also rang its own central based fundraisers during the course of the year and had a specific focus a that World Gaelic Games which were hosted in the city.
- Partnered with: Aware NI, British Red Cross, Organ Donation and Dr Renee Farrar to facilitate the 5 of the programmes learning modules.

This year's programme served 25 young people throughout the programme, educating them on the importance of organ donation with The Live Life Lisa Orsi Foundation, good mental health with AWARE NI, the dangers of mountain altitude sickness with Dr Renee Farrar and teaching them first aid with The British Red Cross.

Governance and Management

Trustee Meetings: The Trustee met 10 times this year to oversee the charity's operations and strategic direction.

Risk Management: Key risks were identified and managed, ensuring the charity's stability and effectiveness.

Plans for the Future

Upcoming Goals:

- Complete the Live Life modular programme.
 - Successful cultural expedition with is set to be undertaken in February 2024.
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Conclusion

The Trustee of the Live Life Lisa Orsi foundation is proud of the progress made this year and is committed to furthering our mission. I'd like to thank our supporters, Volunteers, and partners for their invaluable contributions.

Approval

This report was approved by the committee on 10/07/2024.

Signature:

Dennis Orsi

Trustee



Contact Information

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