

Annual report 2023



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1. Management report

In the year 2023, we had a busy year during which we helped more than 1000 children. Some of them underwent surgery, participated in the milk project, visited the dentist, joined the orthodontics project, or received speech therapy. Furthermore, the patient accommodation was completed, and we focused on painting beautiful murals and decorating. Additionally, four furniture makers from the Netherlands visited us and custom-made beds for our facility.

In addition to our local surgeon Bruno, we welcomed two additional surgeons, Fredy and Francisco, into our training program. They are currently being trained to perform cleft palate surgeries in the future.


Moreover, we trained a new speech therapist who started in 2023. Another speech therapist in training will join our team starting in 2024.



1.1 Resultats from 2023

- 368 children have had surgery!
- 381 babies in the milk project!
- 241 children received speech therapy! They typically start about 8 weeks after their cleft palate closure. Of all children undergoing cleft palate surgery, 85% receive speech therapy after the procedure. To increase this percentage, we need more speech therapists willing to work in other provinces. This is what we are currently working on.
- 124 children received psychological help! Our psychologist Pini not only offers individual and group therapy, but also supports all parents in our hospital when their child is undergoing surgery.
- 350+ children went to the dentist! In 2023, we collaborated with two resident dentists, each coming to our hospital one day a week to treat our children.
- 53 children are in our orthodontics project! This year, 53 children received orthodontic treatment! This prepares children for their jaw surgery, and this year we were able to operate on the first 9 children! This was the first time in 15 years that Tess Unlimited has performed jaw surgeries!

SURGERIES

BILATERAL CLEFT LIP - 53		139 - UNILATERAL CLEFT LIP
Tessier - 6		1 - Abbe flap
Bonecraft - 9		2 - Fistulas in the palate
Lip revisions - 11		87 - Primary cleft palates
Primary cleft palate and lip revision - 8		4 - Rhinoplasty surgeries
Rhinoplasty and lip revision - 22		17 - VPI surgeries
VPI surgery and lip revision - 4		3 - Ear tubes, 1- removal Van der Wout and 1 - tongue tie

1.2 About the foundation

1.2.1 Introduction

Foundation Tess Unlimited was established after Tessa de Goede traveled to Guatemala in January 2008 and was confronted with the issues surrounding cleft lip and palate. At that time, there was no holistic care available for children with clefts in Guatemala, and many had never received surgery. In that same year, Tessa founded the Tess Unlimited foundation with the aim of creating a professional organization that helps these children and provides them with a meaningful life.



1.2.2 Mission

Tess Unlimited is a non-profit organization that focuses on providing medical assistance to underprivileged children, youth, and adults with cleft lip and palate in Guatemala. We employ a comprehensive approach so that our patients can lead meaningful lives after completing the full process.

1.2.3 Vision

Foundation Tess Unlimited annually provides medical care, including all necessary pre- and post-care, to over 1000 vulnerable children, youth, and adults with cleft lip and palate. We aim to give them the opportunity to fully integrate into Guatemalan society and prevent these individuals from falling into a life of isolation and neglect due to their cleft condition.

1.2.4 Strategy

Our strategy focuses on a comprehensive approach, where we detect patients as early as possible in their lives, provide them with medical support throughout all recovery phases, and continue to follow their progress. Our approach includes the following projects.

Promotion: To identify children with cleft lip and palate early, our local promoters are active nationwide, serving as the first point of contact in their regions. Additionally, through these promoters, we reach out to youth and adults with clefts who require medical care. We have alliances with both government agencies and local hospitals and health centers that directly refer children to us. We also collaborate with various local and international foundations in Guatemala. Currently, we have partnerships with over 150 organizations in Guatemala.

Milk project: Malnutrition poses a significant challenge for children with clefts. They are enrolled in the milk project to ensure they achieve a healthy weight for surgery. Collaboration with a local dietitian is crucial. As we treat more newborn babies, we also encourage breastfeeding and utilize breast pumps and special Haberman bottles to ensure these children can consume breast milk.

Surgeries: Since 2022, we have operated our own hospital called Tulipanes with two operating rooms. Additionally, we continue to collaborate with Hermano Pedro Hospital, where we organize surgical weeks for youth and young adults in need of nasal surgery. While most surgeries are still performed by international surgeons, in 2022 we began training our first local surgeon, Bruno Wenhcke. After two years of training, he will perform cleft surgeries in our hospital every two weeks starting in 2024. Furthermore, we have added two new local surgeons to our program, who have been in training since May 2023.



Speech therapy: Our six speech therapists work across the country to support children in improving their speech skills. These therapists are all local professionals trained by Tess Unlimited in collaboration with the international organization Smile Train.

Dental care: After the repair of the lip and/or palate, children require dental care. In our hospital, two resident dentists each spend one day per week in the dental clinic. We also emphasize education and prevention.

Orthodontics: Almost all children born with clefts need to visit the orthodontist, typically starting around age six when the first teeth begin to change. The orthodontist focuses on the position of the teeth and the development of the jaws. To assess this, they take x-rays of the teeth and jaws and may also take impressions or scans of the teeth. Prior to jaw closure surgery, the orthodontist usually places braces on the upper jaw to widen and shape it. We collaborate with a local orthodontist for this purpose.

Psychology: We often observe that children with clefts are frequently bullied and experience social isolation, making it difficult for them to connect with others. Many mothers also face accusations from their partners and families that they are to blame for their child being born with a cleft. Therefore, we work with a local psychologist who addresses these issues and provides necessary support and counseling when needed.



1.2.5 Ambition

Our goal in the Netherlands is to raise awareness of Foundation Tess Unlimited and thereby bring attention to the issues surrounding cleft lip and palate in Guatemala. Through this awareness, we aim to raise more funds to support our mission. In Guatemala, our ambition is to assist as many children born with clefts as possible by providing them with a complete medical journey, so that they can lead meaningful lives after their recovery.

Target audience: Our target audience in Guatemala consists of children, youth, and adults of all ages, backgrounds, and religions. All children born with cleft lip and palate have the right to access appropriate health-care. Together, we stand up for the right to health.

1.2.6 Milk project

Our milk project is the most crucial initiative of our entire foundation. If children are malnourished or have not yet reached the appropriate weight, they simply cannot undergo surgery. In Guatemala, nearly 50% of all children under the age of five are malnourished, a situation also evident within our foundation. Because they cannot breastfeed or use a normal bottle, and parents often lack money for powdered milk, some are forced to give water with sugar or coffee out of desperation. We aim to give these children a chance and alleviate parents' concerns.

In the large government and regional hospitals, cleft lip and palate are not treated. When a mother gives birth to her baby, there is no cleft team available to support her. Over the past 16 years, we have built our own and only cleft team, and we hope to help many children. We provide nearly 11,000 cans of milk annually to get all these babies to the right weight.



1.2.7 Trainings

Tess Unlimited has been partnered with Smile Train for 11 years. Smile Train is the largest cleft organization globally, supporting clefts in nearly all developing countries. We share the same vision that it's better to train and educate local people rather than continuing to collaborate with foreign organizations. Three of our speech therapists and our local (pediatric) anesthesiologist underwent training in Mexico. All six of our speech therapists have completed a course in speech therapy following speech improvement surgery (pharyngoplasty). Additionally, we have started training two new speech therapists who will start in 2024. All our promoters and speech therapists have received training in lip taping.

Founder Tessa and psychologist Pini attended a conference in Santiago de Chile organized by Smile Train. Representatives from cleft organizations across all Central and South American countries were present. During the conference, we presented our milk project and met many new people.

1.2.8 Patient residence AFAS

In 2023, the construction of the patient residence AFAS was completed. We have created a beautiful home for our dear families who travel from afar. It's a warm, cozy place where everyone immediately feels at home - a home away from home. With a total of 16 bedrooms and 35 beds, each bed was handmade by four furniture makers from the Netherlands, as each room has a unique layout. Additionally, we have a spacious kitchen, a dining area, and a comfortable lounge area with plenty of cushions for mothers to relax while feeding their babies. Each room features beautiful murals by the renowned artist Carin Steen. Furthermore, we have ample bathrooms, separate toilets, and a laundry room. The official opening is scheduled for February 2024, when we will welcome our first guests!

The land, construction, and complete furnishing were generously donated by the AFAS Foundation in the Netherlands, and we are immensely grateful to them.

1.4 Resultats between 2008 and 2023

- Ü 3,400 children operated on
- Ü 116 surgical weeks organized
- Ü 3,528 children brought to a healthy weight in our milk project
- Ü More than 25,000 speech therapy sessions conducted
- Ü More than 3,500 psychological sessions conducted
- Ü 900 children visited the dentist
- Ü 53 children are under treatment with the orthodontist

2. Set goal for 2024

Our goals for the coming year are as follows:

- Ü We want to operate on 600 children
- Ü Opening patient residence
- Ü Train two new speech therapists in areas where we currently do not have speech therapy
- Ü Our local surgeon Bruno Wehncke will start performing more surgeries himself (twice a month)
- Ü Bruno will begin his training for unilateral cleft lip surgeries
- Ü We hope that our two surgeons in training, Fredy and Francisco, can start performing cleft palate surgeries on their own, just like Bruno
- Ü We would like to add a fourth surgeon to our training program
- Ü We are looking for an ENT doctor willing to support us at least one day per month
- Ü We also hope to find a second orthodontist who is willing to be trained by our current orthodontist, so that we can assist even more children

Foundation



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Country: The Netherlands



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tom@tessunlimited.nl
Website: www.tessunlimited.com

Account information: NL95ABNA0619717688 | BIC/Swift code: ABNANL2A | Bank name: ABN Amro

3.1 Foundation data

Legal Form: Foundation
Date of establishment: 11-18-2008

3.2 Foundation goals

Raising resources, both financial and human (volunteers), to support selected charities in developing countries, particularly to support the activities of Asociación Tess sin Límites and Asociación Tulipanes in Guatemala.

3.3 The foundation means to achieve these goals through

Organizing activities to raise funds and resources and recruiting sponsors.

3.4 ANBI/tax exemption

On the 1st of January 2009 the tax department of the Netherlands designated Tess Unlimited as a society for public welfare and all beneficial tax exemption are applied.

3.5 Chamber of commerce number

08181442

3.6 Promotie



Our website contains a lot of information and videos about our activities in Guatemala: <http://www.tessunlimited.com>



We are also active on Facebook and Instagram, where, through daily updates and posts, you will be kept informed of our various activities and events:



Facebook: <https://www.facebook.com/TESSUnlimited>

Instagram: <https://www.instagram.com/tessunlimitedguatemala/>



We also have a wide variety of videos on our own YouTube channel: <https://www.youtube.com/channel/UcswRr9hnyEzqfmSAXqyUxRQ>

3.7 Algemene informatie Tess Unlimited

Team Tess Unlimited in Guatemala consists of:

- | | |
|--|---------------------------------------|
| 6 local speech therapists who are also promoters | 2 dentists |
| 2 pediatricians | 1 orthodontist |
| 1 nutritionist | 1 anesthesiologist |
| 3 health promoters | 1 technical person |
| 1 psychologist | 4 local surgeons in training |
| 5 full-time office staff | 15 nurses hired during surgical weeks |

One of the staff members was born with cleft lip and palate, and five others have a child with cleft lip and palate. Since 2021, we have been collecting data for research into the causes of cleft lip and palate in Guatemala. We do this by conducting interviews with all families participating in our project. We aim to further expand this research in 2024.

3.8 Bestuur

Starting date	Description	Name board member	Date of birth	Function
18-9-2008	Board member	Tessa de Goede de Ordoñez	09-04-1983	Founder
9-1-2018	Board member	Christina Tinselboer	18-11-1979	Chairmen
1-3-2018	Board member	Paul de Goede	03-06-1956	Treasurer
4-11-2019	Board member	Paula van de Kamp	06-08-1996	PR/Design

3.9 Employees

Tess Unlimited does not employ any staff in the Netherlands, and the board in the Netherlands does not receive a salary or compensation.

4. Balance sheet

Foundation T.E.S.S. Unlimited (NL) - Tess Sinlimites (GUA) - Tulipanes (clinic GUA) - Patient residence

Balance per 31 december 2023		
Start capital per 31st of December 2022		€ 284.284
ABN Amro Checking account NL	€ 10.321	NL95ABNA0619717688
ABN Amro Saving account NL	€ -	NL82ABNA0573404011
ABN Amro Checking account hospital/patient home	€ 173.571	NL93ABNA0811235688
ASN Deposito savings account for crisis NL	€ 73.911	NL19ASNB0635348977
Checking account BAM Tess Sinlimited in Guatemala	€ 101.259	Q 30-2008727-3
Checking account BAM Tess Sinlimited in Guatemala in \$	€ 1.849	
Checking account BAM Tulipanes (hospital) in \$	€ -	
Checking account BAM Tulipanes (hospital)	€ 66.957	Q 30-4024447-7
	€ 427.867	
Income and expenses 2023		
Donations and Sponsors from/in the Netherlands		€ 775.489
Donations and Sponsors from/in Canada		€ 29.559
Donations and Sponsors from/in Guatemala		€ 129.276
Interest received in the Netherlands		€ 1.885
Costs in Tess Sinlimites Guatemala	€ 608.926	
Costs Tulipanes (hospital) Guatemala	€ 26.009	
Bank costs NL	€ 965	
Travelling costs & insurance NL	€ 5.876	
Expenses via PayPal	€ 5.432	
One time costs equipment hospital Tulipanes	€ 16.146	
Maintenance and development site and IT	€ 4.287	
Miscellaneous costs	€ 12.337	
One time costs building patient residence AFAS	€ 112.000	
Valuta differences NL/GUA/CA/USA	€ 647	
	€ 792.626	
		€ 936.209
Total increase in capital		€ 143.583
Capital comparison		
Capital per 31-12-2022		€ 284.284
Capital per 31-12-2023		€ 427.867
Total increase capital in 2023		€ 143.583

The balance sheet above only relates to TESS Unlimited in the Netherlands. This is the foundation that has the ANBI status. The auditor's report is for TESS Unlimited in the Netherlands. There are a limited number of expenses in the Netherlands. The bulk of the funds are transferred to TESS Sin Limites in Guatemala. This foundation is responsible for the implementation of the activities under the management of Tessa de Goede de Ordoñez.

5. Expenses in Guatemala

The following overview gives more insight into the expenses of the various projects in Guatemala.

Milk project		
Nutrilisto	GTQ	3.725
Cans milk powder	GTQ	1.008.842
Travel expenses for staff distribution Milk 8 persons	GTQ	128.717
Psychology	GTQ	77.648
Promotion	GTQ	11.792
Speech therapy	GTQ	187.031
Evaluations	GTQ	66.259
Dentist	GTQ	108.754
Surgeries	GTQ	2.321.412
Employee expenses	GTQ	531.767
Transport costs	GTQ	40.461
Accountant/insurances/legal costs	GTQ	113.285
Office utilities and administrative expenses	GTQ	125.462
Maintenance office	GTQ	24.380
Training and conference costs	GTQ	107.099
Orthodontics	GTQ	73.538
Interior patient residence (one-time)	GTQ	114.780
Total costs Tess Sin Limites in Quetzales	GTQ	5.044.950
Total costs Tess Sin Limites in Euro's	€	608.962

Tulipanes (hospital)		
Purchase of equipment/furnishing hospital	GTQ	86.837
Maintenance and service costs	GTQ	66.418
Administration/legal/office/insurance	GTQ	72.907
Total costs Tulipanes in Quetzales	GTQ	226.162
Total costs Tulipanes in Euro's	€	26.009