

Now
we are



2012-2020 Early years report

Integrity

June 2020

"The Lord gives sight to the blind,
the Lord lifts up those who are bowed down..."
(Psalms 146:8)



Being able to see - both physically and spiritually - is crucially important to prisoners but glasses cost a fortune and it's almost impossible to get out to see an optician anyway. Here, a volunteer British nurse practitioner has tested this Filipino prisoner's vision and given her a suitable pair of donated glasses. This will enable her to see clearly around the prison and also to read her Bible and learn properly during her education classes.

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*Clinicians were doing
gynaecology, psychiatry
and general practice*



*Researchers were
looking into how
best to support
prisoners' mental
health*

*Clinicians and researchers together
after a humanitarian jail clinic*

Executive

We are an eight year old Christian faith-inspired non-government organisation (NGO) with a **HEART** for detainees of all faiths and none. Based in the Philippines and United Kingdom (UK), we provide holistic offender **Healthcare, Expertise, Advocacy, Research and Training**, mainly on a humanitarian basis for and about detainees incarcerated in countries where inadequate offender healthcare or torture and ill-treatment are common.



Leg ulcers are a common problem

Our **vision** is to see holistic healthcare and related services for detainees operating around the globe.

Our **mission** is to be an international provider of holistic healthcare and related services for detainees.

A volunteer doctor, along with an interpreter from our local partner Philippine Outreach Centre Ministries, consulting with a prisoner with probable TB



Using a footballing analogy, we have just completed our eighth season. And we are currently more than half way through our five year plan called *Casting Ripples*: our **goal** is to cast multiple ripples (meaning operating at least three out of our five services) of holistic healthcare or related services for detainees across each World Health Organization (WHO) region by 2022, which will be our tenth season.

Summary



and wounds are
blems in jails

Despite the coronavirus pandemic, our ripple cast is going well:-

	Africa	Americas	Eastern Mediterranean	Europe	South-East Asia	Western Pacific
Healthcare				Season 1		Season 3
Expertise	Season 4	Season 8	Season 8	Season 3	Season 4	Season 4
Advocacy		Season 8	Season 8	Season 1	Season 8	Season 3
Research				Season 2		Season 3
Training				Season 1		Season 4

We have clocked up a substantial delivery record in all five of our service domains. In addition to our London office, we now have two bases in the Philippines. The larger base is being equipped with a substantial healthcare clinic to serve prisoners, disadvantaged ex-prisoners and their vulnerable dependents. It is also the location of the Gerry Serrano Centre (GSC), which promotes offender healthcare and opposes torture and ill-treatment.

We are exploring the possibility of transforming from a community interest company (CIC) to a charitable incorporated organisation (CIO) in the UK and a charity in the Philippines. We have launched Patient to Prisoner (P2P), a medication sponsorship scheme. We continue to welcome donations of equipment and volunteers' time. And we welcome prayers from people of faith.



Sarah-Louise and Zoe
teaching medical students
about inequalities in mental
health

Pitch: we are an eight year old Christian faith-inspired NGO with a **HEART** for detainees of all faiths and none. Based in the Philippines and the UK, we provide holistic offender healthcare, expertise, advocacy, research and training, mainly on a humanitarian basis for and about detainees incarcerated in countries where inadequate offender healthcare or torture and ill-treatment are common.

Vision: to see holistic healthcare and related services for detainees operating around the globe.

Mission: to be an international provider of holistic healthcare and related services for detainees.

Goal: to cast multiple ripples, of holistic healthcare or related services for detainees, across each WHO region by 2022.

Services:-

Healthcare

Expertise

Advocacy

Research

Training

HEART

Healthcare: We provide healthcare directly to vulnerable populations both in the UK and overseas. In the UK we perform offender healthcare and Mental Health Act (MHA) assessments. And such commercial work in the UK and other High Income Countries (HICs) subsidises our humanitarian offender healthcare services in Low and Middle Income Countries (LMICs).



Expertise: As an NGO working within offender healthcare, we have gained significant expertise, which we use to engage more widely with both national and international organisations and legal systems. This allows us to provide expert witness services. These may benefit an individual patient, influence a nation's criminal justice system (CJS), or inform policy within an organisation.

Advocacy: All patients within the CJS are vulnerable, but those in LMICs are often doubly disenfranchised due to extreme poverty and lack of access to healthcare. Where appropriate we advocate for better access to healthcare, especially those who have been tortured, ill-treated, or suffer from mental illness.

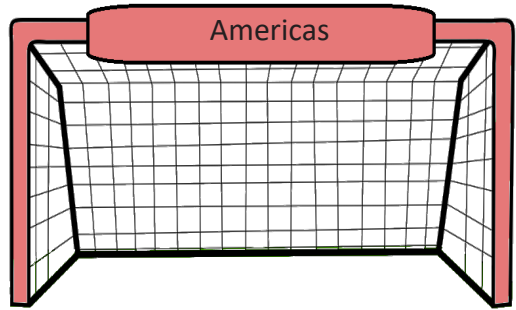
Research: Our clinical activities provide rich opportunities for research projects that are in turn leading to improvement of those same services. We have developed partnerships with medical schools in order to supervise research projects up to the level of masters' level degrees, often based within our work in LMICs.

Training: Trading as Petros Training, we provide medical education & training about the ethics and practice of caring for patients from vulnerable populations. This primarily focuses on those detained within the CJS but also those who are homeless or suffer from mental illness. Training varies from one-off lectures and conference seminars to more structured teaching in UK medical school curricula, events for healthcare professionals (HCPs) or related organisations, and clinical supervision as part of our LMIC healthcare provision.



*Volunteers assisting
with CPR training*

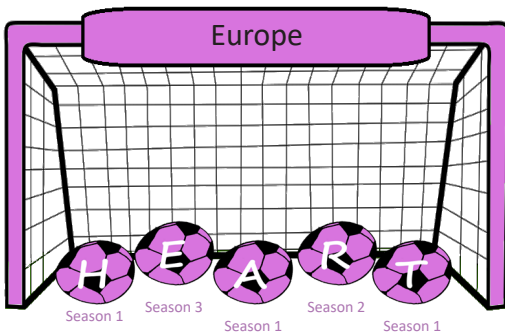
Season (2012)



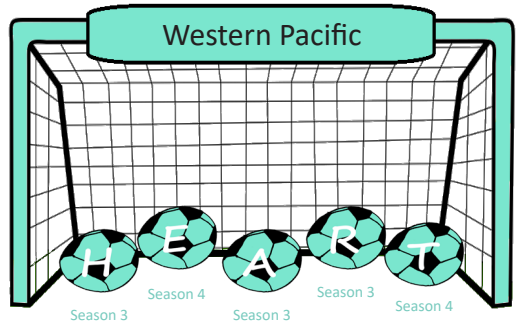
Medical school courses & autism awareness training

Commercial offender healthcare and MHA assessments

Partnership with UK uni's international health BSc & MSc programmes



Medical reports & advocacy letters about tortured & ill-treated prisoners



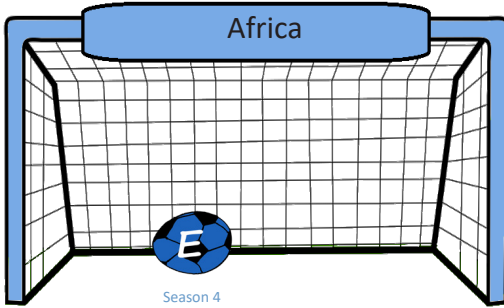
Humanitarian clinics in Philippine jails & caring for prisoners' children

Teaching prisoners about diabetes self-care & how to use menstrual cups

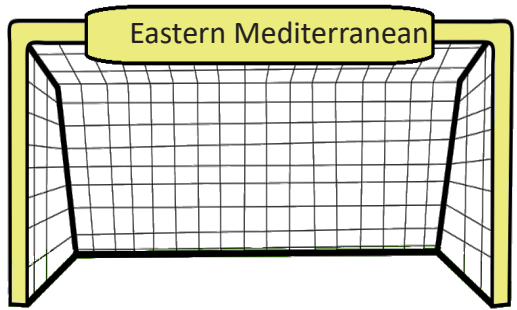
BSc & MSc field research within prisons, to improve our clinical services

e.g. women prisoners' understanding of HIV

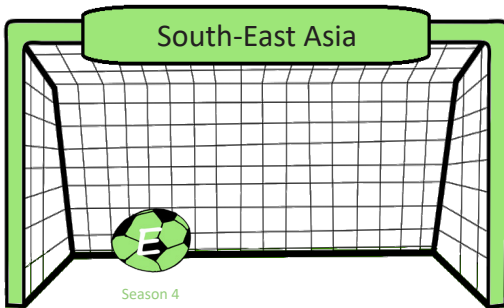
Just some of the
ways we've scored
these goals...



Advising other NGOs'
workers about offender
healthcare issues



Taken medical and nursing
students on offender
healthcare electives and
other training placements



Torture assessments on
ex-prisoners persecuted for
their faith

People

9 staff

7 directors

8 long-term volunteers

130 short-term volunteers

26 advisors



Healthcare

400 antenatal check-ups

12k antibiotic capsules

>1M tablets for chronic diseases

1400 pairs of glasses

1200 pregnancy tests

450 check-ups on prisoners' children

15k urine tests

>10k well prisoner check-ups



Expertise

28 bespoke assignments

~1M words of expert testimony

4 healthcare system reviews

1 serious case review

Advocacy

~500 patients formally advocated for

25 prisoner advocacy training sessions



Numbers

11 (65%)



Research

- 17 BSc projects
- 4 MSc projects
- 11 scoping exercises
- ~ 35 conference presentations
- several peer-reviewed journal papers
- 25 UK medical school research projects

2 (50%)



Training

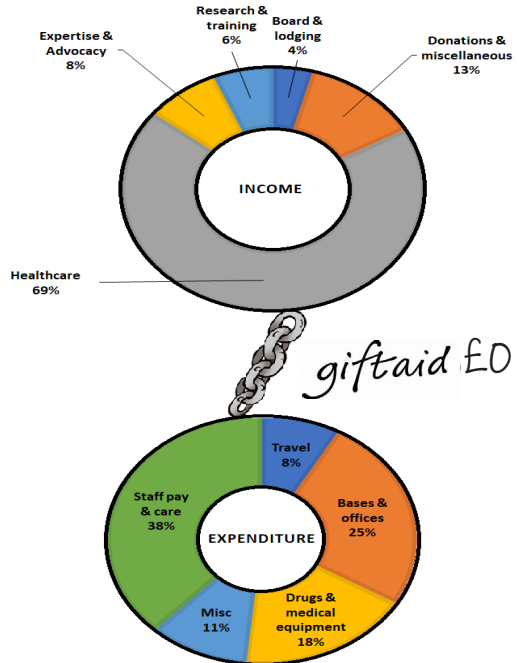
- 26 electives
- 4 training placements
- 26 quality improvement projects
- 7 Medics & Justice special study projects (SSP)
- >250 prison work-place experiences
- 1 summer school
- 24 autism awareness workshops



Facilities

- 2 Western Pacific bases
- 1 UK office
- 1 UK storage dump
- 1 van

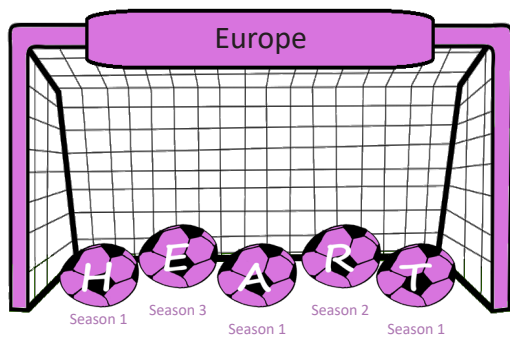
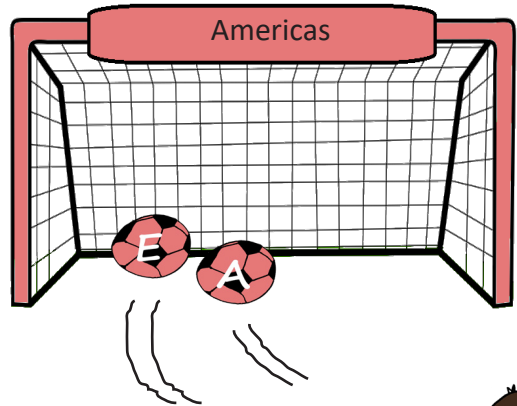
Money



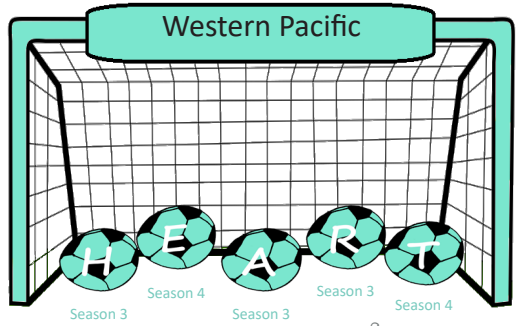
We are considering transforming into a UK CIO and Philippines charity, so that we can claim tax-relief on donations.

The coronavirus pandemic has negatively affected a lot of our plans...

Expert witness & patient advocacy about prisoner ill-treatment in South America



Growth in expertise and advocacy work for prisoners adversely affected by coronavirus-related prison restrictions



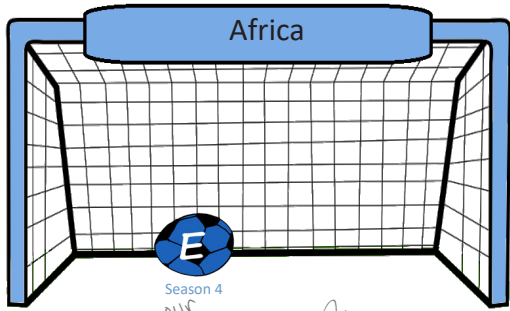
Development of clinic at new base, Integritas House Olongapo

... but it's given us the chance to start serving hungry, needy police detainees!



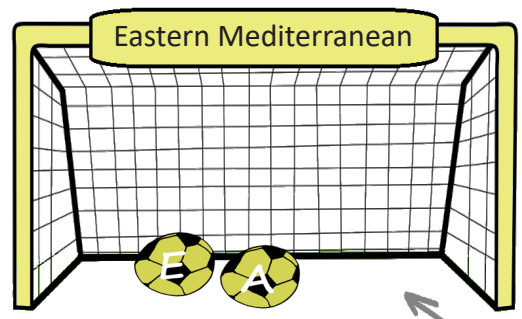
Opening of the Gemy Serrano Centre

Just some of the ways
we've continued to score
new goals and grow
existing work despite
coronavirus...



Finally the launch of our
resource-packed website!

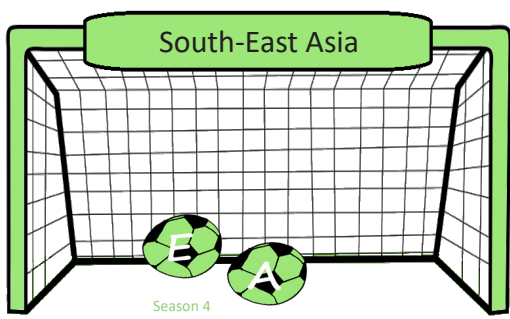
Accessing LMIC jails via collaboration
with HIC embassies



Writing an introductory
medical textbook on torture
& ill-treatment

Gradual publication of a book
on deliberate self-harm

Roll-out of expertise &
advocacy services for
tortured & ill-treated
prisoners within this
challenging region



Expansion of expertise service
to include direct advocacy for
tortured & ill-treated prisoners

Integritas House Baltao's
sensory room



Researchers and clinicians enjoy a meal
with two looked-after children

Volunteer doctor
assessing a sick
Filipino prisoner





Assessing a solitary confinement prisoner in the dark

UK doctor and Filipina interpreter consulting with a chronically ill prisoner



SSP medical student with her prize-winning patient education resource

Carers of prisoners' children learning CPR



Elective student caring for the newborn child of a Filipina prisoner

A busy humanitarian clinic in a women's prison





Our medical director teaching medical students about torture

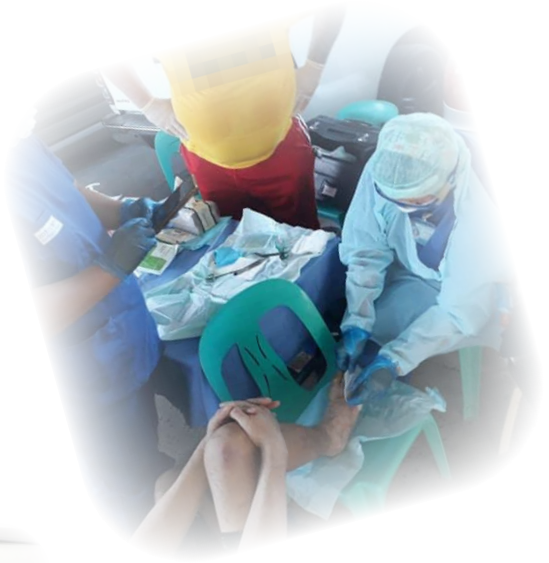


Volunteer nurse consulting with a Filipina prisoner



SSP medical student debating the interface between social justice and health policy

Despite the coronavirus pandemic, wounds nurse specialist Val (seconded from our local partner Triple B Care Projects) and Loy still visit jails and dress horrific wounds



Integritas House
Olongapo's
resuscitation station



Minor surgery to remove embedded surgical staples from a prisoner's amputation stump



Yummy biscuits given out during our training events for Christian HCPs ensure that delegates get an appreciation of the biblical basis of inclusion medicine





Happy prisoner after receiving maxillo-facial surgery to reconstruct his badly broken jaw

Our board
as of 2018



Logo of our new centre, named after a good friend and former patient who died shortly after being released from more than two decades awaiting trial in jail



Dr Amy Watson
Company Director
2017-present



Dr Mark Pickering
Company Director
2012-present



Dr Alexander 'Xander' Cary
Company Director
2019-present



Dr Rachael
Company Director
Medical Director



Miss Zoe Pickering
Autism & Disabilities Advocate
(ADA) and Heidi
2018-present



Dr Nandi Mnyama
PA to MD 2016-2017
Finance Assistant 2017-2020



Miss Sarah-Louise Bedford
Voluntary Medical Illustrator
and Trainer
2018-present



Miss Emily Cullis
PA to MD 2018-2019
IT Manager 2019-present



Martha
Philippines Security Consultant
2019-present



Dr Nicole Ogwuda
PA to MD
2014-2015



Mr Christopher Alejandrino
Philippines Janitor
2019-present



Mrs Luisa 'L'
Western
Operations
2019-p

Staff



Daniel Pickering
Company Director 2012-2020
(MD) 2012-present



Dr Melody Redman
Company Director
2018-present



Mrs Sarah Rhodes
Company Director
2018-present



Dr Jeffrey Clarke
Company Director
2015-present



Mr Jordan Carter
IT Assistant
2017-2019



Miss Holly Dunn
Office Intern
2013-2016



Ms Diana Palma
PA to MD
2017-2018



Miss Rosie Masters
PA to MD & ADA
2019-present



Roy Napalan
Philippines Pacific
Sales Manager
2019-present



Mr Paulito 'Papi' Napalan
Philippines Estates Manager
2019-present



Dr Carmen Leung
PA to MD
2012



Buttermilk & Cattucino
Philippines Infestation Consultants
2019-present

‘Where has the time gone?!’ I asked myself this question last year as I wrote my only child’s eighteenth birthday card and so signed her off into adulthood. And now I find myself wondering the same thing as I pen a report about the NGO that I’ve been privileged to guide through its early years. At such times, one inevitably thinks back to origins – be it the birth of a child or the incorporation of an NGO.

Back in 2012 a colleague and I formed Integritas Healthcare with the express intention of being able to bid for and run high-quality, low-cost police medicine work. We were reacting to the personal loss of such work, which had been outsourced to a commercial company we believed to be both expensive and sub-optimal and for which we found ourselves unable to work on ethical grounds.

However, in much the same way that my daughter’s childhood has ended up – for reasons relating to her disability – being somewhat different to what I imagined as I marvelled at my new baby, it is striking that not once so far has Integritas actually bid for a police contract. Yes, we still think that this area of offender healthcare is incredibly important. And yes, we have done plenty of work with and for detainees of all types including those held in police custody. But no, it hasn’t worked in the way we first envisaged.

Why is this? Well, it’s a question of numbers and the most effective place to concentrate one’s efforts and influence. Right now there are countless thousands of people in police custody around the world. Yet there are far, far more – up to 11 million by some estimates – in our prisons, let alone in other types of detention settings. In the 1860s Russian dissident Fyodor Dostoyevsky reflected on his



Rachael and Sarah-Louise
medical students at the Rig

time in a Siberian prison camp and concluded, ‘The degree of civilisation in a society can be judged by entering its prisons.’¹ And the more I see of our world’s criminal justice systems, the more I agree with him. One can argue the pros and cons of the very principle of imprisonment but, like it or not, we are stuck with it as a self-perpetuating system for the foreseeable future. Therefore, ensuring the fair treatment of and high quality holistic healthcare for all detainees is vital – not simply for their sake but also for the sake of our wider societies. And so we have ended up directing most of our early years’ manpower into prisons.

Three years ago, after meditating upon Dostoyevsky’s insight, we formulated this question: ‘How do we – a very small NGO with an even smaller purse – improve things for the most detainees and their wider societies as quickly as possible?’ And then, after asking God for His answer to this knotty question, I came across a piece of wisdom from the late Mother Teresa (now Saint Teresa) of Calcutta: ‘I alone cannot change the world, but I can cast a stone across the waters to create many ripples’.

And so *Casting Ripples* – the five year plan that will see us through to our tenth birthday in 2022 – was conceived: we decided to cast small ripples of good practice across the world.



We are now three years into this ripple cast. It’s been an incredible time and, despite this year’s tragic coronavirus pandemic, we are well on course to achieving our goal of casting multiple ripples – meaning the operation at least three of our five services – in each WHO region by 2022. Moreover, as a doctor whose career behind bars started as a forensic physician to London’s Metropolitan

Police Service, I am incredibly pleased that the pandemic has given us a much longed for opening into a particular Western Pacific state's police stations.

Treating an asthmatic detainee in a police cell. Sadly we have just learned of his death in another custody setting



Detainees are grateful for toothpaste & soaps, gospels, prayers and friendship



Distributing the nutritious fresh food prepared in our kitchens



Coronavirus has delayed detainees' progress from police → court → jail

We thank God for every staff member, volunteer, advisor, donor and director who has served with us during our early years. We are also grateful for the other NGOs and institutions who have partnered with or otherwise helped us. And we look forward to meeting the challenges of the future with God's help, which brings me onto my closing subject – how our faith will continue to determine our future.

We have grown in confidence about being an openly Christian faith-inspired organisation, although we know when to shut our mouths and of course we always have & always will serve patients of all faiths & none.

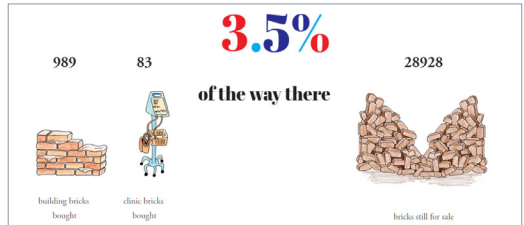
I had a somewhat unusual upbringing and spent many of my school holidays in Communist-era Eastern Europe. There I was humbled to witness the Church thriving in the midst of persecution and I was particularly struck by Christians I met in Hungary, Romania and what were then Czechoslovakia and Yugoslavia. All of them had been persecuted for their faith and several had done jail time. Years later, I find myself on professional business in some of these countries' jails and I cannot help but think, 'But for an accident of nationality, it might not have been my childhood friends but rather my family or even me in these jails. How would we have coped?'

We are seeking God's guidance about how we should continue to grow. God's word, the Bible, contains many social justice-themed verses and I find Matthew 25:36 particularly inspirational: 'I needed clothes and you clothed me, I was sick and you looked after me, I was in prison and you came to visit me'. Recently I re-read the life story of the late Romanian pastor Nicolai Ionescu, also known as Richard Wurmbrand, who spent many years behind bars and was severely tortured for his faith. I was struck by his insight, which no doubt was inspired by this same verse as well as his own experience: 'Whoever wishes to meet Jesus must meet him in places where brothers and sisters of Jesus are hungry, thirsty, naked, unwanted, sick or in prison. Whoever keeps himself distant from these places remains distant from Jesus'. Amen.

R. Pickering

Needs

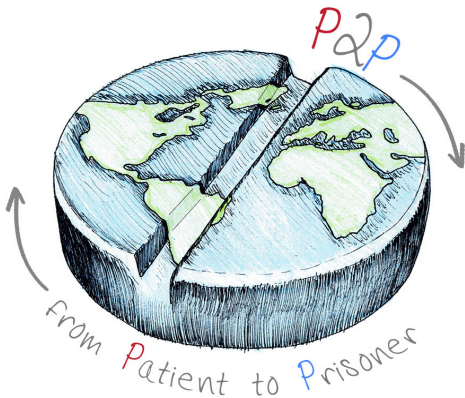
GIVE



[Buy a brick](#) of Integritas House Olongapo, containing the Gerry Serrano Centre and our new clinic for prisoners, ex-prisoners and their vulnerable dependents.

Donate us spare [equipment](#). We need everything from crutches to cryotherapy machines!

[Sponsor](#) an LMIC prisoner's long-term condition medication through our P2P scheme.



JOIN

There are many ways to [join](#) us in our mission.



PRAY

We welcome [prayers](#) from people of faith.

Glossary

Abbreviation	Full term
BSc	Bachelor of Science
CIC	Community Interest Company
CIO	Charitable Incorporated Organisation
CJS	Criminal Justice System
CPR	Cardiopulmonary Resuscitation
GSC	Gerry Serrano Centre
HCP	Healthcare Professional
HIC	High Income Country
IT	Information Technology
LMIC	Low and Middle Income Country
MD	Medical Director
MSc	Master of Science
NGO	Non-Government Organisation
NHS	National Health Service
P2P	Patient to prisoner
PA	Personal Assistant
SSP	Special Study Project
UK	United Kingdom
WHO	World Health Organization



Elective student assessing a sick prisoner in a rural jail

Contact

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Integritas

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