

In this newsletter

Hon Secretary's message	1
News of the FDCs	4
Urambo FDC Update	5
Secondary School Bursaries	7
Fundraising for FUM	8
Medical Matters	9
Mambali Family with Albinism	11
Tanzania's Albino Population	13
Notice of AGM	15
FUM Accounts	16
FUM Officers	18

The Friends of Urambo & Mwanhala



Friends of Urambo & Mwanhala
Linking the Tabora Region of Tanzania with the UK



A Message from the Honorary Secretary

Ndugu msaidizi nchini Tanzania, Ulaya na ulimwenguni kote. Wewe ni miongoni mwa idadi inayoongezeka ya wanaopokea mara kwa mara na kusoma majarida yetu; natumaini unalipenda hili na unaona makala yanafurahisha. Asanteni nyote kwa msaada na upendo wenu endelevu.

Dear supporter in Tanzania, the UK and all over the world. You are among a growing number who regularly receive and read our newsletters; I hope that you enjoy this one and that you find the articles interesting. I thank you all for your continued support and interest.

Before I tell you what has been going on in our areas, I would like to thank our liaison partners in the Tabora Region as without their help and support we would get nowhere. You will read of our three FDC principals (Mr Mwadua, Mr Gulmay and Mr Enock) in Di Cooper's FDC report and read of Mr Israeli in Urambo as well as Sebastian and Gomegwa in Nzega, who do so much to

ensure our projects in the Districts run smoothly. I should also mention our good friend Lucky Enock who is based in Urambo but dashes everywhere if we need something looked at.

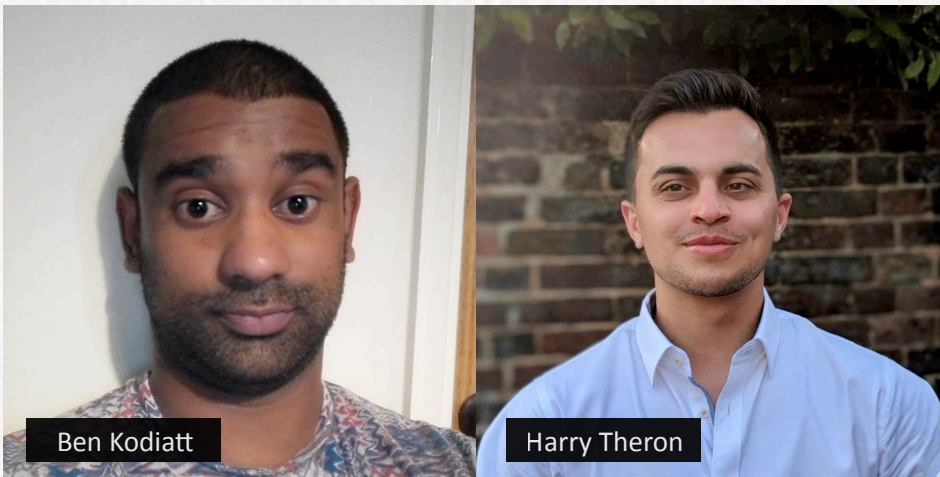
“ I would like to thank our liaison partners in the Tabora Region as without their help and support we would get nowhere ”

A great help is being in close communication with the District doctors: Dr Swakala in Urambo, Dr Mgalega in Nzega and Dr Aristides in Kaliua. We are blessed too with the good

support of the Nzega, Kaliua and Urambo DEDs as well as the District Commissioners; Honorable Godfrey Ngupula has been particularly active helping a family of whom many are albinos, which you will read about in Nick Vinall's piece.

This newsletter in part focuses on the problems of albinism at a tropical latitude. As well as the report on the Nzega family, I am grateful to Dele Famokunwa, one of the three young doctors who, in 2017, spent their elective period at Urambo Hospital. He has written a piece about albino children who live in the hostel next to Urambo FDC; I am sure you will find what he writes most interesting. Good news





too that two young men, Harry Theron and Ben Kodiatt, from Exeter Medical School, have asked to do their medical elective period in Urambo. Dr Swakala has agreed and so they will spend most of March and April working at the hospital.

Urambo FDC will be busy welcoming guests to Devon House this year. In early February Alison Kennedy and her husband Christian Anders, both of the Minchinhampton Nkokoto Link, spent four days there visiting their link village

and holding discussions about future projects. As you will read in Di Cooper's article, Urambo FDC is in a state of transformation and Alison has kindly sent to Di details and photos of the changes, so the news in her report is right up to date. There will be the stay by Harry and Ben who have pledged to visit Usisya, Kiloleni and Kamelendi, in order to see the three clinics we have recently adopted in Urambo District, and then in July, I hope to visit Tabora myself and will spend about a week in Urambo, a visit I am greatly looking

forward to. Lovely Muro who looks after us so well in Devon House will be busy.

Water supplies we are installing continue to cause us concern as things do move slowly; this is not through anyone's fault but just because of the sheer isolation of the villages we work in. Last newsletter showed the new rainwater harvesting tank at Nyasa village which was to be fitted with a small water tower, solar array and pump. This was delayed for months, largely due to procurement difficulties, but I am pleased to say that the installation will soon be working. There has been delay too with the water scheme at Maboha where we have agreed to fund a pump, pipeline and three standpipes to bring water from an existing borehole near the lake into the village. The delay there is due to plans to make the scheme much more extensive so that FUM's contribution would form part of



a larger scheme funded by the District. I am really not sure where we are with this but it is possible that we will go ahead with our part of the scheme, the District completing it when they are ready. At last we have managed to create a water supply for the MCH clinic at Mwanhala. This is situated at the FDC about two kilometres from the borehole, but we gained agreement from the FDC principal that in exchange for the water he is getting, the FDC will keep the clinic supplied. We bought containers for the water transport so the FDC now supplies the clinic with up to 400 litres of clean water each day. All seemed fine but then disaster struck. There was a powerful voltage surge on the mains supply to the pump and this managed to destroy the electrics in the control box which is designed to cut off the pump in case the water level in the well fell below the pump intake. One way or another the pump motor has burnt out so the system is not running. It seems that the voltage surge caused damage over a wide area; we are trying to decide what to do about this and whether we have a claim against TANESCO and we will find an answer before too long. In the meantime the pump has been sent to the suppliers in Mwanza for repair. There have been problems with the handpump at Mwanhala Primary School also, but these will quickly be resolved as we are fortunate that Lucky, who is a water engineer by profession, has agreed to look at this as well as the Mwanhala borehole problem.

Jo Taylor's report will tell you the news from the clinics, particularly about progress at Ibambo Health Centre and about the new house being built for a nurse/midwife at Mwanhala Clinic; she gives us too the news about nurse training at Nzega Nursing School. I should point out that the Mwanhala House and Nurse sponsorship are being jointly funded with The Friends of Nzega; it is great to be working in tandem with them. As well as all this there is a short piece from Jenny Wills giving us the progress with Secondary School pupil sponsorship.

As you can see there is need for funds to allow us to keep our projects running and to meet the requests we receive. You can see from the draft accounts on pages 16 and 17 that our income is only just holding steady, but with the Brexit induced fall in the value of the pound we are able to do far less than before. Fund-raising has become important and so I am pleased to be able to say that we have a runner in the London Marathon this year: Alex Crews a member of staff from Cranbrook School, will be running. He has a sponsorship page which you can access at uk.virginmoneygiving.com/AlexCrews. As well as a link for donations, our website has a lot of valuable information enabling you to find a lot more about what FUM is up to. Do visit the site and have a look. Go to fum.org.uk.



Alex Crews is running in the London Marathon to raise funds for FUM

Finally I urge you, if you can, to join us for our AGM at Kalendar Hall Exeter on Saturday 30th March. There is a copy of the Agenda along with our draft accounts at the end of this newsletter. Please do join us.

Thank you for your continued, generous support.

Rod Smith

News of the FDCs

Di Cooper, our FDC liaison officer, reports.

The last six months has been a time of change for the FDCs. We have two new principals, one at Urambo and the other at Sikonge. Read on to find out more about our new friends.

But firstly, the news came through from Urambo in October that they had been given a Government grant of TSh 600 million (approximately £200,000) to 'rehabilitate' the college infrastructure. We were delighted to learn that Urambo FDC is amongst the first twenty colleges selected from fifty five nationwide for this upgrading. We were informed that half this sum had already been received and appropriate committees set up to enable the work to start.

In early December, we heard from Mr Nestory, who has been Principal at Urambo for five years, that he had requested a transfer, for health reasons, and he was leaving Urambo and moving to Sengerama FDC, in

Mwanza Region; this would mean he was much nearer Bugando referral hospital which he has to attend each month. We are very sorry to lose him but appreciate that it is important for him to be nearer appropriate medical facilities. We wish him well in his new position and hope that his health will improve too. We would like to express our sincere thanks for his co-operation and strong leadership during his time at Urambo.

Mr Nestory informed us that a new Principal had already been appointed and was at Urambo during a short takeover period. The new Principal is Mr Elias Gulmay who has been a tutor and course leader at Kilosa FDC in Morogoro District, previously having worked at a government research station for two years following his graduation. Mr Gulmay has sent us photos of the rehabilitation work that has been completed so far, covering male dormitories, the dining hall and kitchen, and latrines. Work on female dormitories, the motor mechanic and carpentry workshops and the computer room will shortly be underway.

Twenty five students were supported with FUM funds last



Mr Elias Gulmay is the new principal at Urambo FDC

year at Urambo. Recruitment is now underway at the college for the new study year.

We welcome our second new Principal, Mr Enoch Joseph, at Sikonge. He has taken over this position from Mr Shilinde who has been Acting Principal for approximately eighteen months, since the fire destroyed the administration block at the college. We thank Mr Shilinde for his leadership at a difficult time for the college. As it happens, Mr Enoch Joseph has come from Sengerama FDC, to which Mr Nestory has transferred. He informs us he is 32 years old and has a 2 year old daughter.

Nine students whom FUM supported last year graduated in December with completed



Mr Enoch Joseph is the new principal at Sikonge FDC



The finished kitchen at Urambo FDC



The completed male dormitory

qualifications in electric installation. Some have joined TANESCO, the national electricity supply system, and some have taken up self employment. Recruitment for the 2019 college year is underway and so far all students registering have also selected the electric installation course.

Unfortunately funds still have not been provided for the rebuilding of the administration block after the fire, or for replacing equipment lost at

that time. We thank all the staff for their commitment to continuing the work of the college in these difficult conditions.

Mr Mwadua, at Mwanhala FDC, reports that there are already 45 students recruited for the new study year, a mixture of returning and new students, taking courses in electric installation, motor mechanics and tailoring. The elderly college vehicle at Mwanhala is again needing replacement parts to get it back on the road.

The annual FUM funds for its maintenance have already been sent.

A major power surge difficulty in Nzega District caused the water pump at Mwanhala to burn out; it is being repaired but water is not available from this source as yet. We are hopeful that this problem will soon be resolved.

We send our good wishes to the three Colleges for the new study year.

Rehabilitation of the Folk Development College in Urambo

A report by Alison Kennedy

In preparation for a trip to visit Urambo District on behalf of the Minchinhampton-Nkokoto Link, we contacted Rod Smith for help with transport and accommodation. He suggested that we stay in Devon House at the Folk Development College (FDC) in Urambo and we are very glad that we did.

Rod also requested that we write a quick review of the rehabilitation of the FDC sponsored by the Government which has provided Tsh 600

million or approximately £200,000 for this project.

After a warm welcome from Mr Elias Gulmay Niima, the

Principal, we settled into Devon House and the wonderful care of Madam Muro. Her accomplishments in the kitchen and in caring for guests have



Work in progress

been documented in previous visit reports so it only remains to say that she has not lost her touch.

During our visit we noted the activity around the campus in refurbishing the dormitories, classrooms, latrines, workshops, kitchen and dining hall. Some buildings were new, some refurbished. Many people were busy removing roofs, plaster and render from buildings or unloading trucks full of building materials. It is a busy site. Six hundred bags of cement were due to arrive. On our last day in Urambo we got a detailed tour of the works in progress by the project engineer and Principal.



The boys' dormitory toilet block

We started in the boys dormitories (see Di Cooper's report for photo). The two dormitory buildings are laid out to provide sleeping accommodation for up to one hundred boys in rooms of four or

eight depending on whether bunk beds will be installed. The boys' dormitory also gets its own toilet block featuring urinals, toilets (including disabled toilets), showers and sinks. Everything is tiled and finished to a high standard. Just outside the toilet block stands a tall frame for a substantial water tank. A septic tank and soak-aways complete the installation. Currently, one of the bedrooms is being used as the computer room whilst the existing computer room and the kindergarten are being knocked through to provide a larger classroom.

The girls' dormitory was still work in progress but the project engineer was keen to point out the installation of additional toilets and showers inside the dormitory building. There will be four showers and six toilets in individual stalls all with their own doors to provide privacy. Whilst the dormitory is only laid out for forty to fifty female students, this reflects the current ratio of boys to girls at the FDC.

All of the classrooms are new or are being rehabilitated by repairing or replacing



Inside the boys' dormitory toilet block

the roof, replastering the walls and newly painting inside and out. Included in this is the repair of the carpentry workshop. The course has not been run for two years but the first student has just enrolled onto a carpentry and joinery course. Other courses offered by the FDC include electrical installation, tailoring, agriculture, animal husbandry, motor vehicle mechanics, masonry and a short course in computing.

A key part of the rehabilitation has focused on the dining hall and kitchen. The dining hall for one hundred students now has a plastered ceiling fitted with eight overhead fans to provide much needed ventilation. The



Inspecting the new dining hall



Exterior and interior views of a classroom

new kitchen is directly attached to the dining hall. Key to the upgrade is the inclusion of a gas supply to allow Madam Muro and her team to move away from cooking on charcoal and open fires. This should not only make the cooking easier but is in line with the Government's drive for a better environment.

Overall, whilst there was still much work in progress, the

parts that had been finished impressed. The workmanship and finish is of high quality, the contrast between old and new significant. All buildings are wired for electricity, have disabled access ramps and all the toilet blocks have frames for water tanks.

The Principal and his staff show huge pride in the new improved facilities. They do face ongoing challenges such as obtaining a

reliable water supply, providing equipment for the new classrooms and supporting extracurricular activities such as football. The buildings are key to the continued success of the FDC and their plan to increase student numbers significantly over the next years. They hope to finish the project in March 2019 so we look forward to further updates from the next visitors.

Secondary School Bursaries for Students from Imeli Primary School

This is the start of the school year in Tanzania so very soon I hope to receive a list of thirty students who have started secondary school in 2019 and need sponsorship. The students are selected on grounds of greatest need.

As I mentioned in the last newsletter, the numbers of students benefiting from this scheme has been steadily increasing. Now that the Tanzanian Government pay school fees, our bursaries help the students with uniform, books and materials instead. That means FUM is able to support more students for the

same amount of money, so we have now agreed to support thirty new students starting in form 1 each year. In two years' time our target is to support 120 students p.a. and we are nearly there!

If you would like to become a sponsor the commitment is £30 p.a. for four years for one student. Some people pay this as a lump sum of £120, others pay by annual standing order whilst others pay for two students with a monthly standing order of £5. If you would like to know how you can be part of this worthwhile scheme please contact me at

casamargarida@icloud.com, and I will send you more information.

A couple of people paid up front towards the end of 2018 when I had already got the 2018 cohort covered, so I carried your sponsorship over to 2019 and as soon as I get the list of this years' students I will send you the name of the student you are sponsoring.

Many thanks to everyone who supports this bursary scheme that enables so many students to attend secondary school.

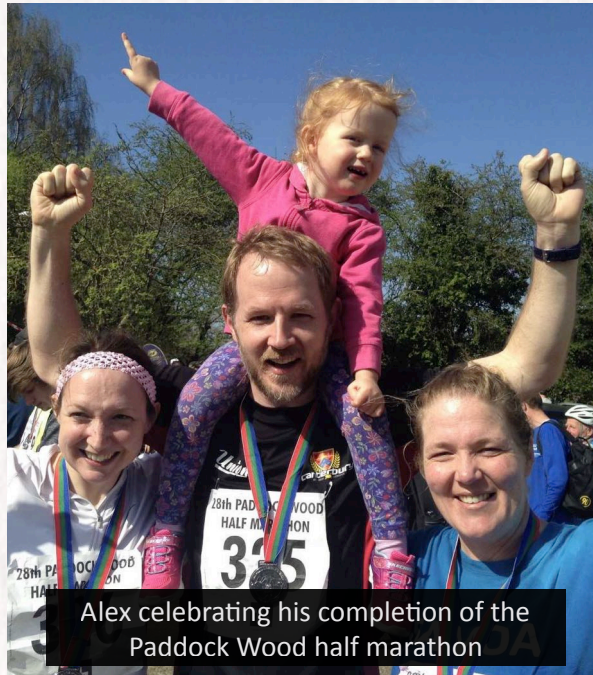
Jenny Wills

Fund-raising Rod Smith

Dare I mention Brexit? I have to, as one of the consequences has been the fall in value of Sterling. This has the unfortunate result that our funds go a lot less far in Tanzania, so we are able to undertake fewer projects than we would like.

All this means that our fund-raising has become even more important to us.

Isabel Heycock, our fund-raising officer, is always searching for ways to encourage us to raise money. (Should you have any bright ideas or have decided to hold a coffee morning or some such and would like some supporting material, please do get in touch with Isabel). With Julie Overnell, Isabel masterminds the two sponsored walks we have each year and seeks entries in national fund-raising events for intrepid supporters. Readers will remember the efforts of Tom Davies who ran



Alex celebrating his completion of the Paddock Wood half marathon

the London Marathon two years ago and will I hope be pleased that this year we again have a runner, Alex Crews.

Alex teaches at Cranbrook School in Kent. In 2009 he visited Tabora with a group of pupils working on the new clinic at Nyasa. We are grateful that he is putting in the miles of training so that he will be ready on Marathon Day. Look out for him. He will be running in a top bearing the FUM logo.

If anyone would like to encourage Alex by sponsoring him, you can do this through the link on our website, by sending your pledge to Nick Vinall or by visiting his sponsorship page at uk.virginmoneygiving.com/AlexCrews.

Sponsored Walks

Once again there will be two FUM charity walks this year. The South Devon Walk will be held in June (the exact date to be announced) and the South Downs Walk will be held on September 7th (and there will also be a 10 mile option this year).

Enjoying the 2017 Tamar Walk



Please consider walking, even if you only complete part of the walk, and persuade friends to join you. These are very enjoyable days out and can raise a lot of sponsorship - our target is a minimum of £50 per walker. Details are on the website, but

please contact Isabel Heycock (South Downs) or Julie Overnell (Devon/Cornwall) if you'd like to join in. Contact details are at the back of this newsletter.

Rod

Medical Matters

Jo Taylor, our medical liaison officer, writes...

FUM continues to support Primary Care Clinics in fourteen villages; that is six in the Nzega District, five in the Kaliua District and three in the Urambo District. We send a donation of £200 per clinic each year and ask for a report on what each clinic buys with this money.

Last year purchases included birth delivery kits, wall tiles for the delivery room, building a placenta pit (to safely bury placentas), renovating a rain water harvesting tank and at the three Urambo clinics the FUM money was put with their Results Based Funding and the three clinics now each have a small rain water harvesting system. So £200 may seem very little to us but it is a great help in Tanzania. Of course we would like to send more to each clinic so please do donate to FUM if you can. Donating is very easy via our website.

I am in contact with the District Medical Officer in each of the three Districts via email, and

with some of the clinics directly via text. The latter is wonderful but intermittent, mainly due to the clinic staff's somewhat limited English. All of the Clinics are critically understaffed (according to one

“ £200 may seem very little to us but it is a great help in Tanzania ”

of the DMOs). This is partly due to the difficulty in persuading trained staff to live in isolated villages where there is no mains water or electricity, and no tarmac road, but also (according to the DMO) the Government need to employ more medical staff. I am sure

this is the case in the District Hospitals too where there are pitifully few doctors and nurses, all of whom work phenomenally long hours, but Tanzania is not a rich country. The Dispensary and Clinic in the village of Ibambo opened in 2018 , despite the staff house being incomplete. Thanks to FUM's 2018–2019 fund raising we have been able to send £4,500 for the completion of this staff house. It is good to report that we have been able to start the construction of a large rainwater harvesting system which we hope to see completed in time for the rains at the end of this year. The cost is around £10,000 so if you would like to help fund this please go to the website www.fum.org.uk and make your donation. The staff and patients will be so very grateful when there is a safe and reliable water supply at their primary care clinic.

In the clinic at Mwanhala a new staff house is currently being built for the nurses. The completion of the tarmac road from Nzega to Tabora, which runs right through Mwanhala, means nurses can now travel by bus from their family homes in Nzega to Mwanhala each day. This journey used to take

A new staff house is being built for nurses



The Mwanhala Clinic staff house is up to the level of the lintels



an hour or more but now takes about ten minutes, and costs just a few Tanzanian Shillings. Suddenly the people in Mwanhala had a clinic that was rarely staffed at night, and babies seem to like being born at night. FUM, with our colleagues in FON, have funded this project which is progressing well. The most recent photos show the building to be at the level of the lintels so hopefully this house will be completed in the next few months.

For the last year, FUM and FON have been sponsoring the training of some medical students. Both FUM and FON are sponsoring one nurse/midwife each who were already working at the Nzega District Hospital. Both nurses were selected by the Hospital to go back to college to become Registered Nurses. This is something the DMO and senior doctors at the Hospital were very keen should happen as, when they return to the District Hospital, these nurses can put their training to good use and be much more

effective in their care of the mothers and babies. Seven trainee nurses, who were already at the Nzega School of Nursing for their basic training, are also being sponsored: four by FON and three by the students at Cranbrook School. These trainees are following a two year residential course at a cost of approximately £800 each year. FUM was approached to see if these seven trainees could be supported as they are from

especially poor families and could not pay their fees. Once trained, these nurses have all agreed to work at the Nzega District Hospital for at least three years so their sponsorship will benefit the people of Nzega. FUM was also approached by Dr Amos, one of the doctors working at Nzega District Hospital. He had been selected to go back to college to follow a Radiology course. The FUM Constitution does not permit direct sponsorship of individuals, but Dr Amos and the DMO at the District Hospital made a strong case, saying how this training would benefit the patients once Dr Amos has completed his training. We were told it will reduce patient referrals, improve patient diagnosis and improve obstetric care to all the pregnant women, so FUM agreed to send a donation towards Dr Amos's training,

directly to his college. I hear regularly from this very grateful doctor who assures me his studies are progressing well, and that during his holidays from college he continues to work at the District Hospital. Once again, if you think you can help by donating towards the sponsorship of nurses please do visit the FUM website. There are several more trainee nurses at the School of Nursing at risk of not completing their initial training due to their extremely poor families, so any help you can give would be put to very good use.

Dr Amos by the X-ray machine at his college



Mambali Family with Albinism

Nick Vinall

Albinism is a hereditary condition that causes a lack of melanin pigment, resulting in fair skin and hair, pale eyes and impaired vision. Both parents must carry the gene in order to pass it on, but they may not have albinism themselves. In Europe and North America around 1 in 20,000 people has albinism but the rate is about 10 times higher in Tanzania.

Across sub-Saharan Africa people with albinism face discrimination, isolation and even abandonment. Their everyday life is often characterized by loneliness, poverty and rejection. Children with albinism are often bullied and made fun of by their peers.

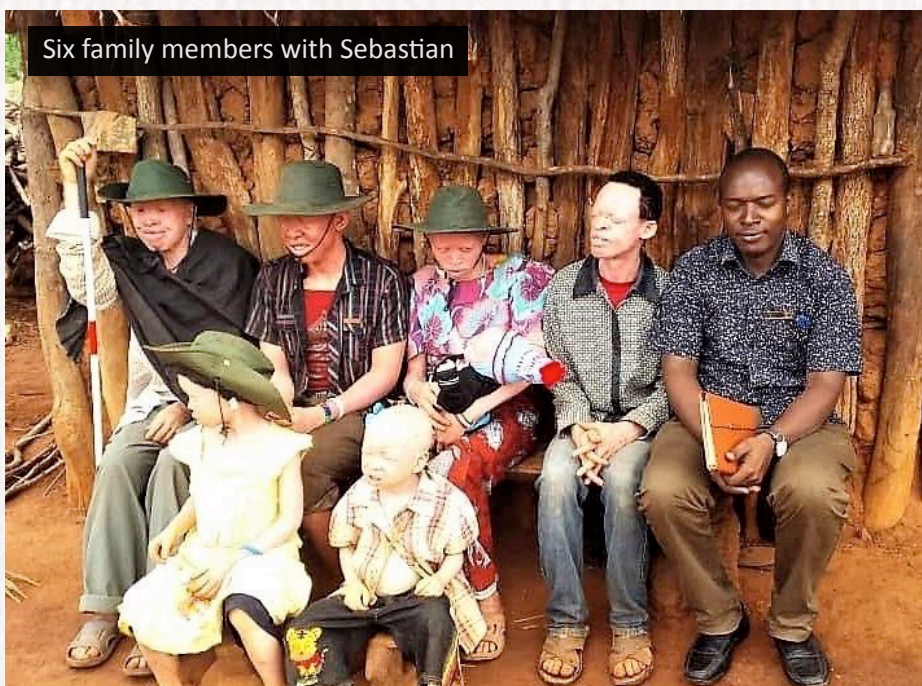
Many husbands desert their wife if she gives birth to a child with albinism. Superstition may lead them to completely abandon or even kill the child. Well-meaning but fearful parents may hide the child, isolating them from making friends, going to school and

living a normal childhood. For those who do go to school, low vision leads to high dropout rates. Adults with albinism are shunned and passed over for jobs. Poverty is rampant.

Albinism affects the structure and pigmentation of the eyes, causing visual impairment. Many people with albinism are legally blind; all have extreme sensitivity to light. They are also much more susceptible to skin cancer because the lack of melanin leaves their skin unprotected from the sun's ultra-violet rays. Most 10 year old children with albinism have

some form of early-stage skin cancer and few live beyond age 40. Many are not aware of the danger from the sun and how to protect themselves. They may also not have access to sunscreen.

In Swahili, people with albinism are called zero zero, meaning "ghosts." It is believed by some that these "ghosts" bleed a different colour, or even that they are immortal. Such dangerous beliefs can incite brutal attacks against people with albinism that can range from maiming of limbs, desecration of graves or occasionally death. Local medicine men take advantage of the ignorance and superstitions, fuelling beliefs that people with albinism possess magical qualities. They spread the lie that the body parts of people with albinism, when used in charms and potions, bring wealth, power and good luck to the user. In some regions of Tanzania, particularly to the north of Nzega, there is a black market for these body parts. According to the UN, criminals can gain up to \$75,000 for the sale of a whole body. The Tanzanian government has



Six family members with Sebastian



The family home

We can only support institutions such as colleges, clinics, hospitals etc. But Rod Smith, FUM Secretary, was so moved by the family's desperate situation that he started a separate crowd-funding initiative among FUM

- improve their housing situation if possible
- provide regular monitoring of the family

The top local government official is the District Commissioner (DC), Honourable Godfrey Ngupula, a good friend of FUM. He took a personal interest in the project and agreed to over-see it.

long outlawed such practices but getting the message across in developing countries is not easy.

supporters and others. The response was terrific and £2,200 was soon raised.

It was against this background that Sebastian, FUM's excellent Liaison Officer in Nzega District, asked if there was any way that FUM could help a family of eight, all with albinism, that he had come across in his work as a Social Welfare Officer. The family live in a very basic mud and sticks hut, in a hamlet near Mambali about 50 miles south west of Nzega town, along dirt roads and tracks. They were shunned by local villagers and existed only by begging.

In deciding how best to use the money donated we were guided by Sebastian and his professional Social Welfare colleagues. Their strategy was to:

He made an early visit to the family and addressed villagers about albinism and that he expected them to respect and support the family. To help



- provide some immediate relief for the family with food and other essentials. For this £250 was spent providing basic foodstuffs (maize, rice, beans etc) and other items for 3 months.
- educate the other villagers about albinism and so help the family to become better accepted
- help the family to gain self-sufficiency via farming

allay villagers' superstitions and fear of developing the condition he carried the family baby around and posed for photographs with her. These have been published on his social media platforms to help spread the correct messages more widely. For people in UK this is reminiscent of the effect that Princess Diana had when she held hands with AIDS and leprosy sufferers in the 1980s.

FUM's constitution does not allow us to support individuals.



District Council and village officials show support for the family

As a result of the DC's visit, village leaders responded by agreeing to supply 500 mud block bricks for the family housing, together with sand and shingle. They also released a suitable plot of land for the family to farm and arranged for supportive schooling for the



Medical checks

eight year old daughter. The family have no experience of farming so the local agricultural officer will advise and support them. A further £250 was then spent on seeds, fertilisers and weedkiller to help get the land ready for planting at the start of the rainy season.

To show solidarity with the village, a generous FUM supporter has provided funds to build much needed extra

toilets at the local primary school, a priority for them due to rising pupil numbers. We will also consider adopting the local clinic for FUM support, which would bring our total in Nzega District to seven clinics.

Nzega medical officers gave each member of the family a basic health check, particularly their eyes and skin, and this will be repeated every 6 months. The mother was found to have

early stage skin cancer which has now been treated. Currently there is insufficient money to build a house of the standard that Sebastian would like for the family but he is hopeful that a local sponsor can be found to enable building to go ahead. If any readers feel they would like to help swell the housebuilding fund, they should send their contribution to the Treasurer (address at the back of this newsletter) or donate via our website at www.fum.org.uk.

The remoteness of the family village means that it takes a long day to visit them from Nzega so news is infrequent. Rod Smith plans to visit Tanzania this summer and will make a point of visiting Mambali and the family. There will be more news in the autumn newsletter and on the website.

Superstition, Social stigma and Skin cancer: The battle from birth faced by Tanzania's albino population

Dr Dele Famokunwa

Huruma orphanage is a children's home with a heart for Tanzanians with albinism. At the time of visiting there were 28 children with albinism, who were all a loved part of the orphanage's family.

Babies and children are brought to Huruma for a multitude of reasons. Superstition teaches some families to believe that children with albinism are a curse. Therefore, to avoid living with the curse, and not wanting to kill or neglect their child, they are sent to the orphanage.

However, this is not true for all albino children who arrive there. Some come from loving families, families that fear for the safety of their albino child. Witchcraft has dictated that if you can acquire the limb or digit of an albino, then you will be 'blessed' with wealth. Therefore, even those Tanzanians with albinism who

are embraced by their family are at risk within the local community. It would be unfair to say that the large proportion of Tanzanian communities believe this, or even those who believe have the inclination to mutilate or kill an albino, but all it takes is one person. Knowing this, families, rather than live with the constant burden of

fear see Huruma, with its fenced enclosure, as a shelter, a place where their child is more likely to be kept safe.

There is a pertinent need for places like this as in Tanzania one in 2,500 people have albinism, with a prevalence closer to one in 1,400 people in some regions. In Europe, the condition affects closer to one in 20,000. The UN reports that 75 albinos were killed in Tanzania between 2000 and 2016 and these are only the reported deaths. If not killed, segregated or mutilated, women can be raped due to the myth that their albinism can cure HIV and AIDs. The lies and superstitions surrounding this congenital disorder which results in an absence of pigment to the skin, hair and eyes, are legion.

Huruma is more than just a place of safety for these children as it also fosters an understanding of albinism within the community. It is located just a stone's throw away from Urambo Folk Development College's (FDC) football pitch and the FDC's principal is proud of his college's affinity to the children's home and teachers, like Jackson, head of sport, who unreservedly show love for the children here, because they are just children. This all cultivates a sense of normality surrounding albinism on the

FDC campus. The FDC students follow the example of their teachers and they become friends, brothers and sisters

with these children and as a result the misconceptions they may have been fed are dispelled as a result of living cheek by jowl. When graduating, they become educated and respected members of the communities they move onto and advocates for Tanzania's albinism population.

The albino children here are not dehumanised, so as a result live with less of the daily social stigma faced by their counterparts in other regions of the country. However, the health implications of the condition remain an issue. With albinism comes the certainty of visual impairment and increased risk of skin cancers. In developed nations, there are many strategies to reduce the visual impairment. In resource restricted nations like Tanzania, a simple intervention is the use of sunglasses; sun hats and sun screen can also reduce the risk of skin cancers. The children understand the need, so it was saddening to see sunhats and sunglasses in the Huruma staff (all amazing volunteers) office rather than

on the heads and faces of the children. Maybe it was an understandable unwillingness to make themselves look even more different from their peers that inhibited the children using the accessories. Whatever the reason, a method of getting the children to engage with looking after their health is needed.

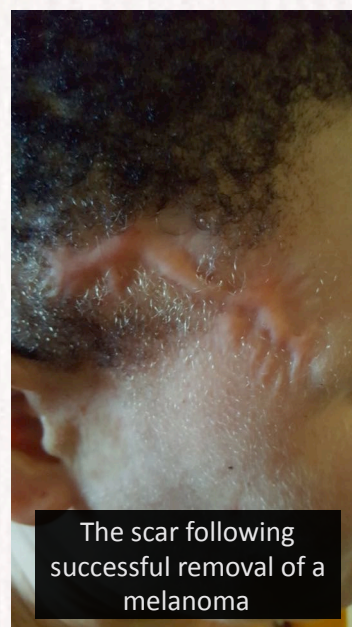
A lack of access to health care plagues most of the Tanzanian population and albinism is another barrier, as there are no formalised pathways of dealing with the disease sequelae. This means that even though a doctor from Urambo District Hospital visits once a month, he or she usually has little knowledge of what confronts them in this patient demographic. Or, even if issues are identified, there is limited access to the specialised intervention needed.

With this said there are success stories. It was uplifting to see the surgical scar of an adorable veteran of Huruma following the removal of her melanoma. Through the generosity of FUM, her 1000km journey to Dar es Salaam and her skin cancer

surgery was paid for. Without it, she would have probably died before she reached 40. Thank you for your support.



A young girl with sun damaged skin



The scar following successful removal of a melanoma

THE FRIENDS OF URAMBO AND MWANHALA



NOTICE OF THE 55th ANNUAL GENERAL MEETING

This will be held at 2.30pm on the 30th March 2019

at

The Kalendar Hall, South Street, Exeter

Agenda

1. Chairman's Welcome
2. Apologies for Absence: *Jenny Wills*
3. Minutes of 54th Annual General Meeting
4. Matters Arising from minutes
5. Chairman's comments
6. Accounts for Financial Year ending 31st December 2018
7. Fund-raising report (*Mrs Isabel Heycock*)
8. FDC report (*Mrs Di Cooper*)
9. Health Officer's Report (*Mrs Jo Taylor*)
10. Hon Secretary's Report, (*Mr R Smith*)
11. Election of Officers
The nomination sheet will be available at the meeting
12. AOB
13. Date of Next Meeting

FUM accounts 2018
(excluding Jubilee, Ibambo + Mambali Appeals,
see below)

		2018	[2017]
Balance b/f 1st January 2018		10,067.91	[15,739]
Income (exc Ibambo Appeal)			
Standing orders	9,451		
General donations	6,413		
Imeli cheques	1,620		
Gift Aid tax refund from 2017	2,683		
Cranbrook School (for nurse training)	1,500		
Primary Schools (Nyasa2 + Mambali PS)	600		
PayPal	48		
Interest	2	<u>22,317</u>	[19,274]
Transfers (FUM)			
Mwanhala FDC (<i>bursaries + vehicle</i>)	2,600		
Sikonge FDC (<i>bursaries, water improvement works</i>)	2,000		
Urambo FDC (<i>bursaries + vehicle</i>)	2,500		
Imeli bursaries	3,435		
Imeli toilets	1,000		
Clinics	2,893		
Hospital training support	3,451		
Mwanhala nurse house (50%)	7,847		
Liaison officer expenses	60	<u>25,786</u>	[24,638]
Expenses			
Bank transfer charges	270		
Newsletter postage, Hall hire	64	<u>334</u>	[307]
Balance 31 December 2018		6,265	[10,068]

Non FUM income

FON	10,961	<u>10,961</u>
-----	--------	---------------

Non FUM expenditure

FON: Mwanhala nurse house (50%)	7,800	
FON: Nurse training (x4)	3,161	<u>10,961</u>

Jubilee Appeal

Balance	b/f 1 Jan 2018	8,475
Expenditure	Mwasala + Sikonge fundis	322
Balance	c/f	8,153

This balance is scheduled mainly for the Maboha water project

Ibambo clinic Project 2018/19

Income		8,138
Expenditure	Nurse accommodation completion	4,526
Balance	c/f	3,611

This is for the clinic water project (approx £10,000)
London Marathon 2019 fundraising is still to come

Mambali Project 2018/19

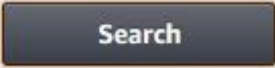

Income		2,232
Expenditure		461
Balance	c/f	1,772

Amazon Smile for FUM

A Great New Way to Support Our Work

We have signed up for Amazon's charity scheme that donates 0.5% of many Amazon purchases (not marketplace ones) to your named charity. There is no extra cost for you; prices are the same as normal.

To register for Amazon Smile and help FUM:

- Click <https://smile.amazon.co.uk>
- Login (if necessary) using your normal Amazon details.
- Type 'urambo' in the box then click 
- When **The Friends of Urambo and Mwanhala** appears click 

Your Amazon screen will then show  near the top.

These details will only need to be entered once; Amazon will remember them.

Be sure to change your Amazon link to <https://smile.amazon.co.uk>

Do please tell your friends and families of this easy way to support FUM.

FUM Officers

<p>Secretary Rod Smith Tanner House Sissinghurst Rd Biddenden Kent TN27 8EX secretary@fum.org.uk</p>	<p>Chairman Richard Pratt Redwood Ridgeway Horsell Surrey GU21 2QR chair@fum.org.uk</p>	<p>Treasurer Nick Vinall Shrewsbury Cottage Bakers Cross Cranbrook Kent TN17 3JW treasurer@fum.org.uk</p>
<p>Medical Officer Mrs Jo Taylor Jubilee Cottage Headcorn Road Frittenden TN17 2EJ medical@fum.org.uk</p>	<p>Press Officer John Walker 63 Collapark Totnes Devon TQ9 5LW john.derek.walker@gmail.com</p>	<p>FDC Liaison Officer Di Cooper 3 Chard Road Exeter Devon EX1 3AY alandi40@alandi40.plus.com</p>
<p>Membership Secretary Julie Overnell The Mangold House, 19d Station Road Bere Alston, Yelverton Devon PL20 7EJ membership@fum.org.uk</p>	<p>Fundraising Officer Isabel Heycock 143 Elsenham Street London SW18 5NZ fundraising@fum.org.uk</p>	<p>Education Officer Jenny Wills Casa Margarida CP 56 Foral-Larga Vista 8365-091 Algoz Algarve, Portugal casamargarida@icloud.com</p>
<p>Assistant Secretary Dr Iain Chorlton Corner Cottage, Churchtown St Cleer, Liskeard Cornwall PL14 5DT iainchorlton@doctors.org.uk</p>	<p>Regional Liaison Officer Baraka Makona PO Box 25 Tabora Tanzania</p>	<p>Newsletter Editor Martin Kenway 3 Tremeddan Terrace Liskeard Cornwall PL14 4DU mkenway@icloud.com</p>

The FUM Website

Our website is crammed with news, photographs and information about every area of our work. Just go to www.fum.org.uk on your PC or tablet, or point your mobile device at the QR code to take you straight there.



Why Not Sponsor a Student Nurse?

Contact our Medical Officer Jo Taylor for more information. See details above, or if you are reading on screen, click on the link below to email her.

[Email Jo](mailto:jo.taylor@fum.org.uk)

Nzega Hospital Nursing School



The Final Word

All that is left is for me to remind you to join us, if you can, for our AGM at Kalendar Hall Exeter on Saturday 30th March. There is a copy of the agenda along with our draft accounts beginning on page 15 of this newsletter. Please do join us.

Best wishes
Rod Smith