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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, pokea salamu kutoka kwa rafiki zetu waliopo katika mkoa wa Tabora ambao wanashukuru kwa msaada endelevu unaoutoa kwa miradi katika mkoa huo. Jina la FUM ni ishara ya matumaini ya siku bora zaidi zijazo katika vijiji vingi. Asante sana.

Dear Supporter, greetings from our friends in The Tabora Region who pass on their thanks for the continued support you give to projects in the Region. FUM's name stands for hope of a better future in so many villages. Thank you.

My apologies for this newsletter reaching you a bit later than usual; I have been waiting for important news about our projects in Tabora Region and wanted to include it in this newsletter. I hope you will be as delighted as I am about the progress we have made with a number of important projects.

As the UK seems to be entering another wave of COVID infection there is better news from Tanzania, from Tabora at any rate. You will have learned that in March, President Magafuli died suddenly from what was reported to be a

heart problem and has been replaced by the Vice President, Samia Suluhu Hassan. She has been very active in rolling out a

“ We have heard from our friends in Tabora Region that all of them have been vaccinated and that to date, in Nzega District, around 80% of those over 18 have been vaccinated ”

vaccination programme which, now that supplies of vaccine are available, seems to be having a lot of success. We have heard from our friends in Tabora Region that all of them

have been vaccinated and that to date, in Nzega District, around 80% of those over 18 have been vaccinated using the Jassens one-shot vaccine and there is an even higher rate reported from Kaliua. Apparently there was some resistance to the vaccination programme early on, doubtless a reflection of the previous COVID denying regime, but this has quickly been dispelled by the President receiving her shot live on television. We don't have information for elsewhere but in the Tabora Districts where we have projects, things are going well.

Sadly the COVID pandemic has yet again prevented young doctors wishing to spend their elective time in Tabora Region Hospitals from doing so. This is a great shame as all lose. They miss a unique experience and the District Hospitals miss out on sharing ideas with our young doctors. Kimia Godazandeh, due to visit Urambo in March 2022 thanks FUM for making the visit possible even though it cannot now take place. We must hope for better things next year and so, should you know of any young doctors looking for an elective placement, do put them in touch with me.

Since the last newsletter I am pleased to report that we have been able, at last, to achieve our ambition to provide a



The completed Mambali Clinic building

house for a Mambali family who were suffering from albinism. They had become almost destitute and were brought to our attention by the Hon Godfrey Ngupula, at that time, the Nzega District Commissioner. Many of you will remember we launched an appeal to raise money for this family and, thanks to your generosity, we were able to provide them with immediate

food aid and the means to plant and harvest crops. The village allocated a plot of farm land and a site for the new house. I am delighted that, at long last the house has been completed and is now occupied. In addition we were able to construct a much needed toilet block at the primary school, and with the refurbishment of the Mambali Clinic building, reported in the Spring Newsletter, the village is now very happy. None of this would have been

possible without the hard work and skill of our great friend in Nzega, Venance Gomegwa, who although retired still puts in many hours on our behalf. I learned something about Mambali and Gomegwa only recently. In 1995 Mambali Clinic was built through the efforts of Health Projects Abroad run by our own Simon Headington, with Julie

Overnell being one of the volunteers working at the site. The Nzega District expert sent to supervise the construction was none other than Venance Gomegwa. Julie recalls that



Venance Gomegwa, a true friend

one day, when there was no room for her ante-natal clinic, Gomegwa lent his own sleeping quarters. Since then he has been active in just about every single project we have been involved with and our successes are as much due to his efforts as anything else. He is a true friend.

Our Jubilee Appeal, celebrating 50 years of FUM's life, had as its aim the provision of safe reliable water supplies at all fifteen of the clinics we support and the three FDCs. We have made tremendous progress, as



The Mambali family and others, including Venance Gomegwa (standing, right)



The family's new home, now completed



Drilling the borehole in Isegenhe

readers of recent newsletters will know, but we are not quite there as we still have a few clinics to go. The next on the list at the start of the year was Isegenhe village. We paid for a ground survey which indicated that a suitable site was right

next to the clinic so drilling commenced and we struck lucky, hitting a source able to provide 8000 litres per hour. That amount of water calls out for the fitting of a solar pump and storage tanks linked to a water distribution system, but for now we have fitted a hand pump which is able to serve the needs of the clinic as well as the villagers.

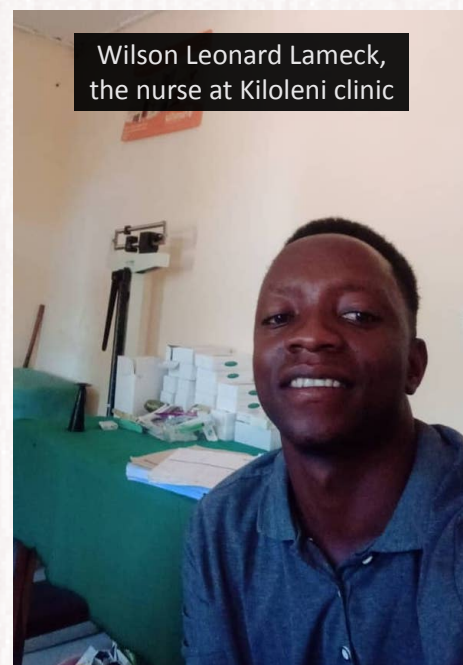
We were very fortunate to have persuaded Lucky Mgeni of Urambo, a qualified water engineer and good friend of FUM, to oversee the Isegenhe project. He has told me that the company who installed the Isegenhe borehole has now set up shop in Tabora; previously the team had to mobilize from Shinyanga in the neighbouring region, so now it will be easier and a bit cheaper for us to have wells drilled in future. Lucky has advised us that the next clinic on our list, Kalamendi in Urambo District, the target for our sponsored walks of 2020 & 2021, has had its borehole paid for by the Tanzania Social fund and that the borehole is already operating. This is really good news. Accordingly we have taken his advice and have switched the funding to Kiloleni

village and then our next will be Usisya, again both in Urambo District. Geophysical surveys are agreed for both villages and, thanks to the wonderful success of the walks by Isabel Heycock and her team, we have the money to go ahead with a borehole in Kiloleni straight away. Usisya must wait I'm afraid as we don't have the £10,000 for this right now.

Recently we received the very good news from a couple, loyal supporters of many years, who



The nurse draws water using the new pump at Isegenhe



Wilson Leonard Lameck, the nurse at Kiloleni clinic

have very generously donated £10,000 to FUM. They wish to remain anonymous but I am sure that you will all echo my expression of thanks to them. Their donation coincided with FUM considering a request from Kiloleni village for help with a new maternity building at their clinic. The village was very anxious about this as the existing provision was woefully inadequate. To our delight our donors are pleased to agree that their donation should be used for this and things are

moving fast. Simon Headington is project managing both this and the borehole project ensuring the two mesh together. The clinic should be completed by Christmas and the borehole at about the same time. Unlike at Isegenhe, as Kiloleni is on the mains grid, the intention is to fit the borehole with a pump and raised storage tank so that wash basins etc in the clinic can be fed with running water. I know that Jo Taylor, our medical officer, is very pleased at this development.

Thinking of Jo, I should let you know that, after many years of pushing the officers to increase our annual donation to our fifteen clinics, we finally relented. We are always careful about our regular expenditure commitments but we have agreed to increase each clinic's annual grant to £250. This is money paid directly into the clinics'



Shelves purchased for Usimba Clinic

accounts for them to use for purchasing equipment they lack, purchases being monitored by the District Medical Officers. Jo writes that WhatsApp is such a wonderful means of communication for her as she is able to have swift, direct contact with the medical workers at all the clinics; recently those in Urambo and Kaliua Districts have reported on their purchases. These include amongst other things, delivery kits, haemoglobin monitors, locally made shelving, gas cylinders to fuel fridges for vaccines, sterilisers, plus the building of a placenta pit.

All of the six trainee nurses sponsored by FUM, FON and Cranbrook School have now passed their exams and are fully qualified. Four are working at the Nzega Town Hospital and the Nzega District Hospital, but two have moved back closer to their home

villages and are working in the clinics there.

There is news of two nurses we sponsored more recently. Shimilimana has completed two years of her study and will now switch to another college to complete year three. Diama is progressing well with his studies and gaining impressive exam grades. Diama, plus another nurse previously sponsored by FON to upgrade his training, have also been very active in the

campaign to increase the uptake of Covid vaccination. They are part of the vaccines team and have been travelling to villages leading education programmes designed to reassure the population that the vaccinations they administer are safe. Diama has told us 80% of the population



The Administration Building at Mwanhala

over 18 in Nzega have now been vaccinated. Dr George, the DMO, has verified this adding that the Janssen vaccine supplied via the COVAX scheme has nearly run out but they are about to receive stocks of the Chinese version.

Good news from the FDCs as well. The government has given new importance to the technical training provided by the FDCs and has invested a lot of money in the sector. All three of our FDCs have smart new buildings and have been able to recruit many more students. The FDCs are buzzing again. Urambo and Sikonge have both started welding courses and are using their student skills to make furniture for the colleges and to take on work in the community, so earning valuable profits for the FDCs. We continue to provide bursaries for students who are

unable to pay the course fees to ensure that all eligible young people are able to attend.

Transport at the FDCs has always been a problem and now, after many years of service to Urambo FDC their TEMPO TRAX vehicle, featured in the spring newsletter, has been retired. We do not have the funds to replace this but instead have bought a motorcycle for college use. We have done the same at Sikonge FDC. For now the TEMPO in Mwanhala is still running.

Readers will have spotted a common theme running through this report which is the inadequacy of our funds. We are blessed with so many of you who loyally contribute year after year, keeping us going, and we are always delighted to receive surprise donations, but we would not be able to fund the more exciting projects without the determined fundraising of our sponsored walkers.

This September the walk followed the same North Downs route as last year. The weather was wonderful and all walkers thoroughly enjoyed the day raising nearly £6500. Well done all of them. In 2022 the route will switch back to the South Downs although Isabel has promised to devise a route with fewer hills. (Is she about to redesign Cretaceous

geology?) The date and route are not yet finalized but do contact Isabel if you are interested; full details will be published in the Spring Newsletter. Julie Overnell is planning a walk on the Devon and Cornwall border next summer too.

Our Schools Officer, Elly Hills, keeps our secondary pupil sponsorship scheme running smoothly with 100 young people being given assistance. As always we are on a



The North Downs walkers who raised nearly £6500

continual search for new sponsors, so do consider giving just the small amount necessary to allow a child to attend school.

So, all in all we have had a productive six months of FUM activity. Nick, our treasurer, has been looking back at our record of donations for the last twenty years. You can see his findings on page 8 of this newsletter. I think we can all feel satisfied that we really have made a difference in our districts. Another thing to take from his findings is just what a

difference the involvement of Cranbrook School has made to our work. Sadly the School has been unable to visit for some years and until COVID has been vanquished they are unlikely to be able to mount another expedition. We are nevertheless very grateful that the student body continues to support us via its annual charity appeal. Their contributions make a huge difference. Here, I will just highlight an example of the support we receive from Cranbrook pupils. A sixth form

student, Anna Lane, had hoped to join the school on its expedition to Tabora in the summer of 2020, but inevitably the pandemic meant that the trip had to be cancelled. Anna had raised money for this and decided that this should be donated to FUM. We are more than pleased to receive this gift and have decided that it

should be used to help one of the Nzega Doctors attend a course of further studies. She will be forever grateful and her future patients will be the beneficiaries.

Thank you all for your continued support. I fear that the vertiginous rise in energy prices will have a big effect on what we can do next year but we will continue to ensure that the money you give so generously is used in the best way possible.

Rod Smith

Join Anna Lane in Sponsoring Dr Manumba's Training

Dr Manumba, a senior doctor in Nzega Hospital, has enrolled at Catholic University of Health and Allied Science in Bugando, Mwanza, to study for a Master's degree in Obstetrics and Gynaecology. She is heartily recommended by the District Medical Officer, Dr George who points out just how dedicated she is to her patients and that her increased skills will be of great benefit to the District.



Dr Manumba needs support, but unfortunately we are not able to help as FUM has taken the decision that, because of lack of funds, we can no longer support medical training.

Here, I will just highlight an example of the support we receive from Cranbrook pupils. A sixth form student, Anna Lane, hoped to join the school on its expedition to Tabora in the summer of 2020, but inevitably the pandemic meant that the trip had to be cancelled. Anna had raised money for her trip and decided that instead this should be used to support education in Tabora Region. We are more than pleased to receive this gift and have agreed with Anna that it should be used to help Dr Manumba.

Despite Anna's generosity, the sum raised is still insufficient to see Dr Manumba through to the end of her course. She needs around £2,000, much of which she will try to fund herself with a little contribution from Nzega Hospital. Even so she needs further help. Should you feel you would like to join Anna and contribute to Dr Manumba's fees, please visit www.fum.org.uk/donate. You can email treasurer@fum.org.uk to make it clear that your donation is to be passed on to Dr Manumba.

Good News for Ibambo Clinic, in Kaliua District

This clinic was completed some years ago but, due to lack of funds, the delivery room was never tiled and so just has a concrete floor and walls. We have received a surprise donation from an anonymous supporter which enables us to pay for the upgrade so badly needed. £1500 has been sent to Ibambo and, by the time you read this newsletter, tiling will be underway. Details and photographs will be included in the spring newsletter.

Secondary School Sponsorship

For twenty years FUM has linked generous supporters, prepared to give £30 per year, with deserving children to ensure that young people from disadvantaged backgrounds in Nzega are able to attend secondary school.

It may seem extraordinary that such a small amount of money is all that it takes, but it is a fact that the families of these splendid and determined young people are in such difficulty that they are unable to find that amount. What does it pay for? Books, uniform and basic educational materials is the answer and with these, pupils are able to attend secondary school and gain their national qualifications, which can then lead them on into employment.

Jenny Wills masterminded this scheme until this year, but has now handed over to Elly Hills who is now seeking out new sponsors and chivvying the Nzega Education Department to seek out pupils from deserving families. Thank you everybody who donates to this scheme and to those of you who don't, please consider doing so. "Why not?" The FUM bursary scheme has got to be one of the most effective ways in which you can give money. £30 to keep a young person at school for a whole year seems to me to be a bargain.

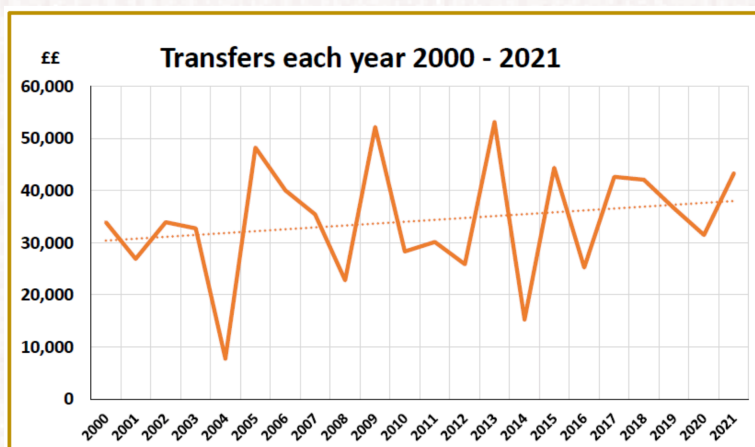
If you would like to join the group of sponsors just contact Elly by emailing imeli@fum.org.uk

FUM Hits Three Quarters of a Million

Nick Vinall

I have been FUM Treasurer for 20 years and have occasionally wondered, "How much money in total have we transferred for projects in Tanzania?" Going through all our accounts since the year 2000, the total turned out to be an astonishing £752,000, just over £34,000 per annum on average. We don't have records for the previous 37 years of FUM's existence (1963 to 1999) but it is clear that the lifetime total is well over £1.5 million.

Further analysis shows how the amount varied from year to year. This includes funds transferred



from all sources including donations from FUM members and other agencies, fundraising by students at Cranbrook School and in recent years from events such as the Marathon and sponsored walks.

The mountain 'peaks' correspond to

fundraising by Cranbrook School students for their group visits in alternate 'odd' years from 2001 to 2015.

The faint dotted line shows the gently increasing trend over the years but at 1% per annum it is below the rate of inflation.

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.

Supporting: The Friends Of Urambo And Mwanhala ▼

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.

Changes to Financial Arrangements for Donations for Sponsored Events

Nick Vinall

Most FUM members make donations via bank Standing Orders or online direct to our bank account with zero charges made. For special fundraising events such as our annual Sponsored Walks, like many charities we use a donation 'platform'. These channel donations to our bank account and also collect any Gift Aid due from HMRC. All platforms make a charge for their services, with the amount depending on whether they are a commercial (profit making) platform such as Just Giving, or a not-for-profit organisation such as Virgin Money Giving (VMG).

In recent years FUM has used VMG very successfully and at low cost. This has been possible because VMG also handled the millions of pounds of fundraising by participants in The London Marathon which

was sponsored by Virgin Money (bank). With this sponsorship now ended VMG will close for new donations from the end of November 2021, but will continue to process current ones, including



any Gift Aid, for a further 3 months. FUM needs a new donation platform by the end of November.

Our treasurer has scoured the various possibilities and selected that of the Charities Aid Foundation (CAF). CAF is itself a charity that provides financial services for small and

medium charities such as FUM. These services include banking (CAF Bank) and a fundraising platform (CAF Donate). CAF Donate will offer similar services to those of VMG and at comparable low cost, so we expect the switch to be trouble free.

Please note that the procedure for normal donations by FUM members, either regular or one-off donations online, will continue unchanged. Members will not need to do anything different from their current practice.

Our switch from VMG to CAF Donate will only become apparent if you make a donation to a special fundraising page such as for our Sponsored Walks next summer.

The Friends of Urambo and Mwanhala 58th Annual General Meeting



This will be held in Exeter at 11am on 19th March 2022 at a venue yet to be decided. You are invited to attend in person or via Zoom. The agenda, minutes, accounts and a Zoom link will be published on the website once details are known.

After the meeting there will be a pause for lunch and then, in the afternoon, there will be an officers meeting to which all supporters will be invited.

FUM Officers

Secretary Rod Smith Tanner House Sissinghurst Rd Biddenden Kent TN27 8EX secretary@fum.org.uk	Chairman Richard Pratt Redwood Ridgeway Horsell Surrey GU21 2QR chair@fum.org.uk	Treasurer Nick Vinall Shrewsbury Cottage Bakers Cross Cranbrook Kent TN17 3JW treasurer@fum.org.uk
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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:medical@fum.org.uk)

Nzega Hospital Nursing School



The Final Word

The common theme running through most of this newsletter is the inadequacy of our funds available for all the important projects which we have planned and which are so vital for improving the lives of our friends in Tanzania. Even though we are lucky enough to have so many of you who continue to contribute year after year, and fortunate enough also to receive surprise donations, you will have read that the donations from sponsored activities are vital for funding even more important projects. So why not take part in our fundraising walks this year, or even, perhaps, create your own fundraising event?

Rod Smith