

In this newsletter

Honorary Secretary's Message	1
Sponsored Walks Great Success	3
Good Quality Water at Ibambo	4
School Pupil Bursaries in Nzega	5
Mambali Maternity Ward	6
Easy Fund Raising	7
Urambo District Maternity Buildings	8
Nutritional Flour Project	9
Advance Notice of 61st AGM	12
FUM Officers and Last Word	12

The Friends of Urambo & Mwanhala



# Friends of Urambo & Mwanhala

Linking the Tabora Region of Tanzania with the UK



## A Message from the Honorary Secretary

**Karibuni wasaidizi wetu wote. Asanteni sana kwa kupenda na kwa ukarimu wenu mwaka huu uliopita.**

**Dear Friends**

**Thank you all for your continued support through 2024; it is only thanks to you that FUM has been able to do so much this year, spending £55,000 on projects around the Tabora Region.**

That we could tackle so many projects was because of some unexpected, generous donations and to the success of the two sponsored walks in 2023. Our intrepid supporters repeated this success again this summer with two very enjoyable walks, one in Devon, the other in Sussex. Between them these two events raised nearly £10,000, a fantastic amount. If you enjoy walking why not join in one of the walks in 2025. Details will be given in the 2025 Spring newsletter.

In this newsletter you will find accounts of our major activities, all of which have been steered by our good friends Charles Mwisima and Lucky Mgeni in Urambo/Kalua and Michael Myamba and Venance Gomegwa in Nzega. Without their hard work, we would find it much more difficult to operate so



This motorbike, purchased by FUM, will simplify site visits to FUM projects and will allow more up-to-date progress reports.

efficiently. Guided by the cooperation and support of local government, we are always careful that our projects fit in with the development goals of the Districts. In this we are helped by the work of our two liaison officers, who are local government officials. Our congratulations are due to Michael Myamba who has just received his Masters Degree. He writes, 'I'm happy to tell you that on 5 December 2024, next month, I will be having a graduation ceremony for the completion of my Masters studies. I pursued a Masters in Public Health at Muhimbili University of Health and Allied Science in Dar es Salaam (MUHAS).

The Summer newsletter highlighted the construction of maternity units in the villages of Mambali, Usisya and Kamelendi





Repairs to the rear of the teachers' house in Isilyaza

and I am pleased to report that these are now complete. The Mambali building has been handed over to the village and the buildings in Usisya and Kamalendi soon will be. In fact, by the time you read this, the handover may be complete. To find out, all you need do is to visit our website at [www.fum.org](http://www.fum.org). Information about these three projects may be read in this newsletter.

In the last newsletter I mentioned the maternity unit in Isegenhe, Nzega District, which is in need of refurbishment and I am pleased to report that we are able to fund this work scheduled to start early in 2025. Another FUM clinic in need of help is Mwasala, built 30 years ago, but due to unstable ground, the clinic building has collapsed. The District is rebuilding the clinic but we have offered to help if we can and it seems that funding a maternity unit there will be our contribution. More news will become available at the start of 2025.

To help Michael and Gomegwa reach our projects in Nzega District, many of which are hard to get to, we have agreed to purchase a small motorcycle for their use. This will simplify their site visits and will mean that we will be in receipt of more up-to-date progress reports.

The classroom for special needs pupils is now in operation at Iyombo Primary School, near Nzega. There has been a delay with the construction of a dedicated toilet block at the school as Simon, our project officer, is not entirely happy with the specification. Doubtless the problem will soon be resolved, allowing work to commence. Another project in Nzega District, this time in Isilyaza village near Mambali, is the refurbishment of a house built by FUM a few years ago. This was at the request of the District Commissioner who was concerned at the plight of a family suffering because of albinism. That family has now moved away to their home village meaning the house is available for the use of teachers at the nearby primary school. The work has started and the house should be ready to move into by Christmas.

In the Summer newsletter I mentioned the clinic water supplies at the Kaliua District villages of Nyasa and Ibambo where we had funded the provision of large rainwater harvesting tanks. I said then that both had been fitted with solar pumps and raised storage tanks. While this was true for Nyasa there was a delay at Ibambo but happily it is now going ahead. We have included a couple of photos to illustrate just how important these facilities are.

Recently the Kaliua District Government has built a village



Front of Isilyaza house



Interior of the Isilyaza house awaiting repair

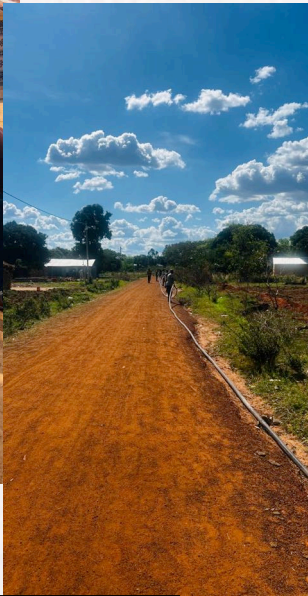
water system at Usimba village and we have been requested to provide the funds needed to connect this to the clinic. We are happy to do this and have also provided the finance to have the entire clinic floor tiled, two measures which will improve greatly the hygiene at the facility.

The FDC's are thriving and have expanding numbers of students. We continue to provide bursary money so that disadvantaged students can attend courses. For many years the amount of these bursaries has remained fixed, so we have decided to raise the amount by 10%. You can read a short piece about Sikonge FDC from Di Cooper who tells of efforts to augment their water supply.

Water is a recurrent theme, and a major effort of the last two years has been the water supply to Kiloleni village and the clinic. A successful borehole has been installed and a solar pump used to send the water the two kilometres to the newly built maternity unit. The next thing is to extend the supply to the secondary school. This is considered urgent because the resident schoolgirls currently have no access to water overnight and there are clearly problems with them having to go out at night in search of water. The Kiloleni system has been designed with this extension in mind, the



Unrolling the pipe which will carry water to Kiloleni secondary school



The pipe is laid alongside the road to Kiloleni secondary school

Secondary School students digging the trench for the pipe



funds requested have been sent, and so, as soon as Simon agrees with the plans, this extension to the system will be constructed.

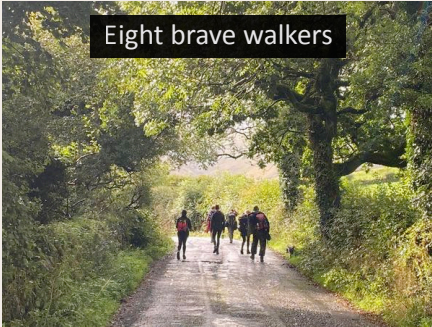
Many of you may have, in the past, helped with our sponsorship scheme to help disadvantaged pupils attend secondary school. This scheme fell foul of COVID difficulties but has been reborn in a slightly different form. There is a short piece about this in the newsletter. Do read it and perhaps decide to join in.

So, as you can see, FUM has managed an astonishing number of projects during 2024 and the coming year seems as if it will be just as busy. Once again, I ask you to be as generous as you can to enable us to continue helping our friends in the Tabora Region.

*Rod Smith*

**Tunakutakieni amani na furaha wakati wa Krismas na mwaka mpya ujao.**

# 2024 Sponsored Walks Raise Nearly £10,000



Eight brave walkers



Braving the West Devon mizzle



A well deserved break

The walkers in the Southeast enjoyed an almost idyllic coastal walk on the South Downs in glorious sunshine raising an astonishing sum in excess of £8,000. In contrast the Devon walkers had a more challenging time. Julie writes that 8 walkers braved the West Devon mizzle! 'Starting in the Dartmoor village of Meldon we walked high above Meldon reservoir through open moorland before dropping down to walk through fields, then, as the weather deteriorated, went past Lydford Castle and Gorge before ending on a tough open moorland stretch, finally finishing at The Peter Tavy Inn'. Including a very generous donation from Penpol Methodist Chapel, with donations still coming in, they have reached nearly £1500 for their efforts.



Walking the South Downs in glorious sunshine

# The Provision of Safe, Clean Water at Ibambo Clinic

The Health Clinic at Ibambo in Urambo District has, since it was built, suffered from a shortage of water. The ground conditions meant that a well or borehole would be difficult to install successfully and so FUM funded the construction of a large rainwater-harvesting tank.

Ground conditions meant that the tank had to be built on the surface but it was quickly completed and connected to the clinic roof, as can be seen in the picture below. Good quality water is now available but, because it must be drawn using a bucket, contamination is a danger and collecting it is hard work for the clinic staff.



To collect water the staff must first climb onto the tank, then use a container to fill their bucket with water. The heavy bucket must then be lifted down.



FUM has agreed to fund a solar pump connected to a raised water tank from where water will be piped into the clinic. All should be installed before Christmas.

# School Pupil Bursaries in Nzega District

**FUM supporters and regular readers of our newsletter will be familiar with our scheme to enable pupils from disadvantaged homes to attend secondary school. Although there are no secondary school fees, there is nevertheless a need to purchase school equipment and uniforms, a cost some families cannot manage.**

For many years, through supporters' generosity, FUM has been able to help children by awarding small grants to buy necessary educational materials. The scheme has been a great success but changing circumstances now require it to be better focussed. Nikki Hirst and Michael Myamba, our Nzega Liaison Officer, have discussed this and are proposing a new scheme to start in January 2025.

Rather than agreeing to sponsor the same child through the five years of secondary school as before, sponsors will be asked to contribute £35 p.a. into the schools bursary fund to see a child through one year of secondary school. The Nzega educational department will award grants to the children deemed most in need of help, with special needs children being targeted. At the end of each year the needs will be

reassessed and the grant repeated or transferred to another child.

Each child will receive £35 worth of equipment and uniform; in addition, girls will receive another £8.50 which is sufficient to purchase a year's supply of reusable sanitary products. It is hoped that in this way many children will be able to continue with their secondary education; children who would otherwise have had to cease formal education at the end of primary school.

Neema and Mwana Paulo Buchemba HL, from Isagenhe, pictured here are amongst the first cohort to receive assistance. The scheme is due to start in January 2025 with twenty children being helped, more if we can secure more sponsors and that is where you come in.



**You can help by donating £35 to the educational fund. This will be sufficient for one child, the extra needed for girls will be covered by reclaiming the Gift Aid on the donations. I do hope that you decide to join this scheme. It is a direct way in which you can improve the prospects of a pupil in Tanzania. All the money given will go directly to a young person; there are no overheads as the District Authorities will administer the scheme on your behalf. To donate simply visit [www.fum.org.uk](http://www.fum.org.uk), click on the donate button and you will be taken to a page detailing how to sponsor a school pupil.**

# Mambali Maternity Ward

Jo Taylor

**Thanks to very generous gifts from the Wyatt family and an anonymous donor, FUM has been able to finance the building of a much-needed maternity ward at the clinic in the village of Mambali, one of the seven clinics in the Nzega District that FUM supports.**

The building was requested some time ago by Mr Bundala, the Medical Officer, who told us that there were so many births at his clinic that they did not have sufficient room in their building so we were delighted when our two donors agreed to fund the unit. The new maternity ward followed the usual pattern for the District and was completed earlier this year.

We send thanks to our friend Gomegwa who most efficiently oversaw the building work for us, and to Michael Myamba, for his support as the FUM Liaison Officer in Nzega. The building was officially opened on September 14th by Mr Simon Nkuli, the Division Officer at Bukene, representing

the District Commissioner who was unavailable at the time. A fine opening ceremony was held and included a speech read on behalf of the FUM Secretary which included reference to the high standard

District, village leadership and Mambali villagers. It is a model of what can be achieved through cooperation.

The maternity ward is already providing a much-improved service for the women in that area. It seems that now, many more mothers attend clinics during their pregnancies, for the birth of their babies and for postnatal care. Indeed Dr Mary, one of our friends in the Nzega

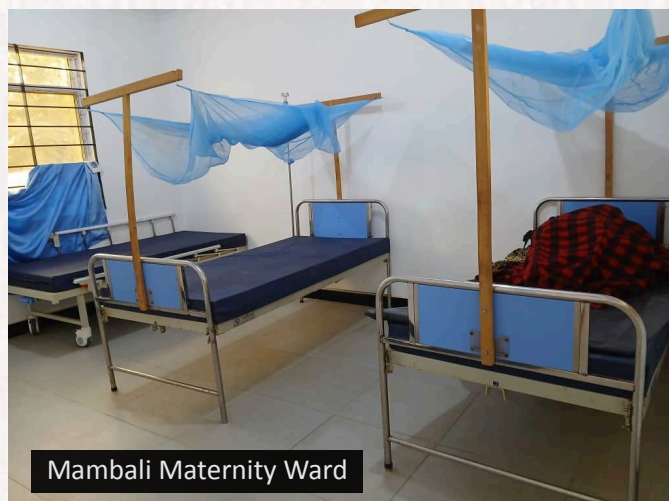
District, told us that between the opening date of September 14th and October 9th ninety babies had been born in the clinic, from eighty nine deliveries. You can see the photo of the one set of twins born during that time. The photo was taken very soon



THIS MATERNITY CLINIC WAS BUILT IN 2024 FOR THE VILLAGERS OF MAMBALI BY THE FRIENDS OF URAMBO AND MWANHALA (FUM), WITH FUNDS GIVEN BY AN ANONYMOUS DONOR AND THE WYATT FAMILY, UK/USA.

KLINIKA HII YA WAZAZI ILIJENGA MWAKA 2024 NA MARAFIKI WA URAMBO NA MWANHALA (FUM), KWA FEDHA ZILIZOTOLEWA NA MFADHILI ASIYEPENDA JINA LAKE LIJULIKANE, NA FAMILIA YA WYATT, UK/USA KWA AJILI YA WANAKIJIJI WA MAMBALI.

of the building and how it was completed within budget. Rod Smith's speech also spoke of the essential part played by the labour provided by the villagers. The building has been built through genuine community effort and partnership between FUM, the



Mambali Maternity Ward



Twin boys born in the ward soon after its opening



New mothers with staff at Mambali

after the birth; both boys are doing well.

The medical Officer has sent messages of sincere thanks to FUM. He said, "Pregnant mothers are enjoying their new building which is improving the attendance at their deliveries due to adequate space for performing procedures and privacy". He also said "All women in Mambali Ward send a lot of thanks to FUM. God bless FUM".

In total, FUM supports 15

village clinics in the Tabora Region providing each one with a grant of £250 to enhance the quality of the care they provide. FUM has already financed the building of new maternity wards in Kiloleni and Usisya and has assisted with the new buildings at Kamalendi and Usimba villages. In 2025 we will fund the upgrade to the maternity building in Isegenhe, and, at the planning stage, is a new maternity unit at Mwasala village. Some of our other supported clinics too are asking for help for their expectant mothers.

**If you would like to play a part in the financing of the next clinic, please get in touch with me at [medical@fum.org.uk](mailto:medical@fum.org.uk) or by letter (details on final page). Each new project that FUM can undertake is due to the very generous donations from our members and so, on behalf of the mothers and babies in the Tabora Region, I say thank you to you all for your support for FUM.**



## Easy Fundraising

Some supporters will know of Easy Fundraising already and may be registered to give their support to other charities. Those of you who aren't, please consider joining and nominating The Friends of Urambo and Mwanhala as your supported charity. Then, each time you make a purchase from one of the participating retailers, Easy Fundraising will pass a small donation to FUM.

I urge you to follow the link and decide whether or not you wish to join in.

<https://www.easyfundraising.org.uk>

# Maternity Buildings in Urambo District

During the Spring and Summer of 2024, FUM has supported the completion of two much needed Maternity Buildings in the villages in Urambo District, Usisya and Kamalendi. Both of these projects have been managed by the FUM representative in the area, Mr Lucky Enoch.

These villages, like most others, have a dispensary that provides services from a single building. To understand this in UK terms imagine a service that is a combination of a GP Health Centre and a Midwife Led local maternity unit – this is what a dispensary provides. (They are also, increasingly, providing out-reach health services to surrounding communities).

These older style buildings have space to accommodate just one woman in labour and are no longer larger enough to provide the services needed for their growing communities.

The Government of Tanzania now has a much bigger standard design for newly build



Kamalendi Village Maternity Unit

dispensaries. However, for communities with an existing building of the original, smaller, design, the addition of a new

dedicated maternity building is vital. As with all of the maternity unit projects being supported at the moment and in recent years by FUM, these new buildings mean that women from the villages can deliver their babies in a clean, comfortable building that has plenty of space and making it much easier to provide both privacy and a higher standard of care.



Usisya Village Maternity Unit

## Usisya Village Maternity Unit

It had initially been agreed by the FUM Trustees that this project would be the main target for the 2024 sponsored walks. However, good management of the charity's funds by the treasurer meant that we were able to authorise

the start of this project ahead of the money coming in.

The early release of these funds ahead of the target date meant that the team, led by Mr Lucky, were able to work throughout the dry season. They have done a superb job with this project which is now ready to open, well ahead of the target date and prior to the start of the forthcoming rainy season when travel becomes more difficult.

**Kamalendi Village Maternity Unit**

This had been on the priority list for support from FUM for

some time but the FUM funding was switched to Kiloleni once we'd been notified that alternative support had been found for Kamalendi.

This year we were approached again by the Kamalendi community as whilst the FUM funded Maternity Unit in Kiloleni has been up and running for time, sadly the money had run out before their new building had been completed.

Following this approach the FUM Trustees agreed to help get the building finished and into use.

The work that has been undertaken, under the watchful eye of Mr Lucky Enoch, has been:

- Supply and install windows with aluminium frames
- Supply and install doors
- Paint the building, inside and out
- Complete the electrical and plumbing installations
- Build a septic tank
- Build an incinerator for medical waste.

Now, through the joint effort of the District Council and FUM this much needed facility is about to be available for new mothers in the village.

## Nutritional Flour Project

**In Nzega District Mary Mkwama is running a programme to encourage and enable HIV positive pregnant mothers to improve their diet so as to better support the Antiretroviral Therapy (ART) they must have. Mary is an Assistant Medical Officer (AMO) in Nzega District, known locally as 'Dr Mary'. AMOs (the equivalent of Physician Associates in the UK) form a large and important part of the health workforce in Tanzania.**

Below you can read some very interesting extracts from Dr Mary's research into the programme, which teaches women the importance of using nutritionally enhanced flour, initially supplying bags of fortified flour, but also instructing communities on how to make their own nutritional flour at harvest time.

We are very grateful to the Archer Trust who gave a substantial donation securing this program for several years. The Archer Trust, we know,

looked favourably on this project because it involves so many people in the local community. We would like to take this opportunity to thank all the friends, neighbours and local shops in Liskeard and Callington who either attend or support the annual cake and coffee morning which raises funds for the flour. A special shout-out to Liskeard Co-op, Malcolm Barnecutt Bakery and Cornerstone Callington for their generous donations to the raffle every year.

Mary and Martin Kenway, who host the fundraiser, were especially delighted this year to welcome Lara Cardew, who is studying photography A level at Liskeard School and Community College. Lara offered to take some photographs of the fundraising event and we are pleased to be able to include some of them in this newsletter.

Thank you of course to Dr Mary not only for setting up and overseeing the project, but also for sending us such valuable

background information on the importance of the flour. We are sure that supporters will be very pleased to read about the sheer scope of the project and

the huge range of benefits provided by the nutritional flour that FUM is able to deliver in the rural communities of Mambali, Semembela,

Mbooga, Isagenhe, Mwanhala, Malilita and Mwasala.

## **Extracts from Dr Mary’s Research about the Nutritional Flour Programme**

### **Introduction**

In rural Tanzania, pregnant women living with HIV face significant health challenges, especially regarding nutrition. Good nutrition is vital for enhancing immunity, supporting foetal development, and managing the side effects of antiretroviral therapy (ART). Nutritional flour, fortified with vitamins and minerals, has emerged as a powerful intervention to combat malnutrition and improve health outcomes among this vulnerable population. In Nzega District, nutritional flour has been distributed to pregnant women with HIV, helping them manage their condition while providing essential nutrients needed during pregnancy.

Pregnant women with HIV have unique nutritional needs. Adequate nutrition helps mitigate the side effects of ART, boosts immunity, and promotes a healthy pregnancy. In rural settings like Nzega District, where food insecurity is common, pregnant women are at a higher risk of malnutrition, which can exacerbate the effects of HIV. Nutritional flour, enriched with essential nutrients, plays a crucial role in improving maternal and neonatal health outcomes, reducing complications, and supporting the wellbeing of both mother and child.

### **Benefits of Nutritional Flour for Pregnant Women with HIV**

#### **Improved Maternal Health and Infant Outcomes**

Women who consume nutritional flour experience enhanced health, particularly those on ART. Reports indicate that pregnant women with HIV in Nzega District who receive regular doses of nutritional flour have healthier pregnancies, delivering babies with normal birth weights. The flour’s nutrient-rich composition supports foetal growth and development, leading to fewer complications and a reduction in low birth weights among infants.

#### **Increased Breast Milk Production and Improved Breastfeeding**

Nutritional flour significantly benefits lactating mothers by enhancing breast milk production. This is critical for HIV-positive mothers who rely on breastfeeding to provide essential antibodies to their babies while maintaining their health. Consuming nutrient-rich flour boosts their energy and milk supply, ensuring their infants receive the necessary nutrients for growth.

#### **Enhanced Immunity and Appetite Stimulation**

Nutritional flour, often fortified with vitamins, minerals, and pumpkin seeds rich in zinc, plays a role in enhancing immunity and reducing infections such as diarrhoea. Pregnant women with HIV who consume nutritional flour experience increased CD4 counts and a boost in white blood cells, essential for fighting off infections. Additionally, it improves appetite, helping them consume the needed calories for both mother and baby.

#### **Reduction in Anaemia and Increased Strength**

Many women with HIV in rural areas suffer from anaemia, leading to fatigue and weakness. The iron and folate present in nutritional flour help combat anaemia, providing women with more energy and strength to carry out daily activities. Women report feeling stronger and more active after regular consumption of the flour, which is crucial for both their health and their ability to support their families.

**Support for ART Adherence and Better Tolerance of Medication**

Side effects of ART, such as nausea and decreased appetite, can deter women from sticking to their medication regimen. Nutritional flour helps reduce these side effects by improving appetite and providing essential nutrients that help the body tolerate the medication better. This support enables women to adhere more consistently to ART, leading to improved health outcomes and better management of HIV.

**Increased Hope and Quality of Life**

Access to nutritional flour has transformed the lives of many HIV-positive pregnant women in Nzega District. By improving their health and reducing complications, these women are more empowered, have increased energy, and are better able to care for their families. The intervention has instilled hope and a sense of control over their health, leading to a better quality of life despite economic challenges.

**Educational and Support Initiatives**

Mary Mkamwa has conducted several surveys and educational sessions aimed at teaching women how to make nutritional flour and nutrient-dense food products from locally available resources, including pumpkin leaves, seeds, groundnuts, and beans. These foods offer high levels of vitamins, minerals, and proteins essential for supporting the immune system and promoting foetal growth, which is particularly beneficial for pregnant women living with HIV.



**Supporters at the annual Liskeard Fairtrade Cake and Coffee Morning raised over £500 towards the Nutritional Flour Project.**

Photos - Lara Cardew

# FUM Officers

<p><b>Secretary</b> Rod Smith Tanner House Sissinghurst Rd Biddenden Kent TN27 8EX <a href="mailto:secretary@fum.org.uk">secretary@fum.org.uk</a></p>	<p><b>Chairman</b> Richard Pratt Redwood Ridgeway Horsell Surrey GU21 2QR <a href="mailto:chair@fum.org.uk">chair@fum.org.uk</a></p>	<p><b>Treasurer</b> Nick Vinall Shrewsbury Cottage Bakers Cross Cranbrook Kent TN17 3JW <a href="mailto:treasurer@fum.org.uk">treasurer@fum.org.uk</a></p>
<p><b>Medical Officer</b> Mrs Jo Taylor Jubilee Cottage Headcorn Road Frittenden TN17 2EJ <a href="mailto:medical@fum.org.uk">medical@fum.org.uk</a></p>	<p><b>Education Officer</b> Nikki Hirst Railway Ramblers' Rest Two Bridges Road Princetown, Yelverton Devon PL20 6QT <a href="mailto:friendsum.ed@gmail.com">friendsum.ed@gmail.com</a></p>	<p><b>FDC Liaison Officer</b> Di Cooper 3 Chard Road Exeter Devon EX1 3AY <a href="mailto:alandi40@alandi40.plus.com">alandi40@alandi40.plus.com</a></p>
<p><b>Membership Secretary</b> Julie Overnell The Mangold House, 19d Station Road Bere Alston, Yelverton Devon PL20 7EJ <a href="mailto:membership@fum.org.uk">membership@fum.org.uk</a></p>	<p><b>Fundraising Officer</b> Isabel Heycock 143 Elsenham Street London SW18 5NZ <a href="mailto:fundraising@fum.org.uk">fundraising@fum.org.uk</a></p>	
<p><b>Projects Officer</b> Simon Headington Heath Bank Main Street Great Longstone Bakewell DE45 1TA <a href="mailto:simon@headington.net">simon@headington.net</a></p>	<p><b>Newsletter Editor</b> Martin Kenway 3 Tremeddan Terrace Liskeard Cornwall PL14 4DU <a href="mailto:mkenway@icloud.com">mkenway@icloud.com</a></p>	<p><b>Assistant Newsletter Editor</b> Elena Davidson 34 Cunningham Road London N15 4DS <a href="mailto:elliedavidson@icloud.com">elliedavidson@icloud.com</a></p>

**The new and improved FUM Website**


If you haven't visited our website recently, why not take a look?  
[www.fum.org.uk](http://www.fum.org.uk)




**The Friends of Urambo and Mwanhala 61st Annual General Meeting**

This is to be held on Saturday 8th March 2025 as a Zoom meeting.

The link will be circulated to members well in advance of the meeting.




## The Final Word

FUM has managed an astonishing number of projects during 2024 and the coming year seems as if it will be just as busy. Once again, I ask you to be as generous as you can and enable us to continue helping our friends in the Tabora Region. And please don't miss the specific appeals on pages 5 and 7.

Rod Smith