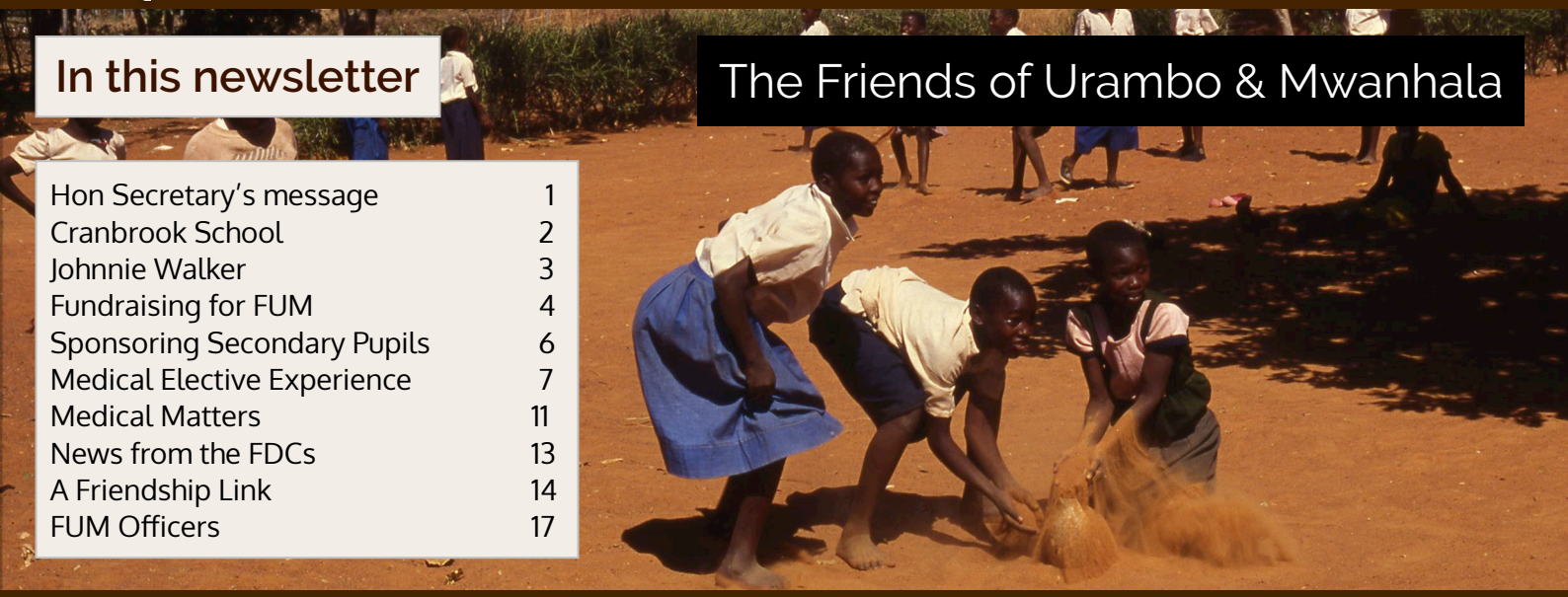


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The Friends of Urambo & Mwanhala



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



A Message from the Honorary Secretary

Ndugu msaidizi, natumaini unafurahia jarida hili lenye maelezo ya kazi zetu katika Mkoa wa Tabora kwa mwaka uliopita na miradi yetu ijayo. Asante sana kwa kuendelea kusaidia kazi zetu pamoja na marafiki zetu wengi nchini Tanzania.

Dear supporter, I hope you enjoy this newsletter which contains accounts of our work in the Tabora Region over the last year and of projects to come. Thank you very much for continuing to support our work with our many friends in Tanzania.

This newsletter comes out at a very turbulent time in our country's history. No matter which side of the EU membership argument you supported you should be aware that the dramatic fall in the value of Sterling has a big impact on what we are able to do to help our friends in the Tabora Region. In effect we have seen our income, or rather, what we can do with our income, cut. I don't know how

we can compensate for this loss other than by asking you to put your hands as deeply into your pockets as you can. I do though have one suggestion. In this age of over consumption somehow we seem to be compelled to buy trinkets and

“ How much better it would be if you could give a Christmas gift which is highly desired and will have a lifelong effect on its recipient ”

gadgets as Christmas presents for our nearest and dearest and, although these gifts bring delight, this is often only short term, the world resources used up are, in effect, wasted while

our homes become cluttered with useless plastic, etc. How much better it would be if you could give a gift which is highly desired and will have a lifelong effect on its recipient whilst using up none of the world's precious resources? So, why not give the gift of education to a young person on behalf of your friend or family member. Does this appeal? I hope it does. Read the piece by Jenny Wills about our education sponsorship scheme which enables you to give as a gift the fees needed to guide a young person through secondary school.

There is a lot else in the newsletter which I hope you find interesting. It includes reports on our activities, details



of the efforts by our supporters to raise funds and an account by Ben Kodiatt, one of the two young doctors who spent their medical electives in Urambo earlier this year.

I would also draw your attention to an article about the link between St Germans Primary School in Cornwall and Nyasa II primary school in Nzega, a link which has been sustained for over 20 years by the hard work and enthusiasm of Mary Kenway and her colleagues. I don't know of any other Primary School link which has lasted as long. Mary and the St Germans community are truly an example to us all as to how enthusiasm, hard work and

generosity really does make our world a better place.

An important date in our annual calendar has always been our AGM but sadly attendance has become smaller and smaller as the years have passed to the extent that The Officers now consider it not sensible to continue the event as a separate meeting. Instead we will combine the AGM with our spring officers meeting, holding the AGM first and then, after a short break for lunch, move straight into our officers meeting when we will discuss spending plans and the like for the coming year. We would be delighted if members attending the AGM would stay

and join in the officers meeting feeling free to make any contributions they would like. The date suggested is March 7th 2020 when we hope to meet at Buckerell Lodge Hotel, Exeter. If you intend coming in the New Year please visit the website www.fum.org.uk to confirm the date and venue and to view or print out the relevant papers.

I hope you enjoy our newsletter. Please pass it on to as many friends and family as you can, spreading the word about FUM as widely as possible. Perhaps you can persuade some to join us.

Rod Smith

Cranbrook School

Since 1984 Cranbrook School has maintained its link with the Tabora Region and long term FUM supporters will remember reports of their working visits to villages all over the wonderful Region.

In the last few years it has not been possible for school groups to visit, but nevertheless the School has maintained its interest in the Region. We are very grateful for their sponsorship of trainee nurses and for their help with other projects. Now, it is very good news that Cranbrook School has decided to renew its student visits to the Tabora Region and so, in July 2020, 45 students and staff will visit Nzega District to work on two projects

there. One group will go to Mambali village where they will work on the refurbishment of the community clinic while the second group will visit

Mwasala village to complete the refurbishment of the clinic staff house there. Mwasala and Mambali villagers are very keen to welcome them so I know

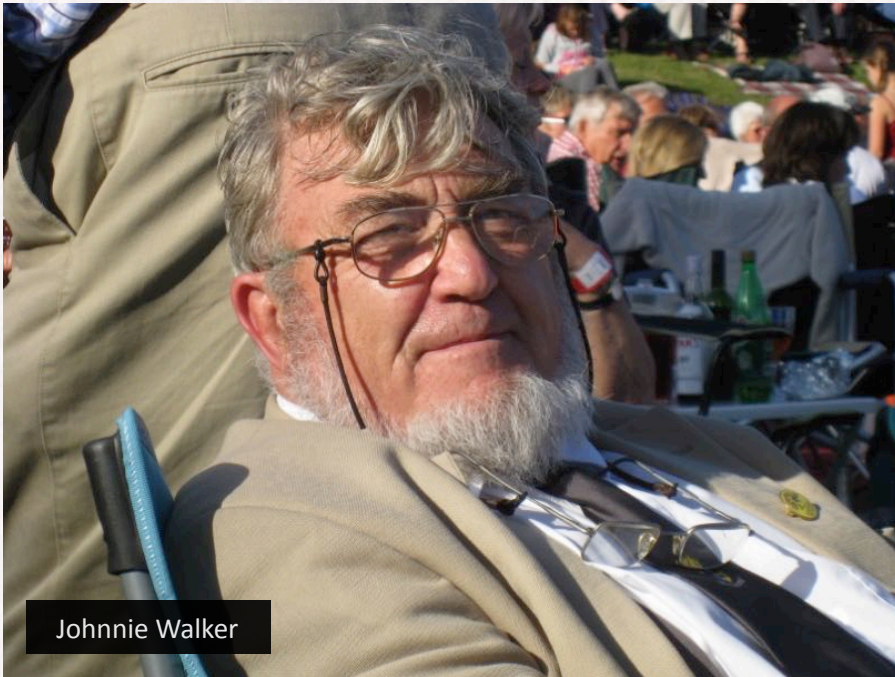
that a wonderful, if hardworking, experience awaits them. Both these projects are being mainly funded with money Cranbrook students have raised through their charity appeal. It is quite something to have maintained such a valuable link for 35 years.



Mambali Community Treatment Clinic in need of a makeover

Johnnie Walker

Since Priscilla Gillett's death, FUM has been without a UK President so the Officers were very pleased that Johnnie Walker had agreed to become our new President and were looking to welcome him into his presidency at the AGM.



Johnnie Walker

However, we were all greatly saddened to learn of John's sudden death in early March this year after an accidental fall. Many people were uplifted by a memorial service held in Buckfast Abbey when his family treated us to memories of living with this marvellous man.

continue the work the Campaign had done in setting up two farm institutes, one in each of the two villages. As part of Bicton College, John had valuable insight into the agricultural support FUM was giving to Tanzania so it was a great boon to us that he agreed to

serve as an officer of the organisation. Being a Liberal Democrat County Councillor meant that he had a great network of contacts which as our Press Officer he made full use of.

John once told me that we can't save the whole world but we can each care for a small bit of it. There is no doubt that his empathy with the people of Tabora made a tangible difference to the development of one of his small bits. He made just one visit to Tabora, in 2001 I think it was, touring round FUM projects. Being rather a blunt speaking man, but one with a love of people, he made himself very popular there and is still fondly remembered. Venance Gomegwa in Nzega, learning of John's passing wrote of his great sorrow that such a good friend has left us. The hospitality he received from John when visiting Devon has left a great impression on him.

Years ago, John's deeply held Christian faith coupled to his generosity and international outlook, made it a certainty that he would join with so many others in Devon supporting the 1963 Freedom From Hunger campaign. When that effort continued after the Campaign had finished, John flung himself wholeheartedly into its Devon offspring, The Friends of Urambo and Mwanhala. Formed in 1964, the aim was to



Fifty five years of work and support means that John made his mark on this organisation and on his fellow officers who, at the start of this year, agreed that he should become our new President, a position he accepted only after some persuasion and assurance that we all wished it. What a great shame that his tenure was so short. As I said, he was a generous man, one who enjoyed living, someone who was great fun to be with and discuss events with over a beer.

We will miss him.

Fundraising

Fundraising is becoming ever more important for FUM and so Isabel Heycock, our indefatigable fundraising officer is always on the lookout for ways of attracting funds.

Annually, we now hold two sponsored walks: one in Devon and the other on the South Downs. This year the walks have been more successful than ever and very well supported, raising between them over £7000. I hope the marvellous routes walked encourage you to join in with your families and friends next year.

It is, too, very encouraging that we have supporters keen to run in National Events on our behalf. In the last newsletter I mentioned that Alex Crews would run

in the London Marathon and he finished this successfully although, sadly, he was unable to find as much sponsorship as hoped. Nevertheless the £700

pounds he raised was a good boost. We hope for much better things in spring 2020 as we have four FUM runners in London's Vitality Half

Marathon. Elly Hills and Sally Eves-Dann from Cranbrook and Harry Theron and his friend Becky are also running.

We still have two places available for anyone you know who would like to run and use these places. Please ask them to get in touch with me as soon as they can.



Devon Walk for Water, Dartmoor, 2019

Fourteen of us, ages ranging from 9 to 73, and three dogs set off from Princetown at 9.30am. Despite the forecast warning of rain, thunderstorms and wind we had none of them. Sunny periods, a temperature in the high teens and good visibility meant conditions were

near perfect. Julie and her friend Lesley had planned an excellent walk, partly following an old railway line over the moors, then over fields and finally along a cycle track ending up at a pub in a village on the moor. This, for me, was one of the best Devon walks

that we have done and by cleverly enlisting a number of her village scout troop, plus parents, our numbers were greater than in previous years.

Overall an excellent walk. Many thanks Julie.



South Downs Walk for Water 2019

9.15 am on a breezy September morning saw 14 of us assembled at Birling Gap car park ready to start the 5th annual FUM South Downs Walk. The first few miles over the Seven Sisters were very hilly and we were all pleased to reach the coffee stop at Exceat Bridge cafe. Refreshed with coffee and cake we headed off to West Dean where we split into two groups.



The assembled walkers

The sun came out, although a fresh breeze persisted and we were glad to find a sheltered spot on Windover Hill for lunch. After that we made very good time to East Dean and back to Birling Gap, arriving about an hour after those on the 10 mile walk.

Half of us did a shorter 10 mile walk via Charleston Bottom and Friston Forest back to Birling Gap and the other half did the usual 15 mile circuit.

Many thanks to all those who walked and made it such an enjoyable day and also to all those who sponsored us.



Coastal views



Well-earned refreshment

A note for your diary - The 2020 walk will be on the North Downs on 25th April.

Easyfundraising Site

We have registered to become part of the Easy Fundraising community. This is joined via a site which enables you to nominate a charity of your choice and thus 'earn' money for FUM every time you make a purchase online from one of the named businesses. If you do shop online, I urge you to read the paragraph below and consider joining in the scheme.

Raise money for FREE when you shop online.

All you have to do is create a FREE account and choose to support Friends of Urambo and Mwanhala. Then 4,000 shops and sites (including all the BIG names like eBay, John Lewis and Partners, ASOS, Expedia, M&S, Just Eat and many more) will donate to us for FREE every time you use #easyfundraising to shop with them.

See how it works by watching this 60 second video: <http://efraising.org/Cqr416Ucy8>
This is a great way to support us for FREE. To create an account just visit our page: <https://www.easyfundraising.org.uk/causes/urambomwanhala/>

Gifting Sponsorship for Secondary School Pupils

For a decade FUM members have joined in a sponsorship scheme for secondary school pupils in Nzega.

At the start of each school year the local education department identifies young people who have gained entrance to secondary school but whose family circumstances mean that they cannot afford the modest annual cost. They send the list to Jenny Wills, our education officer, and she does her best to match these young people to sponsors who have agreed to support them. The cost is modest, one young person needing £30 to pay for uniform and school materials for one year. Pupils remain at secondary school for four years, occasionally five if they reach the highest level.



Why not give the gift of educational sponsorship this Christmas?

If you wish to do this just take these easy steps:

- Go to the VMG website https://uk.virginmoneygiving.com/Imeli_sponsorship and click on the Read More button. You will see the information about gifting sponsorship.
- You must give us your contact details including your postal address and pay the £30 needed to cover each sponsorship

You can choose to sponsor as many pupils as you like and for as many years you would like. FUM will ensure that if you sponsor for just one year we will find a way of ensuring the pupil is supported throughout their time at school. Or, if you wish, why not sponsor a single student through the whole of their secondary schooling by giving 4 separate gifts to members of your family or friends? We will use the funds to cover four years of schooling for a single student.

We will send an email acknowledgement to you and a gift card through the post for you to send to your recipient. Inside will be a leaflet explaining the sponsorship scheme. In due course Jenny Wills will let your sponsor know the name of their pupil and the school which they are attending and will send a photo if/when we receive one.

Please note that your email address will be used only for making contact about this sponsorship scheme or for sending other information about FUM.

You can read about our sponsorship scheme on our website.

<http://www.fum.org.uk/projects/imeli-student-sponsorship>

Medical Elective: An African Experience

By Ben Kodiatt

A medical elective is often seen as the coming of age opportunity given to students in their medical training. It offers a welcome break from the routine of medical school to have an experience as unique as you want it to be. With help from FUM and their established links in Urambo, Harry Theron and I seized the opportunity to stay at the Folk Development College while undertaking a placement at Urambo District Hospital.

We were eased into the hospital work life quite nicely. Lucky, one of the many people who we met on our first day and who was to be our local go-to guide, offered to drop us off on our first day. It was about a 20-minute walk along a straight road from the college to the hospital but Lucky insisted on driving us at least on the first day. The hospital itself consists of an open ground with a few buildings connected by open corridors so you could always see the vast number of patients sitting

around, either as inpatients themselves or hoping to be seen at the outpatient clinic. There are four main wards: a male ward, female ward, paediatrics ward and the Obstetrics & Gynaecological ward, along with two surgical theatres and a few other buildings for other aspects of hospital workings.

Each ward contains around 40 beds, all under the supervision of just a single nurse. A senior doctor would turn up to conduct the ward round which

would usually take around 2 hours, after which he would be expected to move onto the next ward. It was a rare sight for the consultant to be able to see all of the patients on each ward in one day; the closest we ever witnessed to this being done was when one of the doctors was called in at 5am for an emergency surgery, following which he then completed ward rounds on three of the four wards, before once again returning to theatres to conduct further surgical procedures. Our time



A bay in one of the wards in Urambo District Hospital

was divided up by either joining in with the ward round or spending time in surgery. One of the major areas of healthcare in Tanzania, which demands a lot of resources, is within mother and child medicine, so it was no surprise that we spent a lot of our time in the maternity ward. During my first visit to this ward, I can recall spotting a small incubator next to the doctor's desk in which I saw a newborn baby with severe hydrocephalus; a condition in which there is accumulation of fluid in the baby's cranium. I was astonished at seeing such a rare presentation of this condition on my first day and felt it was a sign of the vast differences I would soon encounter.

Although there were plenty of differences to get used to, I was equally amazed to learn that within medicine there are some universal similarities which remain unchanged across the globe. Along with myself and Harry, there were also a group

of medical students who were on placement in Urambo District Hospital for a month. They were a couple of years behind us in their studies yet were substantially more knowledgeable and skilled in certain areas of medicine more commonly practised in Urambo. During ward rounds, we would witness the consultant grill the students in an almost identical manner to the way that consultants do to teach students back in the UK. At times, Harry and I were not exempt from this either and it was a weird feeling to know that even halfway across the world we could not escape from this method of teaching. After a few weeks of getting used to the daily routine, we started to realise that although we were still students who had yet to begin officially practising medicine, in Urambo hospital we were currently some of the most knowledgeable members of the healthcare team. There are extremely few consultants stretched across the hospital, with most of the daily tasks

being undertaken by nurses or health officers and as such, we soon realised that we had to be more than just students during our time here.

Alongside hospital medicine, we also travelled to Usisya, Kamalendi and Kiloleni, three remote villages each with a clinic supported by FUM, to inquire with the staff working there about the challenges encountered with running the facilities. These rural clinics are an essential resource to many people for whom the clinic is the sole source of healthcare provisions. Prior to us setting out for our elective, we have had several small group sessions in medical school to help us prepare by discussing certain challenges we might encounter. One hypothetical scenario which was often thrown around was the question, "Would you perform an emergency C-section if you happened to be the most skilled professional there?". In the UK, we wouldn't dream of performing a C-section without the leadership of a trained obstetrician present and official guidance states that if abroad on elective, we should still not act above our skill set. However, our tutor would pose the question with the reasoning that if we happened to at least have some knowledge of the procedure and happened to be the most skilled medical professional present, surely it would be better to attempt the procedure with the hope of saving one if not both lives, rather than to lose both lives by not acting. As with most hypothetical questions, there isn't a definite correct answer



and without having an actual specific scenario in mind, it is quite hard to predict how you will actually act in the moment. When we had just about finished our final visit of the three clinics, a local lady started to ask Lucky if we were about to head back to the hospital. She had gathered that we were medical professionals from the white coats we were wearing and asked if she and her friend could get a lift along with us as her friend needed some medical assistance. Lucky, cautious to immediately accept, asked if me and Harry could check up on her friend to assess what kind of help she needed.

As we went to the side room to investigate, we saw the young mother lying on the hospital trolley mid-labour. Her labour showed signs of failure to progress and there was only a baby's hand sticking out. Harry and I immediately recognised this as a serious situation. Unfortunately, the baby's hand was already a dusky blue and there were no signs of active life. Our priority was now ensuring the mother would survive as the longer she was in labour, the greater the chance she might rupture which would put her life at more immediate danger. We did our best to manage the situation while Lucky tried his utmost to get some signal on his phone in order to call for an ambulance. An hour and half later, the ambulance had managed to take us all back to the hospital and an emergency C-section was performed. We later learned that the mother had taken a local remedy thought to

aid labour while still at her home. These remedies often contain ingredients which can hasten the birthing process, which, depending on the stage of labour, may not always be appropriate. When her labour failed to progress, she then walked to the clinic to seek assistance. Apparently, ingesting these herbal remedies is not an uncommon practice in remote villages lacking any maternity services and while many think of them as an aid for giving birth, there is great unawareness of the potential harms they can cause. The experience taught us a lot

“ We later learned that the mother had taken a local remedy thought to aid labour ”

both personally and about the health culture in villages such as these. It showed us first hand an example of the importance of these satellite facilities in rural populations in providing maternity services. I am quite sure that due to the circumstances that the mother was in, she would not have survived had she not sought help. The situation also fleshed out our own personal abilities as well as shortcomings in being able to handle a real-life emergency scenario, which is something which is usually (and luckily) untested while at medical school. I still think about this incident quite frequently and how lucky we were that she did not rupture. It was quite ironic to think that at one point, Harry and I both gave serious consideration to that hypothetical question

about whether we should perform a C-section or not.

Experiences like this still only make up a fraction of the memories which have stuck with us and I'm sure Harry will agree that it is meeting the people which has had the most lasting impression on us. Living at the FDC was the icing on the cake which really immersed us into our Tanzanian elective. The students living there had come from different parts of the country, usually once their families had saved up enough money in order for them to study and learn a trade. The ages of students varied and although most were from different places, we realised early on that they were very much united by their love for football. We had only been there for a couple of days before we received the first invitation to play in a match between their team and another local one. Matches were a highlight of the week, not only for the ones playing but also for students and staff members who were all keen to hear about a good result from the team. The coach of the team was a man named Jackson Simfukwe whom we had met along with Lucky, as part of the many people we had been introduced to on our arrival. He started a football team for the FDC soon after his arrival a few years prior, as he had recognised that there were many students at FDC who really wanted a chance to play but could not due to a lack of teams in the area. Some students who wanted to keep up playing would often have to

join other local adult teams such as the staff team for the local prison and would often not play unless they were especially talented. There are many difficulties in establishing a team, logistically and financially, which is why they can be quite scarce in rural areas such as Urambo.

Although the football team is only one aspect of life at FDC, after living there for weeks I realised that for some it has had an extensive impact on their development. I recall speaking to the principal of the college, Mr Gulmay, about a particular student who when he first started was known as a troublemaker, both inside and outside of the classroom. After

a few months at FDC this behaviour altered and Mr Gulmay informed me that it was due the guidance of Jackson who taught him how he should act both on and off of the football pitch which was they key to his change. Midway through our stay at the FDC, Jackson was relocated to Dar es Salaam as a result of his contracting employer but the football team continued on under the leadership of another teacher. Jackson continues to support both former students in Urambo and others in Dar es Salaam who aspire to play at a professional level. Throughout our time in Urambo, we experienced first hand a lot of the challenges both in hospital and out of hospital life and it

was quite refreshing to see such a positive endeavour started within the FDC itself.

We still stay in touch with Jackson as well as several of the students from FDC. They send us messages quite frequently ensuring that we stay brushed up with the limited Swahili that we picked up. I wanted my elective to be an opportunity to experience events I would not usually encounter back home and I feel that this trip surpassed those expectations. Even now during the few months I have started working, I think back to those experiences quite frequently and realise how much they have helped me prepare for life as a junior doctor.



An unforgettable experience

Medical Matters

For the last few years a spending priority of FUM has been to concentrate on the clinics we support. We think it is essential that all our clinics have ready access to a reliable and safe water supply and so, as supporters will know from reports in previous newsletters, we are attempting to install either boreholes or large water harvesting schemes for the clinics.

Many of you will have taken part in our 'Walking For Water' sponsored walks which are intended to boost the funding available for the water schemes. We are nearly there and now, Jo Taylor, our indefatigable medical officer, is keen to ensure that all our clinics have accommodation available for the staff. You will read of early success in this section.

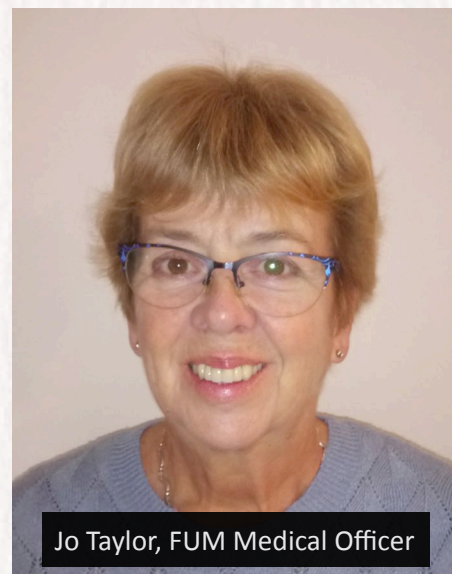
For some years now Jo has monitored the use of an annual grant FUM gives to each of its clinics. The purpose of this is to ensure that facilities we have invested in are fully used and don't mark time while awaiting new or replacement equipment which can take a long time to be supplied through normal channels. Here Jo gives us an idea of the uses the clinics put our money to.

Jo writes:

Dispensaries

We continue to support a total of 14 clinics in the Tabora Region. The six in the Nzega District are in the villages of Mwanhala, Semembela, Isagenhe, Mbooga, Malilta and Mwasala. Mr Sebastian and Mr Mgawe, our two Liaison Officers in Nzega, keep us updated on these medical centres. They have told us that all the dispensaries have received their FUM annual grant money of £200 sent earlier in the year and this has been used to buy equipment such as blood pressure

machines and weighing scales, while some clinics have had benches made for the waiting patients to use. We have also heard that the dispensaries in the Kaliua and Urambo Districts have received their £200 grants but we have yet to be told what purchases they have made. In the Kaliua District the dispensaries are in the villages of Nyasa, Maboha, Usimba, Uhinde and Ibambo and in the Urambo District the dispensaries are in the villages of Kamelendi, Kiloleni and Usisya.



Jo Taylor, FUM Medical Officer

New staff house at Mwanhala Dispensary

FUM and FON financed a new house for the nurses who work at the delivery clinic in Mwanhala, which is now complete, and on October 11th there was an Inauguration Ceremony to officially open the house. This was led by the District Commissioner, the Hon

DC Godfrey Ngupula, with many of the District Officers in attendance, as well as a large number of the villagers. Even though the house is yet to be connected to the National Grid, a nurse, Pius Mahela, is about to move into the house. He will use oil lamps until electric

lighting is installed. It will be such a huge benefit for the pregnant mothers in and around Mwanhala to have a nurse on hand 24 hours a day, which is something that has not happened for a long time.



Hon DC Godfrey Ngupula speaking at the Ceremony

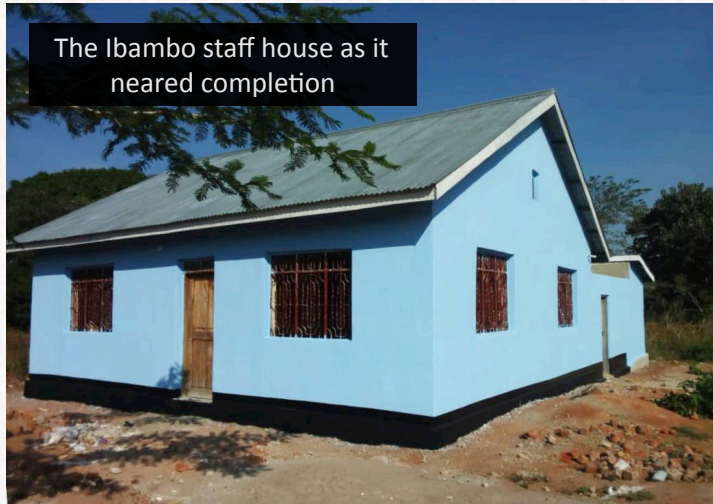


The VIPs and villagers visiting the new staff house at Mwanhala

New staff house at the Dispensary in Ibambo

In Kaliua District, FUM has helped to finance the building of a staff house at the newly opened dispensary in Ibambo. This included connecting the house and the dispensary to the National Grid which now passes close to the buildings. The cost of this was met by monies given in memory of John Walker which has delighted his daughters who are pleased that his legacy has been used in such a useful way. The good news here is that the house is already being lived in by the

dispensary staff who, until now, have had to stay in accommodation rented locally. Through the Walking for Water events held over the past two



The Ibambo staff house as it neared completion

years, FUM has raised the money to enable rain water harvesting to be installed at the dispensary in Ibambo. Sadly, end of year financial changes in Tanzania caused a delay to this project, but we have been told work is progressing again. We expect the large underground tank will be in place before the rainy season starts so this dispensary will have a plentiful supply of water for its patients and staff and enough to last throughout the year.

Medical sponsorships

For the last two years FUM has arranged sponsorship for seven trainee nurses at the Nursing School in Nzega. Four have been sponsored by FON and three by Cranbrook School. Six of the seven have now completed and passed their

two-year course, so gaining their Certificates of Nursing. Sadly the seventh nurse was suspended for poor behaviour, but soon he too will be permitted to complete his course. The six nurses are among a small group of

trainees in their year who have been offered the opportunity to move to another Nursing College, in Tukuyu, to gain the more prestigious Diploma of Nursing. This one year course will cost each trainee £750 for the year. Four of them are lucky

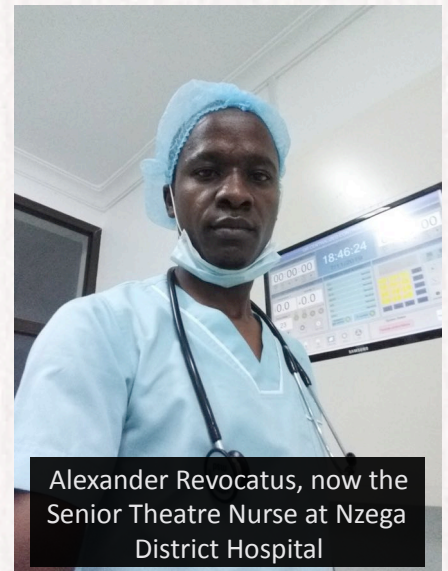


Dr Amos at the college ultrasound machine

enough to have been offered continued sponsorship by FON. At the time of writing the other two nurses still lack sponsorship. Maybe you could help? Please email me at medical@fum.org.uk or contact us via the FUM website (www.fum.org.uk) if you can offer some support!

Last year FUM sponsored Alexander Revocatus, a nurse at Nzega District Hospital, to upgrade his skills to Diploma level. The Hospital requested this sponsorship as, in their words, it would make Alexander a more useful and efficient nurse. The very good news is Alexander passed his final exams in July to gain his Diploma of Nursing and Midwifery and he is extremely grateful to FUM for enabling this. Alexander has now been appointed as the Senior Theatre Nurse at Nzega District Hospital, so his new skills are already being recognised, and used.

The Nzega District Hospital also asked FUM to help Dr Amos, employed at the hospital, to undertake a Radiology course. This is a two



Alexander Revocatus, now the Senior Theatre Nurse at Nzega District Hospital

year course and again Dr Amos is making good progress. In his holidays from college he returns to the hospital and soon his new skills will enable him to do the scans that will mean pregnant mums no longer need to be transferred to other hospitals for their diagnosis and treatment.

News from Mwanhala, Sikonge and Urambo Folk Development Colleges

We have supported these three institutions for many years providing bursaries for disadvantaged students and helping with college infrastructure when we can. During our water appeal we provided each college with a water supply, but all these ran into teething problems and so we have been anxiously awaiting news of these.

It has been a relatively quiet time for the FDCs with each institution having good numbers in both the first and second year of their two-year courses. Currently, domestic electric installation continues to be by far the most popular course followed in each college, whilst motor vehicle maintenance and tailoring are still attracting students. It is good to know that

the majority of students in each college will be taking the national VETA examinations in their subjects as this gives them a higher qualification than a college certificate. As everywhere, this is likely to lead to better job opportunities on graduation. In each college, our FUM bursaries continue to support an average of fifteen students whose families are unable to pay their fees.

Following an interruption in the building work at Urambo FDC, operations seem to be back on course and we shall look forward to hearing when all has been completed. This major refurbishment will offer so much to the staff and students at the college.

Tremendous news recently received from the Principal at Sikonge FDC is that, at last, funds have been awarded by the Ministry for the reconstruction of the administrative building and workshops which were destroyed in a fire in August 2017. Again, we shall look forward to the full completion of this work.

The opportunity for a good water supply now exists at each of the colleges and we sincerely hope that the rains will be much better this season to allow full use to be made of the improved facilities. Our thanks go to each of the Principals, and their staff, for all they achieve in their Colleges.

St Germans-Nyasa II Friendship Link Now into its 22nd year!

Mary Kenway

When Rod heard that I was retiring from St Germans Primary School, he asked me if I would write a piece about their longstanding friendship link with Nyasa II Primary School, being amazed that it has lasted so many years, and keen that I should pass on the secret of its success!

However, I didn't think for one minute that Rod will be expecting the answer: FUM is the secret of its success! And yet it is true that without the support of FUM officers in both the UK and Tanzania, we would not be celebrating twenty one years of friendship today.

We also have to thank the successive headteachers in both schools who have willed this link to continue in spite of the many geographical, financial, technical and curricular constraints which have impeded the free flow of information between us.

The link began way back in 1998. At that time I was teaching at nearby St Cleer, which had been enjoying an FUM friendship link with Shigamba for several years.

Sue Moxom, one of the teachers at St Cleer, had moved on to St Germans Primary School and was keen to begin a link at her new school where she had become Assistant Head. The headteacher, the late Carol McGlinchey, was



Pupils at Nyasa II with Fairtrade footballs and a strip sent from St Germans

equally enthusiastic and asked me to set the wheels in motion.

Everyone was very excited when the first letter arrived from Tanzania from the headteacher of Nyasa II called Mr Severin Aaron. He told us all about his primary school in Nzega District and, before long, the children in both countries were exchanging letters and annotating them with charming drawings depicting every day life.

At that time, the late John Gillett (founder of FUM) was running the school links and I still recall his insistence that the links were first and foremost about friendship, and next about being equal partners. And I think it is true to say that our adherence to these two principles has made it possible to maintain our link with Nyasa II over such a long period of time.

Following a very wonderful visit in 1995 to Shigamba and Mwakashanhala Primary Schools (the latter being linked with my husband Martin's



KS1 display celebrating our friendship



Pupils enjoyed copying FUM artefacts

school, Callington PS), Martin and I had already put together an Education Pack, which we made available to all the primary schools with FUM Tanzanian links. FUM had also loaned us a huge selection of fascinating Tanzanian artefacts.

So armed (quite literally!) with ceremonial spears, shields, and lion head-dresses, I made several visits to St Germans, working with Year 6 mostly and sharing all of our newly discovered knowledge and resources. Little did I know that within a couple of years, I would be teaching at St Germans myself!

Before long, Nyasa II had become a household name there, and was the focus of much of our fundraising through the year. FUM, of course, always ensured the safe passage of our money.

Over the years we have raised money to help with the construction of many essential new buildings, including classrooms, stand pipes and toilet blocks. And the children in St Germans have always been kept abreast of the

projects through photos and letters. (The year we paid for a new standpipe, I remember Sue Moxom had our children counting the number of taps we had around our school. What a lovely way of helping our pupils to reflect upon the things we take for granted!)

After Mr Aaron, Max Zachariah became the new headteacher and he was also keen for the link to continue. By this time, Mrs Sarah Marshall had become headteacher at St Germans. Having visited Ghana as part of the British

Council's Connecting Classrooms project, Sarah was (and still is!) a great champion of African links and was determined to continue Carol's legacy of making St Germans a school which cares just as much about people far away as those within the school community. She loved the fact that Nyasa II was also a primary school and she has always been determined to make sure that the children in St Germans are kept informed about the activities of the children there, through assemblies, displays and lessons.

However, if we had had to rely upon letters alone, I doubt if our link would have been the success that it is. Instead, Tanzanian life has literally been brought to our doorstep by frequent Tanzanian visitors, all sponsored by FUM.

We have welcomed some wonderful characters over the years, such as Elias Masatu, Bertha Kulwa (formerly Bertha Mwegoha), Neema Malyeli and



The headteacher was proud of the new toilet block which St Germans helped to fund

This young man saved up all his pocket money to give to Bertha and Masatu (FUM Liaison Officer at the time)



Deogratias Hella. Their visits, I am sure, will remain long in the memories of both teachers and pupils, and we definitely have them to thank for bringing all the artefacts and images to life.

John Gillett said he wanted our links to be reciprocal and of benefit to both schools. Thanks to FUM officers, such as Rod Smith, Nick Vinall and Jo Taylor, visiting Nyasa II on our behalf, we have been able to send a variety of materials out to our friends in Nzega over the years.

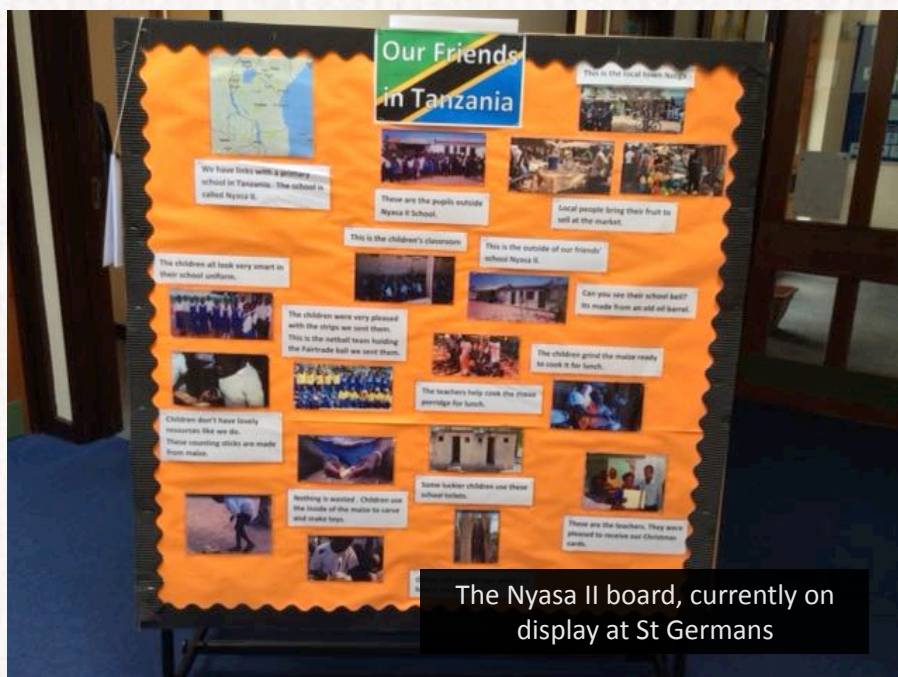
A zigzag book all about St. Germans School (made by the pupils), Fairtrade footballs, football strips and a Swahili number frieze made by Year 6

for nursery pupils at Nyasa II, are just a few examples of the many things that FUM officers have kindly made space for in their very limited luggage. If they had to pay for excess luggage, they never told us! And we are very grateful to them for going miles out of their way to help.

Speaking of Fairtrade, I think it is important to mention that St. Germans is a FairAchiever school, and Nyasa II provides a perfect context for teaching and learning about the importance of Fairtrade too. Nyasa is mentioned in the St Germans Fairtrade policy as well as their PSHE policy. You

could say that it has become part and parcel of the ethos of St Germans.

Sarah Marshall and the latest headteacher, Alice Kavalambia, are busy planning their next communications, all aided by the very supportive Anthony Sebastian, the current FUM Liaison Officer. I am delighted to say that the advent of mobile phones and internet is making this ever more possible. I wish them every success and just hope that it will last for another twenty years!



The Nyasa II board, currently on display at St Germans

Want to set up a link?

If you know about a school who would like to set up a link, please get in touch. I would be happy to go into greater detail about ways to manage a successful link, and to share our resources with them. I can be contacted at

marykenway@icloud.com

Mary

FUM Officers

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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:jo.taylor@fum.org.uk)

Nzega Hospital Nursing School



The Final Word

At 11.30am on 7th March 2020, we will be combining the AGM with our spring officers meeting, holding the AGM first and then, after a short break for lunch, move straight into our officers meeting when we will discuss spending plans and the like for the coming year. We would be delighted if members attending the AGM would stay and join in the officers meeting feeling free to make any contributions they would like.

The meeting will be at Buckerell Lodge Hotel, Topsham Road, Exeter EX2 4SQ.

Best wishes

Rod Smith