

In this newsletter

Hon Secretary's message	1
A Tribute to Eileen Noakes	3
Notice of AGM 2021	4
A Tale of Two Clinics	5
News from the FDCs	7
Medical Matters	8
School Pupil Sponsorship	9
Walking for Water	10
FUM Accounts	11
FUM Officers	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

Wapendwa rafiki na wasaidizi, ninachukulia kwamba wote mko salama katika wakati huu mgumu. Ninatumaini mtayakuta mengi katika jarida hili ya kuwafurahisha na kuwatia moyo kuendelea kuisaidia FUM kwa mwaka mzima ujao. Asanteni sana.

Rod Smith (Katibu, FUM)

Dear friends and supporters, I pray that you are all keeping safe during this difficult time. I hope you find much in this newsletter to cheer you and encourage you to continue supporting FUM over the coming year. Many thanks.

Rod Smith (Hon Secretary, FUM)

Cranbrook School Donates Funds for Two Major Projects

Dear Friends,

What a strange time we are negotiating, with the COVID-19 crisis putting on hold so much of what we try to do. I just hope that all friends have dodged the virus or, if unlucky, have negotiated the illness successfully. Despite the pandemic there is a lot of good news to report as things are moving in Tabora Region in spite of virus fears.

Firstly, as I reported earlier in the year, our appeal to help hospitals with PPE purchase allowed us to send £1800 to Nzega, Urambo and Kaliua which they used to buy the usual items but also to supply

some of our clinics with foot operated hand-washing stations which were manufactured locally.

Tanzania has acted with commendable speed faced with the threat of virus infection and I am told that right now there are no identified cases of COVID in the Tabora Region. As the rainy season starts soon, we have to hope that there is not a wave of infection about to hit our friends.

The second appeal we ran this year was to raise money for

Shimilimana, a young student nurse from a family without sufficient resources to support her through nursing school. Again your generosity was wonderful to see and altogether you contributed sufficient money to see her through all three years of



Locally made hand washing stations

her course. Jo Taylor writes more about nurse training elsewhere in the newsletter, and also about the state of our clinics.

Readers of the spring newsletter will be expecting news of the latest expedition by Cranbrook pupils to Tabora Region where they were due to work in the villages of Mambali and Mwasala. Sadly the trip was cancelled because of the pandemic but I am so pleased to be able to report that, despite this disappointment for the pupils, Cranbrook School has honoured its commitment to fund the works in these two villages. You can read about the projects on page 5 of this newsletter.

Another casualty of the pandemic was the planned elective weeks of Jessica Eardley who was to have been in Urambo in May/June this year. Due to the COVID crisis causing NHS overstretch her elective was cancelled and instead she spent her time working in her university hospital. While this must have been an interesting experience for a young doctor it is nevertheless a great shame that she missed out on the Urambo experience. This year we are assisting four young student doctors planning to spend their four week elective in May/June 2021, two in Urambo hospital – Rachel and Anna under instruction from Dr Swakala and two in Ndala

Hospital – Rachael and Alastair with Dr Mgalega. Both the DMOs are pleased to welcome them to their districts. We are grateful to the two District Medical Officers and happy that we are able to use our contacts to achieve such a positive outcome for these students.

“ This year we are assisting four young student doctors planning to spend their four week elective in May/June 2021, two in Urambo hospital under instruction from Dr Swakala and two in Ndala Hospital with Dr Mgalega. ”

Our fundraising efforts continue, guided by Isabel who arranges our sponsored walks and entries to national events. It was great that Elly Hills raised £500 for us running the Vitality Half marathon and you will read about the North Downs walk later on. I would like to highlight Julie Overnell who, disappointed that the walk in Devon had to be cancelled, used her birthday – a veil is drawn over which one it was – to invite contributions to FUM. She must have been delighted by the response. Fundraising needs a focus and so our aim this year is to secure enough to install a deep borehole and pump at the Mother and Child Health Clinic in Isegenhe

village in Nzega District. A geophysical survey has been arranged although at the time of writing I have not yet seen the results, but I expect a suitable location to drill will be identified. We have already raised enough to commission the work.

I suppose our main concern is the well-being of the three Folk Development Colleges at Mwanhala, Sikonge and Urambo. There is good news to report here too. After many years when the FDCs were the Cinderellas of the Tanzania educational system they at last seem to be moving up in importance and are having their buildings upgraded. Their importance lies in their training of skilled electricians, carpenters, masons, secretaries and so on: the life blood of a developing economy. All three of our FDCs have recruited strongly this year and the government are upgrading their buildings. All good news as you will read in Di Cooper's report. Finally, should you not know what to give as a Christmas present this year, let me direct you to Jenny Wills' page about secondary school sponsorship. Can there be a better gift to give?

Thank you all for your continued support and thanks to my fellow officers. Without you, FUM would fade away.

Rod Smith



Rachel and Anna will be in Urambo Hospital



Rachael and Alastair will be in Ndala Hospital

A Tribute to Eileen Noakes Ambassador for KNFA

17th November 1921 - 3rd August 2018

For many years The Friends of Nzega, formerly The Kingsbridge Nzega Friendship Association has done sterling work in Nzega and Nzega District. Now seems a good moment to salute one of the movers and shakers who worked so hard on behalf of the people of Nzega

It was in 1992 that the then retiring officer William Topper announced at the AGM that 'The outlook for the Kingsbridge Nzega Friendship Association is indeed bleak'.

The charity which was set up in 1984 had already achieved significant headway in its intention to link up a mutual friendship and understanding between the towns of Kingsbridge in Devon and Nzega in Tanzania. It already had a healthy membership, had made contacts with various officials and had started enterprising projects supporting schools, the local hospital and the Folk Development College.

Eight years later the vacancy for a much needed secretary was an urgent priority if these projects and others were to succeed. It was then that Eileen Noakes offered her help and almost instantly proved to be a worthy addition to the committee. Her enthusiasm and efficiency

was impressive. She made friends with our overseas colleagues, writing regular clear and concise letters to the contacts that she knew would oversee the projects we were funding. In those days she relied on typed or handwritten letters; there were no texts or emails so communication was a lengthy business! Eileen's ability to articulate exactly

what was required made these exchanges successful. Money transfers were regularly sent, funding the building of a shallow well for the Nyasa School, a well for the Mwasala Clinic, provision of much needed water supply to the Nzega District Hospital, tailoring supplies to the Kitonga Homecraft Centre and by no means a straightforward task, the delivery of a Land Rover, to name just a few!

Eileen was keen to meet her new friends and represented the charity by a visit in 1998. This proved to be a very intrepid journey for a 71 year old travelling alone. It took three exhausting days before she met up with Elias Masatu and Feste Ndondo. After her long flight to Dar she made her way by taxi to the Luther House where she presumed she had a reservation. That turned out not to be so and in the dead of night she finds herself in a not particularly welcoming part of the city complete



Eileen Noakes and friends

with heavy luggage. Eventually she finds a hotel that turned out to be a house of ill repute! Sleep was almost impossible so she made her way to the airport where some of her luggage was stolen. Finally she arrived in Tabora and did the rounds of meeting various officials before the 70 mile journey to Nzega where her welcome party at the Kitonga Homecraft Centre treated her like a queen.

Her days were spent visiting schools, colleges and workshops. Eileen loved the enthusiastic reception she always received and delighted in dancing and singing at any opportunity.

She was saddened by how badly the hospital and schools

were equipped and moved to tears on several occasions.

Her feet hardly touched the ground during this first visit but she wasn't put off and visited two more times. All her visits left her overwhelmed by the Tanzanian warmth and positive approach to what is a challenging life.

At the Friends of Nzega 20th anniversary Eileen was able to express what a real difference our small charity had made to the good friends in Nzega.

"The benefits," she said, "have not been one way. We have made good friends, discovered that we have as much to learn from them and that they can teach us things we have forgotten, such as fun, laughter,

song and dance and above all the value of community and responsibility for each other."

Eileen retired as secretary in 2007.

She certainly left a wonderful legacy which was apparent when Georgina Torabi and I visited some years later. Her name was constantly in conversation and her praises were sung when we followed in her footsteps.

In 2004 KINGSBRIDGE NZEGA FRIENDSHIP ASSOCIATION AMENDED THE CONSTITUTION TO BE CALLED FRIENDS OF NZEGA.

Flo Stathers

THE FRIENDS OF URAMBO AND MWANHALA



2021 Annual General Meeting

**It is planned to hold this meeting
at 11am on March 6th 2021 in the Buckerell Lodge Hotel, Exeter EX2 4SQ.**

**The AGM will be followed by a chance to chat and have lunch if you wish.
There will then be an Officers Meeting in the afternoon to which all
members are invited.**

**There will be confirmation of this plus an agenda, minutes of the 2020 AGM
and a set of accounts placed on the FUM website by the end of January.**

A Tale of Two Clinics

Mambali and Mwasala

You may have already read that the latest expedition by Cranbrook pupils to Tabora Region has sadly been cancelled because of the pandemic. The students were looking forward to working in the villages of Mambali and Mwasala so this outcome was extremely disappointing for everyone involved. However, the good news is that Cranbrook School has generously honoured its commitment to help fund the works in these two villages.

Mambali



Mr Venance Gomegwa

Mambali is a large village, at the south west corner of Nzega District, a 4–5 hours drive from Nzega Town. Much of the route is a rough, narrow track.

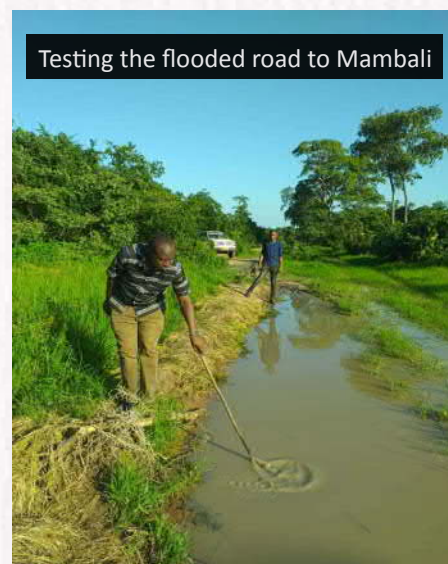
In 1995 two FUM members, Julie (our membership secretary) and Russell, were young volunteers with Health

Projects Abroad and spent time in Tanzania helping to build a much needed dispensary at Mambali. Julie, a nurse, also helped with antenatal sessions at the very busy clinic. She also met her husband Jonathan out there!

Twenty five years later the clinic was in poor condition and in need of some serious renovation. In January this year Cranbrook School in Kent agreed to support this work with FUM, and a student group would help there in July. Then covid struck and the trip had to be cancelled but the School and students kindly agreed to continue fundraising.

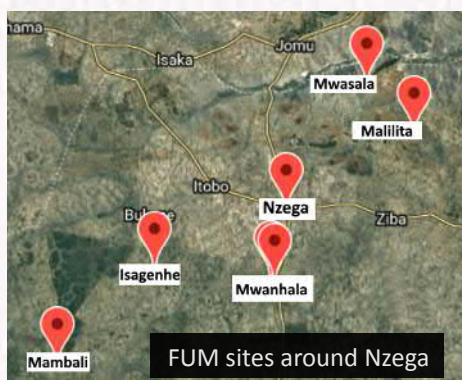
For over 20 years Mr Venance Gomegwa was Clerk of Works for Nzega District Council and supervised all FUM building projects in the area. Although he is now retired, he still gives us the benefit of his experience and advice that we trust.

He and Maro Sifuel J, the District Engineer, visited Mambali in March. The clinic

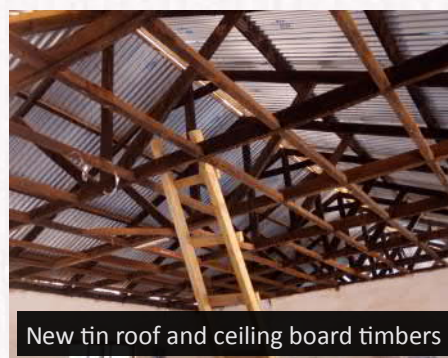


Testing the flooded road to Mambali

doctor was consulted and a design was agreed that matched the funds available. Work started in August and progress was checked in early and late September. The new roof and ceiling woodwork are in place and it is hoped that the



FUM sites around Nzega



New tin roof and ceiling board timbers

work will be completed before the rains arrive in November. The space inside the building was originally a large barn-like space but this has now been partitioned to give four rooms with plasterboard ceilings. Many of the wooden windows have been replaced by termite

proof aluminium alloy.

The new design will make a huge difference to the quality of service that can be provided to villagers. For the first time there will be a separate consultation room giving privacy for examinations.

The building also includes two-bedroom accommodation for the medical officer and family so emergency service is excellent.

Mwasala



Gomegwa inspects new burglar bars at Mwasala

windows will be aluminium alloy and with burglar bars, the internal ceiling is being replaced, the floor will be tiled and walls repainted. Mr Gomegwa visited in early September and reported that work was progressing but more slowly than he had hoped.

When completed the much improved accommodation will make it easier to attract a well-qualified medical officer to the clinic, essential in isolated areas.

The clinic was refurbished by the Tanzanian government in 2017 but earlier this year Mr Gomegwa noticed that some extra support was needed in one corner, an easy 'stitch-in-time' job, and this has been done.

FUM has been linked with the clinic here since building it over 30 years ago and a deep

borehole for the village was funded by our colleagues at Friends of Nzega in 2015.



Rendering at Mwasala

Here the renovation work, funded by FUM, was centred on the separate small house for the medical officer. This was started in 2007 with help from a Cranbrook School group who visited that year but by 2017 when our Treasurer visited I could see signs of deterioration, partly due to roof leaks.

The leaky roof has now been replaced, all



Mwasala a friend of Cranbrook

News from the FDCs

by Di Cooper

In this difficult period, as can only be expected, the courses running in the FDCs were affected by the covid epidemic when the government closed all schools and colleges. However, the colleges were up and running again by the beginning of June. At this time it was decided that they would not close for a period during July, as is customary, but would run right through until December in order that students could catch up with their studies – hard work for both students and staff.

The three colleges each reported that most students had returned after the enforced break. In August Year 1 students did have a ten-day break, and the Year 2 students went out on their practical placements but for five weeks rather than eight. Even though the incidence of covid was much less than in the UK, it is impressive that schedules operated so smoothly in view of the major difficulties experienced by students here.

As has been reported elsewhere in the Newsletter, the visit by students from Cranbrook School could not take place. I indicated in the last Newsletter that it was hoped that they would be able to take out 'starter' kits for some of the graduating FUM-sponsored domestic electric installation students, negotiated through Work Aid. Obviously this could not happen, a big disappointment. The cost of transporting such kits by other methods is unfortunately far too expensive.

The vehicles which were supplied in the past to each of

Mwanhala and Urambo FDC just about keep on the road but access to spares becomes more and more difficult, as does their cost. The Mwanhala vehicle is now fifteen years old and for many years had to cope with the very difficult dirt road into Nzega in all seasons. The Urambo vehicle was delivered in 2008. The FUM Officers have to hope that the vehicles can be kept running for a few more years as we do not have the funds to replace them.

The government has decided to put some funding into the FDCs and the buildings are being enhanced and added to at all three FDCs. Urambo and Sikonge are already making good use of the refurbished and new buildings on their campuses; Mwanhala is hoping that their turn will at last arrive soon - work is scheduled to start in late October, the delay being yet another aspect of the covid pandemic.

We congratulate the Principals and their staff on their dedication to maintain vocational training to their students through these difficult times.

New building and rehabilitation at Sikonge



A workshop



The interior



A toilet block



The administration block

Medical Matters

Jo Taylor

FUM continues to support a total of 14 clinics and it is possible we will take on one more, in the village of Mambali in the Nzega District.

The good news is that we can now correspond with some of these clinics directly, via WhatsApp. It is assumed that those who do not respond to messages (which it can be seen have been received) are staffed by people with poor understanding of written English. Those who do respond are excited to be corresponding with FUM in England and give a good account of their work. But sadly they are all still terribly understaffed and under resourced so the £200 we send to each clinic each year is very gratefully received!

The 6 trainee nurses sponsored by FUM and FON have now completed their studies to gain their Diplomas of Nursing. We were assured they were all working hard and their College Principal thinks they will have passed their medical exams this September, and that they

will go on to pass their Diploma exams in a couple of months time. We have been told that all the trainees sponsored by FUM and FON will be employed at the District Hospital in Nzega.

Indeed, early in October Gomegwa took them all to meet the DMO in Nzega, Dr George Mgalega, and he has assured them that he wants to employ them all in the Nzega District. He would like to have them all at the District Hospital but the 6 Clinics we support also want to employ them. The newly trained nurses say they would be happy to work in the villages or at the hospital. Sadly the District does not have the money for their salaries at the moment; the next tranche of money will be allocated after the election which will be held in late October. We assume that is when their employment will start.



Gomegwa with the newly trained and now very grown up nurses

Recently Gomegwa, a true friend of FUM and who lives in Nzega, contacted us to ask if we could help one specific student nurse who was already training at the



Shimilimana

Nzega School of Nursing but whose family simply could not afford her fees. He told us the family had already borrowed 1 million Tanzanian Shillings to enable her older siblings to get some education but they just could not help this girl, Shimilimana. The FUM Officers were moved by her plight, especially when we were assured that she is a top grade student, and Rod arranged a crowd funding appeal to see if we could help her. The wonderful FUM supporters rose to this challenge and not only can we pay Shimilimana's fees for this year but, as long as she continues to work hard, we can pay for the full 3 years of her course when Shimilimana should gain her Diploma of Nursing. Thank you to all our supporters. Shimilimana is delighted and has promised to work hard.

Gifting Sponsorship for Secondary School Pupils

For over 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 as 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>

Walking for Water 2020

We usually have two Walking for Water events each year but unfortunately this year we had to cancel the Devon walk. However, we were able to enjoy a sunny day on a North Downs walk. Once again Isabel had planned a lovely route for us.

9.00am on a sunny, early September Saturday morning saw 13 of us gathered on Shalford village green. Some of us took advantage of the nearby cafe to have a quick coffee and then we headed up through Chantries woods to join the North Downs Way. Our first mini break was to stop at St Martha's church to admire the view over the Surrey Hills, then on to Newlands Corner where most of us headed for an extended break at The Plucky Pheasant and delicious coffee and cakes.



The walkers gathered on Shalford village green

Most of our climbing done for the day, we left Newlands Corner at a brisk pace on a pleasant woodland track. The weather continued to be ideal for walking, and time passed very quickly as we strode along, chatting, taking photos and enjoying the views. Soon we arrived at Blatchford Downs

where the track opened out into a field and we were able to sit in the sun and eat our lunch.

Our final 6 miles took us along to Ranmoor Common and then down alongside the vines of Denbies Vineyard, where we stopped for our final break before heading into Dorking.

Altogether the walk raised nearly £7000. Many thanks to all those who walked and made it such an enjoyable day as well as to all those who sponsored us.

Isabel Heycock



Lunch on Blatchford Downs



A break alongside the vines of Denbies Vineyard

The Friends of Urambo & Mwanhala

Accounts for Year ended 31 December 2019

Registered Charity Number 265345

		2019	[2018]
Balance b/f 1st January 2019 (note i)		<u>19,801</u>	[18,543]
Income (FUM)			
Standing orders	10,160		
General donations	3,450		
Imeli cheques	1,163		
Jon Walker memorial fund	1,918		
Gift Aid tax refund from 2018	3,498		
Cranbrook School (<i>for nurse training</i>)	3,000		
Nyasa 2 PS (<i>from St Germans PS</i>)	99		
PayPal donations	191		
Interest	1	<u>23,480</u>	[22,317]
Other Income, Special Projects			
Ibambo clinic project (<i>fundraising walks</i>)	8,490		
Mambali family project (<i>delayed Gift Aid</i>)	449	<u>8,939</u>	
		Total income	[30,455]
		<u>32,419</u>	
Transfers (FUM)			
Mwanhala FDC (<i>bursaries + vehicle</i>)	2,500		
Sikonge FDC (<i>bursaries</i>)	2,000		
Urambo FDC (<i>bursaries + vehicle</i>)	2,500		
Imeli bursaries	2,496		
Hospital training support (<i>nurses and doctors</i>)	5,213		
Clinics (<i>note ii</i>)	2,800		
Mambali PS (<i>extra toilets</i>)	2,120		
Imeli PS (<i>extra toilets</i>)	647		
Nyasa 2 PS	246		
Mwanhala PS (<i>water pump repairs</i>)	568		
Liaison officer + student doctors local travel (<i>note iii</i>)	249	<u>21,339</u>	[25,786]
Other transfers to Tanzania			
Jubilee Project repairs (<i>note iv</i>)	1,220		
Ibambo project rainwater harvesting	10,778		
Mambali family emergency medical trip	85	<u>12,083</u>	
		Total transfers	[30,634]
		<u>33,422</u>	
Expenses			
Bank transfer charges	342		
Newsletter postage, Hall hire, Marathon entry fee	293	<u>636</u>	[334]
Non FUM income			
FON: Nurse training (x4)	3,165	<u>3,165</u>	
Non FUM expenditure			
FON: Nurse training (x4)	3,165	<u>3,165</u>	
Balance 31 December 2019 (note v)		<u>18,162</u>	[19,801]

Notes to accounts

- i Includes £13,536 b/f from Special Projects funds
- ii 14 clinics x £200
- iii Fuel for local travel to projects
- iv Repair to Mwanhala FDC pump due to electrical surge
- v Includes special funds c/f £9,069

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
Medical Officer Mrs Jo Taylor Jubilee Cottage Headcorn Road Frittenden TN17 2EJ medical@fum.org.uk	Assistant Secretary Dr Iain Chorlton Corner Cottage, Churchtown St Cleer, Liskeard Cornwall PL14 5DT iainchorlton@doctors.org.uk	FDC Liaison Officer Di Cooper 3 Chard Road Exeter Devon EX1 3AY alandi40@alandi40.plus.com
Membership Secretary Julie Overnell The Mangold House, 19d Station Road Bere Alston, Yelverton Devon PL20 7EJ membership@fum.org.uk	Fundraising Officer Isabel Heycock 143 Elsenham Street London SW18 5NZ fundraising@fum.org.uk	Education Officer Jenny Wills Casa Margarida CP 56 Foral-Larga Vista 8365-091 Algoz Algarve, Portugal casamargarida@icloud.com
	Newsletter Editor Martin Kenway 3 Tremeddan Terrace Liskeard Cornwall PL14 4DU mkenway@icloud.com	

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

Through reading this newsletter, you have learnt that there are so many great things going on, even in this strange and worrying year. Every bit of progress made in each project relies on the generosity of all of our members, sponsors and volunteers. Thank you to everybody and we sincerely hope that you will be able to continue to support us in 2021.

Rod Smith