



Mengo Notes

Vol. 50

Autumn 2011



“ To attempt to heal the sick is much; to carry the water of salvation is more, but to combine the two is the grandest thing a man can have.” *Sir Albert Cook*

EDITORS NOTES

Dear Friends of Mengo Hospital overseas, welcome to yet another edition of Mengo Notes.

On behalf of the Mengo community, I greet you all in the precious Name of our Lord Jesus Christ. We thank God for enabling us go through the 2010. Let me take this opportunity to wish you the best of 2011.

We thank you so much for all the financial assistance you always offer to improve facilities in the hospital which go a long way to make it constantly more beautiful, attractive and impressive. We praise God so much for that.

I want also to commend the current hospital administration for the positive approach which has given staff a spirit of team work and absolute commitment.

I wish you God's blessings as you continue to add bricks on the long built foundation by that great man Sir Albert Cook.

Stephen Musoke

DR JOHN DALTON SHARES HIS THOUGHTS ON BECOMING THE NEW CHAIR OF THE FRIENDS OF MENGO

Feelings of surprise, trepidation and excitement come to mind as I write my first article for Mengo Notes as Chair of Friends of Mengo Hospital UK. Little did I know back at the first AGM I attended in May 2009 that I would become Chair after just two years on the committee. I would like to extend my thanks to Andrew Billington and the committee for their support and encouragement over the last two years, not to mention the tremendous contribution they have made to Mengo over a much longer period of time.

Mengo is a fantastic institution which provides a great service to the communities nearby. It is steeped in history and is well known not just in Kampala but throughout the world. There are many people in the UK whom I have stumbled across who have been to the hospital, or even who were born there or whose children were born there. That tiny mission which Sir Albert Cook founded in 1897 has reached out to people all across the globe and those who speak of the hospital do so with great fondness.

There are many challenges that face the hospital at this time. However, Mengo is not new to adversity and despite the difficulties, this wonderful mission hospital continues to shine in the light of God as it supports and heals members of the local community spiritually, in mind and body. Our continued support is of great value in this aim.

I first visited the hospital while a medical student in 2005 and was struck by the sense of community and the quality of care being provided to so many patients. Great credit has to go to the hospital staff for their tireless good work despite limited resources. I was so taken with Mengo that I went back for another two weeks the following year and spent a further three months volunteering and learning there, spread over 2008 and 2009 as a final year medical student and a qualified doctor. I am currently a junior doctor training in Yorkshire and will commence specialty training in Obstetrics and Gynaecology in Leeds from August 2011. Although young and inexperienced (which



explains the trepidation), I hope my enthusiasm and passion for the hospital can bring something to the FOMH committee as we move forward and continue to support Mengo.

So many thanks have to be conveyed to you, the readers of Mengo Notes and those who support this charity and the hospital. I find it amazing that so many of you, many of whom I have unfortunately never met, continue to dig deep and keep donations and good wishes rolling in on a monthly basis. You have been taking a leading role in the 'big society' for a very long time, well before Mr. Cameron coined the phrase and on a rather larger scale than, I think, he envisaged! We also have the huge benefit as a charity of not having any paid staff. All our members participate on a voluntary basis – a very different story compared to many of the large charities of which we will all have heard. Where they have extremely high overheads and large salary costs, we have none of those problems meaning that every penny that you donate goes directly to the benefit of the hospital and Ugandan patients. We also recognise that many people have concerns about the accountability of aid sent to Africa and elsewhere. Because we have close relationships with hospital staff and members of the committee make regular visits to the hospital (at personal financial cost) we can assure you that accountability of our donations is a great priority and the best possible use is made of your money.

Since the last edition of Mengo Notes, £15,000 has been committed to the general operating theatre refurbishment. Fantastic progress has been made on structural refurbishment and improvement to the building and this is due to be completed by the end of the summer. Have a look at some of the photographs of the progress being made. However, as we said in the last edition of Mengo Notes, our aim is to contribute £30,000 towards the theatre to include fully equipping the theatre to a high standard. Anaesthesia can be fraught with risk to patients, especially in resource poor settings. So much so that the World Health Organisation (WHO) and the World Federation of Societies of Anaesthesiologists (WFSA) have identified the lack of proper peri-operative monitoring as a serious risk and aim to half surgical deaths with a campaign to increase the use of pulse oximetry (which measures blood oxygen levels via a finger probe on the patient during surgery) in operating theatres – something we have taken for granted in UK hospitals for several decades. I for one believe that we have an obligation to equip the refurbished theatres with patient safety as the number one priority. New operating tables are needed along with lighting, instruments and all the other paraphernalia required in an operating theatre. I therefore appeal to you for further donations to make up the remaining £15,000 and thank you wholeheartedly for your brilliant efforts thus far.

Further excitement comes from our developing relationship with Tim Beacon of MedAid International which is another charitable organisation that supplies high quality new and used medical equipment and biomedical engineering expertise to the developing world. He has a vast array of experience and was able to provide immediate support when the hospital faced a major crisis earlier this year. The x-ray machine broke down and couldn't be fixed meaning that one of the most simple but essential investigations could not be carried out. A hospital cannot function effectively without an x-ray machine and new machines in Uganda are prohibitively expensive. Tim was able to source a high quality portable x-ray machine recently decommissioned and fully serviced from a UK hospital, transport it by air freight (along with many other useful medical items which Tim donated) and get it up and running in the hospital in just two weeks, at very reasonable cost! Have a look at the photo of the x-ray machine prior to it being sent and after it had been commissioned at Mengo.

We have received word from the hospital management that the machine is working well and has taken 980 x-rays between its arrival on 9th March and the 9th May! This is a staggering achievement and we are grateful to you, our supporters and Tim Beacon for helping us to

act so quickly in resolving the crisis. We hope to develop our relationship with Tim as we plan to re-equip the operating theatres this year and further improve the x-ray facilities at the hospital in the future.

We offer more than simply supplying equipment, however. Funds have been allocated to assist the new hospital Chaplain, Mrs Proscovia Ssemanda, with her ministry and youth work around the hospital, and we are also sponsoring a surgeon, Dr Henry Luweesi, through his higher surgical training at Makerere University. Please see the articles later in this edition.

All that remains is for me to extend my thanks once more to the many readers who have supported the hospital through gifts and prayers. I look forward to a long and fruitful relationship with Friends of Mengo Hospital UK and continued close collaboration and friendship with our friends across the Atlantic in FOMH Canada. I hope to encourage new supporters and indeed new members of the committee. Please do consider attending our meetings - we are very welcoming and all you need is an interest. The next meeting is to be held on Saturday 12th November at 11.30 am in Potters Bar. Please get in touch if you wish to attend.

Dr John Dalton
Chair FOMH UK

PLEASE HELP US TO RAISE ANOTHER £15,000 TO EQUIP THE THEATRES.

I am pleased to say that the Theatre Project at Mengo is now well under way and the refurbished operating theatres are nearing completion. This work has been funded by the hospital. (Please see the photos in these Notes)

We have been asked to equip the 3 operating theatres along with the Friends of Mengo Canada. At the time of going to press I have heard from Dr Jim Sparking in Canada that they have recently sent a container of medical equipment by sea to Uganda for Mengo.

Obviously 3 theatres need a lot of equipment and the committee are determined that The Friends of Mengo will provide the most up to date and best equipment we can. Good medical operating facilities are essential to any hospital.

Due to your generous donations we have raised £15,000. We have already bought one urgently required X Ray machine and we are liaising with the hospital and the Friends in Canada as to the equipment that needs to be purchased.



Please help us to raise another £15,000 to equip the theatres.

I believe that we are very fortunate to have committee members with so much expertise. For instance, we have doctors, a surgeon, an electrical engineer, and a teacher. Some have worked at the hospital for a number of years and others for short periods. All have visited Mengo

and have a commitment to helping the medical and spiritual needs of the Ugandan people.

This year 4 committee members have visited Mengo to assess needs and carry out work. No expenses are paid and all work is entirely voluntary. You can be assured that your gifts go to the work of Mengo. Only 5% is spent on admin. Costs (plus the costs of producing Mengo Notes)

I hope the articles in this edition will interest and inspire you to help Mengo with your prayers and financial gifts, as you have so generously done in the past.

If you would like further information then please do contact me and I will do my best to answer your question.

Email - clive_kennett@yahoo.co.uk or write to me at 16 Penn Lea Road, Weston, Bath BA1 3RA

Clive Kennett

DO YOU HAVE A SKILL THAT COULD HELP MENGOS HOSPITAL?

Uganda might seem to be half way around the world, but it is only a 9-hour direct flight from Heathrow and an hour drive to Mengo hospital. One can be in England in the morning and at Mengo Hospital in Uganda on the same day. There is a comfortable bungalow for Friends of Mengo to stay in on the hospital site and there are usually other volunteers from around the world staying there.

As well as monetary gifts, Mengo needs people to share their expertise. I didn't think there would be much call for a Chartered Surveyor at Mengo Hospital when I made a tentative enquiry two years ago.

But the Hospital needed a plan of the site to see where they could put new hospital buildings in the future.

My visit to Mengo changed my life, the way I think about Africa, it's people and how my faith calls me to share what I have.

Many medical students do their elective training at Mengo. One current need is for an experienced person to train the operating theatre nursing staff in the newly refurbished theatres. If you would like to find out more then please do contact me.

You can read about Jenny Taylor's experiences in this edition of Mengo Notes.

"You are never too old to set another goal or to dream a new dream."

- C.S Lewis

THE LEGACY EFFECT

Gifts through legacies have made a huge difference to Mengo Hospital and its patients in the past.

Legacies can be used to buy an essential piece of medical equipment, employ an additional member of medical staff, or refurbish an outdated hospital building.

Please do consider leaving a legacy to the Friends of Mengo in your Will as it will make a tremendous difference to the people of Uganda and Mengo Hospital.

Details of the registered charity number, Gift Aid, etc., are at the rear of these Notes. The list of the hospital projects in these Notes for which we are currently fundraising gives an idea of what is needed now and will be needed in the future.

Those thinking about this do not have to re-write their whole Will, all they have to do is have a codicil. Andrew Billington would be pleased to advise anybody who would like to discuss this.

ap.billington2@ntlworld.com



FRIENDS OF MENGOK UK

Started in 1959 when the first issue of Mengo Notes was printed and circulated to 1000 friends, supporters, employees and ex-employees. All those who responded became "friends". UK Friends of Mengo gained charity status in 1983 with the following aims:

- To advance the Christian religion in Uganda, and particularly at Mengo Hospital
- To provide medical and surgical advice, and aid
- To provide training for nurses, midwives, and other medical workers in the prevention and cure of disease

MENGOK HOSPITAL

At the age of 27, the newly-qualified Dr Albert Cook joined the Church Missionary Society inspired by a talk by Henry Stanley, the famous explorer of (Dr. Livingstone I presume ?) fame.

He felt God was calling him and applied to go to Uganda.

He sailed to the port of Mombasa on the Indian Ocean in Kenya with 14 other missionaries { 10 men and 4 ladies } in September 1896.

They walked / rode donkeys the 1,200 kilometres to Kampala in Uganda, where they were made welcome by the Kabaka of Buganda.

Dr Cook attended to his first patient on a camp bed under a tree on Namirembe Hill. The main

health problems at that time were sleeping-sickness, malaria, gonorrhoea, tropical ulcers etc. This event saw the beginning of Christian medical work that has continued to this day.

Hospital buildings were soon constructed, with straw and wattle walls and thatched roofs. Mengo quickly grew with the assistance of Sir Apollo Kagawa who recruited staff for Dr Cook and persuaded local land owners to offer it to the hospital. By 1900 it had 50 beds. It is now a 22 acre site.

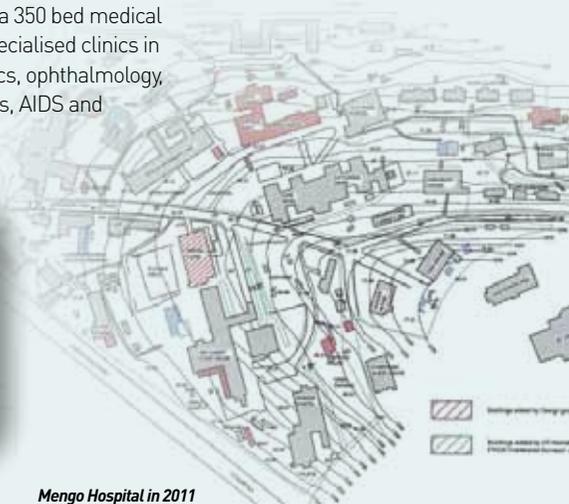
Mengo is a well-respected hospital in East Africa which trains nurses, laboratory technicians and dental staff who get jobs at hospitals throughout Uganda. It has and continues to offer Christian care to millions of people.

Here are some key dates in Mengo's history:-

- **1897** - Mengo was the first hospital in Uganda and East Africa to offer western medicine.
- **1898** - Sir Albert Cook started mobile medical work on a bicycle [the 6th bike in the country at that time].
- **1909** - The first hospital to have an X-ray machine in Uganda [just 12 years after the discovery of X-ray].
- The first hospital to use Anaesthesia in Uganda.
- **1919** - Catherine Cook founded the School of Midwifery to help reduce the high child death rate in the country.
- **2011** - Mengo Hospital has grown into a 350 bed medical facility. Specialised clinics in orthopaedics, ophthalmology, tuberculosis, AIDS and dentistry.
- 375 students in the School of Nursing and Midwifery.
- 90 students a year train in the Laboratory.
- School of Ultrasound and Radiology Technology.



Mengo Hospital in 1898



Mengo Hospital in 2011

NEW X-RAY MACHINE

The X-ray machine at Mengo has been giving problems for some time. It finally packed up in January this year. (Imagine your hospital not having any proper X-ray facility for medical investigations, operations, etc.)

The Friends of Mengo Committee agreed by email that we should act quickly to provide an X-ray machine for the Hospital.

MedAid International was able to provide a second-hand NHS X-ray machine delivered to Mengo for £5,800.

Here it is ready to go!

The X Ray machine was air freighted to Entebbe airport, went straight through customs, thanks to MedAid, and was delivered to Mengo Hospital.

Below is the text of an email from the Professor of Radiology at Mengo:-



"This is some of the best news we have received in a long time. Thank you so much for this generous donation I will work with the Director Dr Nyanzi to receive the machine and have it installed and commissioned. This will be a life-saver for thousands of lives in the years to come."

WE CAN MAKE A DIFFERENCE!



RAYMOND WOOD

Friends of Mengo Hospital UK would like to thank Ray for his many years of dedicated service to Mengo Hospital as he stands down as Pathology Services Manager after 18 years in the job.

It was in 1992 while Ray was Principal Medical Laboratory Scientific Officer at the Middlesex Hospital in London that he was invited by the Board of Mengo Hospital to rehabilitate their pathology services. After years of civil unrest in Uganda, starting with a single microscope and a few reagents but with a great deal of tenacity and vigour he built up what was to become one of the best diagnostic laboratories in the whole of Uganda.

Today the laboratory performs a vast array of biochemical, haematological and other pathology tests with great precision, assisting the healthcare staff in diagnosis and treatment, ultimately to the benefit of patients. When I first visited the lab, I couldn't believe my eyes – it was almost like being in the laboratory of a district hospital back in the UK, the main difference being significantly more positive malaria slides!

In addition to building up a first-rate pathology service and helping to plan and construct recent extensions to the lab, Ray is the founder of the Mengo School of Medical Laboratory Technology. The School has an excellent reputation throughout Uganda and to date over 600 students have passed through. Now qualified and registered by the Ministry of Health, they serve in hospitals and rural clinics across Uganda and elsewhere in Africa. As Principal Tutor, he sat on many committees both in and outside the hospital including the Ministry of Education curriculum development committee for medical laboratory technicians and technologists. In addition, he also published a textbook called 'Practical Methods for the Medical Laboratory in Developing Countries', illustrating his dedication to education and the pursuit of high quality practise in difficult conditions.



Although quick witted, he can be outspoken at times and despite his occasionally sharp tongue, Ray will be remembered fondly by students and colleagues alike.

With a passion for the profession as well as his strong affection for East Africa, and, ever up for a challenge, he has shunned the prospect of retirement! Consequently, we wish him well as he takes on a new and prestigious post in senior management at The Nairobi Hospital in Kenya. As laboratory Services Manager, he is looking forward to facing new challenges in a larger hospital, managing an expanding team of some 80 technologists, scientists and doctors.

Nevertheless, he leaves an outstanding legacy at Mengo and will be missed by many.

Dr John Dalton

FOLLOW-UP ON ANTHONY AND KITEATA

ANTHONY

You may remember from the article in the Spring 2010 Mengo Notes the little boy in the Sanyo Babies' Home next to Mengo, called Anthony.

Anthony was an orphan and was cross-eyed from birth. He was fitted with an eye patch and glasses at Mengo Eye Department in January 2010, his eyesight improved quickly.

The great news is that Anthony has now been adopted by a Ugandan family.

Without the help of Mengo Hospital, I am told that it is unlikely he would have been adopted with this eye problem and would have spent his childhood in an orphanage.



KITEATA

Unfortunately the news about Kiteata, the baby who was brought into the AIDS clinic with severe malnutrition, is very sad.

Kiteata did not survive despite the medical assistance of the Mengo doctors and nurses. She was too malnourished and died.

Mengo has an outreach programme to some of the slums in Kampala.

I went last year with the nurses to an area called Kosovo. Drugs were dispensed free of charge after consultation and advice given to

the people on medical care. A talk was given on ways to avoid contracting Malaria in what is a very swampy area of Kampala and a breeding ground for mosquitos.

This is important work, giving medical advice and dispensing drugs to people who would otherwise not have any access to medical treatment. The nurses from Mengo are also able to identify severely malnourished children.

More about this work in the next issue of Mengo Notes.

E'PAP

E'Pap is a maize and soya powder which is mixed with water to make porridge.

It contains 28 essential minerals and vitamins including selenium and zinc, which research has shown are immune boosters and lacking in the Ugandan daily diet.

Trials by Dr Jim Sparling of The Friends of Mengo Canada have also shown that providing a vitamin and mineral immune enhancer such as E'Pap to recently diagnosed HIV-positive

patients can delay their need to begin the anti-retroviral drugs (ARVs).

Today there are 4000 HIV/AIDS patients registered at the clinic at Mengo Hospital, with 130 adults and over 20 with advanced HIV/AIDS all receiving E'Pap.

The clinic's goal is to provide this "lifesaving" nutrition to all patients.

For more information on E'Pap, visit: www.epap.co.za.

THE CHANGING FACE OF MEDICAL SERVICES



Despite the fact that Ugandans are still grappling with enormous challenges in primary health care provision; privately owned health institutions have stepped up the gear to improve services in their localities.

Mengo hospital has also taken up this challenge by the bull's neck. Firstly, in its quest to improve human resource capacity; the hospital and Friends of Mengo in UK sponsored Dr. Muyanja and the author to do post graduate training in internal medicine.

Indeed this was a sensational idea that has materialized into numerous changes in the provision of medical services in the hospital.

For the first time these two doctors have created the department of medicine in the hospital. Much as it is still in its infancy period and facing a number of problems, this department has established a high dependency unit that provides intermediate level of critical care services.

This four bed facility equipped with four patients' monitors, infusion pumps, BiPAP ventilator, defibrillator and emergency medicines became operational in 2009. So far 120 patients have been managed in this unit in the last 2 years. Plans are that it will be expanded and manned to provide ICU services in the nearest future.

Another change in the hospital has been the rationalization of diabetes care in the hospital. In the past management of diabetic patients was in place but currently this has been centralized and this culminated into the formation of Mengo hospital diabetes clinic in 2007. The clinic runs every Friday of the week. Its register currently stands at 395 patients.

Recently for the first time in history of Mengo hospital and Uganda, a patients' diabetes information book authored by Dr Lumu was launched in the hospital by the Chairman of Uganda Diabetes Association and the Permanent Secretary of the Ministry of Health. This book has gone a long way in assisting in Diabetes Self-Management Education and training which is a very important hinge of quality diabetes care provision.

There has also been creation of an emergency room in the outpatients, department equipped with patient monitors, infusion pump, piped oxygen, emergency drugs, ECG and defibrillator. This room has improved management of emergencies in the OPD.

With the current support from the board of governors and hospital management, Mengo will reach greater heights.

Dr Lumu William

(MBChB, MMED (internal medicine), Cert. Health. Syst.Mgt)

THE CHAPLAINCY MINISTRY IN MENG0 HOSPITAL

It is now four months since I joined Mengo Hospital as a Chaplain. I thank the Lord for the trust He put in me to care for His children who visit the hospital.

I came to know the Lord as my Lord and Saviour in 1976 when I was still a small girl. This experience has always given me joy in the service of the Lord.

I am married to Rev. J.P. Semanda, who is also a big support in the Ministry. He is currently on Namirembe Cathedral staff. We are blessed with five children: Prossy, Emmanuel, Joyce, Denis and Moses.

Mengo Hospital bases its services on three components that are physical, psychological and spiritual. I feel very much privileged to be among those who try to achieve one of them i.e. spiritual.

"I was sick and you visited me and took care of me":
Mathew 25:36

The Chaplain's work in the hospital is mainly based on Jesus' words above. In my experience, this is a ministry where we represent our Lord by doing exactly what He would have done. As the doctors and nurses cater for the physical side of the sick, the chaplain provides the spiritual and moral support.

As the sick people are bed ridden, the doctors do whatever is possible to give them treatment. It has been realized that always the patients' hope for their proper healing is based on the Lord's blessing and physical treatment. I have realized that most patients look forward for words of encouragement and to be shown that despite the pain they are going through, the Lord loves and cares for them.

Furthermore, my work as a chaplain includes visiting the neighbouring Catholic missionary hospital to cater for patients of our faith i.e. Anglican. This again involves praying and sharing God's word with them, ministering to students and staff through counselling and sharing the experience of God's intervention with human beings.

Also my work is to organize different services and programmes for the hospital. Those include baptism, Holy Communion in the chapel and hospital wards. Services are also conducted on Sundays and Mondays in the chapel and also in different departments throughout the week. Such departments include, counselling, administration, accounts, catering, pharmacy, antenatal to mention a few. The purpose

of these meetings is to help the staff to be good witnesses of Jesus Christ in their work.

The Friends of Mengo donated a public system which we use three times a day to minister to all people in the hospital. Loud speakers are located in different places of the hospital.

However, the system needs to be more facilitated to be able to cater for the increasing hospital population. As we thank the Lord for what is already in place to facilitate the chaplain's work, there are also some challenges e.g. staff children are brought together for Sunday school lessons, but as per now, there is nothing to be used as teaching aids, Sunday school class room, and other physical facilities which can help the children.

A big population of the hospital are the youth. However their programmes are limited due to lack of things to use; for example musical instruments, sports equipment and exchange visits could be of much encouragement and provide learning experience for them.

Another challenge is where the chaplain meets poor patients in physical needs and you just pray to the Lord to intervene in their financial needs. Based on the above busy programme the Chaplain is almost at work most of the time without leaving room for tent making. This also calls for work remuneration for the chaplain to be re-considered.

Last but not least, the Chaplain needs transport for easy and quick outreach.

As I conclude, I thank God for my family members who are always a big support in my work. I also thank all the hospital management team I am working with in fulfilling the Lord's work.

My thanks also go to the founders of Mengo Hospital for such a big vision which caters for thousands of Ugandans every year. It has been my pleasure to share my experience as a Chaplain of Mengo Hospital 2011. I also thank the Lord for those who have served before me. May the Lord's Name be praised.

Rev. Proscovia Semanda
Chaplain Mengo Hospital

The committee has agreed to send £500 to the Chaplain for her work at Mengo

THE COUNSELLING AND HOME CARE DEPARTMENT



Mothers and fathers being shown how HIV/AIDS is passed on.

Dr Edith Namulema is in charge of the Counselling and Home Care Department. Many of her patients have HIV/AIDS. She has 4000 patients on her books and treats some at her Medical Centre at Mengo and others in their homes.

The visits in the community are a very important part of the programme. A doctor and nurse go out on a motorbike with necessary drugs and equipment as this is much cheaper and quicker in Kampala than a car or van. Sometimes the chaplain accompanies them on another motor bike.

There has been some success in controlling the spread of AIDS in Uganda, probably because people are more willing to discuss the issue, compared with some parts of Africa, but it is still a huge problem.

Patients pay a little to attend (about 40p) and for this they get tea, materials and medicine envelopes.

Dr Edith's work is among the most successful at the hospital but she struggles to find the finances to do her work well. X-rays and laboratory tests are expensive.

The government does not have a formal birth control policy. Over half the population in Uganda is under 15. There is no law against polygamy and men often have 7 plus children through different women. This rapid population growth places enormous pressure on land and limited resources.

£1,000 is being sent to the Counselling and Home Care Department for their work amongst Aids patients.

EDITOR'S NOTE

When I was at Mengo earlier this year Dr. Edith mentioned that they would like to buy a small address system so that the pastor can be heard when he is talking to the patients in the outside area where clinics are held.

SCHOOL OF NURSING AND MIDWIFERY



Nursing students at their computers

'Mengo School of Nursing and Midwifery is at the forefront of quality nursing education in Uganda. It is the first and oldest school in Uganda having been started by Mrs Catherine Cook in 1917. Mrs Meryce Mutyaba is now the Principal Tutor.

There are currently 375 student nurses and there is great competition to gain places on courses.

There are 5 categories: Registered Student Nurses, Registered Student Midwives, Enrolled Student Nurses, Enrolled Student Midwives and Enrolled Student Comprehensive Nurses.

Once trained a few stay at Mengo Hospital but the majority go to other hospitals and health centres around the country.

MEDICAL ELECTIVE

Jenny Taylor is a final year medical student at Peterhouse, Cambridge. Here she writes of her experiences on elective at Mengo in July 2010.

During my time at Mengo, I was able to gain experience in paediatrics, general medicine, obstetrics & gynaecology and community medicine, working alongside doctors, nurses and midwives as well as medical students, both international and local. The flexibility of my elective at Mengo enabled me to gain excellent experience in my chosen specialities of medicine in the developing world, whilst being well supported by the staff at the hospital. It was also fantastic to like on site in the comfortable guesthouses and share experiences with other like-minded elective students at the same time. I got the opportunity to further develop my practical skills by doing procedures such as lumbar punctures, obstetric examinations and assisting in theatre.

I also saw much more advanced disease than would normally be seen in the UK which gave me a unique insight into much of the pathology I see here in the UK. For example, during my community visit, I met a patient with late stage breast cancer who had been incorrectly diagnosed with benign disease months ago and had therefore not sought treatment. I also saw several patients suffering from the late stages of AIDS. These exemplified how both late presentation and lack of funding for treatment lead to a poor outlook for many patients who could be successfully treated in the UK.

The main difference I noticed between hospitals at home and Mengo was how the cost of treatment was such a major factor in decision making; it was very sad to see patients not receiving treatment simply because they could not afford it.

I enjoyed the friendly atmosphere of Mengo hospital, the opportunity to see a wide variety of conditions and being able to work alongside local medical students. I enjoyed sharing ideas with them and exchanging experiences of medical education in our home countries. I hope that personal development occurred on both sides. The placement was well organised and the accommodation very comfortable. The hospital was better equipped and the level of supervision I was given were greater than I expected which is certainly a real benefit of visiting Mengo.

I was pleased to be in contact with Friends of Mengo before my departure, and to assist them by taking some much needed syringe pumps out to the hospital with me. Dr Lumu one of the physicians who is very keen to teach medical students has set up a high dependency unit for the sickest patients and these pumps should prove to be very useful for giving precise infusions of medications.

I would like to thank all those at Mengo who made my stay so fulfilling.

Jenny and colleagues



TREASURER'S REPORT

The following records are for the period April 1st 2010 to 31st March 2011 and represent our last fully examined set of accounts.

It is interesting to note that of the total income for that year over 58% was transferred directly to Mengo for their use and only 0.5% spent on the necessary administration expenses (4.5% with Mengo Notes included).

While we would normally expect the transferred monies to be higher, the committee made a conscious decision to save funds for the much needed theatre refurbishment. Indeed since these accounts a further £5,000, of the promised £15,000, has been spent in the UK securing valuable equipment for export.

We are however very proud of the extremely low administrative expenditure, the result of a fully volunteer manned committee, and in these times of belt tightening where every penny counts, we hope you agree it represents a very good return on your donated money!

INCOME

From Individuals:	£12,211.80
From Churches:	£5,908.66
From Trusts:	£500.00
From Gift Aid rebates:	£943.44
Interest:	£45.19

TOTAL **£19,609.09**

EXPENDITURE

TRANSFERRED TO MENG0 HOSPITAL:

Two direct transfers were made direct to Mengo Hospital's Kampala bank account, totalling **£4719.88**. (Staff Christmas Party & Diet Supplements **£3000**: Annual expenditure to help boost staff moral and provide protein nourishment. Monies for the purchase of inverter batteries **£1719.88**).

In addition **£5800** was paid directly to Medical Aid International for the supply and delivery of a pre-owned GE AMX4 mobile x-ray machine.

Mengo Notes production: **£782.29**

TOTAL **£11,302.17**

ADMINISTRATION EXPENSES:

Domain name renewal for Mengo Friends UK:	£47.00
Just Giving charity donation scheme:	£35.24
Bank charges:	£25.00

TOTAL: **£107.24**

Currently, this year we have also transferred a further £4,860 to Uganda:-

(Dr. Henry Luweesi - £2360, Chaplaincy - £500, HIV clinic - £1000, water harvesting equipment - £1000).

As you read of the work that continues to save lives in Uganda and rightly feel part of the successes at Mengo please accept our sincere thanks for your donations that help make a Christian difference to the people that the hospital serves.

Richard Oliver
Treasurer.

THE OPERATING THEATRE PROJECT



There is no NHS in Uganda and Mengo rely on funding from us

The refurbishment of the operating theatre building has progressed significantly from when the photo above was taken in January to the stage that the three theatres are nearly complete.

At the time of going to press The Friends Of Mengo Canada have just sent a container [the type one sees on the back of articulated lorries] by sea to Uganda for Mengo hospital. It contains medical equipment obtained by Dr Jim Sparling and his fellow supporters to provide some of the equipment needed for the new theatres.

The Friends of Mengo UK reserved £15,000 of your donations.

Dr John Dalton, Andrew Billington and Paul Darrell (electrical engineer) have visited Mengo on separate occasions this year liaising closely with the Medical Director and other staff to ensure that we acquire what the hospital needs before we source the correct pre owned equipment in the UK through Medical Aid International.



One of the freshly plastered new theatres

Modern operating facilities are so important to any hospital and the care of their patients (please see John's introductory article).

We want to make sure that Mengo has the best equipment and our target is £30,000. You have already given £15,000 and we want ask you to help us meet this target.

WE CAN MAKE A DIFFERENCE.

MENGO STAFF CHRISTMAS PARTY



The Friends of Mengo UK have funded the staff Christmas party for a number of years. It is enjoyed by the staff and their children.

Here is a photo of last year's Christmas party.

AND FINALLY ...

A letter of appreciation from Henry Luweesi

I write to extend my sincere appreciation to you, Friends of Mengo, for the financial support you extended to me for my Research Project.

This research is part of academic requirements for the awards of Masters in Surgery degree at Makerere University.

I received the fund through Mengo Hospital and am happy to inform you that my study is nearing completion. Very soon I shall be starting to work in Mengo Hospital as a Surgeon.

I thank you very much.

Henry Luweesi

£2,360 has been contributed to enable Dr Luweesi to complete surgical training

Help us support Mengo Hospital ...

If you would like to be a friend of Mengo Hospital, or if you would like to get more involved, please complete the form below, ticking the relevant boxes and return it to us. If you would like to make regular donations please also complete the Standing Order Mandate and return both forms to us.

Title: _____ Forename(s): _____ Surname _____

Address: _____

Post Code: _____

Email: _____

- Please send me future issues of Mengo Notes by post/email (delete as applicable).
- I would like somebody from FOM UK to contact me with information about organising a fundraising/awareness event.
- I want to make my donations go further so please Gift Aid all my future donations to **Friends of Mengo Hospital UK** (registered charity number 289737) and all donations I have made for the six tax years prior to the year of this declaration.
- I want my donation to go towards **operating theatres project /other urgent needs**.

giftaid it

Using Gift Aid means that for every pound you give, we get an extra 22 pence from the Inland Revenue, helping your donation go further. This means that £10 can be turned into £12.20 just so long as donations are made through Gift Aid. Imagine what a difference that could make, and it doesn't cost you a thing.

Completed forms should be sent to: **Friends of Mengo Hospital UK, 18 London Road, Great Shelford, Cambridgeshire, CB22 5DD. To qualify for Gift Aid, what you pay in income tax or capital gains tax must at least equal the amount we will claim in the tax year.**

Standing Order Mandate

To: the Manager of _____ (Bank / Building Society name)

Address: _____

Post Code: _____

Customer Account name: _____

Sort code: _____ Account number: _____

Please set up the following Standing Order (cancelling any previous instructions regarding this payee) and debit my account accordingly:

Amount: £ _____ - Amount in words: _____

Date of First Payment: ____ / ____ / ____ (dd/mm/yy)

Frequency: Monthly / Quarterly / Yearly thereafter on the same day. (Select as appropriate.)

Beneficiary details:

Bank: CAF BANK Ltd, Kings Hill, Kent. Account name: Friends of Mengo Hospital

Account number: 00082896. Sort code: 40-52-40. Reference _____ (for internal use)

Signed: _____ **Date:** ____ / ____ / ____ (dd/mm/yy)

IMPORTANT: Please return to Friends of Mengo Hospital UK and not to your bank.

Helping is simple...

There are plenty of ways in which you can help us support Mengo Hospital. Here are just a few suggestions:

■ **pray** for us and for the needs of the hospital

■ **donate by post or via our website**

Please make cheques payable to Friends of Mengo Hospital. There is a gift aid form overleaf.

■ **set up a regular payment**

Simply fill out the standing order mandate on page 19.

■ **organise a fundraising/awareness event**

This can be anything ... how about a coffee morning at your church, a bring-and-buy sale or even a sponsored sky dive!

■ **visit Mengo Hospital**

Why not spend some time at the hospital? Even if you are not a doctor, nurse or medical student there are still ways you can help ... nothing beats seeing the hospital for yourself!

■ **give through your will**

A generous legacy could assist 100s if not 1000s of Ugandan patients.

■ **shares**

You can give shares and get exemption from capital gains tax, and that's not all, you get income tax relief on all your giving too!

www.mengofriends.org.uk

Contact us:

Treasurer: **Richard Oliver**

UK Editor: **Clive Kennett**

Call us on: **01223 844479**

Email: **clive_kennett@yahoo.co.uk**

Write to us at: **FOM UK**, 18 London Road, Great Shelford, Cambridge. CB22 5DD