Mengo Notes

Vol. 59

Winter 2025/2026



WE CAN MAKE A BIG DIFFERENCE!

WELCOME TO MENGO NOTES

Dear Friends

Welcome to the latest issue of Mengo Notes. I do hope that you enjoy the latest news from the hospital and the Friends of Mengo UK.

The cover features Ray Wood, an old friend of Mengo who was recognised and thanked for his contribution to the hospital over many years (to which we add our thanks for his contribution to FOM UK). The hospital also said goodbye to another old friend in Dr Ken Chapman after his amazing 45 years of service to dentistry at the hospital.

We were delighted to welcome a new friend of Mengo to the Committee. Katie Renshaw did her elective at Mengo, and you can read more about Katie and her elective on page eight.

My thanks go to Tandeka P Mutebi, who runs communications at Mengo, for putting together the piece on the top 10 moments of 2025 in pages six and seven. These are just snippets of some of the developments at Mengo but if you want to read more the news section of the hospital's website features some of them at:

www.mengohospital.org.

I can't think of anyone better to write a history of Mengo hospital that David Komunda and that's exactly what he's done. After 10 years of research writing and gathering information across three continents. The History of Mengo Hospital was published in November 2025. David talks about writing the book on page ten.

We are grateful to all of you who have supported Friends of Mengo UK individually, as part of your church, or you may have left a gift in your will as Mary Morris did (see page 12). Your support does make a big difference. Three members of the committee visited St Mary's Twickenham in November of last year to update the congregation there on activities at the hospital and thank them for their support over many years.

We are always pleased to hear from friends so do get in touch if you want to share memories of Uganda or any news.

FOM UK is now on social media so if you are too check out page 11 for all the handles.

Anthony Oliver, Editor, Mengo Notes

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Cover photo - Ray Wood recognised and thanked for contributions to Mengo.

UROLOGY DEVELOPMENTS AT MENGO

John Dalton, Chair of Friends of Mengo UK and Shekhar Biyani, Consultant Urologist, Leeds Teaching Hospital report on urology developments.

In November 2025, two major Urolink-supported educational and clinical initiatives were delivered at Mengo: the Emergency Urology Skills Course (EUST) and a Transurethral Resection of the Prostate (TURP) Workshop. The programmes, supported by British Journal of Urology International (BJUI) and MediTech Trust, aimed to strengthen urological surgical capacity through skills development, hands-on training, and collaborative clinical practice. They were born of the Mengo-Leeds partnership and have been led by Shekhar Biyani Consultant Urologist in Leeds and other consultant colleagues from Leeds including Sunjay Jain and Mike Kimuli (who was born in Uganda).



The EUST course, led by Dr Vincent Medeyi Urology Specialist at Mengo with UK faculty support (Steve Payne, Sunjay Jain, Mike Kimuli, Mary Garthwaite, Will Finch and Shekhar Biyani), focused on developing practical competencies in managing common urological emergencies using bovine and caprine simulation models. Pre-course surveys revealed significant training gaps, particularly in ureteric injury management, penile fracture repair, and renal trauma. The course delivered lectures and extensive hands-on sessions covering ureteric anastomosis, bladder repair, renorrhaphy, scrotal exploration, and penile fracture management. Post-course assessments demonstrated improved knowledge and confidence, with overwhelmingly positive participant feedback requesting longer training duration and broader future content.

Running alongside EUST, the TURP Workshop provided direct clinical mentorship to Dr Medeyi and the Mengo team. After careful patient selection and logistical coordination, 9 TURP procedures were completed safely. The visiting team noted excellent organisational support, reliable theatre facilities, and strong leadership engagement. Clinical discussions emphasised building a sustainable prostate assessment service and strengthening coding and data systems.

Collectively, the two programmes highlighted Mengo Hospital's high potential for urological service development, demonstrated successful UK–Uganda collaboration, and laid foundations for ongoing training, capacity building, and future partnership growth.

Friends of Mengo Hospital are hugely thankful to the entire visiting team and are also grateful that the Mengo-Leeds partnership continues to go from strength to strength. We hope to continue to support surgical services at Mengo going forward as well as develop new partnerships between Mengo and Leeds Teaching Hospitals NHS Trust.



ST MARY'S TWICKENHAM - WHY WE GIVE

Sophy Fisher from St Mary's Twickenham explains why the church has supported Friends of Mengo since the 1990s.

It was in the 1990's that a member of our congregation, who had spent her childhood in Uganda, suggested that we should adopt the hospital as one of our charities. Since then speakers have not failed to come regularly to give us the latest news and in this way our links to Mengo have become very much part of our church life.

We value the Christian ethos of the hospital, where prayers are included in the daily routine and one of the forthcoming projects is to extend the chapel, which has become too small for the growing number of worshippers, some of whom at present join services from a marquee.

We are made aware of the desperate need for health care in a country without an NHS and with many of its inhabitants earning less than £2 a day. The Friends have been able to supply equipment, for example to carry out key-hole surgery, and to run courses for midwives which help them to recognise and deal with problems arising in pregnancy and childbirth. This has been facilitated through the ties with Leeds Hospital, where the Chairman of the Friends works as a consultant.

When aid was cut to the HIV programme by the USA government, the Friends were able to step in and provide the necessary funding before this was reinstated. We have seen how Mengo Hospital has played a vital role in improving the health of Uganda's inhabitants and rejoice to continue our support.

On the 2nd of November, three members of FOMUK committee gave an update on recent developments to the congregation of St. Mary's at their Sunday morning service.

Katie, a trainee doctor and new member of the committee related her experiences during her visit to Mengo. She enjoyed her time there and made numerous friends with the medical and management staff, staying above the newly refurbished eye clinic. she told of the faith of doctors and nurses and staff and how surgeons pray with the theatre team before starting an operation.

On behalf of the whole commitee we would like to express our gratitude to the church and it's congregation for their support over so many years.



Committee members Clive, Katie and Paul outside St Mary's Twickenham during their visit.

RAY WOOD RECOGNISED AND THANKED

During the 14th Graduation Ceremony of the Mengo Hospital Training Institute, the Board, Management, and Staff took a moment to recognize and thank Mr. Raymond John Wood for his contribution to Mengo Hospital and to laboratory medicine in Uganda.

A missionary educator and laboratory scientist from London, Mr. Wood is best remembered for founding the Mengo Hospital School of Medical Laboratory Technology and for pioneering the development of modern laboratory services at the Hospital.

From 1991 to 2012, his leadership transformed Mengo's diagnostic services and laid a strong foundation that Ugandan laboratory professionals still stand on to this day. Mr. Wood remains a committed member of Friends of Mengo UK, continuing to support the Hospital's mission from abroad.





Supporting Friends of Mengo with a Legacy

Over the last few years Friends of Mengo UK has received a number of generous legacies. Some from people who have supported Mengo for many years but some from people we have never heard of or know of any connection to the hospital.

A legacy is a wonderful way of ensuring that you can continue to support causes that are special to you after your death.

Please would you consider making a legacy to Friends of Mengo? This can be done when you make or update your Will or by the addition of a simple codicil.

MENGO HOSPITAL: TOP 10 MOMENTS OF THE 2025

1. Founder's Day Eye Health Camp
Over 400 patients received free eye screenings, reading glasses, and discounted prescription lenses—an impactful celebration of our commitment to restoring sight and extending compassionate care to vulnerable communities.



2. Dr. Ken Chapman Farewell
We honored Dr. Ken Chapman's 45 years of transformative service with an emotional farewell dinner and fundraiser toward the Dental Centre of Excellence. Later, he received the Heroes in Health Lifetime Achievement Award at the Africa Health Summit in recognition of his lifelong dedication.



3. Launch of the Refurbished Luke and Katherine Wards
The historic Albert Cook Building was reopened as a modern hub for our Outpatients Department, Accident & Emergency Unit, and Specialist Clinics—consolidating critical services and enhancing the patient experience while preserving our heritage.



4. Opening of Busiimbi Health Centre IV, Mityana
In partnership with the Kingdom of Buganda, we launched the Busiimbi Health Centre IV. Beginning with OPD services, it will soon expand to IPD, maternity, and other essential services, bringing high-quality care closer to the people of Mityana.



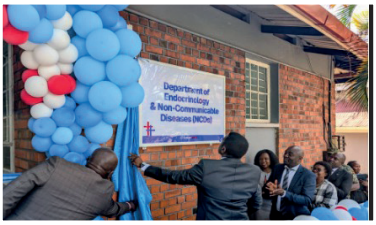
5. Sports Gala – Nions Crowned
300 staff participated in spirited games and competitions that fostered unity, wellness, and teamwork across departments. The Nions emerged overall champions.



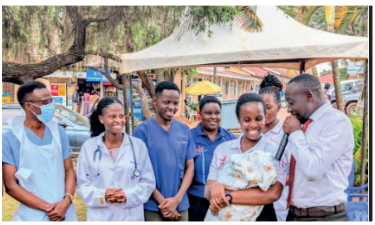
6. New Child Care Centre Dedicated
Built with support from Mengo Hospital Partners – USA and dedicated in the presence of Prof. Dr. Bill Chin, the Child Care Centre now supports staff by providing safe, convenient supervision for their little ones.



7. Launch of NCDs Centre of Excellence
Opened by the Katikkiro of Buganda, the centre strengthens early detection and management of chronic diseases. He encouraged communities to embrace annual checkups and healthier living to combat rising Non Communicable Diseases cases.



8. World Prematurity Day Celebration
Families returned to share moving testimonies of resilience and gratitude for the neonatal care their preterm babies received—reminding us of the power of compassion, expertise, and family-centered care.



9. Research Symposium
Inaugural research symposium fostered a culture of inquiry and evidence-based practice across the hospital, aligning with our vision of continuous learning and improved clinical outcomes.

10. Urology Camp & Skills Transfer
Seven patients received free surgery, and 20+ Ugandan surgeons and nurses were trained in emergency urology techniques—strengthening local capacity and transforming lives (see pg 3).



KATIE'S ELECTIVE REPORT

At a meeting of the Friends of Mengo UK Committee in September 2025 current members agreed to appoint Katie Renshaw as a committee member and trustee of the charity. Katie told Mengo Notes a bit about herself and why she is so passionate about supporting Mengo Hospital

My name is Katie and I am a final year medical student at the University of Leeds. I fell in love with Mengo over the summer whilst doing my elective there, and I am delighted to be able to join the committee of FOMUK. My hope is to build partnerships between Mengo Hospital and churches in the UK, as well as building a social media presence in order to enable more people to see, hear about and give towards the work of Mengo Hospital.

Whilst not studying Medicine, I love spending as much time outdoors as possible, teaching piano, running and hiking. I am very much looking forward to going back to Mengo at Easter for my second visit.



Coming back from a year away from medicine, I stumbled into fourth year ready to get my brain back into action. I had the joy of starting the year with Obstetrics and Gynaecology, with the teaching week led by the rather enthusiastic Mr John Dalton, who I later found out to be Chair of Friends of Mengo UK. By the end of the week, I not only knew the stages of labour, the menstrual cycle, and the management of postpartum haemorrhage — I had also decided to do my elective at Mengo Hospital. I had no idea then just how good a decision that would turn out to be.

Fast forward nine months, and I was boarding a plane to Uganda — excited, nervous, and desperate to get stuck in. From the moment I was greeted at the airport, I knew how special Mengo was going to be. Dr Simon Peter immediately made me feel at home, welcoming me alongside Peninah and Mary. After the drive from Entebbe to Kampala, I was shown around the hospital and to my room in the Eye Complex. Surgeries would begin the next day.

At 6 a.m., I arrived in the private theatres at Annie Walker to meet Dr Billy for our first C-section together. Coming from the UK, where undergraduate surgical exposure is incredibly limited, I was rather surprised to learn that I would be both first assistant and scrub nurse. Having never done even a single stitch in theatre — let alone knowing the instrument names — it truly was a baptism of fire... or perhaps more accurately, a baptism of amniotic fluid. Dr Billy talked me through the instrument names once, and off we went. I still remember the first baby being delivered — the overwhelming emotion as she was pulled out was absolutely incredible.

Day in, day out, the 6 a.m. surgeries continued, and gradually I became more confident assisting. Allis forceps, Armitages, Artery forceps, the Mop — one by one I learnt the instrument names and the order they were needed. Over time, I was taught in Mpereza Theatres to take an active role in Caesareans (known as "Caesars" in Uganda).

I learnt to oppose the skin subcutaneously, close the rectus sheath, and close the uterus with a locking stitch to achieve haemostasis. In time, both my skills and confidence grew.



Outside of theatre, I was able to do a lot on the wards. I spent time on the postnatal ward round, seeing the mothers and babies I had helped deliver the previous day. It was so rewarding to see them recovering and doing so well. I also spent time in antenatal clinic, ultrasound, and A&E.

When not doing clinical work, I joined the Mengo Administration team, helping to brainstorm new funding avenues, build partnerships with CMF and MMN, and think about the best ways to offer electives in the future. Having come equipped with a camera, I was soon drafted into photographing around the hospital with Phillip — which was great fun.

The intern doctors quickly adopted me during my stay, taking me to quiz nights, their end-of-year party, and Coco Beach. It was truly wonderful to spend time with them, and I miss them all dearly. Along with another friend from Leeds, I went on a three-day safari to Murchison Falls, which was incredible — we saw all of the Big Five animals, some far more up close than I'd have liked!

Mengo is one of the best places in the world, and I miss it terribly. The doctors there are some of the most competent I've ever met, their knowledge sharpened by necessity and compassion. Working in a resource-limited setting has made me appreciate the privilege of the NHS and strengthened my resolve to help bridge the global health gap.

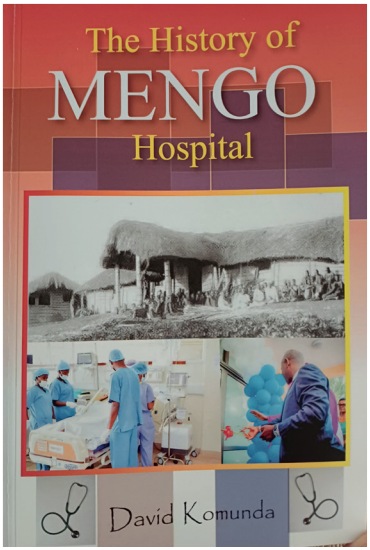
Spending time at Mengo was also a wonderful spiritual experience. The Christian values of the Hospital are so evident- from Monday morning chapel, to praying for patients before surgeries. I found my time at Mengo deepened my faith and challenged me to have more joy and trust in God- as I had seen in the staff working around me.

My elective gave me foundational surgical skills, unforgettable friendships, and a deep conviction that I want to help empower Mengo Hospital to continue flourishing. Thank you to everyone — Friends of Mengo UK, the Mengo team, and all those who supported me — for making this extraordinary experience possible. I cannot wait to go back to Mengo later this year, as the first return trip of many!



DAVID KOMUNDA PUBLISHES THE HISTORY OF MENGO HOSPITAL





Many readers of Mengo Notes and pretty much anyone who has visited Mengo over the past 50+ years will know the name David Komunda.

We are delighted to report that David, retired Hospital Administrator and dedicated supporter of Mengo Hospital, has launched his book entitled *The History of Mengo Hospital (1897-2024)*. David shared something of the story of the book with Mengo Notes:

I joined Mengo Hospital on 1st February 1972 as a pharmacy trainee. In 1976, I qualified as a pharmacy technician heading up the pharmacy department. In1980 the Hospital Board asked me to join the administration team and I went to Nairobi for trainining. Between 1981 and 1984,I worked as the Deputy Hospital Administrator.

Before being promoted to Hospital Administrator. I attended London/South Bank University on two ocassions to study Administration and then Hospital Management and Health Services.

I have been married to Suzan Komunda since 1978 and God gave us six children, all of whom are adults now.

With over 100 years since its foundation the Hospital Board recognised that no formal record of the history of the hospital existed. So, in 2015 the Board invited me to research and compile information about the hospital for publication in a book. At the time I was still working as the Hospital Administrator but that did not deter me from taking on this extra responsibility.

Between 2015-2019 I carried out extensive research and collected information. In 2019 I started writing the book under the supervision of Rev Professor Emmanuel K Muranga and the exercise was completed in 2023.

In March 2024, Professor Muranga recommended Dr Sam Siminyu of Makerere University who is an expert in final editing (sieving), typesetting and indexing. Dr Siminyu also found a suitable cover and the book was

ready for printing in November 2025 with 500 copies delivered to the hospital later in the month.

The information for the book was obtained from Uganda, UK, America and Canada. The methods used included literature research, visiting archives, conducting interviews and soliciting information from stakeholders. In Uganda, I read books and articles written by Dr Sir Albert Ruskin Cook, Prof. W.D. Foster, and Prof. Alex Mwa Odonga etc.

Additional Information was obtained from Makerere University's Albert Cook Library and I read through the minutes of the Hospital Board and Committees.

I visited the offices of the Province of the Church of Uganda and Buganda Government. I carried out interviews with former and present hospital workers who included doctors, nurses, midwives, other medical workers and support staff.

In 2017, I went to the UK looking for extra information and I was able to access literature and carry out interviews with some of the relatives of former hospital employees such as the late Andrew Billington and his wife Penny. Andrew gave me many articles written by his late father Dr Roy Billington. These were very good sources of information about Mengo Hospital. I visited the Oxford-CMS Centre, Wellcome Library in London, Universities of Cambridge and Birmingham where I found detailed information about the hospital. In Birmingham there is a centre that has all the CMS documents including a section on Mengo Hospital where I found detailed information about Mengo Hospital right back to 1897.

Some of the fascinating information included the diseases encountered by the missionaries in Uganda, all the staff that worked in the hospital, patient statistics and methods of financing the hospital. Oxford CMS centre contained information mainly about why, how and when it was started.

In the Wellcome Library in London, I was able to discover that Sir Henry Wellcome an American Business man donated the first out patient department at the beginning of the 20th century. He also donated a better fully equipped outpatient department in 1954.

I hope you enjoy reading this history of Mengo Hospital and those who have been involved with this fine institution.

David Komunda

Ed. We have a small number of signed copies available and we would be willing to post them to those who request by emailing:

mengofriendsuk@gmail.com

We suggest a donation of £20 plus postage and we do apologise if you're not able to receive a copy as it will be first come first served. However, we hope to be able to offer further copies in due course.

Watch out on the Friends of Mengo Hospital UK website for up to date information.

Join us on social media!

We are grateful for the way you have all continued to engage with Friends of Mengo UK, through our website and with Mengo Notes over the years. We are excited to be launching social media pages to allow for you to keep even more up to date with news and stories from Mengo.

You can find us on

Instagram @friendsofmengo

Facebook @friendsofmengo

Linkedin @friendsofmengoUK

A Generous Gift - Mary Wallace Baird Morris

In March 2025 Amanda McDougall, (nee Morris) contacted us to say that her late mother, Mary Morris, had wished that a gift be made to Friends of Mengo UK from her estate. Such gifts and legacies make a huge difference to the charity and its ability to support a range of projects at Mengo Hospital and we are extremely grateful to Mary and her family for their generosity. We asked Amanda about her mother's connection to Mengo and she shared some memories.

My parents, Mary and John Morris, came to live in Kampala in early 1963 with a six month old baby son, my brother Jeremy, and stayed in Uganda until mid 1971.

My mother's connection to Mengo is through its sister hospital Mulago Hospital, where she twice gave birth: to me in 1964 and in 1971 to my sister Vanessa. Very sadly, baby Vanessa died at three weeks of age from a hospital acquired bacterial infection, in spite of excellent care given by the medical staff at Mulago Hospital.

My father had come to Uganda with the British Council Overseas Service Aid Scheme (OSAS), or possibly the Church Missionary Society, as a teacher at Kitante Secondary School where he met and taught John Sentamu who went on to become Archbishop of York. For additional income my father took up part time teaching at Makerere University. In 1967 he went on to become a trainer of secondary school teachers, at Kyambogo Training College, affiliated to Makerere University. Alongside that, a two year research and dissertation in English literature earned my father an M. Ed, presented at a graduation ceremony in the grounds of Makerere University.

My mother, already a qualified primary teacher in the UK, focused on raising a family for the first years, also improving her piano playing and singing in the Kampala Choral Society. Latterly she also taught, at the excellent Nakasero Primary School which my brother and I attended. Initially she taught Reception and first year, later she was asked to teach music throughout the school.

As a family we worshipped at the Kyambogo Training College chapel. My parents decided to become confirmed as Anglicans and Jeremy and I were subsequently baptised at the Anglican Church in Kampala. My mother ran a Sunday school at the College chapel for the younger children of the College staff.

There was a thriving ex-pat community on the Kyambogo National Teachers College campus where we lived, in the outskirts of Kampala. My brother and I have happy memories of our early years, much of it spent playing with friends outside, whether in the spacious garden of our bungalow at 9 Mackay Road, in and around the magnificent jacaranda tree, or in one of many wild spaces around the campus. We were

very free and felt very safe to roam. I recall the glorious Uganda weather, the vivid hot pink bougainvillea arching over the driveway, the spectacular equatorial orange sunsets on the dot of 7pm and, during rainy season, the snug feeling of being safely cocooned inside whilst listening to the tropical storms lashing down outside. For holidays we were privileged to enjoy time at Lake Nabugabo, owned by the Church of Uganda, and on safari in Kenya and Tanzania.

In 1971 my father made the decision that it was time for the family to return to the UK, so our time under the regime of President Idi Amin was thankfully brief.

My parents were very fond of Uganda and the community there. They kept in touch with folks they had known in Uganda, and three times hosted UK Uganda Reunions in their Winchester house. In October 2004 they made a return visit to Uganda, primarily to visit the Send a Cow charity (now Ripple Effect). Whilst there they revisited their former home in Mackay Road and Kampala Cemetery, where Vanessa was buried thirty three years earlier.

Mary's book *Thrills and Spills: My Life Story* is available on Amazon.



Mary and family in Kampala in 1964

FRIENDS OF MENGO 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



Friends of Mengo UK were pleased to help fund the refurbishment of JJaajja Gwen's Guesthouse (L). Dr Cath Harrison and Midwives Ruby and Jenny with Emily, JJaajja Gwen's housekeeper, having a lesson in making katogo with peas in the refurbished guesthouse (R).



TREASURER'S REPORT

For the year ending 31st March 2025:

Total Income:	Total Expenditure:	Closing balance:
£20,544.33	£46,491.39	£57,132.00

During this tax year (2024/25) the following funding was made available to the hospital:

- March 2024: £2131.19 Laparoscopy Training Event: Grants were made available for the attendance of doctors from the UK and Kenya.
- December 2024: £43,499 Water Project and JJaajja Gwen's Guesthouse refurbishment (Guesthouse for hospital visitors).

UK based Expenditure included:

- **Administration costs, including bank, website and Mengo Notes charges: £861.20**

In addition, during the past 6 months:
Funding made available to the hospital included:

- Funding has been made available for visiting professionals from Mengo Hospital attending training conferences in Leeds.

Neonatal Traning

When the charity Global Health Partners offered funding to extend the project pertaining to the Kampala Metropolitan Local Maternity and Neonatal System One Day Emergency Obstetric and Neonatal Simulation Course (known as the KLMNS EmONC Sim Course for short!) Cath Harrison, Consultant Neonatologist at Leeds Teaching Hospitals, and John Dalton, Consultant Gynaecologist, suggested Mengo Hospital as a potential site for training. So, on 24th and 25th November 2025, 30 Mengo Hospital staff working in maternity services got the opportunity to attend this Ministry of Health backed course.

This is a practical, interprofessional simulation based course included theoretical and hands on training in Neonatal resuscitation, referrals and communication, maternal sepsis and early warning scores, postpartum haemorrhage and pre-eclampsia/eclampsia. FOMHUK agreed to purchase additional sets of the training materials in addition to the set provided by the grant in order to facilitate regular refresher training at Mengo. Leeds midwives Jenny Gill and Ruby Edwards were in attendance to further develop links between







1) Mengo staff undertaking neonatal training 2) Small group teaching on neonatal resuscitation with Leeds Senior Midwife Jenny Gill 3) Dr Cath Harrison, Consultant Neonatologist, receiving a token of appreciation from Executive Director Dr Simon Peter Nsingo.

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 or email John Dalton at **jawd2@cantab.net**. 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 FOMH UK to contact me with information about organising a fundraising/awareness event.
- ☐ I want to make my donations go further, so please **Gift Aid this donation as well as all my future donations to Friends of Mengo Hospital UK (registered charity number 289737) and all donations I have made for the last four tax years**. I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all my donations in that tax year it is my responsibility to pay any difference.

Using Gift Aid means that for every pound you give, we receive an extra 25% from the Inland Revenue, helping your donations go further. This means that £10 can be turned into £12.50 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.

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Completed forms should be sent to: Friends of Mengo Hospital UK, 18 London Road, Great Shelford, Cambridgeshire, CB22 5DD or you can scan this form and email it to our Treasurer, Richard Oliver, at *oliver47@virginmedia.com.* 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.)

Benificiary 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
- **join our mailing list**
  Send an email to John Dalton - **jawd2@cantab.net**
- **donate by post or via our website**
  Please make cheques payable to Friends of Mengo Hospital or make a BACS payment direct to our CAF bank account – details overleaf. There is also a gift aid form overleaf.
- **set up a regular payment**
  Simply fill out the standing order mandate overleaf.
- **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 of 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**
Call us on: **01223 844479**
UK Editor: **Anthony Oliver**
Email: **anthony@aoliver.co.uk**
Write to us at: **FOM UK**, 18 London Road, Great Shelford, Cambridge. CB22 5DD

Friends of Mengo Hospital UK is a registered charity under the Charities Act 1960 - No. 289737