Mengo Notes

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Winter 2023/2024



WE CAN MAKE A BIG DIFFERENCE!

WELCOME TO MENGO NOTES 2023

Dear Friends, I'm delighted to welcome you to another edition of Mengo Notes. I did get the opportunity to visit Mengo in March 2023 and was so encouraged to see a real energy within the hospital and desire from all hospital staff to continue to improve care, embrace innovation and develop new services.

All of which stems from a fundamental desire to provide compassionate, patient centred care. As ever I was warmly welcomed by Dr Rose, Medical Director, and it's clear she has put her heart and soul into running Mengo. So, I was disappointed to hear that she will be retiring at the end of the year. I want to thank her publicly on behalf of the entire committee of FOMUK for her hard work and dedication to Mengo over many years and am pleased to hear that she plans to continue to work clinically at Mengo in the eye department. We will hopefully hear from Dr Rose herself in the next edition of Mengo Notes.

We welcome Dr Helen Please who is a surgical trainee in the Oxford region onto our committee since the last edition was released but you will be familiar with her already if you've read that edition of Mengo Notes. Helen fell in love with Mengo when she first visited and has been actively supporting surgical and research capacity at the hospital. Welcome to the committee, Helen.

In this issue, I'm pleased we continue to hear about the good work going on at Mengo including in the mental health department and the ongoing support to the surgical ecosystem. Laparoscopy (keyhole surgery) is now well under way at the hospital and the Head of Department for Surgery, Dr Henry Luweesi remains a visionary pushing forward the services offered at Mengo as well as hosting a training programme for surgical trainees in Uganda. Hopefully I will see the laparoscopy in action in 2024.

As ever, I want to thank the editorial team for producing such a fantastic edition and indeed the rest of the committee for their hard work. Finally, I want to thank you, our Friends and supporters, for your generosity both financially and in prayer to help continue the compassionate care and Christian witness at Mengo. Although financially our contribution to the entire hospital budget is tiny, Dr Rose confirmed when I met her, that the partnership with FOMHUK is greatly valued and she extends her thanks and best wishes to all Friends in the UK.

Thank you again and I hope you find this edition of Mengo Notes interesting and enjoy the read.



Dr John Dalton
Chair, Friends of Mengo UK.

RESEARCH DEVELOPMENTS AT MENGO

By Anna Littlejohns & Helen Please, Friends of Mengo UK Trustees

We are excited to share with you some of the academic achievements that Mengo Hospital has enjoyed this year. No part of the hospital has been immune to this surge of academia, with research being conducted in the medical, surgical, paediatric and obstetric departments.

Medical students, trainee doctors, consultant doctors, nurses and engineers have all taken lead roles.

It has been heartening to see cross-cultural collaboration at work, with teams from Mengo Hospital and Leeds Hospitals working together on studies, as well as experts from other centres.

In some cases, the work has been prize-winning, and has been shared widely through international and national presentations as well as journal publication.

For busy clinicians it is often very challenging to find time to undertake research work, especially when there is no allocated funding and no protected time. This makes the achievements even more impressive and will serve to raise the academic profile of Mengo Hospital.

We would like to congratulate all of those involved and share with you the highlights.

A team of biomedical engineers at the University of Leeds and Mengo Hospital have developed a new device to support breathing and oxygen levels. The LeVe CPAP as it is know is a continuous positive airway pressure (CPAP) device commonly found on adult and children's intensive care wards in the UK. They are important anaesthetic devices and mostly used to support patients with lung conditions.

Created in response to coronavirus the LeVe CPAP is tailored to lower resourced settings, where CPAP is often a rarity (CPAPs are prohibitively expensive, oxygen use is high, and they are complex to maintain).



LeVe CPAP

It has the advantages of being oxygen-efficient, compatible with different oxygen sources, manufacturable at scale, and locally maintained.

After safety tests and trials, devices were transported to Mengo Hospital by MedAid International. Mengo's clinical team worked tirelessly during the pandemic treating a lot of severe patients in dedicated coronavirus wards.

The LeVe CPAP devices proved to be a crucial resource at Mengo Hospital, where alternative devices for breathing support were very limited.

As the first patient use of the devices a description of their use was presented at the World Anaesthesia Society Seminar (by Anna Littlejohns) and was awarded first prize. A full write up has also been published in a medical journal Tropical Medicine and Health 1.

Huge credit to the star engineers Racheal Musasizi, Pete Culmer and Prof Nik Kapur.

When the pandemic finally came to an end and the doors to the Covid-19 ward were shut for the last time, the paediatric department were quick off the mark to make use of the CPAP devices, led by Dr Rhoda Mayega and Dr Barbara Namugga.

At Mengo Hospital children are cared for on The Nassolo Ward (the main paediatric ward) which previously did not have the facilities or setup to be able to provide CPAP. Dr Edith Namulema has been instrumental in coordinating the effort to enable this higher level of care to be provided safely on the Nassolo Ward. This has been a significant undertaking involving designing an educational programme, appropriate training for paediatric teams, designing a trial to be able to assess how the device is working, as well as ethical approval. The team for this work has been gigantic, with input spanning three continents thanks to Dr Mark Winton contributing his paediatric intensive care knowledge whilst on a fellowship in Canada!

The paediatric department has risen to the occasion with huge investment from the ward staff. To date 40 children have been enrolled in this research project and the results are currently being analysed by our research and data whizz Dr Tom Lawton (MBE!) from Bradford Teaching Hospitals. Hopefully we will have these to share with you in the next instalment of Mengo Notes. As a taster, Katie Hugh and Katie Toogood (two medical students from the University of Leeds) reviewed the cases of the very first ten children treated with the devices. They have presented this work at the Royal College of Paediatrics and Child Health and a summary of their work has been published in Archives of Diseases in Childhood2.

This is a wonderful achievement reflecting the innovation on the Nassolo Ward and interest in the devices and their wider potential.



Academic Surgical Journal Club

Building basic academic research skills is a strong focus of UK medical school teaching, with critical appraisal of papers being the key starting point for this. Junior doctors in the NHS often have the opportunity to cultivate such skills through engagement in regular departmental journal clubs. Sadly, due to the high clinical workload and limited resources in Uganda, this is a neglected area for students and doctors. However, there is an appetite at Mengo to create opportunities for doctors there to grow these skills.

The ongoing link between Mengo and Leeds University Hospitals seemed the ideal opportunity to consider a solution. The Leeds Emergency General Surgery (LIEGS) department were already running a monthly journal club within their department delivered on Zoom due to COVID-19 restrictions and clinical commitments.

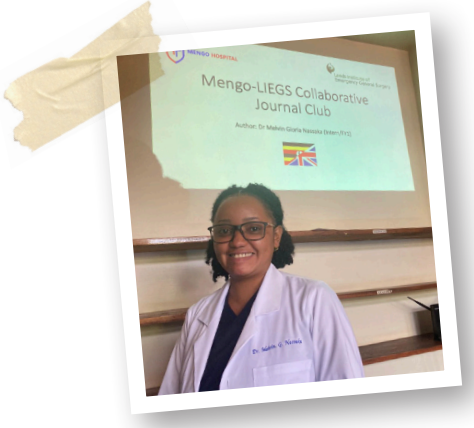
Helen Please was a junior surgeon working in LIEGS and engaging in this journal club but with plans to leave to work at Mengo from February 2022 for 6 months. She therefore proposed to re-launch the journal club as a cross-continental collaboration between Leeds and Mengo. Both surgical departments were excited about the opportunity, which offered an injection of energy and cultural insights for Leeds, and a whole new skillset for most of the Mengo surgical doctors.

The basic format, like most journal clubs, is that an elected person presents a journal paper and then a discussion opens up to critique the paper in terms of strength and

weaknesses of the study, applicability to the local clinical environment, lessons that can be learnt, how local practice might need to change due to the evidence presented, and what future research might be done in this area locally.

It incorporates critical research skills such as presentation, understanding study design, interpretation of statistics amongst others. A consultant was chosen at each site (Mr Pratik Roy in Leeds and Dr Mwaje Bright in Mengo) and the decision made to alternate between sites with a Leeds doctor presenting a paper one month and a Mengo doctor presenting the next month. Discussions were had to ensure appropriate paper choices for both sites (for example a paper on robotic surgery may be relevant to the Leeds team, but not to the Mengo team; and equally a paper on presentations of typhoid perforation may be relevant in Mengo but not in Leeds).

In Feb 2022 the first journal club was held, and with great success. The Mengo team decided to meet in person in the library with a projector for easy viewing. The Leeds team started the presentations and discussions were fruitful. After the call the Mengo recognised the need to understand more about critical appraisal and decided to have a critical appraisal teaching session on the fortnights between journal clubs. These were extremely well received. Helen led the first one on basic journal reading skills and the next session was led by a Mengo doctor who taught the group about statistics.



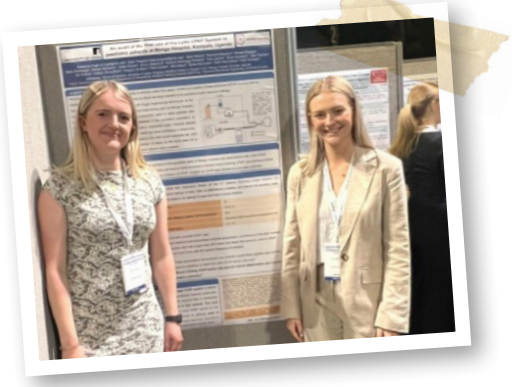
The second journal club was led by Mengo, and amazingly it was the most junior member of the team who put herself forward to present: Dr Gloria Nassaka, a surgical intern. She had support from the Mengo chair and Helen in advance, and presented very well, again with fruitful discussions. She reports learning an enormous amount through the process. Thus the LIEGS-Mengo Journal Club was launched and has been running monthly for a year and a half. It has not only diversified the skillset of surgeons and trainees in both departments but has also provided an opportunity to strengthen relationships between individuals in both teams. Attendance has not been restricted to surgeons but also gynaecologists, anaesthetists and medics from Leeds and Mengo. Since the inception of the journal club, two of the Mengo surgeons involved (Dr Henry Luweesi & Dr Billy Ndiwalana) have made a site visit to Leeds; and one of the Leeds surgeons involved (Mr Adam Peckham-Cooper has visited Mengo.

Finally, an unexpected and exciting result of the journal club was the publication of a case study by the Mengo team on an interesting case seen in the hospital 'A Spontaneous paracecal herniation: a rare form of an uncommon case'. The authors said the engagement in research through the journal club was very much the inspiration and empowerment behind seeking an opportunity to publish local work. The authors are Dr Mwaje Bright (consultant surgeon & Mengo journal club chair), Dr Gloria Nassaka (surgical intern and first presenter for Mengo) and Dr Andrew Marvin Kanyike (surgical registrar and first presenter on statistics for the Mengo critical appraisal sessions).

We are delighted with the success of this bidirectional educational opportunity and look forward to seeing how it continues.

STUDENT ENGAGEMENT

The engagement in research by Leed's students this year has been exceptional with several students engaging in research projects during their placement at Mengo Hospital from July-August 2022. This is highly commendable at an early stage of training and has led to very positive academic partnerships.



These projects have included: in the paediatric department the LeVe CPAP work discussed above (Katie Toogood and Katie Hughes); in the obstetric department quantifying rates of Caesarean sections (Thomas Sanderson) and potential barriers to the use of forceps or vacuum extraction (Ella Mitham and Lauren Simmons) and in the gynaecology and general surgery departments exploring how to progress with keyhole techniques (Phoebe Bennett).

CONCLUSION

We are delighted with the academic progress made at Mengo over the last year and a half, particularly in regard to international collaborations, with a strong collaborative research relationship with Leeds University Hospitals. Leeds students have made invaluable contributions as have academics and clinicians from Mengo and UK institutions. An enormous amount has been done with minimal financial resource, and therefore we are very keen to attract financial support to strengthen such work.

We feel this is only the start of a great number of developments and look forward to publishing more highlights in the next Mengo Notes.

LAPAROSCOPIC SIMULATION CENTRE

Adam Peckham-Cooper gives an update on progress

In Uganda, like in many lower middle-income countries, access to expensive healthcare innovations can be limited. Laparoscopic surgery, also known as minimally invasive or 'keyhole' surgery, offers numerous benefits over traditional open surgery, including shorter hospital stays, reduced postoperative pain, and faster recovery times. Aligned with this there seems to be a clear shift in pathophysiology seen in Africa with increasing incidence of traditionally 'western' disease such as appendicitis and gallstones. With limited access to 3D imaging like CT scans,



laparoscopy can also be utilised as an excellent diagnostic tool both in surgical and gynaecology sub specialities. Setting up a laparoscopic simulation centre at Mengo Hospital was a significant step forward in advancing access to specific surgical education and skills. Embedding a robust simulation training programme for trainees and surgeons alike to embed and hone their skills is the mainstay behind any training system and particularly in resource limited settings this allows wide-spread access and skills development prior to patient contact and getting underway with operations on live patients.



THE IMPORTANCE OF SIMULATION

Laparoscopic surgery requires specialized skills and training, which are not easily acquired through traditional methods alone. Simulation-based training provides a controlled environment for surgeons and aspiring medical professionals to develop their skills, practice new techniques, and gain confidence in these technically challenging procedures. A dedicated simulation centre can bridge the gap between theory and practical experience, ultimately leading to safer surgeries and better patient outcomes. Expertise remains important and the ability to utilise modern technologies and provide remote supervision of laparoscopic techniques allows continuity and peer-based learning to develop.

DELIVERING THE SIMULATION CENTRE

I was fortunate enough to begin working in collaboration with colleagues in Leeds to form a Leeds Teaching Hospitals NHS Trust/Mengo Hospital Partnership [see Mengo Notes 2020 for a report on the beginning of the partnership Ed.] A close working relationship with Henry Luweesi, Director of Surgery in Mengo and Billy Ndiwalana, Head of Obstetrics and Gynaecology at the time as well as Dr Rose, helped to deliver a needs assessment around laparoscopic surgery.

Major challenges to the project included reliable access to Wi-Fi connections (most Ugandans rely on phones and 4G networks), maintaining low cost whilst offering high fidelity simulation and delivering a large amount of equipment logistically from the UK to Mengo.

As with any project securing funding is vital and we were hugely grateful to receive support from a local charity 'Rays of Hope' and Friends of Mengo Hospital UK. Equipment and technology options and 'know how' were supported very kindly by 'Inovus Ltd', 'Proximie' and 'Elemental Healthcare' who provided heavily discounted simulation boxes, spare laparoscopic instruments, and access to online remote supervision technologies.

The Association of Laparoscopic Surgeons of Great Britain and Ireland (ALSGBI) run a verified laparoscopic accreditation which validates basic laparoscopic skills. This 'LapPASS' qualification has been delivered in Leeds with huge success for our local trainee surgeons thus providing local expertise. ALSGBI kindly funded a travelling fellowship to cover my expenses in delivering this project.

We also secured the support of Mengo Hospital itself and Uganda Christian University School of Medicine based at Mengo, specifically their facilities and tech team.

It was lovely to be back in Uganda and having been kindly picked up by the hospital team driving through the city on the way to Mengo, the smell, sounds, noise, weaving boda boda and traffic really re-kindled an emotional response of memories for the city.

Having settled in and had a tour of the hospital, work began in earnest with some clinics, ward rounds and an ultra-low anterior resection (type of bowel surgery). The healthcare needs however have clearly changed since my last visit and whilst the aetiology remains unconfirmed the presence of young people on the ward post open appendicectomy and young Somali refugees presenting with gallstone related pathology really highlighted and embedded the desperate need for both access and proficiency in laparoscopic techniques.

The learning was certainly mutual and western healthcare can without doubt learn as much from our colleagues in Uganda particularly in relation to frugal techniques, re-purposing, re-use and recycling. Traditional single use items such as monopolar diathermy sticks are re-used safely after sterilisation with no patient sequalae and we need to reflect on things like this more if we truly have an ambition to move towards net zero healthcare practices.

BUILDING THE SIMULATION PROGRAMME

ALSGBI has a proven track record of delivering a validated laparoscopic training programme in the form of LapPASS. With the introduction of any new system or technique particularly in a healthcare setting it is important that it must be robust, reproducible, safe and deliverable and laparoscopic surgery is no different. In the absence of a formalised local laparoscopic training curriculum, using the ALSGBI LapPASS structure enabled us to deliver training to a range of candidates from medical student to fully qualified.

We chose to use the Uganda Christian University School of Medicine premises for ease as it sits next to the Mengo campus and allowed space and a more reliable internet connection. We set up four Inovus boxes and linked these into online Proximie software to allow live communication and faculty interaction with staff in Leeds. 10 delegates each day attended with a range of experience from complete novice to those with previous laparoscopic experience.

Interest came from the General Surgical and Obs and Gynae team in Mengo as you might expect and in addition, we were delighted to have a couple of surgically interested medical students from Uganda Christian University. A visit from Dr Rose, the Medical Director, to see first-hand what was happening capped the two days and her positive, kind words and obvious enthusiasm for the project was infectious.

Despite a number of tweaks and technical challenges on the day we were delighted to deliver a full two days laparoscopic activity for all the delegates.

On a more experimental level, a trial using remote supervision with those still based in the UK also functioned well with tips and advice and some explanatory drawing being undertaken on the screens in real time. This was vital in terms of validating the concept of making this course and simulation more broadly sustainable into the future.

Once equipment and transport have been arranged delivering a course is relatively easy with staff present on the ground helping to drive things forward. However, creating a sustainable and reproducible resource with supported learning is perhaps more of a challenge and has often been missing from historic global surgery projects.



In conceptualising this work we wanted to deliver a lasting legacy to Mengo in which we could maintain ongoing support for laparoscopic surgical development. As such, a more permanent location was found to set up the laparoscopic simulation lab with close access to the hospital internet and in an unused theatre block with easy access for those wishing to practice or develop their skills. This has been well used and with the recent addition of further equipment to Mengo for formal use in theatre the drivers to embed this further are there.

We continue to work towards a regular remote session with the Mengo team although as with any best laid plans, time and work pressures on both groups of surgeons and trainees remain the rate limiting step.

With time we hope this will become a fixed session in both timetables but Dr Luwesi and Dr Bright in the meantime continue to champion the delivery of laparoscopy in Mengo.

Uganda and now Mengo have embedded themselves into my identity and it is without doubt that I will return to enhance, further embed and hopefully improve this programme. I am excited to see how this develops in the future and is utilised by a wide range of surgical and gynaecology trainees in the area.

We're glad you're now a true Friend of Mengo, Adam, and thank you so much for leading this fantastic project. Thanks too to FOMUK Committee Member Helen Please for her important contributions. Ed.

CLINICAL PSYCHIATRY



Sam Emuria talks about his work at Mengo Hospital

My background is in Clinical Psychiatry, which involves assessment, diagnosis, and prescription as part of managing mental health conditions at Mengo Hospital. However, due to my strong commitment to personal development, I have expanded my expertise beyond the traditional scope of psychiatry.

In addition to my clinical psychiatry background, I have pursued various courses that have allowed me to stay at the cutting edge of patient care and management. I have completed courses in Public Health and, more recently, Clinical Psychology. These additional qualifications have broadened my skill set and enhanced my ability to provide comprehensive care to patients.

I have been fortunate to work at Mengo Hospital for the past 12 years, and I am grateful for the opportunity to continue serving there. Initially, I started as a full-time contract employee, and now I am on a part-time contract. I attribute my longevity at the hospital to God's grace and my dedication to delivering quality care to patients.

The nature of my engagement with the hospital determines the dynamics of my week. My primary role is to provide liaison mental health care, which complements the main disciplines of care in the hospital, such as Internal Medicine, OBS/Gyn, Surgery, and others.



On a daily basis, I receive liaison consultation calls from various departments within the hospital. These calls require me to review patients who have been referred to me for mental health assessment and management. As a result, I need to be physically present at the hospital to attend these consultation calls and provide the necessary care and support to the patients referred to me. This dynamic schedule keeps me actively involved in the hospital's multidisciplinary approach to patient care.

In addition to providing bedside patient care, my services have expanded to include outpatient psychotherapy. Recognizing the importance of supporting the hospital staff, I have also started conducting trainings on self-help stress management, work-life balance, and other self-care strategies. These trainings aim to provide support to our staff who work in emotionally and psychologically demanding environments.

Furthermore, I have responded to calls to support the hospital's community-based healthcare services. This involves visiting patients in their homes and conducting health awareness programs within the community. These programs specifically target the most vulnerable individuals who are unable to afford transportation costs, let alone the consultation and treatment fees at the hospital.

I am grateful for the generous support provided by the Friends of Mengo Hospital UK. They have recognized the unpredictable demands of this aspect of my work and have generously supported these community-based initiatives. Their support has been instrumental in enabling me to reach out to those in need and provide essential healthcare services beyond the hospital walls.

Throughout this process, we have witnessed transformative changes in the lives of both our patients and hospital staff. Many of them have come to realize that their personal growth and recovery from psychological distress can empower them to become advocates for mental health care and serve as referral points for others in need.

As a result of these positive outcomes, the mental health services at our hospital have experienced significant growth. This growth has caught the attention of the Ministry of Health, who have shown interest and provided support in various ways. They have sponsored staff members from our department to attend capacity development training and have also provided financial support for some of our department's initiatives. Specifically, they have sponsored the self-care programmes we have designed for frontline staff, recognizing the importance of supporting their well-being in order to provide quality care to patients.

The collaboration and support from the Ministry of Health have been instrumental in furthering our mission to improve mental health services and create a positive impact within our community. We are grateful for their recognition and assistance in advancing mental health care at our hospital.

The impact of our psychological services on patients and their relatives has been profound, as evidenced by the testimonials we have received. Patients have shared how our services have positively influenced their adherence to long-term medication and other treatment modalities, particularly among those with chronic illnesses and those in palliative care. These testimonies highlight the transformative power of mental health care in improving overall well-being and treatment outcomes.

The field of mental health care is continuously evolving, and the growing need for mental healthcare both within the hospital and the community drives my work. This constant evolution informs my unwavering commitment to personal development and acquiring new skills. Moreover, it motivates me to actively seek opportunities to recruit and mentor mental health professionals, empowering them to make a difference in the lives of individuals struggling with mental health issues.

I am dedicated to sharing as much information as possible within the scope of my duty. I believe that knowledge and awareness are crucial in breaking down the barriers surrounding mental health and ensuring that individuals receive the care and support they need. By continuously availing myself and providing information, I strive to contribute to the advancement of mental health care and the well-being of our community.

MEDICAL ELECTIVES AT MENGO

Katie T, Thomas, Ella, Lauren and Katie H are five final year medical students from the University of Leeds, UK. Here they describe their medical elective experiences at Mengo.

In August 2022 we had the privilege of spending 4-6 weeks at Mengo Hospital. The welcome and hospitality we received at Mengo and especially in both the Paediatric and Obstetrics & Gynaecology departments was second to none. Our experiences both on the wards and beyond the Mengo gates have given Uganda a very special place in our hearts.



Ella, Thomas and Katie T spent their time under Dr Billy's watchful eye on the Mpereza Ward (that's the maternity ward): we learnt to assist in "Caesars" (not the salad - a caesarean section), cuddled lots of babies and took part in a variety of ward rounds, clinics and audits. We saw pathologies not common in the UK, such as mothers with malaria, a severe case of pre-eclampsia, which had progressed to HELLP syndrome, and learnt the importance of clinical skills seldom used back in Leeds with access to many expensive tests and scans. Thomas was a great help contributing to training in the use of the new CTG machine, whilst Ella struggled to hear anything with the Fetoscope on the very busy wards!

Lauren and Katie H (also joined by Katie T) spent the majority of their time on Nassolo Ward with Dr Barbara and the fantastic paediatric team: we were encouraged to get involved taking histories and perfecting our clinical examination skills, learning not to rely on investigations as we have a tendency to do in the UK! We have become experienced in managing some conditions rarely seen in the UK including malaria and TB.

We have developed a deep empathy for the children suffering with sickle cell crises and the parents who don't leave their sides. Whilst every doctor and nurse strived to do their best for each child, it was apparent how money and lack of resources did sometimes impact patient care - something which we are very fortunate not to experience at home. We appreciate the NHS all the more!

Outside of the hospital we made the most of our weekends exploring Uganda via matatu, boda-boda, safari jeep, bicycle and even a white water raft! At Queen Elizabeth National Park we were lucky enough to see all kinds of animals from elephants and hippos within our campsite to lions on the hunt. It was an experience we will never forget. We were told the scariest part of Uganda would be crossing the road, but it was actually when in Jinja on the Nile our boat flipped down a rapid and we were tossed into the water. We thought we might end up on an impromptu visit to the the pyramids in Egypt! Thankfully we didn't see the water snake until after we were safe and dry.

Our time at Mengo Hospital was outstanding, we have all said we would love to return one day to both Uganda and the hospital, to visit all the lovely friends we have made and reminisce on our time there. A special thank you goes to Denis for helping us find our way around and introducing us to the Mengo family. Thank you all so much!

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

FOM TREASURER REPORTS

THE WATER OF LIFE UPDATE

My recent enquiry to the Hospital Administrator received the following abridged response:

"The challenge of inadequate water supply as compared to our need still persists. We had planned to drill a borehole at the pump house; about 3 km outside the Hospital, however this process continues to be hindered by the increased settlements in that area and the construction of a football pitch in the adjacent neighbourhood.

We are now in discussion with one of the consultants on water drilling who has indicated that there is a possibility of identifying potential water points within the Hospital premises to have the borehole drilled and a pump installed. Water piping across the Hospital campus will also have to be redone. We strongly believe that this intervention will go a long way in addressing the water challenges at the Hospital and will further reduce on maintenance costs since the new water source will be located within the Hospital.

In addition to the insufficient water supply sources, there is also a challenge of inadequate water reservoirs, which brings about Hospital water crisis whenever the National grid goes off. We currently have three water reserve tanks with a total capacity of 94,000 litres and yet our daily water consumption rate is about 200,0000 litres. This therefore implies that the Hospital can only have sufficient water when National Water is continuously flowing and any shortages due to routine repairs results in a water crisis at the Hospital. The plan still therefore remains to acquire a bigger water reserve steel tank of One Million Litres.

We therefore propose that the currently available funds of £30,948 should continue being reserved for this project, which is scheduled to be implemented within this current quarter (October to December 2023). We shall furnish you with further information as we get the actual costs.

I also wish to take this opportunity to thank you and all other team members for the continuous support to Mengo Hospital."

Thank you!

We as a committee continue to support this vital project and thank you for your donations that will help fund these improvements.
Thank you for giving.

I know that I speak for the whole committee when I say that we are so thankful for your donations and it is, of course, obvious that none of the funding that we provide for Mengo Hospital would happen without your generosity.
Thank you!

In the past three years we have been able to pass on an even greater benefit to the hospital through the legacy giving via the will system and the posthumous generosity of individuals and their families.
Thank you!

In addition to the well-established types of giving, found on the back cover of this Mengo Notes, we are also members of "Give as you live" an online shopping platform with "over 6000 stores" to choose from.

Simply start your shopping experience through "Give as you Live Online" (giveasyoulive.com) or via the "Give a donation" button on our website (mengofriends.org.uk). Then selecting your participating store, shop as normal and a donation will be sent to our account. You can even do this for your online grocery order with many major supermarkets!

In the year ending 31st March 2023 we were able to raise £468.04 through this charitable giving.
Thank you!



TREASURER'S REPORT

For the year ending 31st March 2023:

Total Income:	Total Expenditure:	Closing balance:
£83,536.99	£31,797.80	£123,120.16

During this tax year (2022/23) the following funding was made available to the hospital:

- 16/02/23: **£29,510** for two theatre lights and one operating table

UK based Expenditure included:

- 16/05/22: **£1000** contribution for UK to Uganda visiting doctor
- 08/11/22: **£352.80** expenses for Uganda to UK visiting doctors
- 08/11/22: **£240** laparoscopy simulator carriage charge, preparing for export to Uganda
- Administration charges including bank costs, website maintenance and Mengo Notes printing costs: **£695**

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

- 15/05/23: **£33,350** for the local purchase of laparoscopy equipment
- 11/07/23: **£4,650** directed funding for the Mental Health Department
- 10/08/23: **£26.485** for the local emergency replacement of theatre anesthetics equipment

WHY DO YOU SUPPORT MENGO HOSPITAL?

Over the years that I have been the treasurer for Friends of Mengo, I have had some diverse and interesting conversations with you, our donors. Often a letter or email accompanies a donation going some way to explain what has led you do contribute to a hospital that is over 4000 miles away in East Africa.

You may have been born there or had a physical connection in visiting. You may know someone who has visited or been inspired by a speaker to your church with a copy of Mengo Notes in hand. Or you may simply have searched the Internet and found our website.

Whatever the reason we are very thankful for your commitment, both in prayer and funding, which helps us co-sponsor the vital work in and around Mengo.

We would like to explore this a little more and it would be great to hear from you as to why you have supported us in the past and perhaps what you would like to know more of in the future.

Please do get in touch and let us know.

It may even make an interesting piece in the next copy of Mengo Notes!

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.

giftaid it

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

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