

Standing on the Roof of Africa

Summer 2007 was an incredible time for intrepid Bridge2Aid supporters. 38 brave individuals spent many months both physically training and actively fundraising before embarking on the challenge of a lifetime – scaling the heights of the famous 5,895 metre high Mount Kilimanjaro.



The August Team

An achievement as magnificent as the mountain

The 38 climbers, ranging in age from 18-65, raised over £40,000 – a fantastic amount of money, which will be used to support our ongoing dental and community development programmes.

Fundraising events organised by participants ranged from the sublime to the ridiculous. 'People stretched their imaginations to the limit on our behalf – they organised curry nights, murder mystery parties and even went to work in fancy dress!' said General Director Mark Topley. 'We have been overwhelmed by the enthusiasm of those taking part.'

So we asked them: How DID it feel to Stand on the Roof of Africa?

'The REAL experience of a lifetime ... one of the most spectacular but undoubtedly most arduous events of my life!'

Dr Simon Rowland

'Such an amazing time... it was the best thing I have ever done'

Dr Janet Singleton

'The craziest but most amazing thing I'll ever do'

Charles Southey



The September Team

An Incredible Feat

Climbing Africa's highest mountain is an incredible feat of human endurance. London-based dentist Dr Simon Rowland, who successfully raised over £5000 and took part in the August Kili climb, describes the adventure:

"I write to you with great pride and not a little relief, that I successfully climbed Mt Kilimanjaro to the summit at Uhuru Point on August 30th 2007. I have to say, that it was one of the most spectacular but undoubtedly most arduous events of my life. We had an awesome time with a wonderful group of 15 people, all of whom successfully reached the crater rim at Gillman's Point and all but one reached Uhuru. The trek to the crater was an incredible experience over six days gradually gaining height and acclimatising

to the altitude, staying in mountain huts along the way. The final summit effort involved leaving Kibo camp (15,500 ft, 4,750 m) at 11.00pm and climbing the steepest and most difficult section by moonlight and head torches in bitter cold conditions (-10C) and 50% depleted oxygen with everyone suffering various degrees of altitude sickness. Having watched the sunrise over the Mawenzi peak, we finally reached the summit at Uhuru (19,850 ft, 5,895 m) at 8.30am - completely shattered, both physically and emotionally."

Without our supporters, we would not be able to deliver the services and care that make such a vital difference to the people of Mwanza. We would like to say a heartfelt 'Thank you' to everyone that took part, and also to everyone who sponsored the trekkers on their challenge of a lifetime. Well done!

August Trip:

Chloe Bradbury, Cisco Casserley, Allister Dow, Alan Frampton, Izzy Frampton, Tim Hamilton, Simon Rowland, Kali Sehmi, Raj Sehmi, Bal Sekhon, Shindy Vasir, Simon Baxter, Janet Singleton, Charles Southey, Judy Wheble

September Trip:

Andy Hill, Bob Miller, Dharmi Patel, Rashbal Ghattaora, Khurram Qureshi, Indra Patel, Tim Dawson, Cressida Dawson, Hansa Patel, Philip Peters, Andreas Kottering, Neeta Patel, Leo Jurkiw, Colin Hudson, Dean Hallows, Sam Prout, Peter Swaile, Catherine Sinclair, Nadine Kelsey, Kathy Davidson, Mike Davidson, Mark Mumford, Ian Wilson.

The next Challenge Awaits...



If you have been inspired by the achievements of others, why not join us on our 2008 challenge – climbing the Yorkshire 3 Peaks of Pen-y-Ghent, Wharfedale and Ingleborough? Choose from 4 weekends, £99 deposit, £599 minimum sponsorship. One weekend, one lasting difference. Contact jennie@bridge2aid.org for more details, or visit the website.

Bukumbi News

Our Community Development Team are actively involved in the development of facilities at Bukumbi Care Centre - the focus of our Community Development Programme. So what's been happening lately?

It's been a busy few months out at Bukumbi! Renovations on the Wafhadili women's block are now complete, and seeing the smiles on the faces of the women who now have a bright, airy, clean place to stay is reward enough. Ramps have been fitted to the entrances, which is



It is this level of personal intervention that Andie and Jo are able to give, that makes such a difference to people's lives.

Fay has begun her assessment of the educational needs of the community, and locums Dr Simon Ernst and Dr Aisha have carried out dental treatments in the clinic room.

And finally, the blockage in the water supply pipes has been cleared. Unfortunately the pressure has created leaks all over the Centre – these have been fixed, and we now start work on assessing a long term solution to the water supply to make it adequate for the centre - watch this space!



a great help to many of the women who get around on hands and knees. The men living in Sijaona block are making great efforts to keep their home clean, but need constant encouragement to get their sheets washed and reminders to turn off lights and keep windows closed if they want to keep the pesky lake flies out!

Vumi (an albino girl with a tumour on her face) has been transferred to the National Centre for cancer treatment in Dar Es Salaam. Having witnessed the death of both her parents from the same illness, Vumi is in desperate need of treatment, but frustrating bureaucracy has meant serious delays.

Be a part of it!!

Why not make the decision NOW to do something special in 2008 – something for yourself and for others? Our Bukumbi Work Team is made up of people like YOU! The next Bukumbi Work Team will take place on the 6th -21st September 2008. There are only a few spaces left – email rob@bridge2aid.org and apply now.

On the road



It's been a long time coming, but October finally saw the inaugural journey of our Community Dental Van. With a massive sense of anticipation and more than a little excitement, Jo Topley took volunteer locum dentist Simon Ernst and nurse Catherine to Starehe Children's Home in Mwanza, to deliver oral health education and screening to 50 children.

The session began with an oral health message in KiSwahili, with each child then receiving an individual oral examination in the van. All the work carried out in the van is free, and on this occasion four of the children were referred to HDC for further treatment.

The van, donated by Rocky Lane Dental Practice in Manchester, will be put to good use over the coming weeks, visiting at least 2 orphanages each month, and more in 2008. It is a great way of reaching children who would otherwise have no access to dental education and care.

October DVP Team go the distance

Many thanks to our intrepid (& tired!) volunteer dentists and nurses who visited in October. Not only did they have the longest itinerary of any team yet at 6 clinical days, they also travelled the furthest, clocking up over 1,350 km!

Thanks to: Suzanne Benjamin, Atul Gandecha, Penny Holmes, Chris Hussell, Dawn McLeod, Karen Paterson, Dave Stephens, Mark Taylor, Jessica West, Sam Wong.



HDC 3 Years on – and what a year!

Hope Dental Centre celebrated its 3rd birthday on 1st October 2007, and continues to go from strength to strength! During the past year, profits from the Centre have been in excess of £30,000, and this money has been used to fund our Tanzanian running costs, as well as contributing towards the dental and community development programmes

HDC sees over 280 paying patients each month, generating income which we put to excellent use within local communities. We are extremely grateful to our locums and volunteers – without them, this achievement would not be possible.



Interested? Just request a commitment form from karen.paterson@ntlworld.com or rob@bridge2aid.org. Once completed and returned, you will be sent a collection box, a poster advertising the collection box and leaflets about Bridge2Aid.

Collection Boxes

We know that many of you would like to get involved in raising funds for Bridge2Aid, so let us make it easy for you! We have set up a new and exciting fund raising initiative for our work in Tanzania – Collection Boxes. These other organisations, for collecting donations towards the work of Bridge2Aid.

the local school to help raise the children's achievement levels. All of this will be done working alongside the community, with the full support of the education committee and the district education office. A teacher for seven years, Fay commented, "When I started working with B2A I found it strange that my day was no longer timed by the ringing of a bell in this role I value the fact that I have time to sit and talk to children and their families to establish what their needs are. I am really enjoying working in partnership with them, we are already seeing positive changes in their lives."

Fay's aim is to monitor the centre children including those in the families affected by leprosy to ensure that they are attending school, that the families support them, and that they have a place to work when they are at home. She will be supporting family groups."

Bukumbi Education Update

There are all sorts of people supporting Bridge2Aid, and some of them do the most amazing things. Take dentist Jill Nighthingale who, with the help of her practice hygienist Karen Phillips, organised a stunning Ball in September and raised a staggering £13,600!! Jill has been a supporter of Bridge2Aid for some time; she came out to Mwanza as a locum in Autumn 2006, and is returning, this time with Karen, in February 2008. Keen to raise money for B2A, she set to work putting together a gorgeously glittering event – and what an evening it was. With tickets sold at £60 per head, 195 guests arrived in their finery and were treated to a champagne reception with string quartet, a four course meal with music from a live band and cabaret during coffee, an auction of promises (which alone raised £4,300) and a

So what's next for Jill and her team? Well, with plans for a second Ringley Park Ball in Spring 2009, watch this space! Well done and massive thanks to Jill, Karen and Ringley Park Dental Practice partner Paul Barnes.



Having a Ball for B2A!

Dr Ian Wilson commented, "The event was a tremendous success; it was fantastic to see faces old and new, and to receive such interest and enthusiasm for what we are doing. Our stand was kindly provided by the brilliant team at A-dec, and a number of companies and organisations donated equipment for us to take back to Tanzania. It was an exhausting few days but worth every minute!"

BDTA Showcase

Four of the Bridge2Aid team (Ian, Mark, Jennie and Rob) were at the NEC in Birmingham from 18-20 October 2007, promoting our forthcoming Yorkshire 3 Peaks event and generating new and renewed support from members of the dental community.



Launch of the 3 Peaks Challenge

With our next major fundraising event underway, we would like to introduce you to our new UK-based fundraising co-ordinator, Jennie Harvey became involved in B2A's work last year, when she was teaching in Mwanza. Now back in the UK, Jennie works part-time to ensure that the Yorkshire 3 Peaks event is a huge success for everyone involved. For more information on the Challenge, contact her on jennie@bridge2aid.org

Welcome Jennie



The event organiser, Kathy Wilson, a dentist who has been out to work as a locum 3 times for Bridge2Aid, said "The day was a great success and the total amount raised was a phenomenal £1,900! Thank you to all those who took part and to all the sponsors, without whom the day would not have happened."

32 golfers set out on 23rd June at Prudhoe Golf Club near Newcastle to raise over £1900 for Bridge2Aid. On a beautiful summer's day in Northumberland, eight teams of golfers set out on the challenging course to complete all eighteen holes. The teams eagerly competed for an array of prizes, which were presented after a dinner in the club house. A lively auction with fantastic prizes also took place. The main sponsor for the day was The Dental Directory, with financial support from Wright-Cottrell, Queensway Dental Anxiety Clinic and a local dental laboratory.

Golfers go for it

Team Profile

■ Grace Godfrey: Admin Officer

32-year-old Grace comes from the Sukuma tribe in Kolandoto-Shinyanga region. Born in Dar-Es-Salaam and schooled in Kagera and Tanga regions, she is the youngest of four children and is married to Godfrey Mapesa.

After leaving school, Grace took a secretarial and computer skills course. She put her skills to good use over the next 10 years, working as a Parish Worker in Igoma and as a Personal Secretary to different departments at the Africa Inland Church, Tanzania. She spent 3 years as Chairperson of the employees and was secretary of the Christian sports club.

Grace joined us at Bridge2Aid as Administration Officer in June 2007. She really enjoys the challenges that her role offers, especially the team-oriented approach. In her spare time Grace is a keen singer, likes to read a lot, and on Sundays will be found worshipping in her local church. She says, "I really enjoy working with B2A & HDC. Here I am more than a secretary – I get the opportunity to expand my skills and be part of a hard-working team. It makes me happy to help Bridge2Aid achieve its goals and to be a part of its development."

Who are we?

Bridge2Aid is a UK registered charity operating dental and community development programmes in North West Tanzania. Our community development programme works with the disabled, People Affected by Leprosy (PAL) and the elderly street people of the region – both in Mwanza city and at a disability care centre, Bukumbi.

Our dental work helps build the capacity of the Tanzanian health care services through dental training. We operate a dental centre in Mwanza which donates its profits to our work and provides free and subsidised treatment to those in need. If you would like to receive the free newsletter regularly, either:

- Contact the office - 0114 232 6030
- Visit the website - bridge2aid.org
- Email - rob@bridge2aid.org



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Bridge2Aid News



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