

## How to get involved

### Buying Bridge2Aid Christmas Cards

It may seem a long way off, but autumn is the time when businesses choose their Christmas cards – and this year, we have teamed up with some of our Corporate Friends and created two designs which will be available to buy from eBay soon. The cards are priced at £3 for a pack of 10 and we'll have more details on these from Brian later on in the year! In the meantime, please keep checking our website.



### The Bridge2Aid Bash at BDTA Showcase: 15th October 2010

Come and join us at our B2A bash held during the BDTA Dental Showcase this year. Kindly organised by our Corporate Friends, the party will be in the heart of London's exciting Docklands area at the Crowne Plaza Hotel. The evening runs from 9pm – midnight and tickets are £10 each which includes a free drink on arrival and entertainment, so it's the perfect way to your hair down after a day at the BDTA!



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A Dental and Community Development Charity working in Tanzania

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## Other news

### Mark's and Ian's BDA seminar draws a crowd! May 2010



During this year's very sunny BDA Conference at Liverpool's ACC, Mark and Ian held a seminar entitled, 'A World in Pain – what can we do about it?' which illustrated the role of dental professionals volunteering overseas and the level of oral disease and its impact on developing nations. The seminar room was full of interested listeners and would-be volunteers so it's great that we were able to reach a much wider audience about our work.

We'd also like to say a very big thank you to our stand volunteers this year: Phil and Shaenna Loughnane, Kiaran Weil and Annie Bradley. Also, special thanks go out to Annette Kelleher who organised the stand and the seminar. We're looking forward to the BDA Conference in Manchester next year!



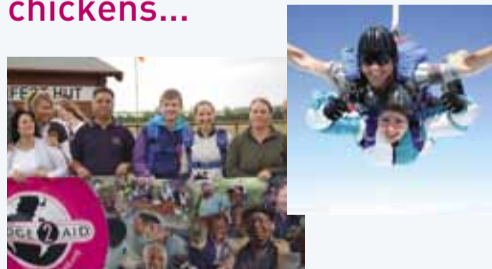
### Abed's UK trip: May 2010



We were excited to see Abed our dental associate at HDC come to the UK for the very first time. Despite wearing lots of layers (even though May was one of the hottest on

record!) Abed had a great time visiting the School of Professionals Complementary to Dentistry in Portsmouth with Paul Hellyer and Sue Hadley as well as engaging in lots of peer reviews with Paul, Kathy Wilson and Amit Maisuria. He rounded off his trip by a visit to the BDA Conference and attending lots of lectures but managed to fit in time for a lovely, hot curry and a pretty new dress for his wife!

### The B2A team jumps out of planes and dresses up as chickens...



By the time you read this, our brave Visits Co-ordinator Ruth and eight others will have leapt out of a plane at 12,000 feet in a Tandem Skydive on 12th June! A full report will appear in our next newsletter, but to see photographs from the day, please visit our Facebook page, [www.facebook.com/bridge2aid](http://www.facebook.com/bridge2aid).

**If you'd like to donate to any of the jumpers' Just Giving pages then please visit our Skydiving page on our website, [www.bridge2aid.org/skydiving](http://www.bridge2aid.org/skydiving).**

## IAK



Attempting to do something a little less terrifying but just as bizarre is the Bridge2Aid It's a Knockout team! On 3rd July at Aston University's Training Ground, the B2A Team and 11 other teams from Henry Schein, Cavex, A-dec, Donaldson's, Lloyds TSB, Dental Nursing Journal and Practice Plan will pit themselves against each other in a modern version of the classic game show, 'Jeux Sans Frontiere.' From the Giant Banana Relay race to the Human Demolition game, It's a Knockout promises to be a hilarious way to spend a summer's day and to raise money! If you'd like to donate to the teams' Just Giving pages, please visit our It's a Knockout page on our website, [www.bridge2aid.org/cm/news/94](http://www.bridge2aid.org/cm/news/94).

## News from Mwanza



### New Dental Therapist at HDC!

A big welcome to Mohamed (Mo!) Khalfan our new Dental Therapist who joined HDC in April. We have employed Mo to increase the capacity of the clinic so we can see more patients and also to enable Ian to work on expanding DVP to other areas of East Africa. Mo has settled in very well with Grace, Abed and the rest of the team and even had his first taste of flying – on a 12 seater plane in his first week!

### Two Locums help out at HDC: March & May 2010

**Matthew Davies and Mike Watts gave up their day jobs in the UK to come to Mwanza as a Locum for two weeks at our Hope Dental Centre in Mwanza city.**



Every Locum on their return never fails to be amazed at the patience and unwavering trust of the people they treat and how quickly they become adjusted to the temperamental nature of some of Mwanza's equipment! Matt Davies, who came in March, describes his experience: **'It was one of the most rewarding experiences of my life and I had an absolutely brilliant time. The HDC staff were fantastic - very professional, and Grace and Abed in particular made me feel very welcome. It's true that some of the equipment does seem to have a mind of its own sometimes but everyone worked together brilliantly and it made it more interesting! I couldn't recommend the experience enough and encourage others to do what I did.'**



We'd like to thank both Matt and Mike for dedicating their time and expertise to HDC and hope to see them again soon sometime in the future!

**Interested in becoming a Locum at HDC for a couple of weeks? Please contact [Ruth@bridge2aid.org](mailto:Ruth@bridge2aid.org) for details of upcoming opportunities.**



## Bridge2Aid welcomes Naomi and congratulates Kerry!

Our Fundraising Co-ordinator Kerry went on maternity leave at the beginning of April and we're delighted to say that in May, she welcomed little baby Oscar into the world! Both mother and baby are doing very well and Kerry will continue to be on maternity leave until January 2011.

So in her place, we have Naomi! Naomi is a close friend and long-term supporter of Bridge2Aid and now works for us two days a week from her home in Tunbridge Wells. When Naomi isn't rallying fundraisers and dreaming up imaginative fundraising events, she devotes her time to her little girl Ember and husband Aaron. For any fundraising queries, please contact her: [fundraising@bridge2aid.org](mailto:fundraising@bridge2aid.org)

## Bridge2Aid embraces social media!

January this year saw the launch of our Facebook page which aimed to show our followers what life was like in Mwanza for our team, as well as further details on our fundraising events and volunteers. We are very pleased to say that within a very short amount of time we have over 340 friends (and counting!) which has, in turn, meant our website regularly gets over 2,500 hits per day! This is vital for us to gain more recognition for our work and so we encourage all Facebook users to become our friend at [www.facebook.com/bridge2aid](http://www.facebook.com/bridge2aid).



We have also launched our blog which followers can access through our website. Regularly updated by the team in Mwanza, the blog provides a unique insight into life at Bukumbi with Fay's Bukumbi Diary as well as general humorous observations of life as an expat in Tanzania! To view our blog, please visit [www.bridge2aid.org/blog](http://www.bridge2aid.org/blog).



## News from Bukumbi



### Bukumbi Team brings the community together

The 11-strong team who came back to England after spending two weeks transforming the Bukumbi Community Centre marked an important three year anniversary since Bukumbi



was first visited by our volunteers. The team was made up of staff from Schulke, Henry Schein and Dental Tribune, as well as a few other friends. Thanks to their determination, hard work and donations, some amazing things have been achieved there and the residents are so proud of their new Community Centre.

Margaret Carleton, a regular volunteer and part of the recent trip commented:

*'From the moment I met my fellow volunteers, they welcomed me with open arms and I just knew we were going to work well together, and we did just that! We all had a shocked look on our faces when we first saw the community room and the tasks that lay ahead of us, but with Fay's wonderful guidance, we were soon scrubbing away and it wasn't long before we removed 30 years of dirt and grime and everywhere was ready for the first coat of paint! The people of Bukumbi would pop their heads round the door and the children even helped us with the work and we could just feel their excitement each day as we arrived and a little more was done. The result was amazing - a nice, clean, painted Community Centre, complete with blackboard, where they could now meet to socialise and learn and make things to sell so they wouldn't need to continue with their begging on the streets.'*

*The smiles on their faces when they entered the Community Centre on celebration day were enough for us all to know that we'd made such a difference to their lives... nothing more needed to be said.'*

Bridge2Aid would just like to say how very grateful we are to the team: Margaret Carleton, Joanna Inman, Mark Inman, Lisa Townshend, Len Camporeale, Andrew Scott, Julie Taylor, Jacqueline Entwistle, Nicola Furniss, Cornelius O'Mahoney and Andrew Thurston. All of you have made an enormous difference to the lives of many people.

## News from the Income Generation Group

The sewing group has been up and running now for a few months, and with eight members it is proving to be a successful income generating group. By using donated Singer sewing machines and learning how to sew and hem from a person from the local village, the group are now making aprons and oven gloves (seen here being modelled by our Charles!) in order to sell them to visitors. The last group of visitors were so impressed with their creations that each group member came away with 20,000TSh (£10) profit. We are very proud of the sewing group and the way they are managing to support themselves without relying on handouts.



## Events

### Bridge2Aid's Long Way Down month: September 2010



Imagine hanging 50 metres above the ground while controlling your own descent at some of the most impressive sites around the UK....

With only £20 as a registration fee and £100 minimum sponsorship, our abseiling challenges are easy and exhilarating ways to make a big difference to our work. Choose one (or all!) of the following four locations and dates: 12th September - Baitings Dam in West

Yorkshire, 26th September - The Mersey Tunnels Ventilation Shaft in Birkenhead, 2nd October - Walsall Art Gallery and 3rd October - Carlisle Civic Centre, then download a registration pack and send it to: **Long Way Down, Bridge2Aid, PO Box 649, Chichester, PO19 9JB.** We'll support you every step of the way, so now's the time to conquer your fear of heights!

### Climb Mount Kilimanjaro: 18-28th August 2011



Conquering Mount Kilimanjaro (Africa's highest mountain) is arguably one of life's biggest achievements. As part of a team, climb to an altitude of 5895 metres while marvelling at the diverse ecosystem from cultivated farmlands on the lower levels, through lush rainforest and alpine meadow to a barren lunar landscape at the top. We have spaces available for next year's trip so don't delay in registering!

Download a registration pack from our website at [www.bridge2aid.org/cm/general/](http://www.bridge2aid.org/cm/general/) challenges or to see the itinerary, please visit: [www.classictours.co.uk](http://www.classictours.co.uk).

Anette Watt who climbed Mount Kilimanjaro in 2009 explains her experiences:

*'We stopped at Kibo Hut which is situated at the foothills of the Uhuru Peak (the highest point) and is at an elevation of 4703m. When we got there, the initial impression was that it was extremely cold! But the comradeship of our group was so close even when the climb to the top of Uhuru got really difficult. I think when I finally reached it; I was more present in body than mind! It was an amazing experience and the fact that as a group we have helped some poor souls rid their lives of debilitating toothache is an unrivalled feeling.'*



### Bridge2Aid Tea Break: November 2010

Keep this in mind for the autumn, when we will be holding the 'Bridge2Aid Tea Break'! For those who prefer a more relaxing way to fundraise with no harness or crampon in sight, then our Bridge2Aid Tea Break is a must. Perfect for businesses and practices, stopping for a Tea Break is fun and sociable way to help raise money and you can make the event as big or small as you want! Why not organise a 'Mad Hatters' fancy dress tea party or a 'Tea Off' at the local golf course? By simply stopping for a nice cup of tea and a chat, you could help thousands more Tanzanians have access to vital emergency dental treatment.

To find out more, please visit [www.bridge2aid.org](http://www.bridge2aid.org), more details on our website soon!



### London Marathon: 25th April 2010

We were extremely proud of our two Marathon runners, B2A Trustee Katherine Opie-Smith and previous DVP-er Chris Waith who completed the London Marathon and together raised over £6,000 for us! Speaking about his experience, Chris said: 'The last six miles or so were my hardest, but the crowds were amazing and kept me going through the constant encouragement and cheering or the occasional crafty penny chew! The thought of my gorgeous family Michelle and baby Dylan, who have supported me throughout, as well as those amazing people I met in Tanzania last year, kept me going until the end.'

We have spaces allocated for next year! To book your place, please email Naomi, [fundraising@bridge2aid.org](mailto:fundraising@bridge2aid.org)



### Hope Ball: 1st May 2010

Over 200 people attended our very glamorous Black Tie Ball which was held at the beautiful Tortworth Court hotel in Gloucestershire over the May Bank Holiday. Kindly organised by Practice Manager, Shaenna Loughnane from the Chipping Manor Dental Practice, the Ball was a tremendous success and in total, over £7,000 was raised. Shaenna commented: 'We continue to be astonished by the generosity of our team, patients and sponsors. We strongly value our partnership with Bridge2Aid, and are delighted

to have raised this money, which will help fund a trip next year to refurbish a health centre at the Bukumbi Care Centre.'

The next Ball will be on Saturday, 25th June 2011 at Tortworth Court Hotel once again. Interested in tickets? Please contact Shaenna at [enquiries@chippingmanor.co.uk](mailto:enquiries@chippingmanor.co.uk)



### BUPA London 10K: 31st May 2010

Sixteen runners participated in the BUPA London 10k run which took them through the Olympic course and past some of London's prettiest buildings! Altogether they raised over £3,000 for us and we were very grateful to them as they gave up their Bank Holiday Monday to pound London's streets! Our runners this year were: B2A Adviser Patrick Allen, Sarah Bailey, Shannon Banks, Pete George, Rachel Gwilliam,

Chetan Halai, Corwin Hine, Diego Jazanovich, Rebecca McCarroll, Alex Morley, James Owen, Alisha Patel, Joanna Russell, Lucy Shepherd, B2A Administrator Brian Strotton and Becca Weale.