

HDC - The First Year

It seems impossible that a year has passed since Hope Dental Centre opened, but it was indeed October 2004 when its doors first opened to the public of Mwanza.

One year on, the clinic is the thriving business that we hoped it would be, generating sufficient profits to fund almost all of our operations on the ground in Tanzania.

We have been able to fund food shipments for Bukumbi, RCO training programmes and the necessary salaries for our workers carrying out their jobs day in day out.

The centre is very busy on each of the days it is open. Patients range from ex-patriot miners and middle-class businessmen wanting complex crown and bridgework and other restorative treatments, to ordinary Tanzanians simply wanting a tooth extracted. The fee scale takes account of this, and prices for pain relieving treatments are the same as those in government hospitals.

Because HDC offers treatments which used to be available only in Nairobi or Dar es Salaam, it attracts a good number of more affluent patients who will pay for the treatments they require, happy to be saving on the expensive flight and accommodation costs of travelling long distances. The income generated from this creates a profit from which Bridge2Aid benefits directly.

The future looks good, and we plan to employ an Associate Tanzanian Dentist in the next few months - another step along the way to making HDC an integral part of the oral health infrastructure of Mwanza region.



The second surgery and training room at HDC, with computer facilities for on-line post-graduate education



Surgery one - the main treatment area



Dignitaries attend the official opening ceremony in February 2005

Thanks to our Locums

We are greatly indebted to the people in this picture, who kept HDC operational during Ian's paternity leave in the summer.



Dental Nurse Joyce is pictured with Dr Derrick

Allen and his wife Krystyna, who spent three months in Mwanza staffing HDC and travelling to North Mara and Kahama mines. Also pictured (right) is Dr Brian Chilvers, who visited in the middle of the Allen's stay with his wife Annabel to give them a welcome break.

Locum slots for next year are available. Visit the website for more details.

DVP October - Report

Another ten days, 309 patients and 430 teeth extracted. More than a few stomach upsets, but at the end – four more RCOs trained in urgent dentistry who will be able to offer treatment to up to 40,000 people.



The Oct 2005 DVP group – L-R Angela Knights, Mark Topley (B2A), Louise Collier, John Simba (B2A), Karen Paterson, Viv Spafford-Jones, Anna Sharvin, Alex Durge, Elaine Beare, Ian Wilson (B2A). Not pictured is Joan Hornett, our intrepid locum!

Following on from the success of the May Dental Volunteer Programme (DVP), we welcomed another team of eight volunteers to Mwanza for ten days in October. The team included five dentists, four of whom worked as trainers on the tooth camps, the other as Locum cover at HDC. Two nurses and a Hygienist completed the group.

We incorporated a number of recommendations from the May trip into the delivery of training this time. The result was that all four of the RCOs achieved the basic competencies required by the end of the course – a fantastic effort and a great deal of the credit goes to our dentists & nurses.

The programme was visited during the second week by Dr Winane, the Regional Medical Officer and Dr Nyanda, the Regional Dental Officer. Both were extremely positive about the standard of training going on, and Dr Winane has asked us to consider expanding the programme next year so that more districts within Mwanza region will benefit.



The Mwanza RMO and RDO visit

This is very encouraging (although brings its challenges!) and we

will begin planning discussions during this month. The hope is that we will be able to increase the size of the DVP team in June to train more RCOs.

The DVP continues to be very popular, and we are interviewing again in November to fill the remaining slots for June and October 2006. It is very encouraging that most of the people who have been on a DVP would like to return, and several are already booked in for the first part of next year. Increasing the size of the group in June will mean we can clear the backlog of applications and get people out within 9 months of applying.



Omari gets to grips with the Marigolds!



Omari at work with Karen



Hygienist Elaine gives an Oral Health Promotion lecture to the RCOs

If you are a dentist, nurse or hygienist with a minimum of 2 years experience, then you are eligible to apply for the DVP. Trips leave in February, June and October each year, and last ten days. Costs comprise a £200 registration fee, flight costs of £500, and a sponsorship amount (minimum £700). Full details of how to apply are available at the website or by calling Sarah in the office.

We need your dental instruments

Expanding the RCO training programme presents a challenge. Although we have plenty of willing volunteers to deliver the training, instruments for the RCOs are a different matter. We currently have a limited supply, and will need many more to equip the 25 or so officers we expect to train in 2006.

As well as a consignment we hope to send by container at the end of this month, we hope to send kits out throughout the next twelve months with the various visitors coming to work with us in Mwanza.

The list shown here outlines the basic kit we assign to each RCO who successfully completes their training. If you work in a dental practice, would you be able to donate one or more items to help us assemble the kits? Better still, could you compile a full kit from the stocks within your practice? Anything you donate, as long as it has a good deal of working life left in it, will be extremely useful.

As the kits are quite small, they can be posted to us in a padded envelope using the address on page 4.

Examination

Metal Dental Mirrors & Handles	5
Right Angled Probes	5
Dental Tweezers	5
Perio Probes	2

Extraction Forceps

Upper Molar Right	1
Upper Molar Left	1
Upper Roots	1
Upper Straight	1
Alternative Lower Molars	2
Lower Molar	1
Lower Roots	1
Lower Deciduous Molar	1
Upper Deciduous Molar	1
Upper Premolar	1

Elevators

Couplands Elevators	2
Warwick James	3
Cryers	2
Instrument tray	2

Get on your bike for B2A!

Whether the thought of three days on a bike fills you with dread or excitement – you can spend the early May Bank Holiday doing something really worthwhile! We are currently seeking supporters to take part in a cycle ride from London to Amsterdam just as the tulips burst into bloom and the Dutch coastline is at its floral best (how poetic!).

The group will tackle a 300km route between Stansted and Amsterdam in just 3 days. Leaving Stansted on Friday morning, the team will cycle through the Essex countryside to Harwich for the overnight ferry, and spend the following two days cycling along the coastline and through largely flat countryside before arriving in Amsterdam on Sunday for a celebration dinner.

The event is being professionally organised, and full support – from the time you sign up, through your fundraising and on the trip itself – will be provided. To take part you pay a £99 registration fee, and then commit to raise



at least £1,000 for Bridge2Aid. Each person will receive a fundraising pack and resources to help raise the funds – if you have never fundraised before don't worry, in our experience our supporters raise more than the minimum required using tried and tested ideas.

We hope to raise vital funds for our work through the event. For an information pack, call 01243 771653 or email enquiries@bridge2aid.org. Further information is available from the Bridge2Aid website www.bridge2aid.org.

Chance2Dance



A group of 15 young dancers raised over £500 for Bridge2Aid by taking part in an endurance event in Chichester last month.

The day involved six-hours of dance classes lasting 90 minutes each, for which the participants were sponsored by friends and family. Styles included break dancing, street, hip-hop and contemporary, with the instructors giving their time free of charge. Each of the young dancers committed to raise at least £20 for B2A when they signed up for the event, a target which all surpassed, some by a long way – one girl raised over £150!

Chance2Dance and events like it are quite easy to arrange, and the funds raised are vital to support the work in Tanzania. If you have a fundraising idea, please let us know, we'd be delighted to help you make it happen.

A big thankyou to all involved.

Bridge2Aid News - November 2005

News

New UK Administrator



We're delighted that Sarah Armstrong started work in September as the new UK administrator. Sarah works part-time, administering the UK end of things, including the DVP and other volunteer

visits, fundraising and supporter communications etc. So if you have a question, Sarah is your best bet! Sarah and husband Dan live in Chichester with their two small children. Before becoming a mum, she was IT Project Leader for the Which? consumer group.

Matwas - Surgery Complete



Matwas, the man we came across on DVP with a broken jaw, has now had his reconstructive surgery in Dar es Salaam.

His jaw was broken 18 months ago by an unqualified person trying to remove a tooth. His face had become hideously swollen as a result of infection, bony fragments and a lack of any medical help.

After an intensive course to reduce the infection at HDC Matwas had surgery at Muhimbili Hospital in mid-October, once the post-op swelling has reduced, we'll show you his new smile!

Bridge2Aid News...

...is produced three times a year to keep our supporters informed about how the work in Tanzania is progressing.

If you would like to receive the free newsletter regularly, contact the office or visit the website.

Next Issue - February 2006

Diary Dates:

(Further details available on the website)

20th Feb- 3rd March 2006
Dental Volunteer Programme

28 April - 1st May 2006
Cycle London - Amsterdam

Christmas shopping for B2A

If like me you plan on doing at least some of your Christmas shopping online this year then **STOP!** Before you go to the retailer's site directly, did you know that your online shopping could be benefitting Bridge2Aid, **without it costing you any more?**

We have an online store at www.buy.at/bridge2aid

It isn't complicated to operate - simply visit the site - all online purchases via links on the home page generate commission. When you click on any links you will be taken through to specific retailers' own websites. They are responsible for your order and credit card security.

You can get some great online bargains, find cheaper gas, electricity and

telephone services and even book your Summer Holiday (although that seems like a long way away!) Anything you buy through buy.at/bridge2aid will help towards our fundraising targets.

With Christmas coming up there are plenty of offers - often prices are lower than you will find in the High Street, and the commission paid to Bridge2Aid comes out of the retailer's profit margin.

So why not log on and have a look, and if you like what you see, tell your friends! It's a simple way to raise money for our work, and it won't cost you anything.

www.buy.at/bridge2aid

A Very Big Thankyou

The staff and trustees of Bridge2Aid both in both the UK and Tanzania would like to thank each one of our supporters for their commitment and encouragement over the past year.

As the year draws to a close, we can scarcely believe how much has been achieved in the past twelve months, and we could not have done this without your support.

As this is the last Bridge2Aid News of the year, we would like to take this opportunity to wish you all a merry Christmas, and all the very best for 2006 - it should be an exciting year!

New team members in Mwanza

After more than three years of running Bridge2Aid in Mwanza virtually single-handed, Ian and Andie will be joined in January by Mark & Jo Topley.

The Topleys first came across B2A through their friendship with the Wilsons when they lived in Chichester before departing for Tanzania in 2002. But it wasn't until December 2003 that their interest was really sparked. Mark writes:

'We decided to take the plunge and visit Ian and Andie for a month over Christmas 2 years ago. We'd always been intrigued by what they were doing but hadn't fully got our heads around it. The visit in 2003 was truly an inspiration, and we both returned to the UK wondering what we could do to get behind the vision that Ian and Andie had.'

Over the course of the next year, through further visits, and Mark's work with Dentaaid, who partnered with B2A to set up the Dental Volunteer Programme, the interest turned to a commitment to get behind B2A in a very practical way.



The Management Team - (L-R) Ian, Andie, Jo, Mark

'We both began to feel that our skills could be of use in developing B2A. Ian and Andie were working flat out and if things were going to grow without them having a breakdown they needed some help! When in October 2004 things really began to take off, we discussed our thoughts with the Wilsons and the trustees and the long process towards actually moving to Mwanza began!'

Several trips and 75,000 air miles later, Jo and Mark are now ready to go.

Jo's role will be to lead the Community

Development projects, organising the current Maskini programmes and developing new ones, particularly at Bukumbi.

Mark's role as Director of Operations means he will be involved in helping to maximise efficiency and effectiveness across the organisation, as well as planning and implementing new projects.

The Topleys move to Mwanza in January.

Another addition to the team for 2005/2006 is John Tibbitts, who is volunteering his time in Mwanza for a year.

John is a test engineer for Rolls Royce, and has taken a year out of his job to work part-time for Bridge2Aid and KVCC, a church in Mwanza which the team attend.

He is involved in helping out with a number of jobs and has a particular interest in the Maskini. It's great to have him on the team for this year!