



Welcome to the twelfth newsletter from The Laura Case Trust. You are receiving this because you've donated to, fund-raised for, or sponsored someone fundraising for the Trust. Whichever it is – a huge thank you!!

Over the last eleven years, we have made over £440,000 worth of grants. We've given to projects in Uganda and East Africa, to other developing countries and to projects in the UK. Some of that money has gone to one-off projects, but increasingly we are working on repeat projects with a number of organisations trying to build on pilot projects with an aim of increasing sustainability. We feel very proud that we have supported these ideas from the very beginning and hope you do too. If you do want to hear more about any of our projects please visit our website or get in touch with us directly!

[www.thelauracasetrust.org](http://www.thelauracasetrust.org)

We hope you enjoy reading this newsletter. We would love to hear from you if you have comments or suggestions, whether they be new grant ideas, fundraising plans or simply to say hello!

Thank you as always for all your support.

## Medical electives at Jesus College



As many of you will know, Laura spent three years studying medicine at Jesus College at Cambridge University. The Laura Case Trust Prize and Bursaries were set up in 2017 with the aim to support medical students at Jesus College planning elective placements in developing countries. These awards have been funded by an endowment which means they will exist in perpetuity.

In 2018 The Laura Case Trust Prize (based on academic merit) was awarded to Manu Shrivastava (South Africa), and the Laura Case Elective Bursaries were awarded to Keerthi Senthil (pictured in Uganda), Laura Mullarkey (Uganda) and Isabelle Williams (Peru)



Below is an abstract from Laura's report who spent her time between Kampala Hospital and a smaller rural hospital.

*'In England, I very much sit on the side lines as a medical student. In the smaller scale setting, we were encouraged and supported to get a lot more involved, even finding ourselves in charge of running ward rounds. I found it incredibly rewarding to be able to help actively people and find out that I could practically apply the theoretical knowledge I had learnt. Stand out moments included organising pain relief for a girl in a sickle cell crisis, helping evacuate and suture up a boy's muscle haematoma and seeing a man who had come in septic, puffy and peripherally shut down, recover enough to go home.'*

*However, as well as the highs, there were many lows, which taught us valuable lessons in preparation for our careers ahead...The experience also made us appreciate the enormous privilege of being able to practise in the NHS. It was heart-breaking to see patient's families having to decide what investigations and treatments they could afford, being unable to perform vital tests due to lack of equipment and ration the oxygen to the four patients on the ward who needed it most.'*

The 2019 recipients are being selected in May and we look forward to hearing the outcome. We are hoping to develop a wider network of doctors who have an interest in medicine in this part of the world

## Sponsored Doctors

### Dr Amon Bwambale

Amon continues to play a leading role at Bundibugyo Hospital which caters for a remote region of approximately 120,000 patients over a large, but beautiful geographical area between the Congolese border and the Rwenzori mountains.

In 2008 we sponsored Amon to undertake undergraduate medical training at KIU medical school and after demonstrating such a commitment to his local area we also sponsored him to undertake a Masters in Public Health at Makerere University in Kampala. He is using his new skills to prepare the region for a possible Ebola outbreak (see picture on the left).



### Moses Byomuhangi

Alongside the Joe Franklin Charitable Trust we are also sponsoring Moses Byomuhangi through medical school so he can return to work in the Kamwenge district which currently only has 3 doctors for a population of 360,000. He started his second term of his third year at Kampala University at the beginning of February this year. He continues to do well in his studies and we hear from him regularly.

### Reuben Muhindo

Following our successful grant to support Dr Amon Bwambale through medical school we are now part funding the cost of training another clinical officer, Reuben Muhindo, as a doctor (pictures below). Reuben has a place at medical school in Kampala and a partial scholarship from Friends of Kagango Hospital, where he has been working since 2015. He comes from Kasese, the district next to Bundibugyo, which suffers from much the same problems of remoteness, limited infrastructure and staffing.



## GPAS, Uganda

We have collaborated with GPAS for the last 5 years to deliver the Advanced Trauma Course to all of the intern (first year) doctors in Mulago Hospital, the largest hospital in Uganda. This year we have committed to deliver £65,000 to expand the Advanced Trauma Course to become a nation-wide standard for training in trauma care in Uganda. With our support GPAS will achieve this by developing regional trauma training centres in 3 regional training centres in Mbarara, Mbale, and Gulu and training over 70 senior doctors to deliver the curriculum. The course teaches the foundations of how to look after victims of trauma, be it through violence or road traffic accidents, and these skills will be invaluable when they go to work in resource poor areas, often as the only doctor in the region.

The team have delivered successful Train the Trainer courses in Mbale in Eastern Uganda, in a few week's time will be expanding to Mbarara in the South West and Gulu in the North later this year. Hand in hand with this work is developing training facilities in these locations. The aim of the program will be to deliver Advanced Trauma Training to every newly qualifying intern in Uganda within the next three years, and we have committed to deliver this over the next 5 years.

We are really excited about the pace of expansion and the feedback from all of our course delegates has been exceptional. GPAS are also in talks with the American College of Surgeons and the College of Surgeons of Eastern Central and Southern Africa to further spread this sort of curriculum across the wider region of Africa.

We are really excited about this project and think that we are building a real legacy of in trauma care across the country. Our relationship with GPAS has gone from strength to strength and they in turn have secured support from the faculty at Yale to study the impact of the Advanced Trauma Course. We look forward bringing you more news in the forthcoming months and years.

Supporting the

**Cystic  
Fibrosis Trust**

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[cysticfibrosis.org.uk](http://cysticfibrosis.org.uk)

## Cystic Fibrosis – CLIMB-CF

We continue to support the CLIMB-CF study: the Cystic Fibrosis Trust's SmartCare CF Kid's Study which is investigating the feasibility of remote health monitoring for children with cystic fibrosis. They achieved 96% of their recruitment target by the end of March 2018 with 115 young people enrolled into the study from 6 centres. The data collection phase of the study ended in November 2018, and the lead research team at the Royal Brompton Hospital are now in the process of getting the data ready to send to the research team in Cambridge. Once they receive the data in Cambridge, the research team will apply the machine learning algorithms and techniques developed during the analysis of SmartCareCF data (the parallel adult study) to the CLIMB-CF data, looking for patterns that could predict the onset of a lung exacerbation in children with cystic fibrosis. The learning and data gathered from CLIMB-CF will be linked into the Trust's new Innovation Hub partnership with the University of Cambridge. The research partnership uses a multidisciplinary approach to explore treatments for bacterial infections, chronic inflammation and lung repair for people with cystic fibrosis. The partnership will ensure that they can continue to develop the remote monitoring tools piloted through CLIMB-CF, with the aim of establishing this model of care as a way of improving the long-term health outcomes and quality of life experienced by children with cystic fibrosis.

## Read for Life



Learning to read and write is a fundamental educational need. However, in parts of Uganda, many children lack this most basic of skills, even as they approach the end of their primary education. Read for Life is an organisation which aims to improve literacy instruction in Ugandan classrooms, focusing on improving children's reading and writing levels in the lower classes.

Read for Life have written their own reading program specifically to suit Ugandan classrooms and environments, taking all the country-specific challenges that exist into consideration, and they train nursery and infant teachers in phonics-based teaching methods. So far, they have trained about 80 nursery and primary schools in Gulu municipal (and further districts) in phonics teaching skills and have trained more than 1000 teachers. The results are extremely encouraging, both in terms of the confidence of the teachers and the literacy of the students. In 2017, a study of pupils in primary schools across Gulu showed that the third-year primary pupils from schools working with Read for Life could read 1.5 times more words in one minute, whilst pupils in the second year of primary school could read twice as many words in a minute.

We are pleased to announce that we recently provided a grant to Read for Life to enable them to complete the teacher training for the remaining municipal primary schools in Gulu this year.



## PEAS, Uganda

Since 2009 the Trust has been working in partnership with PEAS (Promoting Equality in African Schools) to give dozens of young people the opportunity to go to University with the benefit of bursaries fully funded by the Laura Case Trust. In 2016 the Trust extended the scheme to cover A-level bursaries, which provides disadvantaged students with two further years of high quality education and the opportunity to go on to University, often with the help of a further bursary either from the Trust or other private and government sources. The A-level bursary scheme is of particular value to PEAS, as it has proven to have had a beneficial effect on student retention, particularly for girls who often have significant pressures imposed on them to drop out of school in order to get (low) paid work, do chores at home or start a family.

As you will see from the following quotes from recipients of the bursary, the opportunity provided by the trust is helping lift students and their families out of poverty, as well as encouraging thousands of students from some of the poorest families in Sub-Saharan Africa to complete their O-Levels and A-Levels - because they knew that they had the opportunity to apply for the bursary.

***“Thanks to the opportunity given to me through the Laura Case Trust, I see a bright future ahead of me and see myself as a successful empowered woman”***

***“I am very grateful to PEAS and the Laura Case Trust, for if it wasn't for you, I am very sure I would have stopped at High School. Again, I thank PEAS for establishing low affordable school fees, if it was not for that I would have just joined working as a housemaid as earlier planned by my desperate father”***



# Fundraising

## The Big Christmas Give

In 2018 we asked our supporters to consider giving to the trust this Christmas in lieu of Christmas presents in a week long, matched giving bonanza. We were amazed and touched by the generosity shown by so many people. With the matched funding we raised £17,854 which is our biggest fundraising effort to date and completely exceeded our hoped for total so 'THANK YOU'.

## Pub Quiz



Last year's pub quiz raised over £2,190 in yet another tightly fought contest. It was once again held at the Jerusalem bar and kitchen – a venue who once again kindly tolerated our takeover of their site (thanks Stuart!) for a night of fiendish quizzing.

As ever, competition was fierce but thankfully Quizmeister and trustee Nick Ramsar kept teams in line, ultimately congratulating Team "Quizn't she lovely'. It was a hugely generous year, with another unexpected fine wine auction adding to the donations. Thank you very much to everyone who came, donated and quizzed. We'll see you on the 14<sup>th</sup> May 2019 for another night of pop, culture, and Africa based general knowledge.

## Norfolk Bike Ride



Ben Connah took a small but perfectly formed group of cyclists on the Cambridge to Diss bike ride in September 2018. Now in its twelfth year Ben is now an expert at negotiating the not so flat roads of Norfolk and this year raised £1,835 for the trust. He is always looking for willing participants and it is a beautiful route. A warm welcome always waits for all the finishers in Diss.

## Brighton Marathon Success



Arpi Vezer put in the hard hours over the Winter racking up the training miles in the wind, rain and snow and successfully completed the Brighton Marathon raising an impressive £1,500 for the trust. We are incredibly grateful for his efforts!

## Trustee news

We said a sad goodbye to Nick Ramscar who has decided to step down from his role as a Trustee as he and his family are relocating to Switzerland. Many of you will know Nick from his sterling work over the years as quizmaster extraordinaire and we thank him for all his time and effort over the years and wish him all the best for the future.

Another new Trustee baby arrived in the form of Annika to Dom and Geeta. We wish them all the best as a family of four!

## Thank you!

Finally, we want to say a big, big thank you to all of our fundraisers and donors from the last 12 months who have given their time, raised money for or donated to the Trust - whether it be by sponsoring our fundraisers, one-off donations or through monthly direct debits, which are an increasingly important (and welcome!) part of the Trust's income. You continue to amaze us with your generosity and none of this would be possible without your support.

If you would like to make a donation to the Trust, please visit:

[www.justgiving.com/lauracasetrust](http://www.justgiving.com/lauracasetrust).

We also welcome legacies that will allow the Trust to continue its work. If you would like to talk to us about this, please email [trustees@thelauracasetrust](mailto:trustees@thelauracasetrust) and we will get in touch.

## Thank you from the trustees

Anthea Case

Joanna Amey

Dr Dom Moor

Kate Sturgeon

David Case

Marz Gyles

Dr Nicola Lochrie

Despina Tsatsas

Melissa Case

Vicki Gyles