



Welcome to the thirteenth 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!!**

It feels strange to be releasing a newsletter in these uncertain times of COVID-19. Our hope is that it will provide a welcome positive distraction against the relentless media stories of PPE, social distancing and COVID 19 mortality figures. Over the next few pages discover updates on existing grants as well as the introduction of a couple of new partnerships. We hope you enjoy it and as always, we would love to hear from you if you have any comments or suggestions either on grants, fundraising ideas or simply just want to say hello!

Thank you as always for all your support. Stay safe

## Medical Electives at Jesus College, Cambridge



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 2019 The Laura Case Trust Prize (based on academic merit) was awarded to Oliver Stubbs who undertook his elective at the Kilimanjaro Christian Medical Centre in Moshi, Tanzania, and the Kanti Paediatrics Hospital in Kathmandu, Nepal.

The Laura Case Bursaries for 2019 were awarded to Ali Alam (Hope Foundation in Cox's Bazaar, Bangladesh), Zeeshan Arshad (Victoria Hospital, St. Lucia and Scarborough General Hospital, Trinidad & Tobago) and Yash Singh (Western Regional Hospital in Belmopan, Belize, and a Light Education Charity Clinic, Peru).

Below are excerpts from two of their reports.

Oliver Stubbs – Laura Case Trust Prize winner

*The Kilimanjaro Christian Medical Centre (KCMC) is a large tertiary referral centre in northern Tanzania, with 630 inpatient beds, serving a population of approximately 15 million people spread widely across East Africa. Working in the Emergency department allowed me to participate in the acute management of an enormous diversity of medical presentations, as well as meeting a large number of local patients and staff, who were universally friendly and supportive. Given the limited resources available to the staff, the poverty level of the population and the expense of treatment, it was not unusual to see extremely delayed presentations or unmanaged conditions. What was particularly impressive was to see the doctors manage these cases with limited access to blood tests, imaging and drugs, but instead relying on good clinical examination, decision making and first principles. Sadly, some cases presented after treatment would have been effective. Cervical cancer was especially prevalent and seemed especially inequitable, given the effective HPV vaccine used in more affluent countries. I am incredibly grateful to The Laura Case Trust for supporting my elective. The experience was most valuable in revitalising a passion for clinical medicine that had somewhat waned over the lengthy medical course. It was refreshing to see real clinical medicine and to work with passionate local and international doctors, I very much hope to return as a graduated doctor to work in these environments again.*

Ali Alam – Laura Case Bursary Award Winner

*There are currently over 1 million Rohingya refugees in the south eastern region of Bangladesh, adjacent to the Myanmar border. The need for aid for these people is overwhelming. Being interested in global health, I was keen to observe how healthcare was being provided by aid workers in an acutely low resource setting. I organised a placement with HOPE foundation – a Bangladeshi NGO which operates a maternal and child field hospital based in the Rohingya refugee camp. At the field hospital, I spent my time in the general medicine clinics and the emergency clinic. Most of the patients we saw had subacute conditions such as upper respiratory tract infections, gastritis, and diarrhoeal diseases. The acute patients included paediatric cases of acute asthma, cerebral meningitis and a handful of drowning cases. The doctors in the field hospital were fantastic and always keen to teach which was very welcomed, especially with cases such as snake bites and dengue fever, which I had little experience in. The most enjoyable aspect of my time with HOPE was when I had to refer patients to the larger field hospitals. When patients were transferred, I often accompanied them and handed over to the receiving team. I am immensely thankful for the help provided by the Laura Case fund, which afforded me a fantastic opportunity to observe medicine being practiced in one of the world's most extreme human environments.*



The 2020 recipients are being selected in May and we look forward to hearing the outcome. We are hoping this endowment will lead to the development of a wider network of doctors who have an interest in medicine in lower income countries and may be able to work with the Trust on new or existing grant ideas.

## Sponsored Doctors

### Moses Byomuhangi

For the last 3 and a half years we have supported Moses (pictured bottom left) with his medical degree at Kampala University. In January 2020 he completed the first semester of his fourth year of medical school. He continues to progress well with his studies after successfully passing all his exams again last year and is clearly enjoying it from the updates he sends us!

### Reuben Muhindo

In 2019 we were approached by the Mvule Trust, a Ugandan charity which provides bursaries for young adults, often girls, unable to pursue post primary education. The Trust's Director, Cathy Watson, had helped us set up appropriate funding arrangements for our first medical student Amon in 2008. From 2010 to 2015, Mvule Trust funded Reuben Muhindo (pictured in the centre, bottom right) from Uganda's Rwenzori mountains for his A levels and then to become a clinical officer. In 2017, he asked Mvule for support to enable him to train as a doctor at Kampala International University. This was beyond Mvule's resources so the Trust approached us for help. We and the Mvule Trust now jointly support his fees with his hospital meeting his living expenses.

Reuben is now in his second year at medical school and performing well (a requirement of the grants). We were really proud to hear he came 4<sup>th</sup> out of 360 students in his third semester. In his holidays, he returns to the hospital where he works from 7 am to 1 pm and studies in the afternoon.



We continue our successful partnership with GPAS, working together on the long term, sustainable transformation of trauma care in Uganda. With our funding, and some additional support from Yale University, GPAS have been able to greatly expand trauma education in Uganda in the last year. They have run 'train the trainer' programmes in 4 regions of Uganda, consisting of one-week workshops in each region. This has trained 30-40 trainers each time. These programmes have been running alongside a trauma course for *all* new interns to the main Uganda teaching hospital - Mulago. This course has now been accredited by the Ministry of Health. One of the key aspects of the GPAS approach to building capability in Uganda is its use of local, committed and enthusiastic leadership. This work is currently being led by two young surgeons, Martha Namugga (a general surgeon) and Peter Muwanguzi (orthopedic surgeon), supported by other local Ugandan surgeons, and several Yale trainees.

A large stakeholder meeting was held in December 2019 in Kampala to work out the next steps in the programme, and to assess what had and hadn't worked. Following this, the plan for the next year is to support a targeted number of regional and rural hospitals to develop their own trauma care plans, using the trainers who were trained last year.

We are really excited about this project and think that we are building a real legacy of in trauma care across the country.

## Children's Palliative Care in Uganda (PcERC)



We are delighted to announce a new grant supporting a palliative care project with Professor Julia Downing and the Palliative Care Education and Research Consortium. Their aim to provide training to improve awareness and the clinical management of children's palliative care in Uganda.

Globally more than 5.3 million children experience serious health-related suffering with 2.5 million dying needing access to pain relief and palliative care. More than 98% of these are from low- and middle-income countries. Despite evidence of need, access to children's palliative care still remains a significant global health challenge with less than 10% of children needing palliative care having access to it. Whilst Uganda is doing well in the development and provision of palliative care generally, with a national policy on palliative care soon to be ratified, more needs to be done on children's palliative care. This project aims to deliver a needs assessment for palliative care in Mulago hospital and its referral hubs before upskilling local doctors, nurses and pharmacists in palliative care management over a five days clinical skills course. In the future we hope this will develop into a 'train the trainers' model allowing increasing numbers of health care professionals to develop necessary skills.

## East, Central and South African College of Physicians (ECSACoP)



In 2018 we reported on a new grant to the East Central and Southern Africa College of Physicians (ECSACoP), who were partnering with the UK College of Physicians to re-imagine the way in which postgraduate medical education is delivered and assessed in the region. The aim was to improve access to well-trained physicians through the establishment of a network of training centres and by implementing an internationally recognised postgraduate medical qualification.

The Laura Case Trust grant came at a formative time for this fledgling and progressive College, ensuring as with many of the Trust's grants, that modest sums given in a timely way have significant impact and enable other funders to support a developing cause. ECSACoP is now active in six countries, with 400 signed up physicians, and trainees on their second year of recruitment. There are currently four Ugandan students, three in Kampala and one in Lira. One of the trainees supported by the Trust's grant is Dr Ezra Kibirango (pictured below), who we also sponsored to attend the ECSACOP Scientific Conference in Livingstone. Dr Ezra studied Medicine at Mbarara University of Science and Technology, and for the last 5 years has been the Medical Officer at Mengo Hospital in Kampala.

"I wanted to pursue an MMed (Masters) in Internal Medicine at Makerere but ... there were financial implications as I had to resign from my job, yet I had a young family to fend for and the education is rather draining and expensive. I waited for scholarship opportunities to become available, but they are so few and far between.

It was around that time that the Head of Internal Medicine ..... told me about ECSACOP for the first time. I went to the website and immediately thought, this is it, my golden opportunity; my prayers have been answered. I am so proud to be one of the first four ECSACOP trainees in Uganda. Coming to this Conference has been the best thing in my career. I am meeting people whose books I've read, who I've only ever heard about. I love teaching. I want to be a better teacher than my teachers were to me. I want to make my country proud.

A Big Thank you to the Laura Case Trust for making my dreams come true. And thank you Laura Case. Your legacy lives on in many of us.



## Read for Life



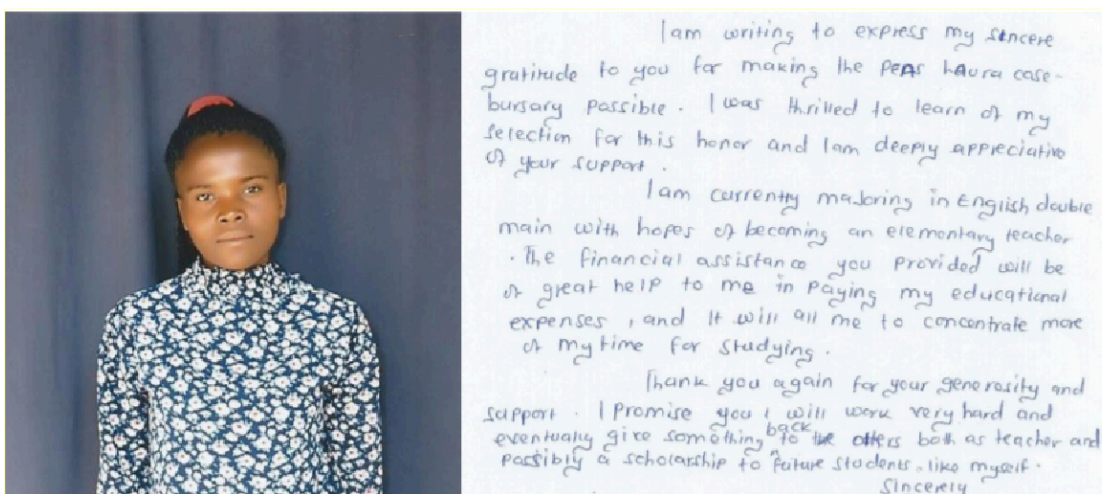
Learning to read and write is a fundamental educational need. However, in parts of Uganda, many children lack this most basic of skills, even as they approach the end of their primary education.

Read for Life is an organization which aims to improve literacy instruction in Ugandan classrooms, focusing on improving reading and writing levels for children from poorer backgrounds. 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 train nursery and infant teachers in phonics-based teaching methods. In 2017, a study of pupils in primary schools across Gulu showed that, vs children outside of the program, third-year primary pupils from schools working with Read for Life could read 1.5 times more words per minute and pupils in the second year of primary school could read twice as many words per minute. The Trust partnered with Read for Life in early 2019, and provided the organisation with a grant sufficient to enable them to complete the training for all nursery and infant teachers in all municipal primary schools in Gulu.



For the past decade 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. The Trust extended the scheme in 2016 to cover A-level bursaries as well, thus providing disadvantaged students with 2 further years of high-quality education and the opportunity to go on to University. Without the help of the Laura Case Trust, these students would be unable to continue their studies for lack of funds. Therefore, the bursaries give students opportunities they would not otherwise have had and enable entire families to be lifted out of poverty.

In 2019, with your support, the Trust has been able to provide bursaries to 18 students (5 University and 13 A-Level students), 72% of which were female. As of 2020, the Trust has committed to provide its usual 2 annual University bursaries, and has also agreed to increase the number of A-Level bursaries to 10 per year, for the next 5 years. The following quotes from one of the University students who started her studies in 2019 show just how much the bursaries mean to the students.



We would also like to congratulate Salima Nassozi (bottom left) and Noah Mukuma (bottom right) who both graduated from University this year with a Bachelors of Arts in Education and a Bachelors in Science with Education, respectively.





## Cystic Fibrosis – CLIMB-CF

Supporting the

**Cystic  
Fibrosis Trust**

© Cystic Fibrosis Trust

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

The Trust continues to support the Cystic Fibrosis Trust's CLIMB-CF Study which is an innovative trial assessing the feasibility of remote health monitoring for children and adolescents with cystic fibrosis. The study recruited 115 patients aged between 2 and 17 years and supported them to collect their own health data, with help from their parents, for a period of 6 months. The study is now in the data analysis phase and with the results of the machine learning analysis still to come, there are already some interesting findings around the acceptability of taking daily health measurements, the impact on parental depression and anxiety and whether certain biomarkers correlate to pulmonary exacerbations.

The data hasn't yet been formally published therefore we are unable to share the results at present but will do in future newsletters once they are in the public domain!

## Fundraising

### Pub Quiz

Last year's pub quiz was a key date in the pub quiz calendar and 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 our lovely Quizmeisters Hannah and Tom Edge kept everyone in line. Thank you very much to everyone who came, donated and quizzed. Unfortunately, due to the current pandemic there will be no May pub quiz this year (I can hear you sobbing now!) We are hoping that the situation will have eased by September and we may be able to arrange one for then. We will keep you updated!

### The Norfolk (transplanted to Kent) Bike Ride

The twelfth annual Great East Anglia Bike ride was transplanted to the Sussex and Kent hills this year, with an intrepid team of cyclists completing the usual 60-mile distance but over much hillier terrain. As a result, they felt they deserved the £3,500 raised in sponsorship even more than usual. The ride will be taking place again this autumn, so do let [benjconnah@hotmail.co.uk](mailto:benjconnah@hotmail.co.uk) know if you're interested in taking part.



## Trustee news

We are delighted to announce that Ben Connah has agreed to join the Trust as a Trustee. Many of you will recognize his name due to his relentless ability to drag/persuade/enlist a number of merry cyclists to join him on the annual fundraising cycle for the Trust. We have no doubt he will bring this energy and enthusiasm to Trust meetings!

Whilst not officially 2019 news the later dispatch of this newsletter means that we are delighted to announce that two new babies have joined the Trustee brood (bringing the total of under tens to ten!) Vicki and Marz welcomed Toby on the 18<sup>th</sup> January 2020 as a little brother for Megan, whilst Jo and Arpi welcomed their first baby Timothy on the 28<sup>th</sup> January 2020. Our congratulations go out to both families!

## Thank you!

As always, 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. You continue to amaze us with your generosity and none of this would be possible without your support.

If you would like to donate 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

David Case

Melissa Case

Joanna Amey

Ben Connah

Marz Gyles

Vicki Gyles

Dr Dom Moor

Dr Nicola Lochrie

Kate Sturgeon

Despina Tsatsas