



Welcome to the annual 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!

## Medical training

As most of those we were sponsoring have now graduated, we invited applications for sponsorship for new medical students in Uganda. We were particularly interested in two criteria: those who were already clinical officers in hospitals, but who could not afford to take a full medical degree, and those who wanted to return to their home community to work, following their studies. Doctors are very concentrated in urban areas in Uganda. We are keen to increase provision in rural and remote areas where there is often limited access to surgical or medical care. We had a strong field and, following applications and interviews, we were really pleased to provide three full medical sponsorships at Kampala International University or Makerere (scholarships meet tuition costs and also provide a contribution towards living costs). We are also contributing to the costs of tuition for a student in Lab Technology. Our new scholars are:

### Sarah Nyiramirasano

Sarah was a senior clinical officer in Kayonza in Western Uganda, near the Congolese and Rwandan border. She has a special interest in non communicable diseases such as diabetes and hypertension, which are increasing in Uganda with insufficient medical expertise to treat and care. Sarah started her Bachelors in Medicine and Surgery in August 2022 at Kampala International University.





### **Jimmy Masereka**

Jimmy was a clinical officer in the Kasese district of Western Uganda, which has been recently badly affected by Ebola and cholera outbreaks. Jimmy has a particular interest in infection prevention and control, and took responsibility for HIV care and management and victims of gender based violence when he was a clinical officer. He started his Bachelors in Medicine and Surgery in August 2022 at Kampala International University.

### **Precious Asimwe**

Precious was an Assistant Nursing Officer at Bwindi Hospital, in the Kanungu District (the same area as Sarah is based in). He oversaw the HIV/AIDS and TB services at his hospital with impressive results. Precious started his Bachelors in Medicine and Surgery at Makerere University in Kampala in September 2022.



### **Alfred Tushabe**

When we were introduced to Alfred, he was doing very well in his medical lab technology degree, but was about to have to drop out of the course for financial reasons. Our medical trustees tell us that laboratory technicians are the unsung heroes of the medical world, and we felt strongly that it would be a great waste of training and talent for Alfred to drop out at this point. We are therefore supporting him through his last year of studies.

### **Rueben Muhindo**

Rueben is one of our existing scholars in his final year at Kampala International University. We joint fund his fees with the Mvule Trust. He is doing well but has had a close encounter with Ebola recently. He was in rotation in Mubende, Central Uganda, when an outbreak struck. He is safe, but his cohort lost a Master's student and two classmates were infected. During the outbreak, tuition went online: "We are now having lectures remotely ... I am very thankful for the amazing support towards my training."





## Backpack nurses and reproductive awareness

We have funded CHASE Africa £30,000 over three years to provide 'backpack' nurses for mobile family planning clinics and community educators to raise awareness and understanding of adolescent reproductive issues and rights in remote areas of Uganda. **For relatively little funding the project has had really**

**significant impact: reaching over**

**57,000 people so far.** We were also pleased to see education authorities allowing comprehensive sessions in schools which dealt with a whole range of topics from sexual harassment, to safe sex for pleasure, prevention of unwanted pregnancies and negotiating safe sex with a partner.

In an additional impact boost, engagement by CHASE's partner organisation at a local level with councillors and stakeholders has led to a commitment for the district Ministry of Health in Kasese to allocate additional funding to build capacity around these issues in district health providers.



One of the youth peer workers has described the impact of the work: *"Education on sex reproductive rights will help me and my fellows to stay in school, stay healthy and stay away from unwanted pregnancies and its complication; through using peer to peer talk shows, sharing experiences on the importance of family planning, through role play. Many girls under the age of 18 can now access family planning services freely without fear of being blamed."*

## Laura Case Prize and Bursary for elective students at Jesus College, Cambridge

Prior to the Covid 19 pandemic, we established a Laura Case Prize and Bursary at Laura's old college, Jesus, for medical students going on overseas elective to Africa. This is the first time that the Prize has been awarded, as overseas electives for medical students were cancelled in 2020 and 2021. Some restrictions have



remained so there were no electives taking place in Africa this academic year. Awards were therefore made to students going to work in similarly resource challenged communities in the world: Primary Care Clinics in the Cordilla Blanca mountain range in Peru, in hospitals in Cusco and a Tropical Diseases Clinic in the Amazon rainforest.

## PEAS

After the world's longest school closure from the Covid pandemic, it was great to see more students enrol in PEAS schools than in pre-covid years, despite widespread migration and low enrolment across most schools in Uganda. As a result of the prolonged school closures, the Trust agreed to roll over its 2021 funding. As a result, the Laura Case Trust was able to offer 18 new A-Level bursaries in 2022, across the network of PEAS schools in Uganda, bringing the total number of students benefiting from the A-level bursary last year to 24. The 6 beneficiaries who completed their final National exams in December 2022 all passed and are eager to go on to further university education, which is great to see.

We also continued our University bursary scheme, funding a further 2 bursaries in 2022. This brought the total number of Laura Case Trust University bursary beneficiaries studying last year to 6. Two of these students graduated during the course of the year and have committed to serving within the PEAS School Network as teachers for the next 3 years. This seems to be a relatively common path for PEAS University graduates who receive our bursaries, as the young adults are encouraged and seem very keen to return to and give back to the communities from where they have come. It has been lovely to hear from PEAS just how well received our Bursaries are:

**Precious Nuwamanya**, who was a beneficiary of the A-Level bursary and is now one of our University bursary students, writes *"I want to say thank you to the Laura Case Trust, I am really grateful for the bursary, my parents could not afford university fees. When I finish, I can't wait to give back to my community as I have people who look up to me. Thank you so much"*.

**Viola Nuwasiima**, another University bursary beneficiary says *"I have benefitted a lot from the Laura Case bursary scheme. I never thought I would be able to step foot in university, but you have given me the chance to achieve that, and I can't fail to say thank you. I feel I will make an impact on the society I am in."*



**Precious Nuwamanya,**  
**BSc. Accounting Finance**  
**Kyambogo University**



**Viola Nuwasiima**  
**BA Education**  
**Bishop Stuart University**



## CHESA

We continue our long term partnership with the brilliant UCSF Center for Health Equity in Surgery and Anesthesia (CHESA). They are working closely with key partners in Uganda to scale advanced trauma training and expand trauma research and education.

CHESA Fellows **Drs. Treasure Ibingira, Martha Namugg, and Caroline Stephens** co-lead the project with support from faculty from CHESA, Makerere University and Mulago National Specialised Referral Hospital. We are delighted to be supporting CHESA's aim of transforming trauma care in Uganda - the biggest reason for

injury and death, and woefully underfunding and undertrained.

Over the past six months, the team has been rolling out advanced trauma trainings for interns and rural frontline providers in hospitals in

**Kampala**

**(Mulago Hospital), Central Region (Kawolo Hospital) and Northern Region (Moroto and Kiryandongo)** and moving forward in developing the first clinical trauma fellowship in Uganda, among other activities all aimed at improving the trauma care and training throughout the country. The photograph at the top of this year's newsletter shows a training at Kawolo Hospital for the burr hole procedure, using sheep's heads. Across, more Kawolo training, this time in resuscitation (using cardboard boxes covered in plastic bags as a good somatic substitute for ribs and chest cavity) and intubation. CHESA is continuing to explore new local and international funders to build on this critical work.

A lecture in Laura's name on the subject of trauma care in resource constrained countries will be hosted later in the year at Makerere University. Supporters of the Trust are welcome.





## Bowel Cancer UK

Thanks to a £21,000 grant from the Trust, Bowel Cancer UK has been able to fund two projects to help younger patients, those under-50 for whom a diagnosis is often delayed because bowel cancer is seen as a disease of older people. Several of our Trustees have seen the impact that bowel cancer can have on younger patients. Last year BCUK ran a support group for younger patients using their 'Chat Together' model, which proved valuable for participants and which will inform future support projects. A new online learning module for health practitioners is being launched to help raise awareness of symptoms and treatment options for younger people. The module will form part of clinicians' ongoing professional development and will be hosted by GPNotebook.

## Fundraising

2022 saw another super successful Great East Anglian Bike Ride avoid torrential downpours on the not-so-flat-lands, navigate barely road-worthy bikes and smash their target: making a whopping £3,869 in the process. If you'd like to be involved in the 2023 version, it will take place on **a Saturday in September**. Do email [benjconnah@hotmail.co.uk](mailto:benjconnah@hotmail.co.uk) to register your interest.



## 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)