



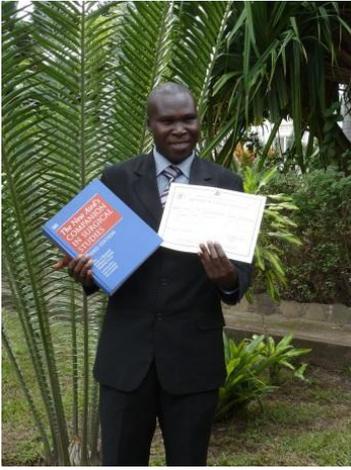
Welcome to the seventh newsletter from **The Laura Case Trust**. You are receiving this because you've donated to, fund-raised for, or sponsored someone fundraising for the Trust. Whichever it is – a huge thank you. You have helped us make grants of **£17,000** in 2013 and over **£145,000** since the Trust was set up.



*At their own cost.
Every penny raised for the
Trust goes directly to our
projects.

2013 was another great year for us, seeing a number of our projects reach successful outcomes and move onto the next stage. 2013 was also very special for six of the Trustees who visited Uganda in November*, some for the first time, to get first-hand reports on our various projects there and to seek out further opportunities for the Trust.

This newsletter summarises how our major projects have progressed over the last 12 months, reports on yet another successful year of fundraising by our supporters and gives a few tasters of what's to come during 2014. If anything here inspires you to get in touch, whether in relation to a specific project, if you have a useful contact or fundraising idea, or simply want to say "hello", then please do, using the contact details at the bottom of this newsletter. We're always delighted to hear from friends of the Trust.



Dr Amon Bwambale

The main reason we visited Uganda when we did was to be able to attend Amon's graduation from medical school, through which we have sponsored him for the last 3 years. The graduation was actually postponed, so we held our own (shorter and smaller!) celebration with Amon and his family in Kasese.

You may recall that we chose to sponsor Amon because he was a highly promising Clinical Officer working in Bundibugyo, a rural region in the far west of Uganda with a population the size of Southampton which, since an outbreak of Ebola Haemorrhagic Fever in 2007, has been served by only one doctor. Dr Amon has now got one year of working as an intern before he will return to Bundibugyo and double the number of doctors in the region.

We are extremely proud of Amon's achievements and believe that he will make a huge difference when he returns to Bundibugyo next year.

We are keen to repeat the success of this project with another medical school sponsorship but will only do so when we are confident we have identified the right individual.



Alex Kizito

We first came across Alex in 2011 when his passion for improving education and healthcare in rural Uganda and his strong leadership potential persuaded us to fund him to attend an international colloquium on rural healthcare in that year. We discussed with Alex the problem of girls missing school during their monthly menstruation and the damaging knock-on effect this can have for their education and long term prospects. Together with Alex we are searching for a sustainable solution. If you have any ideas, or contacts that may be useful, please let us know!

GPAS Advanced Trauma Care Training, Uganda



"I made lots of decisions based on the trauma course"

"It was so, so important"

"An important course for all interns"

"I feel confident to teach these skills to other doctors upcountry"

The **Global Partners in Anesthesia and Surgery Advanced Trauma Care Training Programme** that we funded in 2013 has been a great success and is now a standard course attended by all interns who undertake their internship in Mulago hospital, Kampala (the largest hospital in the country). From our conversations with interns who have recently undertaken the course, it has been invaluable in providing them with training in trauma care that previously was sorely lacking.

During our visit we discussed with faculty how the course might be improved and we continue to work with them to develop it further. Among other ideas we are looking at gathering a single set of course notes to ensure consistency, and help the interns retain the benefit of what they have learned.

The same faculty that arranges the GPAS trauma course also runs 'outreach' weeks where the team decamps from Kampala into another city/town and runs intensive surgery clinics intended to clear backlogs and take the pressure off Mulago, where many of the surgical referrals would otherwise end up. We are looking at ways to use the opportunity provided by these outreach weeks to create lasting benefit, for example by training up local personnel to be able to cover simple surgical procedures locally without Mulago-based specialists.

ETAT+



Us with Dr Bob Opoka and Dr Deo Munube who are driving ETAT+ adoption across Uganda

Since 2010 we have been working with the Kenyan Paediatric Association (KPA) to provide **ETAT+** (Emergency Triage Assessment Treatment Plus admission care for the sick children in resource-limited countries) training in Kampala. We supported the initial launch of the course into Uganda at Mulago Hospital and Makerere University and were fortunate enough to be able to witness, on our recent visit, the extensive changes that have been made to the Mulago paediatric ward to comply with the best practice principles the course promotes.

We were delighted to discover on our visit that other, larger, donors are now involved in expanding the course nationwide. This is a great example of what the Trust seeks to achieve by offering a small amount of seed funding which can then be taken on by larger donors that are able to provide bigger and longer funding commitments.

Maternal Azur Clinic, Hoima

As you may know from our previous newsletters, we have been working for a number of years alongside both Basingstoke Hoima Partnership for Health and Help Hoima to help support the **Maternal Azur Clinic in Hoima**, Uganda.

The clinic is performing well and we are pleased with the outcomes it is providing. The paediatric ward has developed significantly over the last year and now admits more than 200 children in most months, with both mortality rates and transfers to the Regional Referral Hospital at impressively low levels.

PEAS Laura Case Trust University Bursary Scheme



Onwards and Upwards

We continue to fund the **Promoting Equality in African Schools (PEAS) Laura Case Trust University Bursary Scheme**. The scheme has two main aims:

- 1) to support less privileged students during their university/tertiary level studies; and
- 2) to train the best current students within PEAS schools for future paid roles within PEAS.

The first intake for the scheme was in 2009, so the first graduates have now returned to their schools as teachers. We visited PEAS' first Ugandan school, **Onwards and Upwards** and heard great reports about the scheme. We were told that one of the graduates in particular, **John Mary Kyagulanyi**, is considered to be the most popular teacher among students and is an excellent role model to students there.



John Mary Kyagulanyi

There are currently seven students actively participating in the scheme, and seven alumni. We have recently provided funding for the Bursary Scheme for another year and look forward to hearing more success stories like that of John Mary.

Rucksack healthcare in rural Burma



Community Health Worker training in Burma

Since our last newsletter, Jon Wilkinson and May Tha Hla (co-founders of **Helping the Burmese Delta**) have made two visits to Burma. In April, May met some of the first group of volunteers that we had funded to train as Community Health Workers (CHWs) and were encouraged by how enthusiastic they were about their work.

They reported that there had been some problems initially with the older mothers being resistant to accepting help from 'inexperienced young girls'. However some of the advice they had given has since proved to be life-saving so they are confident that attitudes towards the CHWs in the communities will start to change.



The scheme has started to be extended into the West of the Delta, near Thabaung. Jon and May recently visited the main village of Ma Gyi Kone, where the training of the second group of volunteers is taking place. The whole area is completely flooded for 6 months of the year and is therefore not easily accessible, making the need for basic health care particularly important.

There have been some delays in starting the extension, following negotiations with the local health authorities and village committees. However the upside of this community engagement is that there is now a lot of support from the local community, including support from the local MP and the provision of additional training and clinical support from local hospitals.

Sabre, Ghana

We pleased to announce a new grant aimed at improving the quality of kindergarten (primary school) teaching in Ghana, working with a small educational charity called the **Sabre Charitable Trust**. Sabre has worked at grassroots level in education in Southern Ghana for 10 years and has a close productive relationship with the Ghana Education Service.

A high quality education at this young age is proven to have greater long term impact than interventions at any other stage in the education process. However, in Ghana, kindergarten provision is often more about 'crowd control' by untrained community teachers than education. Sabre has developed a new targeted approach improving teaching standards, through training, mentoring and continuous support through small group meetings and access to a resource centre.

The Trust is supporting the mentoring element of the programme – funding the training of 38 serving teachers as mentors to support 76 high quality student teacher placements through the next school year. This will directly benefit 1520 kindergarten pupils in southern Ghana. For more information on Sabre, see www.sabretrust.org.

Fundraising

2013 was another year of creative fundraising for the Trust and contributions from our supporters were incredibly generous as ever. Events in 2013 included:

Toddler Triathlon

The weather held off long enough for an enthusiastic gaggle of mini-triathletes to scoot, run and egg-and-spoon it around Clissold Park on 17th May. Our thanks go to their generous sponsors who gave more than **£1,200**.

Annual Pub Quiz

28th May saw the annual Laura Case Trust Pub Quiz upscale to occupy the cavernous Jerusalem Bar and Kitchen this year. After 40 questions-worth of furious quizzing, and a nail-biting tie-breaker finale, team **"Is this mic working?"** were victorious, raising **£2,670** for the Trust in the process. Many thanks to Quizmaster extraordinaire **Andy Lochrie** who kept us in line when things got especially heated...



Diss 10k

An intrepid bunch of anesthetists and friends from the **West Suffolk Hospital** laced up their trainers and hit the road on 16th June to tackle the Diss 10k head on. Their pacing paid off as they raised a fantastic **£2,200** for the Trust as well as completing the race in the impressive time of 45:49.

7th Great East Anglia Bike Ride

On 5th October a peloton of 30-odd cycling champs rode from Cambridge rail station to Brockdish in Norfolk in aid of the Trust. For the seventh year in a row, we marvelled at their dedication, commitment and leg strength. Some even began their journey in the wee hours of that morning cycling from South London to Cambridge first. You know, as a warm up... Enormous thanks to **Ben Connah** for arranging, shepherding and leading the event with his characteristic good humour, and to all the participants for raising a mighty **£7,783**.



We'd also like to thank [Neil Kerr](#) for his extremely kind donation to the pub quiz; [Jo Amey](#) for her generous donation and [Hogan Lovells](#) for matching it; [Herbert Smith](#) for match-funding sponsorship for the bike ride, and once again, our thanks to [Harris Lipman](#) for producing our annual accounts without fee and [Barry Lewis](#) for his continuing support.

Trustee news

A couple of big life events among the Trustees this year: Congratulations to both [Dom](#) and [Nix](#), who each tied the knot. Congratulations (commiserations?) also to their respective other halves, [Geeta](#) and [Andy](#) (of pub quiz fame).

And we're all hugely jealous of [Melissa](#) who has headed to the other side of the world, *en famille*, for a couple of months in New Zealand and various other exciting places.

Thank you!

We are constantly amazed by the huge support we receive from our friends. Your donations, however large or small are very gratefully received. If you would like to make a donation to the Trust, please visit:

- <https://mydonate.bt.com/charities/thelauracasetrust>; or
- www.justgiving.com/lauracasetrust

You can even help us raise money by simply shopping online, with no extra cost to you. Just go to www.easyfundraising.org.uk, register (and record The Laura Case Trust as the cause you wish to support), then access your online retailer through the Easyfundraising website and shop as normal. Easyfundraising will donate a percentage of the purchase price direct to the Trust. It's as simple as that!

Thank you from the trustees

Anthea Case	David Case	Melissa Case
Dr Sam Clayton	Vicki Eyre-Brook	Meirion Gyles
Dr Dom Moore	Dr Nick Ramscar	Dr Nicola Richmond
Kate Sturgeon	Despina Tsatsas	

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