



Welcome to the eighth 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 seven years, the Trust has made over **£145,000** worth of grants, mainly focussed on Uganda and East Africa, but also benefiting other developing countries. The money you have donated and raised has helped improve the lives of many thousands of people. Our biggest successes have been projects where comparatively small amounts of money given directly have a significant effect - either to the life of an individual, or to effect a culture change within a place or organisation.

It was always our intention to give money to projects that we believe Laura would have felt important, and which reflected her character - sparky, generous and intelligent. We have therefore decided to expand our focus into the UK to allow us to help with excellent causes closer to home.

We will continue to maintain our focus on small grants that make a big difference, often to organisations, places or people that do not easily attract big Government or charity funding. We are particularly interested in working with organisations that focus on criminal justice and make a significant difference in diverting people away from crime, supporting them as they move through the justice system, or rehabilitating them positively into society.

However, we are also exploring other avenues in the UK, within our broader educational and medical remit, and would be keen to hear from you if there are particular ideas or charities that you would like us to look at. The Trust has always been a very personal charity and we love ideas and contacts that come from our wonderful supporters.

This year also saw an up-skilling of the Trustee group, as we welcome on board Joanna Amey as our newest Trustee to help us explore our exciting new direction.

Clean Break



This year has seen an exciting new partnership develop with North London-based Clean Break, a brilliant charity that seeks to transform the lives of women offenders through education and theatre. Clean Break's results speak for themselves - independent research by New Philanthropy Capital estimated that only **5%** of Clean Break's students reoffend within six months of graduating from their education programme, compared with the national average reoffending rate of **51%** of women prisoners.

Initially, we sponsored Clean Break at a Funding Network event (effectively speed dating between individual donors and social justice charities). Our **£1,000** seed donation enabled them to leverage over **£6,000** to support their theatre-based education programme for women offenders.

So impressed have we been by Clean Break's results, energy and commitment that we are supporting them to provide two courses within their education programme.



We are providing funding of **£10,500** over the next two years for their Functional Skills English Course. The course is designed to improve women offenders' reading, writing and speaking skills. Literacy and communication are key issues for many of the women Clean Break work with, and a common barrier both to progression into education and employment and to effectively managing many other aspects of their lives. The programme provides a supportive and friendly environment for women to build their skills and confidence to prepare them for the time when they move on from Clean Break.

We have also given a grant of **£8,000** towards the Personal Development Programme in 2014/2015, which uses theatre-based workshops to help women offenders address and move beyond some of their personal issues that constitute barriers to their progression - it caters for women with a range of different needs although many suffer from poor mental health and wellbeing. The course supports women in planning positive futures, in managing anger and difficult feelings and in recognising strengths. The course helps **82** women a year build their confidence and self-esteem, and cultivate the personal and practical skills to recognise and achieve personal aspirations.

GPAS Advanced Trauma Care Training, Uganda

During 2014, we have continued our partnership with GPAS (Global Partners in Anaesthetics and Surgery), who have been delivering the Advanced Trauma Care Training Programme that the Trust also funded last year. The programme, which is provided to trainee doctors, covers vital lifesaving skills when presented with an injured patient – a critical skill-set given that injuries are still the leading cause of death in Kampala. With the Trust's support GPAS have rolled the programme out to all interns rotating on surgery through Mulago hospital in Kampala. This should have a ripple effect as these interns often go on to work in rural hospitals where they are the only doctors on site.

We have also committed to grant GPAS **£3,500** a year for the next three years to run paediatric surgical outreach projects in more rural hospitals in Uganda, and to start to establish the trauma course in hospitals upcountry. This grant will allow experienced surgeons and anaesthetists to work with local doctors in more rural locations and help children in need of corrective surgery for disabilities. We estimate that our grant should be able to provide around **90** essential paediatric operations as well as providing valuable hands on experience for local interns and surgeons.

Sabre, Ghana



Last year we announced a new grant aimed at radically improving the quality of kindergarten (primary school) teaching in Ghana, working with the Sabre Charitable Trust, a small educational charity. We supported the intensive training of the mentoring element of the Transformational Teacher Training scheme, which saw **53** serving teachers mentoring **74** student teachers in their model classrooms. It has allowed student teachers to gain valuable practical experience ahead of their first posting as qualified teachers.

The overall scheme aims to address a chronic shortage of kindergarten teachers, and fundamentally change the culture in schools away from simply 'crowd control' into child centred, high quality, play-based teaching. Sabre has a good relationship with the Ghanaian Government, significantly increasing the likelihood that the culture change they are effecting in schools in Southern Ghana can be replicated elsewhere. Indeed, the World Bank has recently recognised the programme as one of five promising practices in preschools in Africa.



Originally planned to last only one year, feedback from the intensive mentor training recommended that the scheme be continued for another year to consolidate mentors coaching skills. We are delighted to be continuing to support the mentors in this second year with a further grant of **£5,350** - directly benefiting **1,480** kindergarten children.

The Trust particularly values Sabre's commitment to the long term sustainability of the programme, both in its design and in their close relationship to the Government. Every year, up to **74** student teachers will be mentored by this group of practising teachers. The best mentor teachers will, in the future, also train and support any new mentors joining the programme, to replace retiring or reposted mentor teachers. As such the impact of the mentor training will be sustained for many years after the completion of this second and final year of training.

PEAS Laura Case Trust University Bursary Scheme



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.

Since the scheme began in 2009, the scheme has supported **14** PEAS students through university, many of whom have now returned to PEAS schools as teachers.

We have recently provided funding for the Bursary Scheme for another year and have committed to fund the scheme for a further four years to provide financial stability to the scheme and help PEAS plan for the future.

ETAT+

We are delighted that one of our new grants this year sees us re-uniting with Dr Robert Opoka (Head of Emergency Paediatrics) and Dr Deogratius Munube at Mulago National Referral Hospital, Kampala.



Visiting Trustees with Dr Bob and Dr Deo last year

Followers of the Trust may remember that we previously supported the piloting and consequent adoption in Uganda of ETAT+ (Emergency Triage Assessment Treatment Plus), a specific triage system to better manage emergency paediatric cases arriving at Mulago, a system developed by Kenyan doctors at the Kenyan Paediatric Association.

Following our two-year investment in the project in 2010 and 2011, trustees then visited doctors Bob and Deo at Mulago Hospital during our visit to Kampala in November 2013. We were thrilled to see evidence that the ETAT+ triage structure was being implemented successfully in the Paediatrics A&E department and was highly thought of by the doctors. We were therefore keen to see what else we could do to support the continued expansion of this highly successful programme.

Consequently, we decided to fund a new instructors course at Mulago Hospital, which took place in December 2014. Our grant was just over **£5,000** and trained **21** doctors familiar with ETAT+ to train other doctors and other medical professionals (a "Train the Trainers" model which has previously been highly successful in Mulago).



Participants hard at work in December 2014

We also heard from Bob and Deo that following the Trust's initial investment in ETAT+ in Uganda, the Paediatric Department at Mulago were able to level a subsequent grant from the UK's RCPCH (Royal College of Paediatrics and Child Health) to deliver the expansion of this training programme to **6** regional hospitals around the country.

The RCPCH grant does not take in any locations in the north of Uganda and we have therefore made a commitment to support three years of ETAT+ training for doctors at Gulu Regional Referral Hospital which serves several northern districts of the country and the Medical School at Gulu University. The aim is that by working with a teaching hospital, the training will also be incorporated into the medical school syllabus for new doctors - an outcome we saw occur during the first ETAT+ training at Mulago, where students at Makerere University Medical School also adopted this new approach following buy-in from the institution. We will support the training of **28** students each year for three years, at a total cost of **£3,150** per year. The first of these courses is due to take place in mid-February.

Helping the Burmese delta

This year 'Helping the Burmese Delta' carried out its second Community Health Worker training near Thar Paung, and **27** highly enthusiastic young people will complete their course next month, providing the only front-line care for several thousand villagers. Co-founders Jon Wilkinson and May Tha Hla will be visiting them early in 2015 to celebrate their graduation.



In 2015 there will be an exciting new collaboration which will explore the training of traditional birth attendants in the villages. They are working with a group of UK midwives from the charity BirthLink, who have already facilitated this training in Chin state. Maternal and child health is particularly vital in a district so far from clinics or hospitals. Following the maternal training in the main project area around Yay Kyaw Toe, another Community Health Worker training session will be conducted later in 2015 together with basic hygiene and first aid training for the villagers.

Dr Amon Bwambale

Ebola is very much at the front of our minds at the moment with events in West Africa, but significant outbreaks are not uncommon in other parts of the continent.

In 2008 the trustees visited Bundibugyo, a remote region of Western Uganda, tucked between the Rwenzori Mountains to the east and the border of the Democratic Republic of Congo to the west. The area has a population of between 120,000 and 200,000, which at the time of the 2008 Ebola catastrophe was being looked after by only two doctors in government healthcare facilities. Dr Jonah Kule and Dr Steven Ssesanga both contracted the disease whilst treating patients in the district hospital. Tragically Dr Kule was killed, leaving only Dr Ssesanga to run the hospital.

As followers of the Trust will know, during our visit we met Amon Bwambale a young, bright and very enthusiastic Medical Officer, working at a nearby Christian health centre. Amon had long been hoping to go to medical school and the trust agreed to sponsor him to achieve this goal, on the condition that he would return to work in Bundibugyo at the end of his training. This was no small undertaking as Amon had to leave his wife and children in Bundibugyo and travel over 6 hours to Kampala International University, only seeing his family during the university holidays.

Six years later Amon has now graduated from Kampala International University, and completed a year working as an Intern in Mulago Referral Hospital in Kampala.

True to his word, Amon has now returned to the region to take up a post in Bundibugyo Hospital. He reports to us:

"It was yesterday I came to the Med. superintendent's office to report.... He told me it was a big relief for him, as I have come to help him.... Immediately I arrived and after a few remarks of welcome from him, they call to theatre for two emergencies, and he asks me how are your surgical skills and I told him I have fair surgical skills and so he asks do you think you can do a c/section without help? And I said o yes I have done quite a number at internship, so he sends me to theater and there I do two operations the 1st, an obstructed labour and the next one a placenta preavia (APH),they were all successful though the 2nd one was very low birth weight baby but is going to survive any way. I was happy with my work and hope God continues to guide me through.

Otherwise our days work is to deal with such obstetric and gyn emergencies, surgical emergencies within our capacity, as well having to do ward rounds. This being a district hospital we have got to train our selves to even overstep what we should do as medical officers. In regional referrals some hard abdominal surgeries are left for specialists but in our setting we have got to do some because sometimes referral is not quite possible."

We look forward to seeing him continue to develop as a clinician and hope that we can continue to support his efforts to care for the people of Bundibugyo.



Fundraising

It was a cycling-based year of fundraising for the Trust. As ever, our fundraisers went the extra mile (literally) to get friends, family and colleagues to dig deep to support the Trust. So a massive thank you to all those who cycled, joined us for the quiz (see below) and who donated directly or sponsored a Bradley Wiggins wanna-be. We are extremely grateful.

Our very loyal supporter, Ben Connah, again captained the annual Cambridge to Brockdish cycle ride. It was a small gem of a peloton, which incurred more than its fair share of punctures and prangs. But it raised a wonderful **£3,270**. Thanks to all who rode and supported.

A change in scale saw the intrepid Ben Farrant, Lizzy Reynolds and Jack Cole complete the **940** (!) mile cycle from John O'Groats to Land's End in only 10 days, raising a magnificent **£2,530** for the Trust. Nearly **1,000** miles of cycling is a long way...

"There was a time when we didn't cycle all day. But we don't remember it. Our journey has become one of ritual: eating, stretching, pedalling, stretching, eating, sleeping... We haven't been hungry for a week and yet we know we must eat constantly to fuel our tender (and growing) legs. ... Sometimes we get up at 0630 rather than 0615 and consider it a treat. If we could sleep and pedal we would... The miles roll by. And yet the further we ride, and the closer to our goal we get, the stronger and more determined we become. Each completed day - today it is Tintern in Wales - we are weary but triumphant, knowing that we are one step closer to The Land's End. Tomorrow we ride on to Devon. To Bampton, and beyond."

Amazing stuff - and a huge well done!

And finally, to a lone ranger. Arpi Vezer rode the 18th stage of the Tour de France, four days before the professionals did the same. This meant **148** kilometres through the Pyrenees including two very tough climbs of the Col du Tourmalet (17km long, to 2,115m altitude) and Hautacam (13km up to 1,520m). We are in awe of his craziness and are indebted to him for raising a brilliant **£1,920** as a consequence. Congratulations also go to him and Jo Amey, our newest Trustee, on their engagement.

The pub quiz

Quizmeister and Trustee Nick Ramsar took to the mic on Tuesday 3rd June 2014 in a fiendish fundraising pub quiz that generated **£1,425** in donations for the Trust. A fast and furious clash of the titans culminated in a triumphant performance from Ben Connah's team ('Has Uranus ever eaten one of its moons?') who took the first prize hamper home.

Thank you to everyone who attended or donated, and to Jerusalem Bar & Grill for hosting us for the second year running. We hope to see you all again at next year's 4th Annual LCT Pub Quiz for more mind-bending, eye-boggling quizzing among friends.





Trustee babies

A few new mini-trustees have joined the world this year – congratulations to Dom and Geeta for the arrival of Sachin, and also to Nix and Andy for the addition of Finn (looking cheeky to the left) to their family. We are absolutely delighted for all of you.

Thank you!

There are so many people that we'd like to thank for their very generous donations over the year. However, in particular, we would like to say a huge thank you to John Tsatsas and the London Maritime Arbitrators Association for their donation, to Neil and Glenys Kerr and Paul Coldwell and Charlotte Hodes for their long-standing support, and to the many generous anonymous donors. Also, as always, a big thank you to Harris Lipman for producing our annual accounts without fee and to Barry Lewis for his continuing support.

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

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