



Welcome to the ninth 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.

Since 2007, we have made over **£160,000** worth of grants, to projects in Uganda and East Africa, other developing countries and in the UK. 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 create a culture change in a place or organisation.

This year has seen us expand our focus to take on more UK-based projects focused on criminal justice, particularly for women – although as you will see we continue to invest in projects in healthcare and education in other countries, particularly in Uganda

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! You can find our contact details below.

Thank you for your support.

Excellence in Obstetrics, Uganda



Delegates are taught breech delivery by Clinical Lead, Dr Helen Allott

We are delighted to have formed a new partnership with the Royal College of Obstetrics and Gynaecology to work on a project in Kitovu, Uganda.

Whilst development of an obstetric or vesico-vaginal fistula is rare in the UK it is a major cause of morbidity for women in Uganda. This fistula is where a passage is formed between the vagina and the bladder as a result of prolonged pressure during labour, leading to constant urinary incontinence. It is estimated that 142,000 women in Uganda are affected by obstetric fistula, leaving them incontinent, ashamed and often isolated from their communities.

The Excellence in Obstetrics Course has been developed by the RCOG alongside THET. The aim of the project is to educate and enable health workers to spot early signs of obstructed labour which is the major cause of an obstetric fistula and to plan prompt referral to local clinics and to the two major hospitals in the region, Kitovu and the local government hospital, Masaka.

The course uses a train-the-trainer model to encourage the best retention of skills and ensure sustainable improvement to health services for women in remote parts of southern Uganda.

The first courses were run in September 2015 with a total of 50 delegates attending. The Laura Case Trust helped provide accommodation, meals and course materials making attendance achievable for a variety of health professionals from around the region. The feedback was very positive and a further course was run in November 2015.

As part of the partnership The Laura Case Trust is also supporting a three-year fellowship programme so that initially Dr Enid Michaels and now Dr Helen Allott can observe, facilitate and evaluate the Excellence in Obstetric Course. The aim is to establish how to enable further local and national roll out of the training so that more women can benefit from this teaching.

Rising Academies

Ebola was on everyone's minds in the first half of last year, when we came across Rising Academies, an organisation that sets up high quality and affordable secondary schools in Sierra Leone. We were originally drawn to their work as they had put together an ambitious outreach programme to enable children to carry on their education while all schools in Sierra Leone were closed for seven months during the outbreak. We are supporting Rising Academies' scholarship programme over three academic years. Our support focuses on scholarships for disadvantaged girls, funding 16 scholarships in 2015, rising to 60 in 17/18.

Students in the first intake are already showing significant progress and there is every sign that standards will continue to rise. As well as educational progress, we are also impressed by Rising Academies' commitment to gathering and using the data to understand the current picture and drive future performance. This leaves us in no doubt that their future ambitions for a network of high quality schools will be underpinned by proper understanding and analysis of the schools that they are currently operating.

We're very pleased to be able to support this young and dynamic initiative at the start of its journey.



PEAS, Uganda



The Laura Case Trust University Bursary Scheme, which is run in conjunction with Promoting Equality in African Schools (PEAS), continues to thrive. Since 2009 the scheme has funded and supported some of the most able and disadvantaged of students through university, dramatically increasing their chances of moving themselves and their families out of poverty.

In 2015, PEAS have added six new students to the scheme, bringing the total number of students currently on Laura Case Trust Bursaries to eight. One of the new students is Simon Ssali, who is 25 years old. Simon was Head Boy at Onwards and Upwards Secondary School, but his journey to university took him longer than most, as when he graduated from school in 2013, he couldn't afford the fees. He found casual employment as a barber and this year, thanks to the Laura Case Trust Bursary, he has been given the chance to pursue his dream. He is now studying for a Bachelor of Science with education at Kyambogo University, and says:



I continued living my life of doing casual work up to when I got the sponsorship from LAURA in 2015 september.

Am now at the university doing a bachelor of science with education.

Trusts me life is promising nowadays and full of big dreams about the future. I expect to change my life and other people's lives after graduation. this is because I will be teaching the young generation and above all, I will be in position to earn income.

To secure the scheme for the long term we have committed to fund the scheme for a further four years, and increase our funding to:

- guarantee that two new students every year have the chance to take up a fully funded university place, with both ability and means being into account in allocating bursaries;
- provide a new student living allowance for each student, to prevent students having to defer their studies due to a lack of money, which was increasingly becoming a problem; and
- for the first time, extend support support to a number of students undertaking their A-Levels – supporting them through secondary education and opening the door for future university attendance that they otherwise could not have afforded.



Clean Break

We continue our partnership with Clean Break, the North London based charity which seeks to transform the lives of women offenders, and those at risk of offending, through education and theatre. This has been the second year of funding of Clean Break's Functional Skills English Course which provides a supportive and friendly environment for women to improve 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.

18 students took part in the course this year and all of them sat at least one exam during the period - a very challenging thing for many women who have been badly let down by mainstream education. Feedback from students illustrates the impact of the programme: 95% said they had more options to consider moving into education, employment and volunteering as a result of completing the course; 91% said they felt more hopeful about the future. One of the graduates from the programme summed it up beautifully: *"I didn't know I could do it. But I did – and I loved it I am so pleased with my progress – my English skills have improved immensely!"*.

Last year we also supported Clean Break's Personal Development Programme. This Programme uses theatre-based workshops to help 82 women a year in planning positive futures, in managing anger and difficult feelings and in recognising strengths. In the words of one student: *"Every woman should go on this course. It gave me confidence motivation and purpose I'm so much more motivated now I started to look after myself more. I questioned and removed negative people from my life"*.

Case Study - Alicia

Alicia joined the Functioning Skills English literacy class in Summer 2014. She had first joined Clean Break earlier that year with the Making Choices course, and had just started Introduction to Theatre, which she was completing alongside the Literacy course. Alicia, originally from outside the UK, had been badly let down by her schooling; she says that before coming to Clean Break she had hardly written anything apart from her name. She said her schooling was very strict. In speaking and answering she sometimes had difficulty getting the words out and was regularly caned for this rather than given any kind of help. Alicia appeared quiet at first, and needed considerable encouragement and support from the tutor to begin writing. As her confidence increased, she described how important it was to her to learn to write properly, and started working on her letter-writing skills with the support of a tutor.

The Functional Skills English course used a number of theatrical texts and creative writing exercises that tied in with her other learning at Clean Break. Alicia said that this helped keep the course interesting and relevant. She particularly enjoyed reading 'The Help' by Kathryn Stockett and the tutors noticed her reading fluency steadily increase.

Like many Clean Break students, Alicia found the prospect of the tests daunting. For this reason, course tutors arrange a relaxation session before each exam to help students cope with nerves and find the calm and focus to do their best. Despite Alicia's nerves, she arrived in good time for her Level 1 test, giving her time for a final revision and participation in the relaxation sessions. Alicia's reading test went well. She found the writing test very stressful however, but remembered a technique she learned in class; to make a plan that she could then expand into a full piece. She was very distressed following the exam, and was able to access support from Clean Break's student support team to come to terms with her experiences. Having had time to reflect, she regarded it as having been a learning experience, and said that in future tests she will know what to expect. Alicia was thrilled to hear that she had passed the Level 1 exam, and is now working towards Level 2.

ETAT+, Uganda

In the last newsletter we reported that the Trust had committed to delivering three years of ETAT+ ('Emergency Trauma and Triage-Plus') training for doctors and other medical professionals in the northern region of Gulu, Uganda.



The first of three training courses was delivered between 23rd and 27th February at Gulu Regional Referral Hospital, serving several northern districts of the country and the Medical School at Gulu University. 28 trainees (of the 31 who participated) from three hospitals successfully completed the five-day course and received certificates of qualification.

Despite some practical disruptions (e.g. a power blackout which interrupted the oxygen video presentation) the course ran as planned and included lectures, group skills practices as well as theoretical and clinical assessments. On day four, the trainers and trainees also completed a hospital survey which enabled the participants to evaluate the quality of care of the hospital, discuss their findings and make recommendations around improvements to the quality of care in line with the ETAT+ methodology. The Hospital Director has agreed to work with the ETAT+ team to respond to the issues.



The benefits of the course extend beyond the participants themselves. By working with a teaching hospital to deliver this training, we are also optimistic that the content will also be incorporated into the medical school syllabus for new doctors – a result we saw from previous ETAT+ training in Mulago hospital in Kampala.

GPAS, Uganda

We continue to support GPAS in their fantastic work in Uganda. For a number of years, we have supported them to deliver a course in Trauma Care at Mulago Hospital and this course continues to be delivered to all first year doctors that train at Mulago each year. The concept has been particularly appealing to us as all of these doctors then go to work in rural settings and this then seeds the training across the country. At present we are funding the training of between 80 and 100 doctors per year.

We also continue to contribute towards the funding of specialist paediatric surgery camps. This involves a team of surgeons and theatre teams travelling to regional hospitals to train local clinicians in specialist surgical skills. This has been extremely well received locally and will enable them to perform more advanced surgery in each of the regional hospitals that they have visited.



Dr Amon

Loyal readers of this newsletter will be well-accustomed to updates on the progress of Amon Bwambale, the Bundibugyo clinical officer that we supported through medical school.

Amon is now a qualified doctor and we receive regular updates from him now he is working (very hard!) back in Bundibugyo. We continue to support him and the local community where we think it makes sense. Recently we paid a small amount to get the hospital toilets to be drained as they had become a health hazard which threatened closure of the entire hospital!

Helping the Burmese delta

We have been supporting 'Helping the Burmese Delta' in developing a programme to train Community Health Workers who go out and about in the community, delivering rudimentary healthcare in rural regions where no other care services exist.

The training for Community Health Workers in the Thar Paung district of the Irrawaddy delta was very successful. When sent out into the field, the most common ailment they had to treat was diarrhoea, but there was also a high incidence of dengue fever, and hypertension and diabetes were common. They also often gave dietary advice.



The Community Health Workers are now actively practicing in their villages (and also treating cases from neighbouring villages). For example, Daw Mya Mya Oo lives in Ya Kyaw Wa village near Thar Paung. After completing the Community Health Worker training she has become accepted by the village as their front line health carer. She says:

"I am very happy to have my job, and very grateful to HTBD for training me. I'd like to help in the next training, and then become the trainer for another group in this area."

This whole region was inundated during the serious floods in 2015, and the Community Health Workers played an important role over that period in minimizing disease.

Azur Clinic, Uganda

We have maintained an ongoing relationship with the Azur Clinic in Hoima over a number of years. Maternity services around Hoima continue to be extremely stretched, despite Azur delivering c.150 babies per month.

The local hospital in Hoima has recently lost a number of its Anaesthetic Technicians, which has meant that Azur has not been able to rely on anaesthetic cover from the hospital. As a result, Azur's rate of Caesarean sections dropped last year to only half a dozen per month.

In response, we have pledged funding for an Anaesthetic Technician at Azur and agreed to fund the training of a second Anaesthetic Technician to work at Azur in the future.

The pub quiz

Quizmeister Adam Coleman took to the mic on 12th May 2015 in a fiendish fundraising pub quiz that generated over **£1,400** in donations for the Trust. As ever the Trust's supporters showed themselves to be both very competitive and very generous! Thank you to everyone who supported the event, including Jerusalem Bar and Grill who let us use their bar for the fourth year in a row.

Following a barn-storming performance – which mainly seemed to hang upon knowing George Clooney's character name in ER – this year's cerebral tussle was eventually won by team 'UKIP Me Hanging On', who left laden with the (notoriously boozy) Trustees Hamper first prize. Team 'Intellectual Austerity' took home the Best Team Name prize. See you in a couple of months' time for more fun, fast and furious quizzing!

Thank you!

A big thank you to our fundraisers and donors from the last 12 months who have raised or given a total of around **£9,000**. Particular thanks go to Sarah Allbeson for blitzing the Edinburgh 10k (and her fundraising target) and Ali Jones for completing the Cambridge Half Marathon at a near-sprint in support of the Trust.

This year's Cambridge to Brockdish bike ride, or 'Across East Anglia 9' was not blessed with the good fortune of previous years' events. First delayed due to illness on the part of its inspirational leader, Ben Connah, the weather then decided that 2015 was the time to bring to an end eight years of remarkably sunny rides. A small intrepid peloton nevertheless braved the worst that sleet and a Northerly gale could inflict and battled their way to the finish line, raising nearly **£3,000** in the process. Ben is always on the lookout for new volunteers/victims so please get in touch if you are interested!

Also a big thank you to all donors who continue to amaze us with their generosity – whether it be sponsoring our fundraisers, one-off donations or through monthly direct debits, or those who donated to the trust as a wedding gift to Vicki and Marz this year. None of this would be possible without you.

If you would like to make a donation to the Trust, please visit: www.justgiving.com/lauracasetrust

Thank you from the trustees

Anthea Case

David Case

Melissa Case

Joanna Amey

Dr Sam Clayton

Marz Gyles

Vicki Gyles

Dr Dom Moor

Dr Nick Ramscar

Dr Nicola Richmond

Kate Sturgeon

Despina Tsatsas

You can now help us raise money when shopping online, with no extra cost to you.

Simply 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!