

Bansang Hospital Appeal

Transforming healthcare delivery in The Gambia since 1992

BHA WINTER APPEAL

Bansang Hospital Staff Sponsorship and Lifesaving Pharmaceuticals

This year's appeal focuses on the two most important areas within the hospital, the nursing staff and the supply of pharmaceuticals. Without doubt the standards of nursing within the hospital is exemplary. I have witnessed on my many visits the skill, professionalism and care that the nursing staff deliver with many going over and above the call of duty to achieve the best outcomes for their patients. Bansang Hospital is a beacon of hope for the rural health clinics and the 600,000 people that rely on its existence for their healthcare needs.

This year has been the toughest year in our thirty one year history, since the cost of living crisis we have seen a sharp drop in standing order donations which underpin our incredible charity.

Currently the Bansang Hospital Appeal pays the wages of 35 truly amazing staff with 9 staff that are fully sponsored. This year's appeal is to encourage new sponsors to cover the wages of the remaining 26 staff. This would free up £30,000 that could be redirected to other critical areas within the hospital that are on our most urgent to-do list.

Please join the BHA Family by helping to support a Nurse Attendants wage with a monthly donation of perhaps £5, £25, £50 or £100 per month as this would cover a Nurse Attendants wage in full, in return you will receive the Nurse's name and an annual update on their progress.

Lifesaving Pharmaceutical supplies are a daily necessity, these include antibiotics, pain relief and IV fluids to name but a few. The BHA is now able to purchase these in The Gambia when funds are available.

The options available to Support this Appeal

Would you be willing to donate a monthly sum of £5, £25, £50 or £100 a month which would pay the monthly wage of a Nurse Attendant, in return you will receive the Nurse's name and an annual update on their progress.

Or

A one-off donation that would go towards the always in demand Lifesaving Pharmaceutical Purchasing Fund.

Monthly donations allows us to forecast expenditure throughout the year and without monthly donations our charity simply could not exist, that is how important they are!

The ways you can Donate to this Appeal

Donate Online: one-time, monthly or yearly <https://donorbox.org/bha-winter-appeal-2023>

Standing Order, download the forms to arrange directly through your bank: <https://bit.ly/Standing-Order>

Text To Give: Text **BHA 5** to **70085** (this will donate £5; or please enter your preferred amount, max £20)

Or by cheque made payable to: Bansang Hospital Appeal

Send to; Anita Smith MBE, MRG. 4 The Leys, Oringbury, Kettering. NN14 1JE

We are always so thankful of the support BHA receives every Christmas as it makes such a profound impact to the lives of so many.

Anita Smith

Founder of the Bansang Hospital Appeal

In Memory of two Great Men



This year we celebrate the life of Bansang Hospital's CEO Baba Jeng who left this world prematurely on 22 June. His passing is a huge loss to the hospital staff, patients, his country and especially to his family. His wife Haddy gave birth to a precious boy Baba Junior just weeks after his Daddy passed away.



Anita with CEO Baba Jeng

I was fortunate to share so many happy and productive years working together, with a man that was respected and loved by everyone. Baba emailed me last year saying, *"It has been a wonderful, truthful and genuine 30 years partnership, I would like to thank all those who support the BHA by donating either in cash or kind implementing all those important projects undertaken in Bansang Hospital"*.

My visits were always full of excitement and expectation as we would sit together with his Management Team and discuss long term plans to improve the healthcare system for the poor people that we serve.

Baba loved flowers and trees which are very difficult to grow in such a harsh climate. With Baba's vision and the BHA sponsored Environmental Team the grounds have been transformed from a barren and dusty environment into a beautiful oasis of colour. Bringing smiles and a feeling of tranquillity for both staff and patients amidst the frenetic activities of a busy hospital.

The Mango trees are now mature and provide nutritious fruit for the patients, as well as the green canopies providing essential shade outside the Children's Ward

from the unrelenting heat from the sun. The hospital's extended vegetable garden was Baba's last gift that will keep on giving.



The grounds are now a vision of tranquillity

I personally have learned many valuable lessons from this influential, calm, and considerate gentleman. I will miss his infectious laugh and his guidance when I hesitated to understand a situation. He always told his staff that unity would unite and strengthen them for that he can be assured.



Dr Peter McCormick

Last year I paid tribute to my very dear friend Dr Peter McCormick with these words;

I would like to pay a special tribute to Dr Peter McCormick who was my GP for 15 years. Dr Peter as he was affectionately known took early retirement and accepted the role as the resident paediatrician in Bansang Hospital over a two year period in 1996-97, he was the BHA Medical Advisor for many years thereafter. It was Dr Peter who encouraged me, inspired me and guided me through the darkest of days in the early days of the BHA.

Dr Peter passed away on 26 November 2021. I will be forever grateful to him for his driving force and invaluable guidance that gave me the strength to carry on and to never give up in the face of adversity.

It has been an honour and a privilege to have known CEO Baba Jeng and Dr Peter, both true friends and inspiring men who gave me the courage that I lacked at times to carry on... your legacies will be honoured.

Another First for BHA

The Minister of Health Dr A Samateh applauds this unique Fish Farm initiative.



Anita with the Minister Of Health Dr A Samateh

YOU DID IT, £19,500 raised for quite possibly the first Fish Farm in the world to be built within the grounds of a hospital. This sustainable project will provide essential protein, one of the main building blocks in aiding a patient's recovery. A critical shortage of fish due to overfishing by large trawlers off the West Coast of Africa has led to increased fish prices. The 400-mile round trip to deliver supplies to the hospital greatly increased the burden of providing nutritious food for all the patients.



Three separated Tilapia ponds

In January 2023, the three ponds had been filled ready for the introduction of 500 Tilapia Fingerlings.



Harvesting the Tilapia Fingerling from one of six ponds

Harvesting was quite an adventure, 40 kilometres on dusty bumpy tracks, seven fishermen and one large net.



Chris checking the water balance and nutrient content

We now have a successful breeding programme in place and the first big harvest will take place in December 2023 with a Gambian TV crew who will capture this unique event that will be broadcast around The Gambia.

The maturing Tilapia have already reproduced and have been separated into the other two ponds ready for harvesting at a later date.



Mansour and Lasana

This self-sustaining project is in the capable hands of our fully trained Fish Keepers, Mansour and Lasana.

Staff Received a Special Gift

Every day brings further hardship due to the global problems and escalating food and fuel costs. Following last year's Christmas Campaign we provided all 557 members of staff with a 25 kilo sack of rice enough to feed an average family for two weeks.

Our long standing supporters Meg and John funded the purchase of the rice and the staff said;

"Meg and John have never met us before, yet they send money so that we can put food in our children's mouths, we can only pray and give thanks for their generosity".



A precious gift to all staff to share with their families

It is both humbling and extraordinary Meg's husband passed away three years ago and this gift was to honour her husband's memory and bring happiness to the staff and their families.



Neonatal Nurse Jeannette Payne, getting a Birds Eye View from the Sacks of Rice Before Distribution

We must never forget Africa has not contributed to climate change and yet they suffer the worst food and water shortages.

Form Nutrition – Form Feeding Fund (FFF)

I can only imagine the relief for a mother to be thrown a lifeline when she is desperate for her baby's survival.



An infant and mother receives FFF support

Many mothers are unable to feed their babies due to their own poor nutrition, mothers who have died in childbirth leaving orphaned babies. Children needing to be transferred for further investigations to the teaching

hospital on the coast, a gruelling round trip of over 400 miles. A journey that requires money to survive, they need a lifeline, Form Nutrition **THEY ARE THAT LIFELINE.** www.formnutrition.co.uk

For every product that they sell on line 30 pence is donated into the Form Feeding Fund. FFF has helped to save the lives of so many vulnerable patients, which of course includes many infants, in the region since its inception in 2017.



A severely malnourished Child in the Malnutrition Ward

An orphaned child found abandoned and close to death was brought into the hospital by a kind and caring lady. The lady said that if the child survives that she would care for him together with her own children.

The necessary medical management was given to the child with 100% funding from FFF. The child also received, clothing, milk formula, medications and love from the amazing staff who cared for him.

It was a happy day for all concerned when the child left the hospital in the arms of that special Lady. This is just one of many examples of support that FFF is able to render to the most vulnerable patients and their families.

The reality is that life in both Central and Upper regions of The Gambia is hard, with the majority of the people living in remote subsistence farming communities.

Our Indomitable Husband and Wife Team visited again in January 2023

Chris brought such joy to the wards when he sang and played his guitar, entertaining the patients and staff. Music is universal, it has no barriers.

Everyone's spirits were lifted to include visiting family members who took to the corridors to dance with cries of MORE, MORE please come back tomorrow night!!

Chris is a man with many talents, his skilful support is to be found in nearly every department throughout the hospital. He's always adapting and creating sustainable alternatives to problems that need resolving.



Chris Payne entertaining the patients on the ward

Jeannette, a specialist neo natal nurse, has spent the past thirteen years introducing sustainable lifesaving training with low tech equipment purchased from Diamedica www.diamedica.co.uk/



Jeannette training Community Nurses with a Manikin

Jeanette is never one to miss an opportunity to develop good practice. With a manikin doll to hand, resuscitation training of the newborn baby took place to a very enthusiastic team of community nurses.

The Rotary Club of Rushden



Glenis, International Chairman, Anita with cheque

Glenis is a volunteer and friend of the BHA who as the International Chairman of The Rotary Club of Rushden arranged a wonderful musical evening. Showcasing some of the most iconic songs from the West End and

Broadway shows. Performed by Jonathan Reynolds, Alexis Spillane, Tracey Holderness and John Simpson.

The evening in April raised a magnificent £1,318.00 which paid for the safety wall and fencing installed around the Fish Ponds. This will protect staff member's children, who live within the grounds of the hospital, from falling in.

Rotary Club of Grantham Kesteven

The hospital's Maintenance Department was delighted to receive essential Trade Aid Boxes supplied and air freighted to The Gambia by this Rotary Club.



The magnificent gift of Trade Aid Boxes

The boxes contained everything required for the relevant trades, electrical, plumbing, carpentry, masonry, and the Sewing Room where every staff uniform is made by hand by two skilled tailors.

Maintenance is a department often overlooked. Many hospitals and clinics in low resource countries suffer as a consequence. The knock-on effect is that failure of equipment will hinder the care of patients.

Special thanks to Rotary Club of Grantham Kesteven for once again giving "Service Above Self".

History In The Making

Rotary Club of Grantham Kesteven supply and donate another set of Trade Aid Boxes to the Detention Centre.

In 1928 a clinic was opened for the health care needs of the inhabitants on the island of Janjangbureh. Today the old clinic now serves as a Detention Centre, with up to 100 inmates serving sentences that are mainly born out of desperation relating to poverty.

Having visited on several occasions and, following the first visit, BHA supplied a Cous Pounding Machine for the preparation of Couscous. This is a vital source of

vitamins, minerals and immune supportive Selenium that is a healthier alternative to rice.

A letter of appreciation was sent to Anita from the Director General of State Central Prisons, wishing her to pass on his humble thanks to everyone for the funds raised to buy the machine.



Great anticipation as the Trade Aid Boxes arrive

The Rotary Club of Grantham Kesteven supplied and air freighted a full set of Trade Aid Boxes for use by the Detention Centre inmates. These boxes were sent with together the BHA consignment of boxes.

The inmates could now set about installing showers, sinks and toilets to improve their lives and make their days of detention much more bearable.



Inmates updating their facilities

A friend and supporter of BHA provided all the funds needed for the new toilets, sinks, shower facilities, all pipework and tiles in the three detention blocks.

A former inmate is now employed in the Prison Service and will be training inmates as part of an apprenticeship program. The plan is to include carpentry and tailoring to the apprenticeship program in the future.

This new found knowledge and skills will enable them to find work, when they are released, to support their families and their communities.

Another First for BHA

Newly completed Broiler Chicken House.

“Give a Man a Fish, You Feed Him for a Day, but if You Give Him a Fishing Rod, You Feed Him for a Lifetime”. Same principle, different species.....Chickens!

A couple who have supported BHA for the past 18 years funded another first for Bansang Hospital, a Broiler Chicken House that has been built within the grounds alongside the Fish Farm.



Soon to provide essential protein for patients diet

Funds donated by our Patron Simon Scarrow will be used to purchase three hundred Broiler chicks and all ancillary equipment to include feed and medication for the eight week cycle of rearing and caring for the birds.

Our dedicated Fish Keepers Mansour and Lasana will be in charge of this project and so will be able to add ‘Chicken Keepers’ to their job description.

This sustainable Chicken Farm within the grounds of the hospital is another first for The Gambia and was the brainchild of the late CEO Baba Jeng.

Tribute to a Wonderful Dad, Tony Scarrow

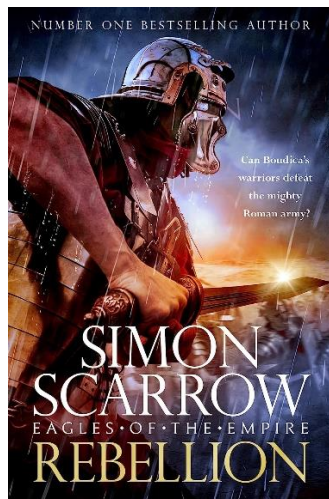
Our Patron, Bestselling International Author, Simon Scarrow has been through a most traumatic year after the death of his dear Dad. A Covid infection reared its ugly head denying Simon the opportunity to read a final tribute to his Dad at his funeral.



In loving memory of a dear Dad Tony Scarrow

Tony Scarrow was an avid collector of Simon’s First Edition books. Simon made a magnanimous decision to

hold an auction of all treasured twenty seven first edition books in memory of his dad.



David Whitely, Simon Scarrow and Becky Jago on ITV talking about Simon's new book release Rebellion

- Livingstone House
- Shambala House
- Rainbow House
- Hope House
- Serendipity House
- Friendship House

Affinity Vision, a New Alliance

Affinity Vision (AV), www.affinityvision.co.uk is a newly created alliance that is the brainchild of Chris Bialan who has spent his career in the corporate business world.



Julie, Alpha, Jackie, Chris Bialan and Anita

Affinity Vision is in its infancy, however, its one goal is to create a better future in health and education for the under privileged in The Gambia. I am honoured that the Bansang Hospital Appeal has been chosen to be part of this new and exciting initiative.

A Very Sad Goodbye

Linda Nicholson has been a Trustee of the BHA since its inception in 1992. Reluctantly we had to say a fond farewell to Linda and her family.



Terry and Linda

The Nicholson family have raised tens of thousands of pounds over the years both here in the UK and latterly in France where they have lived for the past 18 years.

Thank you to the Nicholson Family for your love and fun times whilst drumming up so much support that has truly made a difference to the lives of so many patients and staff.

Seven Staff Homes Renovated

Staff retention and motivation is central to all of our work. Justification for expanding and renovating staff homes is obvious. Yet Africa remains full of examples of costly healthcare projects that ignores one of the most important building blocks of a hospital, accommodation.

We feel honoured to be naming one of the seven newly extended and fully renovated staff accommodation units "Tony's House" in memory of Simon Scarrows father.



The accommodation block before renovations



The accommodation block after renovations

The remaining homes have been named, as requested, by their sponsors;

Patrons: Phil Sinkinson OBE, former British High Commissioner to The Gambia and Simon Scarrow, international bestselling author

Dr Theo and Mathilde Keller

Dr Theo and Mathilde Keller in Switzerland donated funds so that lifesaving pharmaceuticals could be purchased with the greatest of speed.



Dr Theo, Anita and Mathilde

Thankfully the management team are able to source the supplies in The Gambia and precious lives will be saved.

Grant Hamilton Smith our new Trustee.

Grant has visited Bansang Hospital many times over the years. Grant's second visit was most memorable, back in 1997 he drove a large truck during the rainy season full of aid from Dakar in Senegal to Bansang Hospital. He traversed roads in the most monstrous conditions, littered with broken down vehicles, an experience that he would not wish to repeat.



In 2010 Grant greets HM The Queen at The children's charity Coram. This was originally the Foundling Hospital in London and was Established in 1739 by Captain Thomas Coram.

Having visited Bansang many times, Grant is fully versed with the needs and our aspirations for the long-term goals of the hospital.



Grant with an infant in Jan 2023

Kath Harvey, My Dearest Friend 1947-2023

Words do not come easily when you have to say goodbye to your best friend. Kath has shared the many trials and tribulations along with the successes of the BHA since its inception in 1992.



Kath and Anita in Bansang

Kath transferred her knowledge as a school teacher to become the volunteer secretary for BHA. I will treasure the many adventures we shared together, her quick wit, her friendship and for always being there as my friend for the past 30 years. The memories will never fade.

Every life is a cherished life for a family needing care in Bansang Hospital. Each staff member throughout the hospital is dedicated to providing the best care and outcomes in an environment that reduces anxiety, and helps with the healing process. The staff have now taken ownership of THEIR hospital.

I would like to thank all the friends of BHA for truly making Bansang Hospital the unique and very special place it is today. Your loyalty and your faith in all that has been accomplished over the years is testimony to YOU, our supporters.

You can support the Bansang Hospital Appeal in so many ways

- ONE OFF DONATION:** <https://donorbox.org/bha-winter-appeal-2023> - please Gift Aid your donation.
- DIRECT DEBIT:** <https://donorbox.org/bha-winter-appeal-2023> - please Gift Aid your donation.
- STANDING ORDER:** Download the Standing Order Form and Gift Aid Form from the BHA website
<https://bansanghospitalappeal.org/contribute-donate/>
- BANK DETAILS:** Account Name; Bansang Hospital Appeal A Registered Charity 1064469
Account No: 50047910 Sort Code: 20-45-77
- SEND A CHEQUE:** Cheque made payable to: Bansang Hospital Appeal (send address below in Contact Us)
Please include Gift Aid Form with your cheque, last page of this Newsletter
- JOIN US** Sign up to the BHA Mail List and automatically receive yearly the Newsletter and updates
<https://bansanghospitalappeal.org/mailchimp/>
- FUNDRAISE:** Perhaps a Coffee Morning or a Garage Sale or a Jumble Sale we would love to support you!
anitasmith@bansanghospitalappeal.org
- LIKE ON FACEBOOK:** Liking us on Facebook helps spread the Bansang story to all your friends. It does not cost you anything, but it helps us no end! So please click the Like Button on our Facebook page.
<https://www.facebook.com/BansangHospitalAppeal>
- FOLLOW ON INSTA:** Please follow us and possibly share with your family and friends.
<https://www.instagram.com/bansanghospitalappeal>
- RAISE AWARENESS:** If you work or socialise in a place that would be happy to highlight this charity, please get in touch. I am always very happy to arrange a visit and give a Power Point presentation of my work at Bansang over the last thirty one years.
anitasmith@bansanghospitalappeal.org
- CONTACT US:** Anita Smith, MBE MRG. Bansang Hospital Appeal,
4 The Leys, Orlingbury, Kettering. NN14 1JE
mob: 07783 551 945
anitasmith@bansanghospitalappeal.org
- GIFT AID:** Please help us to maximise your gift by ticking the Gift Aid box whilst donating on-line or by completing a Gift Aid form at the end of this Newsletter.

I am sure many of you will have heard of Gift Aid. It is a UK government scheme that allows our Appeal to claim an additional 25 pence for every £1 you donate. To collect Gift Aid on your behalf, we need to ensure the following;

- ✓ *You are a UK taxpayer who has paid or will pay an amount of tax (income and/or capital gains tax) for each tax year that is at least equal to the Gift Aid claimed on your charitable donations in that year.*
- ✓ *You have completed, signed and returned an enduring Gift Aid declaration form allowing us to reclaim Gift Aid on your behalf (the Gift Aid Form can be found on the next page of this Newsletter).*

If you are a regular donor who has not signed a Gift Aid Declaration, please consider doing so as this will maximise your donations. If you have already completed a Gift Aid form, then we also need your help to ensure your declaration is valid and our records are accurate. If any of the following applies to you, please get in touch;

- ✓ *Your name or home address has changed.*
- ✓ *Your circumstances have changed, and you are no longer paying sufficient UK tax on your income and/or capital gains to cover all Gift Aid claims.*



Thank you for your continued support and for helping us to maximise your donations with Gift Aid as it really does make a considerable difference.



Gift Aid Declaration - Bansang Hospital Appeal

Boost your donation by 25p of Gift Aid for every £1 you donate

Donating through Gift Aid means charities and community amateur sports clubs (CASCs) can claim an extra 25p for every £1 you give. It will not cost you any extra. Gift Aid is reclaimed by the charity from the tax you pay for the current tax year. Your address is needed to identify you as a current UK taxpayer.

In order to Gift Aid your donations to Bansang Hospital Appeal you must tick the box below;

Please treat all donations I make or have made to Bansang Hospital Appeal for the past 4 years as Gift Aid donations until further notice.

☐ I confirm that I am a UK taxpayer and I understand that if I pay less Income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all my donations in that tax year then it is my responsibility to pay any difference.

My details: *(please note we can only accept your home address)*

Title _____ First name or initial(s) _____ Surname _____

Home Address _____

_____ Post Code _____

Email (optional) _____

Signature _____ Date _____

Join us:

Would you like to be kept informed via email about our latest news and campaign updates?

Yes please ☐

Email Address: _____

No thank you ☐

Please notify Bansang Hospital Appeal if you:

- Want to cancel this declaration
- Change your name or home address
- No longer pay sufficient tax on your income and/or capital gains.

If you pay Income Tax at the higher or additional rate and want to receive the additional tax relief due to you, you must include all your Gift Aid donations on your Self-Assessment tax return or ask HM Revenue and Customs to adjust your tax code.

Please return the completed form to:

Anita Smith MBE MRG
4 The Leys, Orlingbury, Kettering, Northamptonshire NN14 1JE

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