

**HEREFORD – MUHEZA LINK SOCIETY**  
**25 years of Friendship and Assistance.**

**Who are we and what do we do?**

For 25 years the Hereford-Muheza Link has joined health services in Herefordshire and in Muheza District in Tanzania, with especially strong links between Hereford County Hospital and Teule Hospital at Muheza. The Society is a charity registered in Britain (number 1086887). Members of the society help with the following activities:-

- 1) Arranging and funding educational visits of Muheza health workers to visit Hereford.
- 2) Assisting Hereford health workers to visit Muheza.
- 3) Funding Education wholly or in part for Muheza health workers in Tanzania (at present 2 medical students and 4 Nurse Tutors).
- 4) Collecting selected donated health equipment and sending it in shipping containers (usually two each year).
- 5) Providing advice on request – e.g. interpretation of x-rays or Pathology specimens.
- 6) Acting as a conduit for funds so that Muheza Hospice Care (registered Tanzanian charity) can provide Palliative Care and HIV Treatment, and teach about them.
- 7) Encouraging and helping individuals or groups to raise funds for projects in Muheza District e.g. Wye Valley Rotary Club funded a very important back-up well for Teule Hospital.

Members are asked to help with hospitality for guests, with collecting items and packing containers, taking part in Muheza projects, and fund-raising. The annual subscription for members is £10, and can be Gift-Aided. Please see the form on the back of this flyer.

**The Two Districts Compared** – both are rural, agricultural, and hilly with beautiful countryside:-

	<b><u>Herefordshire</u></b>	<b><u>Muheza District</u></b>
Population	178,000	285,000
Occupation	Mixed – many retired	subsistence farming
Average wage per year	approx £20,000	approx £400
Life expectancy	Male 78 years; Female 83	approx 43 years
HIV prevalence	almost zero	8%

**The Two Hospitals Compared:-**

	<b><u>Hereford County Hospital</u></b>	<b><u>Teule Hospital, Muheza</u></b>
	<b>NHS (07/08)</b>	<b>Mission/Govt. (2007)</b>
Nursing staff	472	222*
Doctors	215	12*
Beds	289	260
Bed occupancy	93%	117%
Patients admitted - 2007	27,040 (12,163 elective)	13436
Out-Patient appointments	182,818	79528

Operating Theatres	8	3
Operations in 2007	10,943	1097
Deliveries	1816	3134
Maternal Mortality (per 100,000 live births)	1 patient during 2007 (a very rare tragedy)	989
Perinatal Mortality (per 1000 live births)	8.1	54
Annual Hospital Income	£96,908,000	£680,000

\* Includes Assistant Medical Officers and Nursing Assistants.

The Link Society has a website which can be reached at [www.herefordhospital.nhs.uk](http://www.herefordhospital.nhs.uk) and which contains recent newsletters and pictures. The Teule Hospital website is at [www.teule.or.tz](http://www.teule.or.tz). Also if you come to meetings of the Link Society (dates and places can be found on the website) you can talk to people who know a lot about Muheza and the Link. The Hon. Secretary is John Wood, Dormington House, Dormington, Hereford HR1 4ES, TN - 01432 850543 or [john.b.wood@lineone.net](mailto:john.b.wood@lineone.net)

### **How might I visit Muheza?**

Any health worker in Herefordshire with any skill (certainly not confined to nurses or doctors) may apply for the support of the Link Society. During most years four workers make visits of 4 to 6 weeks, usually to Teule Hospital where accommodation may be available. Generally we recommend two visitors arranging to go together. Visitors from the Community Services, the Private Sector, and the NHS are all eligible.

If you think you might wish to visit, join the Link Society, find out all you can about Muheza District, and consider what you would learn in the course of a visit and what useful skills or information you might share with workers in Muheza. People seriously hoping to visit should approach the Link Society Secretary or officers and arrange to meet the Society Committee.

### **What could I do in Muheza?**

To work properly as a nurse, doctor, midwife or pharmacist you would need Tanzanian registration. So in a short visit you may only be able to help a little under supervision. For short visits tourist visas are satisfactory.

### **What would I learn in Tanzania?**

You would live in and learn about another culture. You would see various tropical diseases which are uncommon in UK. You would see how a service can be given with only a fraction of the funding available in Herefordshire, and you would learn not to waste anything. And when you come home you will be appalled by how extravagant we are! Everyone who visits Muheza says how much they learned during their visits.

## **What can I do in Hereford?**

You can join the Link Society and learn more about Muheza.

You can offer friendship and hospitality to visitors from Muheza while they are in Hereford.

You can help to identify and collect goods suitable to send in containers to Muheza.

## **Why do we need subscription and what do we use the money for?**

**Visits** We have to fund the visitors who come to Hereford. Tickets cost about £500 return from Dar es Salaam to Heathrow and we provide a subsistence allowance. We also cover cost of passports, visa, and necessary travel in Tanzania. The total cost for someone from Muheza to visit Hereford is about £1100.

In the past we used to provide the tickets for travellers from Hereford, but now only subsidise travel to Muheza in special circumstances.

**Containers** Sending a 20 foot shipping container (1280 cubic feet) to Muheza costs about £3000.

**Education in Tanzania** The Link at present helps to support 2 medical students and 4 Nurse Tutors who are training in Tanzania and who will work at Muheza on completion of their studies, and with the London charity “Medicines for Muheza” has also arranged funding for a senior Nurse Tutor to study for a higher degree at Worcester University.

**Improvements and Projects** The Link hopes to attract donors to contribute to projects such as the need for a replacement water still to make intravenous fluids (about £1500), a Glostavent Theatre Ventilator (about £14,000), and new buildings for the School of Nursing (about £250,000). As an example, the Link assisted the Wye Valley Rotary Club project which has provided a well and pumps for Teule Hospital and which kept water supplied during the 2009 long dry period when the town water pressure in the Muheza town supply was too low to reach the hospital. The Link in combination with the London charity “Medicines for Muheza” has arranged that Elizabeth Chigua (a previous visitor to Hereford and Director of the School of Nursing at Teule Hospital) can read for a BSc at the University of Worcester during the academic year 2009/2010.

**Administration** There are virtually no Link administrative costs. Accommodation for visitors, storage for container goods, premises for meetings, and secretarial costs are all provided free by kind supporters and donors.

## **What benefits do our members receive?**

Members receive a regular newsletter about the Link’s activities and events at Muheza, and are invited to an annual programme of meetings. Many members help with the collection and packing of goods for containers, and provide hospitality and friendship for our visitors from Muheza.