

# Sala Hantle Africa

## (Stay Well Africa)

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*In the spring of 2007 two Salt Spring Islanders will travel to Africa to volunteer their time, skills and energy. Beth Gessinger, a retired nurse, and Anna Callegari, a pharmacist, will spend 11 weeks in clinics, hospitals and villages in Malawi, Mozambique, Swaziland, and Lesotho.*

*Sala Hantle Africa is their combined vision of individual response to the AIDS pandemic.*

### **Project Goal:**

To provide direct patient care for people suffering from HIV/AIDS and to help support those affected by the AIDS crisis in some of the highest prevalence countries of sub-Saharan Africa.

### **Project Objectives:**

- Assist local physicians, nurses and pharmacists in direct patient care activities;
- Work with local HIV/AIDS support groups, in training and development;
- Provide community outreach and education on HIV/AIDS prevention and care;
- Provide pain management and palliative care workshops to local caregivers;
- Assist in the procurement and dispensing of medications in rural settings;
- Investigate potential for small scale dispensaries and clinics in rural facility settings.

### **Project Benefits:**

This project will benefit people living with and affected by HIV/AIDS in countries where the infection rate approaches 40%. Individuals living with, or affected by HIV/AIDS face great challenges accessing medical, nursing and pharmaceutical care due to the sheer demand on the system in the region. Basic health care is a scarcity in much of Africa, and this project endeavors to establish or enhance primary care through building capacity for the required systems, facilities and skills in a range of resource constrained settings.

Primary caregivers in these regions are stretched to their limits in attempting to provide the health care necessities for a population in dire need far beyond their capacities. The existing caregivers will also, therefore, be direct beneficiaries.

The Salt Spring Island Community will benefit by bearing witness to the struggle against the pandemic, and by engaging in grass roots solutions to real world problems.

This project will provide a direct and undiluted benefit to the communities, families and individuals who are in great need for primary health care.

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### Project Budget:

Each of these African organizations identified critical areas within their daily work that require financial support. Project budgets have been developed in close consultation with the recipient organization based on a needs assessment.

#### Malawi – Nkhoma Hospital

Medicines and Medical Supplies	\$4,500
Portable O.R. Light	\$2,000
Operating Table (Gyne Table for Fistula Repairs)	\$5,000
Suction Machines 7 x \$500 =	\$3,500
<b>Total</b>	<b>\$15,000</b>

#### Malawi – Ndi Moyo Palliative Care Unit

Medicine and Medical Supplies	<b>\$10,000</b>
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#### Mozambique – Kapesseni Project Clinic

Medicine and Medical Supplies	<b>\$10,000</b>
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#### Swaziland – Kambhoke School and Orphanage

School Uniforms for 80 Orphans	\$6,000
Books and Supplies for Informal School	\$2,000
Medications for Orphans	\$2,000
<b>Total</b>	<b>\$10,000</b>

#### Lesotho - Phelisanong Handicapped Project

Medicines for Centre	<b>\$2,000</b>
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<b>Travel Expenses</b>	<b>\$5,000</b>
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<b>Total:</b>	<b>\$52,000</b>
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Cheques for tax receipts should be made payable to VIDEA with ADPP in the memo line. Please include a note stating that funds are to benefit Sala Hantle Africa and send to the SOLID office, 125 McPhillips Avenue, Salt Spring Island, BC V8K 2T6.

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### Project Schedule:

February 3-17	Malawi	Nkhoma Hospital
February 18 – March 2	Malawi	Ndi Moyo Palliative Care Unit
March 3 – 16	Mozambique	Kapesseni Project
March 17 – 31	Swaziland	Kambhoke School and Orphanage
April 1 – 15	Lesotho	Phelisanong Handicapped Project

### Organizations:

#### Malawi – Nkhoma Hospital [www.nkhomahospital.org](http://www.nkhomahospital.org)

Nkhoma Hospital is a 220-bed health facility, located in the central region of Malawi, about 60 kilometers from Lilongwe, Malawi's capital. The hospital complex includes five buildings housing facilities for general medicine, surgery, pediatrics, maternity, ophthalmology and a TB unit. Child welfare, Antenatal Clinics and a Nutritional Rehabilitation Unit are also provided, and health education activities are carried out in over 250 villages.

The hospital also serves as a training institution, with a nursing school that trains general nurses and midwives, and as a referral hospital for an extensive satellite system of smaller hospitals and clinics. As the HIV/AIDS epidemic has gripped Malawi, the Nkhoma Synod Community HIV/AIDS Project has grown to include prevention activities, home-based care, orphan support, education, testing and counseling.

Sala Hantle Africa will provide nursing and pharmaceutical care at Nkhoma, training for home-based caregivers, and organizational input.

#### Malawi – Ndi Moyo Palliative Care Unit [www.ndimoyo.org](http://www.ndimoyo.org)

Ndi Moyo is a palliative care facility for HIV/AIDS patients in the Salima area of Malawi, started by a Malawian Nurse, Lucy Finch. A Palliative Care Center has now been opened and includes a consultation room, a nurse's room, dispensary, and a common waiting area.

This centre currently provides much needed medical and supportive care to 100 patients. Palliative care is critical in alleviating the suffering of the chronically and terminally ill, addressing not only the physical needs of patients, but also their psychological, spiritual and social needs as they approach death.

Sala Hantle Africa will offer skilled intervention in the palliative care area of expertise, and training for staff on pain management and the alleviation of suffering in death.

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### **Mozambique – Kapasseni Project Clinic** **[www.kapasseni.org](http://www.kapasseni.org)**

The civil war in Mozambique destroyed much of the infrastructure of the area around Caia, leaving many people without crops, schools, churches, hospitals, or roads. Local children had no educational opportunities, preventing them from gaining the knowledge and skills they need for a better future. Medical treatment was scarce and many people suffered from easily treatable illnesses with HIV/AIDS continuing to take a terrible toll on the population.

The Kapasseni Project is dedicated to assisting in the regeneration of Mozambique by providing children and their families with educational opportunities, medical assistance and spiritual support. A school and health center has now been built in Caia, and ongoing programs of home based support are operating due to the efforts of the Kapasseni Project.

Sala Hantle Africa will assist local organizers in the provision of health care to this rural community through the clinic in Caia. Medication management and palliative care training will be offered to the community health workers.

### **Swaziland - Kambhoke School and Orphanage**

Shortly after retiring from Swaziland's diplomatic service, Siphso Mamba was staggered to discover over 400 AIDS orphans in his community, with only their grandmothers to care for them. Siphso turned his own homestead into a school for 90 of these children. His wife Colleen feeds them twice a day. His center also helps local people re-establish traditional crops and learn permaculture techniques so that a grandmother's small plot can feed several children.

Siphso's school has become a model of community mobilization as he continues to find ways to help still more children, not just to survive, but to turn the tide of the epidemic and see a new future for their country.

Sala Hantle Africa will offer basic nursing and pharmaceutical care to the orphans in the area, as well as investigate the potential for developing a small dispensary and clinic area to provide ongoing care for the local residents. We hope to fulfill Siphso's wishes of providing uniforms for the orphans so that they can attend school, and have a chance of a brighter future.

### **Lesotho - Phelisanong Handicapped Project** **[www.solidsaltspring.com](http://www.solidsaltspring.com)**

Mamello Lehlotha is founder and director of the Phelisanong Handicapped Project in Ha Makhata, a resource centre for disabled adults. It includes adult and youth HIV/AIDS support groups, a farm, a pre-school for disabled children, vocational training for disabled youth, a handicraft cooperative, and social support for non-resident orphans and vulnerable children. On-site housing shelters 55 disabled children and adults.

Sala Hantle Africa will work with Mamello on existing SOLID projects at Ha Makhata such as the Garden of Hope, Handicraft Cooperative, and work towards planning a basic health care center at Ha Makhata