



# Tumaini la Maisha Tanzania

Caring for Children with Cancer in Tanzania

Issue # 1



Our Patron  
Hon Ali Hassan Mwinyi  
The Former President of Tanzania

## LETTER FROM DIRECTOR: JANET MBUGUNI

Jambo!!

Welcome to our first edition of e-Newsletter.

Tumaini La Maisha Tanzania (TLM) was officially founded in November 2011 by a group of committed parents and stakeholders. It is the first and it is the only NGO dedicated to improving the well being of children with cancer in Tanzania. We have a range of activities to directly support children with cancer and their families, as well as creating awareness of children's cancer across Tanzania. We have had a busy quarter with lots of exciting activities and events taking place at the Ujasiri House and at the ward. Just to share some light with you,



Join us on this amazing journey at Tumaini La Maisha (TLM)

To find out more please visit <http://www.tumainilamaisha.org>  
Enjoy reading and I look forward for your feedback!

## BANKING DETAILS FOR DONATIONS

Tumaini La Maisha Tanzania  
Stanbic Bank Tanzania LTB-Centre Branch  
Account NO: 0140026584701  
Sort Code: 670611

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## Upcoming Events

- Ujasiri House Official Launching
- **August 28:** Mt. Kilimanjaro Charity Climb

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**DID YOU KNOW THAT CHILDHOOD CANCER COULD BE CURED?**

**HERE ARE THE EARLY WARNING SIGNS OF CHILDHOOD CANCER:**

**(I)EYE:** White spots in the eye, new squint, blindness, bulging eyeball.

**LUMP:** Abdomen and pelvis, head and neck, limbs, testes, glands.

**UNEXPLAINED:** Prolonged fever over two weeks, loss of weight, pallor, fatigue, easy bruising or bleeding.

**ACHING:** Bones, joints, back and easy fractures.

**NEUROLOGICAL:** Change or deteriorating walk, speech, regression of milestones, headache for more than a week with or without vomiting, enlarging head.

**SEEK:** Medical help for early, persistent symptoms.







## EDUCATION PROGRAMMES

TLM, Offers primary education at two different levels to all the children at the ward "Tembo" caters to more advance and older children while "Sungura" teaches the basics to the younger children. These courses are taught in Swahili focusing on reading and writing.

TLM also Offers therapeutic play to all the children in the ward, here the volunteers play a vital role teaching and assisting during play therapy sessions and the school programs.





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## Ujasiri House

This facility Ujasiri house was officially opened to the families on 15 February, 2013. The house facilitates for 22 families and it has been a great use to the families of children who are undergoing six Months up to year period of treatment.







## New Income Generating Programmes



This program is facilitated by a group of parents who come in as volunteers and are involved making greeting cards, decorative frames



### Paper Quilling

## Beading, jewelry making, and crocheting

The beading, jewelry and crochet making was launched in March 2013, facilitated by a graduate from Mabinti program under CCBRT. The participants crochet, sew, and quilt, as well as making bead jewelry. This project has given them knowledge and innovation for life skills.





## Parents Support Programme

TLM started a family support group; the reason for this programme is to help the parents/caregivers in learning to cope with the different situations that surround children with cancer. This takes place twice a week and we are privileged to have psychologists students from Muhimbili University come in and help.



Some of the Parents learning different skills on how to overcome stress

## Nutrition Programme



We now own a garden also allows the care-givers to plant vegetables and increase nutritional knowledge.





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## Easter Party

TLM organized an Easter party for the kids from The Pediatric Oncology ward and the Ujasiri House. The party was hosted by Bongo Flavor Artists from Tanzania House of Talent (THT).



## Lollipop Hunt



The kids danced to bongo flavor, more famously known "kibega", choreographed by the visiting artists

BONGO FLAVOR



## Volunteer Update



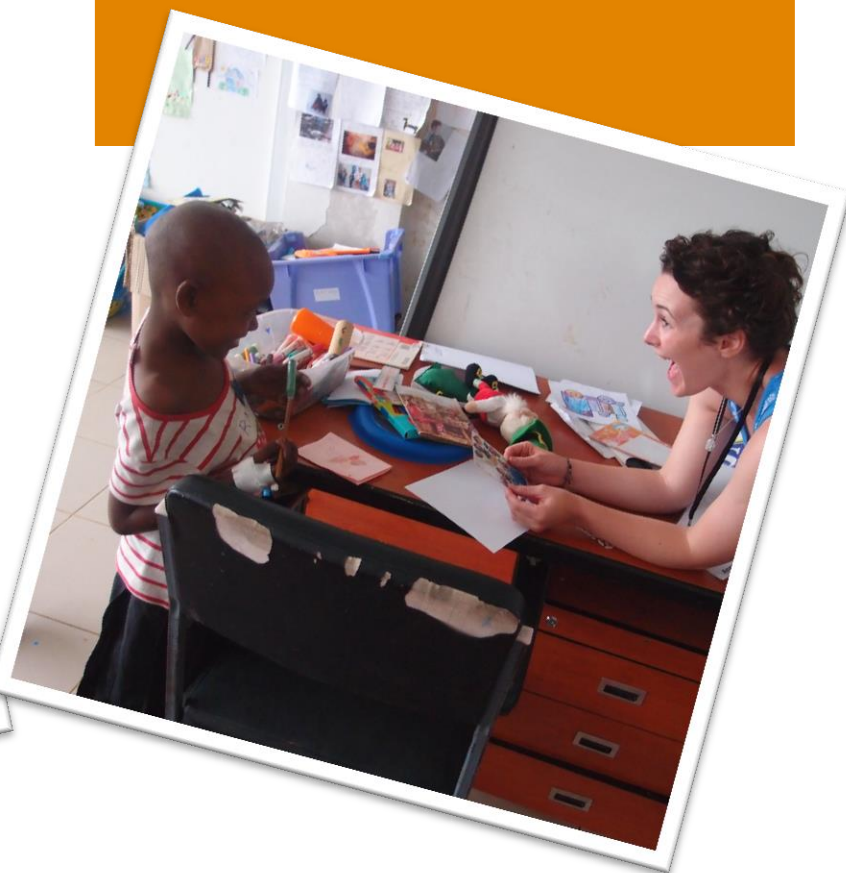
*I am grateful for the opportunity to be volunteering with Tumaini La Maisha Tanzania". Leigh shepherd*

*"It is my pleasure to be part of Tumaini La Maisha Education Programme because I believe through studies at the ward the children get hope they will get back to school at their normal life, and it is totally fun for me to hang out with them.*

- TLM welcomes volunteer from all over the world, local and international to join us providing quality non clinical programmes to children living with cancer and support to the families.

## Support Our Wish List

1. We are constant in need of household items like soap, antibacterial, cloth, toothpaste
2. Sponsorship of the official launching of the Ujasiri House on 29 May 2013.
3. Sponsorship of the Mt. Meru Charity Climb on 30 June 2013.
4. Mini Bus to take residents of the Ujasiri House on weekend trips







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## A Farewell

Aisling Farrel- Former TLM Director



Aisling's commitment and dedication to TLM made her a key personnel to the organization. Her administrative talents, her efficiency and her absolute joy at being involved with the children, made a huge contribution in the establishment of Ujasiri house.

*To Aisling; Your devotion and dedication to the organization has been an inspirational to all TLM employees, thus it is with a sad heart that we all bid your farewell. Blessings!!*

## Special Thanks

To Our Sponsors!

TLM WOULD LIKE TO THANK ALL OF OUR SPONSORS FOR YOUR CONTRIBUTIONS AND SUPPORT!

- ❖ Muhimbili National Hospital
- ❖ Children in Crossfire
- ❖ Abbott Fund
- ❖ Embassy of Ireland
- ❖ Irish Society
- ❖ Corona Society
- ❖ Caledonian Society
- ❖ BOOK BY BOOK
- ❖ Export Trading Company
- ❖ The Blossom Group
- ❖ Francesca Mark Hesketh & friends
- ❖ Precision Air and Others



## Board of Directors

### Face to Face with our Board of Directors



Gerald Mongella-Board secretary



Mathew Banks-Board Member



Trish Scanlan-Board Member



Blandina Lugendo-Board Chairperson