



Tumaini la Maisha Tanzania

Caring for Children with Cancer in Tanzania

Issue 2



Dr. Namala Mkopi
Head of Pediatric
Oncology Unit
Muhimbili
National Hospital



"Many childhood cancers are treatable especially when they receive attention early. In Tanzania children with cancer presented at the only cancer unit rather late when the disease is advanced."

"We are guilty of so many faults, but the most of them all is to blame it on the parents assuming they are responsible for the delay."

"The fact is the system is at fault so let us put our efforts together to change the system and help those children in need and on time".

LETTER FROM DIRECTOR: JANET MBUGUNI



Karibu to the second edition of Tumaini La Maisha e-newsletter

Tumaini La Maisha is a Tanzanian registered company with NGO Compliance working in partnership with The Muhimbili National Hospital (MNH) and Children in Crossfire (CiC) to provide non-clinical support to the Pediatric Oncology Unit under the Department of Pediatrics in MNH.

Tumaini La Maisha is dedicated to support children with Cancer by providing non clinical services in Tanzania. These services include accommodation to the long stay hostel (known as Ujasiri House) school education, play therapy, life skills and income generation for adult parents/guardians.

The last quarter (April – June 13) provided us with a wonderful opportunity to strengthen and improve the way we deliver services. In this quarter it was inspiring to see remarkable improvements from teachers and supporting staff soon after the in-house trainings.

On behalf of TLM we wish to express our profound gratefulness to Francesca, Sharon, Kate Moberly, Stephanie, Meshack and all our volunteers for the dedication and support of our work we surely couldn't have done it without you.

We look forward to the next quarter and invite you to share in our enthusiasm for what lies ahead.
Janet.

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Upcoming Events

- Kilimanjaro Charity Climb fundraiser

BANKING DETAILS FOR DONATIONS

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

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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, and 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.

SOME OF UJASIRI HOUSE RESIDENCE



Biubwa from Zanzibar, she likes to play with her friends



Emmanuel from Mbeya, he likes to attend the school at Hospital



Felister from Iringa, she likes to play with "mwalmu" Leaonard in the school at Hospital.



Ben from Mbeya, he likes to play with toys



Abdulhakim from Zanzibar, he likes to explore things and play with friends at the ward and Ujasiri House



Pendo from Manyara, she likes to attend the school at the hospital whenever she can



Sharifa from Morogoro, she likes to spent time at school learning different subjects



Ahmed from Kilosa-Morogoro he likes the doctors at the hospital and wants to became one when he grow up



INSPIRATIONAL STORY OF HOLO SHILONDI



Holo Shilondi is twelve years old, the youngest child in a family of 17 children, and she comes from the remote Mishi Village in Shinyanga Region of Tanzania. For the past year she has been bravely fighting Retinoblastoma (cancer in her eye).

A year ago she noticed a swelling in her eyeball. Her worried parents took her from hospital to hospital in search of treatment. She was taken to a total of seven hospitals and herbal treatment centers and her father spent more than 7 million Tanzanian Shillings. He had to sell most of his cattle to cover the costs. But still no one knew what was wrong with her eye, and the swelling was increasing. Finally the doctors at Bugando Hospital in Mwanza referred her to Muhimbili National Hospital (MNH).

After a long journey by bus to Dar es Salaam, Holo finally arrived at Muhimbili where the doctors carried out some tests and were able to diagnose that she had a Retinoblastoma (an eye cancer). This was a great shock for Holo and her family. Her father was very worried and feared that he would not be able to afford to pay for her treatment.

"It was unsettling moment when I got the news, my mind was whirling with shock, anxiety and complex medical data. Right after the diagnosis, all the concern and questions didn't make things any better rather made me think my daughter is sick, and I'm not sure if I will be able to afford the hospital expenses" said Holo's father

He was very surprised and relieved to find that the Government of Tanzania covers all the cost of treatment of children with Cancer at Muhimbili.

Holo was then admitted to the Children's Cancer Ward to have her treatment. It was very difficult for her, and her father who was with her, as they could not speak Swahili. As Dr Jane Kaijage explained

When Holo was admitted here we took her father through treatment procedures and counseling, and informed him that the type of cancer that she has is treatable. The only challenge was the language as he couldn't understand Swahili clearly hence the process had to be repeated.

Holo's treatment meant having her right eye which the cancer had destroyed, surgically removed and this was followed by chemotherapy. Because the chemotherapy treatments are given over several months Holo has been staying at the Hospital for 10 months. At first it was difficult for Holo to adjust to her changed appearance, she was shy and felt embarrassed about her eye, which she always kept covered with a veil. Because she could not speak Swahili she did not make friends with the other children. As Leonard her teacher explained,

Every day I go up to the ward to collect the kids for school, but Holo didn't want to come to the class with me. After three days of encouraging her to come, she decided to come at the class but couldn't talk with anyone but me. As time went by, with my help she slowly learnt Swahili, and started to interact with others, and eventually she made friends.



Now Holo is living at Ujasiri House, the long stay hostel, and she has become very happy and confident. The friendly home like environment there, with the school, toys and friends has helped Holo. She no longer wears the veil, and when pictures are taken she is always smiling in the front row, regardless of her looks. Leone the play therapist has observed that

Now Holo has becomes one of the very active children who participates fully and enjoys the play therapy sessions.

Apart from that Holo is happy with the school because she has learned a lot there, she has studied Math's, science and Swahili language and she is very thankful to her teachers.

"I am very happy here, apart from treatment, I have access to education and play time at Ujasiri House where I have made a lot of friends, plus we have lovely teachers whom I have to thank them for teaching me Swahili" said Holo.

Left-TLM Director Janet Mbuguni and Paul Soppit from Caledonian society during insertion of Memory stone for Suthir M Patel who donated funds for Ujasiri House Garden

Right-Teacher Magreth playing with children during outside play time



OUR PROGRAMMES



More than 45 families has been cuttered by Ujasiri House since established



UJASIRI HOUSE

A Hostel on the ground of Muhimbili Hospital accommodating children who are in between medication and live outside Dar es salaam



Ujasiri House offers friendly environment for kids to explore their potentials through free play and games across the house.



Education Programme

- 274 school academic text Books were donated by Corona Society through book by book and Grace Primary School in April 2013



- 557 Children accessed our therapeutic play and academic educational programme(per session) from April to June 2013

INCOME GENERATING ACTIVITY



Since the Income generating activity launched it has cutters knowledge to more than 38 Parents that have lived at Ujasiri House.



David Matungwa one of Ujasiri House parent receiving Starter pack after graduating Income Generating Programme

In beads jewelry making the parents has been able to make 192 Products out of its comprising of chain, bangles, necklets and earrings. In crochet the parents has completed a one set of crochet item.

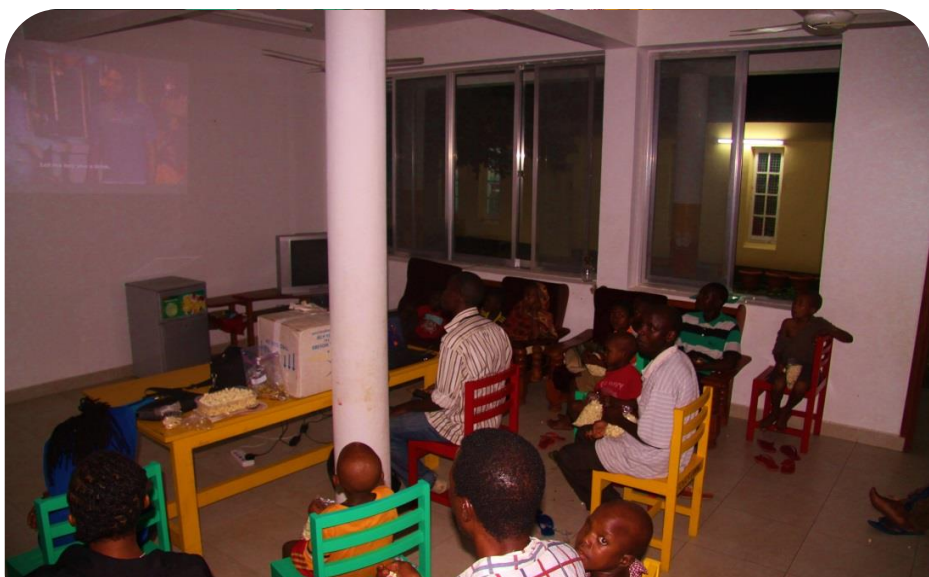
2 classes have developed in sowing machines beginners and armatures. Three parents now are in final earning phase and have helped out in sewing sixty gift bags for welcome package in the ward.



A total numbers of 20 parents/guardians have splinted profit from income generating activities.

SOCIAL PROGRAMME

Every Last Friday of the month we have a movie night. Families from the ward are invited if they are able plus TLM staffs join the families in watching the movie at Ujasiri house. This aims at introducing a social network amongst the families and TLM staff.





Tumaini la Maisha Tanzania

Caring for Children with Cancer in Tanzania

Life Skills Programme

Nutrition Programme

The Ujasiri house Garden cared by the parents has grown with Vegetables and the parents have reap thrice the vegetables and sold them adding to the income generating funds

Domestic Science Programme

So excited to launch new programme by securing a certified domestic science Teacher from The government who teaches the Parents/Guardians domestic science studies such as Cookery, House Education, Laundry Education, and Education child and house care.



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Psychologists who are TLM volunteers conducting children counseling programme at Ujasiri House

Parent Support Programme

Parents Support Group

We now have a volunteer who is the reflexologist; parents/guardians have free access to Reflexology services

Children Counseling Programme

- The psychologist from Muhimbili University of Applied Science(MUHAS) are now conduct support group voluntarily for children as part of group counselling sessions
- We have design a counselling programme for outpatient children and parents at Ujasiri House which is implemented by Dr Jane



Teacher Leonard playing football with children during outside play from left on his knees Immanuel, Heneric, Marko, Yasir, Teacher Leonard and Joseph



Dr. Jane Kaijage stressing on something during day care center-counseling programme interactive discussion



VARIOUS EVENT

FRENCH BAZAAR EXHIBITION & QUIZ NIGHT FUNDRAISE

Advertised income generating products and organization in general at French school Bazaar whereby the event sold some products for income generating programme.

Delighted to be part of a successful fundraising event (Quiz night) organized by Frankie and Sharon our Friends of TLM, which raised approx. \$10,000 to buy a minibus.



TLM Finance and administration officer selling raffle tickets during Quiz night fundraise

RICHARD MOORE AND ELMA PHILANTHROPIES VISIT TUMAINI LA MAISHA TANZANIA

Our organization has been most fortunate to be the recipients of funds from Children in Cross Fire which was marked by the visitation of the Founder and CEO, Mr. Richard Moore in April, Elma Philanthropies, Irish Aid and Irish Embassy, Caledonian Society, Corona Society, Book By Book, IMA World Health, Commercial Bank of Africa, Mkombozi Bank, St Luke community from Anglican church



TLM director explaining the programmes to Richard Moore during his visit at Ujasiri House



Dr. Siobhan Crowley from the ELMA Philanthropies Services listening to TLM Director explaining overall programmes implementation

Staff Training

10 TLM staff attended play therapy educational refresher training facilitated by 2 retired professors and a play therapist in June 2013



Palliative Care training for TLM staff facilitated by Kate Moberly from the United Kingdom



OUTREACH PROGRAMME

Participated in the International School of Tanganyika (IST) 5th grade final exhibition project and created awareness of childhood cancer

Friend for Life (F4L) programme has been articulate to establish Friends of Tumaini la Maisha in Local schools who will be sponsoring children at Ujasiri house and ward socially and medically whilst create Penpal friendships



TLM TEAM

From the right frontline Janet Mbuguni (Director), Dr Jane Kaijage (Doctor), Martha Kiula (Patient Liaison officer), Joyce Kopwe (Health Attendant) Twidikage Jumbe (Finance and Administration Officer), Anna Damian (Income Generating Teacher) Hawa Mpina (Health Attendant), Revenant Muro (Teacher), Dorice Eustice (Teacher), Leonard William (Assistant Teacher) Magreth John (Assistant Teacher), Meschack Nyambele (Programme Assistant-volunteer) Lilian Ndyetabula(Ward Administrator) Flora Mussa (Office Clerk) and David Sizya (Programme Coordinator)



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

- ❖ Muhimbili National Hospital
- ❖ Children in Crossfire
- ❖ Abbott Fund
- ❖ Embassy of Ireland
- ❖ IST Elementary Students
- ❖ Emislies Travel
- ❖ Umoja House
- ❖ Francesca Mark Hesketh & friends
- ❖ Precision Air
- ❖ Friends of Tumaini La Maisha and Individuals

Muhimbili National
Hospital (MNH)
Makuti Street, Ujasiri
House Plot