



## ABOUT HEALTHCARE

Dear donors, volunteers and other sympathizers of MamboViewpoint,

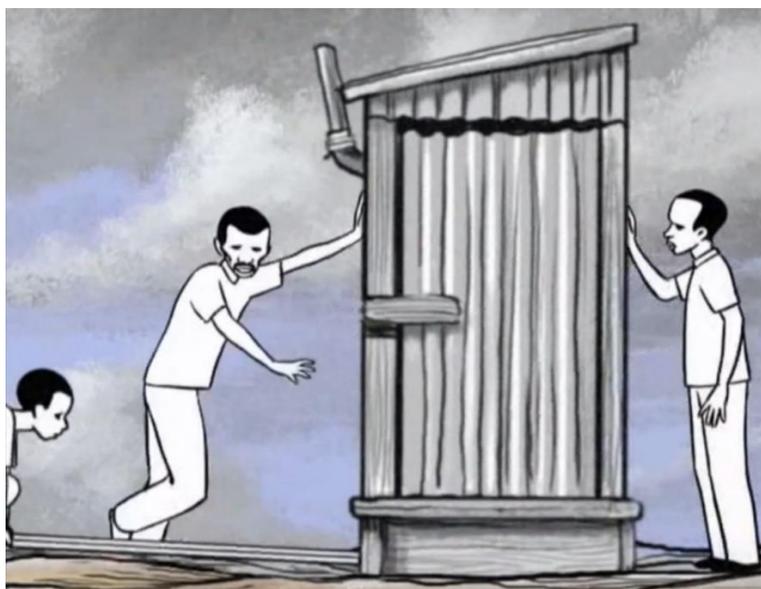
The quality of healthcare in Mambo and surroundings is one of low standards as you probably all know. However several activities have been undertaken to improve the situation. Installing waterworks, pipes and pumps formed a start nine years ago. Prevention is better than cure isn't it? In a recently published article in the Daily News poor hygiene was acknowledged to be a critical problem towards further development, especially for girls.

### Village Health Workers

Eight Village Health Workers (VHW) have been trained, four women and four men. Marjo ten Kate trained them the first time on the importance of clean drinking water, on improving the situation at home, on cooking in a hygienic way and healthy food for children, etcetera. She also taught on the possibility to receive service from the dispensary, and how this can be done with low costs. A family can effect an insurance of 10.000 Tsh (three euros) a year for a maximum of six family members. The VHW's are visiting four villages at the moment.



*Training of village health workers by the local 'doctor'*



*Still from the film on cholera*

In every village they visit every family to talk about the family's main health problems and concerns and on possible improvements in their household. They check if people have a toilet, how cooking takes place, how waste is being dealt with, whether cows and goats sleep in or outside the house, the distance to clean drinking water and they provide for necessary advice. The VHW's carry a smartphone on which a film on cholera in Swahili has been installed. This film explains very clearly how diseases are spread. It also shows a flipchart on a healthy living environment. The VHW's reports show which areas are up against the biggest water problems. The doctor gets a good picture on the gravity and frequency of child diseases. In this way their reports are important ground on which further possibilities for actions such as applied information or water facilities can be based.

### Traditional Birth Attendants and Doulas

Since a group of 22 traditional birth attendants (TBA's) visited MamboViewpoint at the end of 2014 asking for training, lots has happened: Liesbeth Heerink has developed a splendid course. During the first training in the middle of 2015 the idea arose to train the women to become Doula. Doula means helper. This means the Doula accompanies a woman in labor to the dispensary and stays with her as a mental supporter during childbirth. She also sees the new mother and her newborn back home. A TBA also is taught to provide for instructions on several health subjects such as hygiene, healthy food, prevention from malaria and female circumcision. In addition she is trained to notice problems during pregnancy, delivery and in childbed.

Officially a TBA is not allowed to assist during childbirth (at home). However in case of emergency she is capable of guiding a childbirth at home in a hygienic way.

In the beginning of 2017 three Tanzanian schooled midwives have been trained to train and give refresher courses. Meanwhile 59 Doulas already have been trained.

Due to donations offered especially for this project, we were able to purchase a nice model doll to practice. The training book with many illustrations and explanations in Swahili every Doula receives to carry with her, has lived to see its third edition. In addition a calendar has been made that can be used for instructions in the dispensary. Also in instructing men. The Doulas have pointed out they would like men also to receive information especially on family planning.

The calendar shows the development of the baby in the womb and explains the menstrual cycle. It also shows male and female sterilization in clear pictures. And it points out different kinds of anti-conception.



*A group of TBA's has just passed their exams with trainer Liesbeth*

The Doulas are provided with a bag with the necessary requisites for a childbirth at home. It contains a washable underlay, an apron, soap, a nail brush, a towel, gloves to protect from HIV, an umbilical cord lace, razor blades, a baby cap and a solar lamp. The doulas are taught to keep records during the delivery at home and to pass them to the obstetrician in the clinic for national registration.

Because of generous donations we are able to replenish the stock, to print new books and calendars, and also purchase new teaching materials. We would like to buy materials that will improve the transport of women with complications during giving birth to be more safe, such as special life wraps to prevent heavy blood loss. The transport to the nearest hospital in Lushoto takes two hours.

We are very happy with all received donations. And those yet to come. As we speak Zonta Zuid-Kennemerland, an organization supporting women's projects, is undertaking all kinds of benefit activities of which a large part of the profits will be donated to this Doula-project.

The impact and power of these Doula women are enormous. Women are expected to ask for permission on everything they want to do. Contemporary Doulas however do have a say in the matter. When a woman is losing too much blood after childbirth at home (something that happens less and less) a Doula can overrule the husband and take her to the dispensary in order to get assistance even against the husbands' will.

But their influence is even more impactful. The first female mayors have been elected in sub villages. In Tema women gather before the event of a general meeting in the village. In this way they prepare and are able to present their needs and wishes in a more powerful way.

One of the problems is that men never attend childbirths. No wonder Doulas want men to be instructed. That will be one of the next projects to be developed in cooperation with the local doctor. The first pilots with some of the male employees at MamboViewpoint have taken place.

The village health workers also have a very positive impact. They accomplished to attract more attention to good sanitation. At the schools more toilets are being build. People start building their own toilets even before the VHVs visit their homes. The villagers start to think what to do with all their waist, etcetera.

### **Disappointments**

Not everything develops as smoothly as we expected however. For instance in one of the Tanzanian districts 'UBER', you know the taxi-imperium, started a pilot-project together with Vodaphone, USAID, and Pathfinder International. They intended to provide for an alternative for the lack of ambulances. Local taxi drivers should be helping out for transport of patients. Here in one of the highest populated areas of Tanzania and with a two hours' drive to the hospital this could provide for a perfect solution. The pilot was so successful that they looked for ten other district to

enroll the project. Piece of cake, one would say. But alas, despite our efforts to draw the attention on both district and parliamentary level, no 'UBER-ambulance' is yet to be found in our district.

### Power and dreams

The people will have to stand up for themselves more and more. One has to rely and build on the available powers. One of the ideas we are exploring is to start a project to make washable sanitary pads. This calls for patience. The idea is to create a spot near to the dispensary in Tema, where the strongest group of organized women are (the 22 women who came to seek assistance). At that spot women could sew the sanitary pads during the day. At the same time the place could serve as a shelter for pregnant women due to give birth. They could be taken care of in this women's house.

The more opportunities the women have to meet, the more they are able to talk about their issues and concerns, the easier they will be able to find solutions. The first steps are made. They are already more or less able to make sanitary towels. The problem where to purchase the necessary materials seems to be covered. Yet we will have to practice more with cutting, sewing, oiling the sewing machines. And we need planning. For example to find a suitable place to exploit the activities.....



*Practicing with the training doll*

We thank the Groeneland foundation wholeheartedly for their support.  
We also thank the group of volunteers with Liesbeth as the thriving force.  
They have made the project to become a success.

### Donations

In order to realize these and all other running and new projects and activities money is needed. We would like to appeal to you once more with a request to send a gift to the foundation. You can be certain your money will be fully spent. Overhead costs are minimalised due to the work with expert volunteers only.  
In case you already made a contribution, we thank you gratefully for your gift!!

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### donations

MamboSteunPunt has a ANBI recognition (concerning Dutch taxes) account number NL45 TRIO 390450030 (Triodosbank Netherlands) to Stichting MamboSteunpunt  
SWIFT code:TRIONL2U

Greetings, Herman Erdsieck, Marion Neidt and all other members of the foundation.