

Newsletter MamboSteunPunt December 2022

Just before the end of the year we are happy to give you another update of our activities.

This year we had a big breakthrough for the project to save lives of young mothers during birth. We are happy to tell more about this project and give a short update of other activities.

Lifewraps

We participate in a project to reduce maternal mortality in rural areas by supplying special NASG suits (Non-Pneumatic Antishock Garment). These lifewraps can reduce excessive bleeding after delivery substantially so the women can reach a hospital in time.

An example of what a lifewrap (NASG) looks like



How it all started

The problem of maternal mortality in Tanzania is huge. According to the WHO in 2017 more than 500 women died out of 100,000 births, which is enormous compared to f.e. the Netherlands with 5 deaths out of 100,000 births. Mambo is situated in a remote area with the nearest hospital 2 hours away. No ambulance around, public transport scarce, costs for a taxi 90.000 tsh (about 39 euro), something most people cannot afford. There are dispensaries though,

small health facilities, but equipped with very few recourses.

Years ago, we started training doulas by the initiative of Liesbeth Heerink, who is a professional midwife from the Netherlands. Doulas provide local assistance and coaching during delivery and therefore have a positive impact on this issue.

To decrease the maternity death rate even further, Liesbeth initiated the use of NASG's in our area. NASG's are a suits to stop or to reduce bleeding after birth so it buys time to go to the hospital. To successfully implement this, dr. Robert Tillya (maternal healthcare researcher from Tanzania), trained healthcare employees throughout the whole district of Lushoto on how to work with these suits. It is very important that both the dispensary who sends the mama to the hospital, as the hospital staff, who receives the mama in the hospital, receive the training. This broad approach ensures sustainability: implementation, monitoring and evaluation are in the hands of the district hospital.

It took many days of training to involve all healthcare workers of all locations. Thanks to the donation from Ifakara of the NASG's, financial assistance of Zonta and various private donors through MamboSteunPunt we made it.



Training on how to use the lifewraps

2 Months after the introduction, already 6 women have been successfully assisted with the NASG's!!

Future perspective

The health-workers who have been trained will pass all their knowledge to the rest of their team so that everybody of the facility has knowledge of the use of

the NASG. This is an important step that still needs to take place. Another aspect that we need to be keen on is the relationship between the dispensary and the community. The people working in a dispensary are government employees, and can be transferred any time. This makes it hard to build trust. To enhance the relationship between all the parties, we want to organise more trainings and get together for the doulas and the staff of the dispensaries to improve their cooperation.

Request for support

- First, we need more lifewraps (NASG's). The healthcare system of the Lushoto district is rapidly evolving. Various extra dispensaries are being built, which is a very positive development. It also means that we are lacking about 16 NASG's at this very moment.
- Second, we need to be able to give more trainings to doulas together with the staff of the respective dispensary. In first instance we are aiming for 7 extra villages.
- Finally, we are aiming to integrate the use of lifewraps in the curriculum for all nursing educations in Tanzania, so everybody will know how to apply the suits and all (remote) areas can make use of them.

If you would like to contribute to this project, you can make a donation via [our website](#).

Other updates

Reforestation

Rain season started, so it is time to start planting again. 5,000 Trees will be planted in the upcoming days, of which 3,000 will replace trees that did not survive the first trial project. By placing official beacons we want to increase

the survival rate further. Another activity in the upcoming months is to collect 20,000 seedlings from the rainforest to be planted next year.



Donate
\$5 or €4,50 per tree
Incl. 5 year of care taking
If the tree dies within 2 years, a new one will be planted.
<follow your tree on www.treetracker.org>

Sanitation Pads

Already about 650 girls received a package of Sanitation pads and are able to attend the school better. However, there are still many more girls that are in the need of sanitation pads! In Lushoto and Dar es Salaam we will open special shops for hygiene products, which should increase the sales from the sanitation pads by opening up the local market and will make the project more sustainable.

To keep the project going we aim to sponsor 50 packages per month.

Your donations are very welcome, for \$ 10 per package you can make a schoolgirl happy, since she will be able to attend the school also during her periods.

**Support schoolgirls and the
Kiwajate women group**



Donate 1 package of 5 pads to a school girl **\$10**
€ 8,50

Donate a whole class **\$500**
€ 425

With your support:

- *Girls are able to attend school during their periods*
- *Kiwajate Women group has more income*
- *Pads can be sold on the market for affordable prices*

Donate on-line www.mambosteunpunt.org
IBAN NL45 TRIO 0390 4500 30 (Triodosbank Netherlands)




Rabies

Thanks to support of the Glenn Veterinary Clinic near Belfast (Northern Ireland) we could vaccinate another 200 dogs in the villages around Mnazi, next to Mkomazi national park with the Maasai. We chose this location because Rabies often is spread by the wild animals in national park.

With this program we join the worldwide efforts to irradiate Rabies in total. Momentarily, every year an estimated 15 people in the Usambara's are dying from Rabies every year.

Sisterhoodland

Sisterhoodland is aiming to educate girls in an after-school program, by scholarships and via a start-up workshop for sewing.

This Saturday, the project Sisters Workshop will have a stand at Dar Es Salaam Christmas Fair. The girls would be happy to meet you there or online: www.sisterhoodland.com!



Kick-off Ubuntu leadership program

15 donors visited Mambo to develop the Ubuntu leadership program. This project is targeting to educate form 4 leavers to be able to start their own business. In this way more educated people will stay in the region instead of leaving for the big cities with an uncertain future. The program will start in Q4 2023, we will provide you with more insights next year.

[CHECK OUR YOUTUBE CHANNEL AND WEBSITE:](#)



[YouTube](#)



[Website](#)

MamboSteunPunt foundation

Donations can be transferred to:

<https://www.mambosteunpunt.org/donations/>

Bank: TriodosBank Netherlands

SWIFT code:TRIONL2U

IBAN: NL45 TRIO 0390 4500 30

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Gifts are tax deductible in the Netherlands



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