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Lucky 7 — FoAN Birthday

Welcome to the third news update from FoAN. In 2009 we are celebrating the fact that it is seven years since FoAN was conceived by Lesley Fudge and Kate Woodhead.

During the last seven years we have visited more than seven countries in Africa. We have reached out to over 700 nurses either through the training sessions or via visits to their hospitals and we have gone from strength to strength.

To acknowledge these achievements we want to celebrate our birthday and have a big fundraising effort. Your help is essential.

Our official birthday is Saturday 9th May so we are asking all of our 'Friends' to organise a fundraising effort.

So, I hear you asking, what can I do ?

Cards sales: Lesley Fudge one of our Trustees and past Chief Executive is a talented artist. All of the cards in our catalogue on the website have been reproduced from original paintings by Lesley. Have a look at the catalogue on the website, order the cards and sell them at work or at your local yoga class.

Brooches for sale: The Maasai women from Kenya make the HIV awareness bead brooches on our website. They are very colourful and if you wear one, numerous people will ask where you got it and want to buy one.

Sell them to your friends and family. Again they are available from the website catalogue.

Sponsored events: Many Friends participate in sponsored events, walks, slims, silences, stop smoking efforts etc.

Other ideas: Car boot sales, garage sales, plant sales, cake sales, selling items on E-Bay and then donating the profit.

Getting more Friends: Perhaps you would prefer to just encourage some of your colleagues to become a Friend. Every ten pound contribution each year soon adds up.

Getting donations: Every penny helps so encouraging colleagues to just make a donation would be great.

Every effort will be worth it.

The funds are used to enable nurses in African countries to travel to the training events; to enable trainers to visit Africa; to buy eye protection; to help transport surgical equipment and text books and to pay for journal subscriptions for nursing associations in Africa.

Contact me at jackie.younger@ntlworld if you would like to discuss an idea or to let me know your plans

We are producing a fundraising pack to help you with ideas and help you arrange events

For example you can do street collections - with collection tins on the local high street but need permission from the local

council. Further information can be found on your local town council website.

If you need membership forms to encourage new Friends, we can supply these. We can supply posters and advice on advertising your event and of course we can provide lots of information about FoAN and why it is worth supporting.

Let's make May 9th 2009 FoAN Day.

You do not have to raise the money on the exact date but please raise the profile of our birthday and use our Lucky 7 strap line.

We would like to raise a minimum of £1000 from this birthday fundraising promotion so get your thinking cap on, start planning now and good luck.

We realise that during the recession fundraising is especially hard but remember, most people in Africa live on less than a dollar a day.

I am already starting to look around the house to see what I can sell on e-bay and collecting my loose change

Thank You

Jackie Younger

Fundraising Trustee



Mölnlycke Award Winners

Friends of African Nursing (FoAN) is delighted to announce the presentation of the Friends of African Nursing / Mölnlycke Awards for 2008. Mölnlycke supports two experienced nurses to travel annually with FoAN. Allison Faulkner, a theatre sister from St Michael's Hospital in Bristol was presented with her award at AfPP Congress in October 2008. She will travel to Botswana in November 2009.

Taonga Kaonga, a theatre nurse at St John's Hospital in Chelmsford will travel to Ghana in Spring 2009. She received her award at St

John's.

The 2009 Friends of African Nursing / Mölnlycke Awards have been advertised on the Mölnlycke web site and several of our 'Friends' have said that they would be keen to travel to Africa with us.

If you have not already received the award then please can I encourage you to apply.

Volunteers can apply for the award by submitting their CV and 1,000 -1,500 words on why they wish to travel with FoAN to Africa. This should

include what they would gain from the experience and how best practice could be shared. Applicants have to have over 10 years experience within the operative field and be able to cope with difficult situations. The deadline for applications is 8th April 2009 and all entries should be submitted in writing to Zeph Landers by email to zeph.landlers@hdscommunicat e.com

Go for it!

Report of Visits in 2008 & Plans for 2009

Visit to Botswana

Kate Woodhead and Rosie Preston, Mölnlycke Award winner visited Botswana in November 2008. The aim of the visit was to undertake an in country audit of theatre practice, so that not only could changes be made locally but also that the Ministry have a snapshot view of the state of practice. Two Referral Hospitals were visited in Gaborone and Francistown, and a rural district hospital was visited in Kasane.

We had opportunities to engage with nurses working in theatres and to discuss aspects of their practice, we observed. In addition we ran three teaching sessions in the three different hospitals. Nurses from many ward areas joined their perioperative

colleagues for these sessions. Topics were Safe Surgery Saves Lives, as a partnering organisation to WHO and the World Alliance of Patient Safety, FoAN are assisting to disseminate this important safety message, and teach around the surgical checklist. In addition, change management was chosen as a topic with a common theme across Nursing and different hospitals needs.

Visit to Ethiopia

Lesley Fudge and Kate Woodhead delivered the Leadership programme to 13 nurses from hospitals all around Ethiopia, in September 2008. The nurses were largely working in leadership positions but had had very little previous exposure to

any leadership education. They worked very hard, in a language that they find difficult and enjoyed the experience. Thanks to Team Management Systems International, we had the opportunity to deliver individual profiles to the participants, who were excited and delighted to understand far more about their work preferences and their strengths.

In 2009 we plan to do visit two in Ghana in the spring to audit practice in some of their hospitals, In November we will be delivering leadership training in Botswana, and in September we will provide train the trainers in Tanzania.

Your support makes this possible. Thank You.

Kate Woodhead

So Many People to Thank

As you can see from the front page, FoAN will be celebrating our seventh birthday in May 2009 and want to recognise the amazing support which we have to date, from everyone who has helped us along the path. The commitment and contributions made by everyone who has travelled with us, written fundraising letters, helped by collecting books, and donated money has played a vital role in assisting Friends of African Nursing to raise the quality of perioperative care in Africa. We thank each and every one. Our 'Friends' play a valuable part in our organisation and you are best placed to encourage others to join, too. By asking a friend or colleague to become a member of Friends of African Nursing, you are passing on the opportunity to contribute to the development of nurses and theatre nursing in Africa. With membership comes a certain knowledge that you are supporting colleagues who struggle to provide care to patients, with the most basic equipment and virtually no access to continuing education. Apart from the education that FoAN delivers, we also provide post basic education for each nurse who attends our courses and text books to extend their learning.

A visit to the website will enable your friend to send us an email or letter and we will do the rest!

We have lots of plans to celebrate our birthday and to focus attention on the needs of colleagues in Africa. Please help us, in these dark and gloomy times, to shine a little light into the "dark continent".

We would also like to say thank you to some specific contributors:

Ethicon and Johnson & Johnson Professional Export have again donated a substantial sum of money continuing their support for FoAN, We are so grateful to them.

Milnlycke Health Care are again sponsoring two nurses to travel with us to Africa in 2010. As previously mentioned in the newsletter, their award has been advertised and we look forward to many more applicants.

The Central Sterilising Club generously donated £3500 to FoAN to support priority work which is much appreciated.

Keymed Ltd have kindly donated funds towards the support of transportation of medical equipment

Team Management Systems Development International (TMSDI) again donated the team management profiles for the leadership course, this time it was held in Ethiopia. Thank you again to them for their ongoing support.

HSD Communications kindly bought all of their company Christmas cards from FoAN

B Braun Medical Ltd kindly continue to provide instrumentation for us to take to Africa

An individual donation of £1500 has also been received. The donor wishes to

remain anonymous but this generous gesture is really appreciated

Thank you also to Amanda Herman for donating a suture practicing kit that will be used for training in Africa and many thanks to John Matthews, Managing Director of Fitwise who continues to support FoANs annual ISP payment

Finally, thank you to Johnson and Johnson Medical for providing space for FoAN on their stand at AfPP Congress.

We had lots of visitors, raised awareness about FoAN and sold numerous cards and brooches.

We are being given the same opportunity next year and we are extremely grateful.



As mentioned in my opening statement, the commitment and contributions made by everyone are vital to the future of FoAN and support its continued activities.

Thank you.

Kate Woodhead & all of the Trustees

A Sequence of Wonderful Events

When Jackie Younger, one of our Trustees, was invited to attend a charity dinner as a guest of Team Management Systems Development International (TMSDI) she had no idea what it would lead to. Jackie has used the TMSDI tools for many years and is an accredited trainer so was delighted to be given this opportunity. The dinner was a charity auction held on HMS Belfast in London to raise funds for the Royal Navy and Royal Marines to do an expedition to the South Pole. It was a wonderful evening and so many items were auctioned to help such a good cause. Not only did Jackie end up buying a holiday for two people to visit the arctic but she also bought a motivational session to be delivered by the blind explorer Miles Hilton Barber. "I always had it in mind that I could use the talk from Miles to raise funds for FoAN by either setting up a conference, study day or some other charity event. It was then suggested that I offer the keynote speech to the Association of Perioperative Practice (AfPP) so that they could use Miles for their opening session at Congress. In return AfPP were asked to make a donation to FoAN".

You will be pleased to know that the expedition to the Pole was a great success.

Jackie's holiday to the arctic was fabulous.

Miles Hilton Barber delivered a fantastic motivational session to open AfPP Congress in October 2008 which inspired hundred of delegates and AfPP made the very generous donation of £3500 to FoAN.

So thank you to TMSDI for the initial invitation to a charity dinner, thank you to Jackie for buying the motivational session delivered by Miles and thank you to AfPP

We would also like to thank AfPP for another donation. Having updated their Standards and Recommendations for Safe Perioperative Practice all the previous editions have been given to FoAN so that we can give copies to the nurses in Africa.

A Call For Help From Our Friends

Packing Boxes Ready to Go to Africa

Kate's basement in Thorner Leeds is now full to bursting with surgical instruments, disposable supplies and books. In order to get these ready for shipment we need some help to sort the contents into boxes suitable for specific hospitals and get the boxes measured and weighed so we can contact various transportation companies and get costs and dates for dispatch. Can you spare some time to help sort out these supplies – if so please contact Kate on 0113 2892157

Contacting Transportation Companies

We need some idea from DHL / other shipping couriers about what information they need regarding weight, size, contents of boxes, customs declarations etc so that we ensure the packing efforts outlined above are done appropriately. Some idea of costs would also be helpful.

We also understand there may be charitable groups who transport things to Africa who can share container space with us.

We did have contact with the Christian African Relief Trust (CART). They kindly transported an operating table and books to Zambia but we have not had a reply to any recent e-mails to them. This needs following up with a phone call.

Someone else has suggested the Christian Blind Mission

Have you got time to follow up these leads and help us get the transportation system sorted? If so,

contact Kate as above or Jackie Younger on 01480 454927

Taking Minutes at FoAN Meetings

Most of the FoAN Board meetings are held at Kate's house in Leeds. To date the Trustees have taken it in turn to record the minutes of the meeting but it is very difficult to contribute to discussions and take the notes. If you have time to attend a maximum of four meetings a year – some by conference call and record the discussions we would be very grateful. Please contact Kate if you can help.

Archiving the Charities Documents

It is good practice in terms of governance to ensure that all of the Charity documents are archived on a regular basis and filed in a structured way then stored in a second place as well as on the Chairman of Trustees computer. This ensures that if anything untoward happens we have back up copies of everything and any one of the other Trustees can pick up. Have you got time to help and spend time at Kate's house sorting, filing and backing up our documents ?

Help with Fundraising

Apart from contacting the Perioperative medical equipment suppliers, we think it would be worth sending 'begging' letters to others. Ideas include, airlines who fly to Africa, mobile phone companies who sell in Africa, various grant awarding bodies such as Comic Relief, the

Guinness Foundation etc. Do you have time to help write letters and dispatch them?

Do you have ideas about who else to target?

If so, contact Jackie

Helping to Co-ordinate Flights / Accommodation

Ever fancied being a travel agent?

We know where we are going in advance but because the African teams take their time to organise things at their end, we do not always get the best deals on flights and accommodation.

We need someone who has the time to research when the cheapest flights are, find good safe accommodation and find out what the weather will be like during different months. Having all of that data they can inform the trustees when the best time to travel is which will offer value for money whilst not putting the trainers at risk.

Interested? Contact Kate

Explore Means of Promoting the Charity

Some charities are promoted on Radio 4, others have ambassadors who promote their cause i.e. celebrities who talk about the work we do.

Do you have time to follow up ideas – contact celebrities, find out about the Radio 4 appeal? If so, contact Jackie

We would really appreciate any help that you can offer

THANK YOU.