



The Logie Legacy meeting with Zambian, UK & European Partners

via Zoom –Sunday 28th November 2021 2-4pm

In attendance		Apologies	
Chris Faldon (Chair)	Scotland	Brian Magowan	Scotland
Alison Aitken		Ruth Magowan	
Tim Patterson		John Gillies	
Lorraine Wilson		Ralph Roberts	
Paul Neary		Gordon Downie	
Olivia Giles		Adam Wood	
Arlet Splint	Holland	Anna Cove	
Paul Splint		Annabel Howell	
Peter Sleutelberg		Lucy Engelen	Netherlands
Andrew Cairns	Zambia	Chris Jary	England
Abraham Phiri			
Fred Ntongwe			
Lalick Banda			
Tim Legge			
John Western	Wales		

Welcome

Alison welcomed everyone to the second Zoom meeting of the Logie Legacy, European partners and colleagues at the St Francis' Hospital, Zambia. Chris Faldon joined the meeting later owing to IT issues.

From the last meeting in May 2021 a number of actions were identified. Progress is noted later in these meeting notes.

The meeting commenced with updates from partners.

Noted that the UK Government had just added Zambia to the Red List following detection of the Omicron variant.

Partners updates

Lalick Banda/Fred Ntongwe

It was reported that currently there have been no recent admissions of patients ill with Covid to St Francis. The vaccination programme is progressing. They are experiencing high numbers of patients being admitted. On the 28th November they have 384 patients. The new oxygen plant is up and running. The hospital is waiting for the Zambian government grants for November to arrive. They



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have experienced power blackouts and problems with the generator. Also, problems with getting blood supplies.

The new physiotherapy department, the gym the pharmacy is complete. Staff have not moved in as yet as waiting for furniture that has been ordered but not delivered.

Lalick reported that there are currently approximately 100 positive Covid cases in Zambia. There is a new Minister of Health.

There is great concern about the new variant and the hospital is preparing in case of an influx of patients.

Lalick thanked MSG for their support.

There is a need for a new admin block estimated at 4-6 million Kwacha.¹ This would house departments including human resources; supplies. The most important part of the hospital though is the clinical areas and Lalick reminded the group that it is an old building.

Andrew Cairns

Andrew is currently at the St Francis Hospital. He reported that oxygen is not yet piped to the general or medical wards. Delivery is expected on 30th December of 12 trolleys to transport oxygen cylinders to the wards.

The Friends of St Francis are fundraising for a CT scanner. Cost around £100K- so far around 60% raised. Andrew is meeting with official in Lusaka to discuss progress. Andrew asked for clinical contacts to support the purchase, commissioning and training on the scanner. Paul Neary said he would look into potential contacts in Scotland. The hospital has 32 batteries and require an additional 18 at a cost of 1600\$ each.

Tim Legge

Tim is also currently at St Francis Hospital. He has had a tour of the oxygen plant and it is functioning. Updated on toilet and bathroom facilities. The charity has focussed on the facilities for waiters- there can be up to 100 ladies at one time. Extra mattresses have been provided. They do need more toilets and bathrooms fitted. Funding has continued to support nursing students.

¹ £171K/ £256k or Euro 200,560/ 300,860



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The solar panels assist in running the oxygen plant during the day and there is reservoir of power for the oxygen plant sited in batteries.

Tim said he has had a warm welcome at St Francis hospital.

Peter Sleutelberg and colleagues of MSG

The Medical Support Group is still fully active in Katete. This year they financed the new Physio Building, subsidised by the Dutch foundation 'Wild Geese'. The result is a beautiful building, well turned out with treatment rooms, and a spacious exercise room, which can also be used by hospital staff and general public as a Gym.

With the exploitation of the Gym the hospital management has hopes for another income generating project, albeit small - for projects on a more modest scale.

On the website

www.supportstfrancishospital.org you can download the outlines of this project, in a report drawn up by Ms Rachael Nakasunda.

Please help to set up the Gym!

October 6, 2021 / 0 Comments / in News /

At St Francis Hospital a new Physio Department has been built. The hospital management, seconded by Project Liaison Officer Ms Rachael Nakasunda, aims at opening paid Gym facilities to staff and general public in order to promote health, but also to generate funds to alleviate financial shortages that the hospital faces on a yearly basis due to the limited government support for church hospitals. This is one of the income generating projects **to make the hospital less dependent on the limited government grant and foreign donors.** Please support the hospital on the way to a sustainable financial independence!

Read here about the Rationale of the project, drawn up by Ms Rachael Nakasunda.

The fitness industry in Zambia has experienced growth over the last few years. This is evident in the number of gyms and fitness related events such as Zambia Day of Fitness and many others. The growth of the fitness as a trend and lifestyle choice has been heavily influenced by the growth of the trend globally. Fitness for most people in Zambia is closely associated with aerobics movement. Aerobics gained popularity through the efforts of various trainers and fitness enthusiast training groups of people in open spaces with large speakers blasting their most energetic beats. This led to the wider population feeling like fitness is an activity they can incorporate into their lives. The former President also contributed to the fitness movement by doing a 10 kilometer run every weekend throughout towns and cities around the country in a bid to inspire the country to stop dying from non-communicable diseases.

Another phenomenon that's inspiring working out and exercise is weight loss and maintenance. Many doctors and researchers have pointed out that exercise is one of the main ways to lose and maintain weight and is key in improving your health. It can reduce your risk of certain conditions, such as heart disease and type 2 diabetes. It can lower the blood pressure and total cholesterol level. It also can relieve symptoms and prevent injuries related to being overweight. Therefore, the hospital decided to introduce the gym services in the district as a response to the overwhelming demand for such services in the District. This will be the first gym to have been established in Katete.



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Apart from providing the health benefits to the community of Katete and beyond, the gym will also provide the financial resources that are required to sustainably contribute to the provisions of health services at the hospital.

The construction of the gym has been completed. The gym was part of the Physiotherapy building which was constructed with the generous financial support from the Medical Support Group of Netherlands.

However, the equipment for the gym was not part of the package for the project and will have to be sourced separately. A total amount of ZMK 396,140. 00 is required to set up a Gym.

The required amount equals about € 20.000,- or £ 19.000. Please donate: NL28INGB0003022230 citing 'Gym Project'.

With an eye to transparency you may read the whole Project Plan [here](#)

The new Physio building also houses the Pharmacy stores and Medical records.

Because there was a slight surplus in the estimate, a beautiful and spacious parking area was constructed on the urgent request of the management.

Their latest building projects are well executed and within budget, owing to the local project manager, Mr Chungu. All the projects he oversees, with Leon Imandt as his MSG counterpart, are well within budget and time limits.

There are still two projects in the pipeline which will need a Wild Geese subsidy. Renovation of the laboratory and male ward Kizito. The management also hopes for a new Administration Building on the building slab near the present Office. But as yet this is uncertain, since their plans are beyond the of MSG, which also applies to the new Radiology building.

After 15 years their biggest private supporter has ended his considerable annual contribution. Because of this and dwindling numbers of annual contributors, MSG would very much like to stimulate the local fundraising. They have started on this some time ago, because eventually will have to withdraw. The input from the hospital side for the website www.supportstfrancishospital.org is improving, but is not as yet as it should be.

Their next step on the website is to install a donorbox page for international contributions, a very customer friendly app which has only recently installed on the MSG website. Simply scan the QR code and a donation facility opens.

Sadly they still have not received email addresses of passing young doctors and other visitors. They have high potential to donate and post on the donor wall. Those addresses are a hidden treasure and hopefully the new Project Liaison Officer Ms Rachael Nakasunda will be able to convince the management of the urgency, so that in future the website and



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donorbox page will generate a steady income. But this will take some time and instruction and guidance into the essentials of fundraising.

One of their projects is an exit strategy which eventually is inevitable.

Oliva Giles, 500 miles

500 miles main focus is in Malawi. The charity has small projects with low levels of activity. The physiotherapy team see 10 to 12 people every month. Olivia is very interested to hear more about the physiotherapy centre. Lalick said that money has been allocated for chairs and that there will be a number of consultation rooms in the centre.

Olivia reported that Agnes who is based at SFH is struggling. Timothy is currently being supported in doing a Diploma course and it is expected that he will return to SFH in August 2022. On his return he will require additional equipment and space.

Chris Faldon

Chris has set up a WhatsApp group . It is hoped that we will all use this to facilitate communication and request that members sign up to use it if you have not already done so.

Chris has been working in the background regarding the Covid pandemic linking with contacts in the Scottish Government and the charity KidsOR <https://www.kidsor.org/>

As a result a number of ventilators have been sourced from the NHS in Scotland and are being shipped to Zambia arranged through the charity KidsOR. They are currently in Lusaka with at least 4 earmarked for SFH.

Chris has also sourced additional funding for the TB bikes maintenance and a repair workshop was held by Mr Tiki Mambwe in October. Chris will be doing a report soon. He had also identified funding of £2000 from the BMA for library books and a bid has been submitted. He has had contact with staff in NHS Borders and Glasgow who wish to get involved at SFH - a psychiatrist and a nurse.

The sanitation project is a priority for SFH and he has been working with BORDA (the NGO that conducted the technical study) to progress this. A decision is awaited on an application for funding from the Japanese Embassy.

Funding was also provided this year for:



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- Wi-Fi routers as well as data packages. The aim of this was to improve communication between SFH and external partners
- maintenance of the 'Water for Life' project – new bore hole, pump.

Formal feedback on progress with these is awaited from hospital management.

Paul Neary asked for feedback on how the work he commenced in cardiology is progressing. He had intended to return to SFH but the pandemic has restricted travel so would want to explore how support can be provided in other ways. Lalick reported that staff want to pursue their studies – undertaking a post graduate course in Lusaka with practical experience at SFH. There is shortfall in their capacity to be able to diagnose disease and would welcome assistance and guidance. Paul Neary said he would be willing to explore how this can be achieved.

Discussion was had around the major issues including

- Fundraising goals – some members were keen to explore opportunities to joint fundraise. Other however felt that this could be problematic due to our individual responsibilities of accountability to funders. However it would be worthwhile exploring potential synergies
- Having a comprehensive master list of contacts who have had link with SFH who may be willing to provide donations
- Project activity – need to improve communication between all partners involved in the network
- Clinical support
- Future projects – explore areas for collaboration, share good practice in monitoring and evaluation
- On the ground work in SFH- seek to develop local fundraising and income generation opportunities; encourage local project management support

Needs of St Francis Hospital

- Waste water and sanitation system
- Increase water piping
- Address power backup
- Support for the care of people with HIV and TB
- Support for staff in SFH
- Volunteer doctors
- Innovations around the hospital
 - Solar power



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- Oxygen plant
- Support for prosthetics
- Clinical support for the CT scanner
- Share the hospital plan for the future to meet increasing demand and ensure the core parts of the hospital are fit for purpose.
- Support in diagnostics

Needs of individual charities

- Approach to fundraising both in SFH, Zambia and rest of Europe. Fundraising directly with donors more successful
- Recruitment of doctors
- MSG need an exit strategy

Actions for the future of the Partnership

Dr Banda stressed the value of these meetings and need to hold them more regularly. As a result the following were proposed:

1. Have a quarterly Zoom meeting of all partners
 - a. Action AA circulate calendar of dates and times for partners to indicate their preferences for meeting times commencing in February 2022. This will be done via the online system Doodle.
 - b. AA create a draft Terms of Reference (ToR) including servicing of meeting; chair; have joint ownership and values
 - c. Year 1 to be serviced by the Logie Legacy
 - d. Each meeting to have particular focus e.g. education.
2. Have a collective approach and increase collaboration with partners
3. Monitoring and evaluation of projects to be undertaken by the Partners group jointly
4. Enhance financial scrutiny
5. Having regular feedback from SHF e.g. newsletters