

▶ Annual Report 2018/19

NHS Global Health citizens in a valued partnership



Author Chris Faldon on behalf of the Trustees of 'The Logie Legacy'
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Photography Logie Legacy volunteers and supporters unless otherwise stated

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The Logie Legacy traces its roots back to 1991 when Dr Sandy Logie from the Borders General Hospital, Scotland went to volunteer at St Francis' Hospital in the Eastern Province of Zambia.

It is located about 490km from Lusaka. With 450 beds it provides both first and second level health services for Katete and beyond, serving a population of 1 million

The hospital is a government grant aided institution under the Zambia Anglican Council. It was founded as a mission hospital by the Anglican Church in 1948.

Since 1986 the hospital has been jointly managed by the Anglican and Catholic dioceses.

It has training schools for Registered Nursing, Public Health Nursing and Midwifery.

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Our purposes

The Logie Legacy is formally known as:

St Francis Hospital,
Zambia Twinning
Partnership with NHS
Borders (SCIO),
SC047148

Registered Scottish
Charitable Incorporated
Organisation from
02 February 2017

1. To support the formally established twinning partnership with NHS Borders to achieve improvements in education, service delivery and patient experience at St Francis Hospital, Zambia

2 To promote the value of voluntary engagement in global health for NHS Borders staff and partners in bringing knowledge, skills and ideas back to the UK

3 To raise income and monitor expenditure in the support of the above

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Chairman's Report

This has been a very good year for the Logie Legacy with many useful ideas, good support and projects going forward. The economy in Zambia is currently under strain, especially with falling copper prices and the servicing of debt to China for large scale infrastructure projects. Publicly funded services are suffering and, with nearly 60% of the population below the poverty line (\$1.90 per day) rural areas like Katete suffer. Our support to St Francis Hospital (SFH) is therefore extremely important.

After our formal charity launch in March 2018, supported by Dorothy Logie (Founder), John Raine (Chairman NHS Borders), Jane Davidson (CEO NHS Borders) and Stuart Fergusson (co-author of the 'Global Citizenship in the Scottish Health Service' report), we were invited to present at the Scottish Global Citizenship day in Glasgow (Nov 2018). This event, attended by Ben Macpherson MSP, was very useful in terms of both logistical suggestions to support NHS groups working overseas, and for informal networking with other NHS groups.

SUSTAINABLE DEVELOPMENT GOALS

We have been pleased to play our part in the NHS Scotland Global Citizenship Programme and in doing so contribute towards the achievement of the Global Goals for Sustainable Development, particularly the focus on 'Good Health & Well-Being' and 'Clean Water and Sanitation'. Our main achievement, mainly due to a huge amount of work put in by Chris Faldon, the 'Water for Life' project has now been signed off. The next proposed large project is to improve sanitation at the hospital.

Support for other projects continues such as TB control and paediatric physiotherapy. Additionally we have been pleased to provide some useful medical and laboratory equipment, support the setting up of a new staff restaurant and take over 70 pairs of spectacles to patients unable to afford them.



St Francis' Hospital celebrated its 70th birthday in 2018 – just like the NHS! Chris and Dorothy attended an event to mark this in London organised by The Friends of St Francis'. Dr Lalick Banda, Medical Superintendent at SFH and Hospital Chairman, Bishop William Mchombo were able to be

there. We highly value working closely with other groups and individuals seeking to make a difference to the life of patients and staff at St Francis' Hospital. Collaborative efforts can achieve so much more



than working in isolation.

The new hospital management is doing a reassuringly good job but struggles to maintain several services with severely depleted resources. Our partnership with St Francis' Hospital is needed more than ever and welcomed by many staff. It is important that we continue to offer a hand of friendship, listen to priorities, hopes and desires and seek for new ways to work collaboratively in the years to come.

I trust you find this brief summary interesting and inspiring. Lastly I thank all our volunteers, donors and supporters who have given generously of their time and money. Without you none of this would be possible.

Dr Brian Magowan, Chairman, The Logie Legacy

'Water for Life' Project Mission accomplished!



Primary Objective

To radically overhaul the water supply and distribution infrastructure to the wider St Francis' Hospital compound

Anticipated outcomes

- Improved standards of infection control by providing a reliable supply of clean potable water
- Reduced potential for spread of disease within the hospital compound and beyond

Impact of development

Over 1200 people use the water supply daily. This is set to grow significantly over the next 5 years.

- Hospital wards and departments
 - 450 occupied beds at any one time
 - 22,600 admissions per year
 - Over 93,000 outpatients annually
- Wider hospital compound
- 130 houses, 7 hostels, 2 schools
- Nursing and midwifery school with kitchen
- Visitors mess with kitchen
- Chada (small shops)
- Training centre and lodge

Around £100,000 was raised and work began in 2014

which consisted of 3 phases over 5 years.

Approximately 7km of pipes have been laid, four new bore holes drilled, new pumps and three 9000 litre PVC tanks erected. Over 140 properties have now been connected, and a



protocol established for maintenance to make it a sustainable development. John Western, a Welsh engineer who worked at St Francis for several years as a volunteer has provided invaluable assistance in seeing this project through.

A more reliable and safer water supply is now operational. Households and businesses are expected to pay a small sum for the use of the water to fund essential maintenance. They now have a sustainable development to benefit the hospital community for many years ahead.



"I wanted to report on and thank you wholeheartedly for the fantastic work you have done on the water system. 24/7 clean water, enough pressure. Really excellent"

*Dr Joop Jansen
Obstetrician & Gynaecologist. St Francis' Hospital*

Sanitation project

The Logie Legacy commissioned a technical study of the wastewater treatment system at St. Francis' Hospital. It was conducted in October 2017 by Bremen Overseas Research and Development Association (BORDA) with funds provided by Scottish Government (International Division). An estimated £200,000 is needed to fully implement the recommendations.



The existing sewerage system with septic tanks and soak pits has not been properly maintained for a number of years. Leaking sewers may significantly contribute to microbiological and nitrate contamination of ground water and therefore represents a considerable risk where ground water is exploited for domestic supply.

In addition to the risk reduction of effectively treating both 'black and grey waters' other benefits include:

- Biogas generation as a fuel for heating purposes
- Treated sludge as soil conditioner and as a fuel in combustion plants
- Treated effluent water for vineyard irrigations or safe disposal

We shall not defeat any of the infectious diseases that plague the developing world until we have also won the battle for safe drinking water, sanitation, and basic health care. **Kofi Annan**

At a visit by Chris Faldon in May 2019 a presentation was made about the sanitation proposal. As a result, full support was secured from the hospital management to work in partnership with the Logie Legacy to address the major public health implications stemming from long standing and pressing sanitation needs. We are now embarking on plans to secure funding for this ambitious and yet vital development.



"It has proved very difficult and almost impossible to raise funds in Zambia for this development as this also is a resource constrained hospital with a lot of needy areas and competing demands. It is against this background that we request your organisation to lobby on our behalf even to other well-wishers who can come to our aid".

Bruno M. Mwale
Senior Environmental Health Officer

TB Control



A two day bicycle repair workshop, organised by Chris Faldon, was held in Katete. A team of three mechanics from Lusaka and 25 TB volunteers were able

to fix many of 36 bikes that we supplied back in 2013 for the TB outreach team.



Every day in Zambia more than 30 people die needlessly from TB. The hospital treats over 1600 new TB cases every year (Scotland - 300, Borders General Hospital - less than 5 per year). In addition 6 cases out of 10 cases at the hospital have HIV too. This makes treatment even more difficult. It takes at least 6 months of treatment with a combination of antibiotics to treat TB. This stretches out to 18 months if it is a drug resistant strain. Side effects are common and unpleasant putting people off completing treatment. Despite this staggeringly excessive workload 85% of patients complete treatment in line with WHO targets.



Dennis Makowa, Clinical Officer and his volunteers (several had been previous TB patients) work tirelessly to help men, women and children to complete their treatment. These 'Treatment Support Volunteers' give of their own time to work with TB patients. This could involve a variety of tasks ie encouraging them to keep appointments, Direct Observed Therapy (DOT) of medications, delivering drugs to those who cannot travel, giving advice on diet and nutrition and generally just being there when times are tough. They face many challenges as they try hard to support the patients. Back in 2012 when asked what would make their work easier the loud cry came back – "a bicycle!"

We are thrilled to help them. Bikes save lives!

"We are so pleased to have all the bikes back in working order. The repairs will keep them running for a few more years and help us greatly in reaching out to more patients and their families. You have done us a great service. Thank you for your continued support. It means so much"

*Dennis Makowa
Clinical Officer. TB Corner*





Physiotherapy support

A visit was made in 2014 by Dr Jane Macdonell, paediatrician, and a need was identified for physiotherapy equipment. A charity called 'Physionet' collected second hand equipment from around UK and arranged a shipping container. Much of the equipment came from the joint SBC/NHS Borders Ability Equipment Store. Jane then raised the shipping costs through fundraising and grants.



There was a follow up visit in April 2018 by Anna Cove (physiotherapist), Nancy Anderson (Occupational Therapist) and Gill Black (retired children's nurse). Anna, Gill and Nancy were welcomed into the busy physiotherapy department and faced a week full of clinics, particularly for children with cerebral palsy, some respiratory physiotherapy teaching and home visits to review equipment. The Borders team worked alongside the local physiotherapy staff to share skills and try new ideas to improve the functional ability of those children attending.

Brian Nkhoma and his team were skillful in using local resources to adapt equipment where possible resulting in many children who would otherwise have no means of

being seated or standing an opportunity to achieve and reducing the risks posed by poor positioning.

The links created between Borders and St Francis colleagues will hopefully be maintained and strengthened and further opportunities will arise to provide more equipment and training in its use.



“The equipment has given us a major boost in the care and management of children particularly those with cerebral palsy”

*Brian Nkhoma
Lead physiotherapist*

Partnership working

We continue to work alongside other groups and partners of St Francis Hospital. MSG in the Netherlands very generously in summer 2018 facilitated the shipment of water meters needed for the 'Water For Life' project. Chris was able to meet up with their Chairman Dr Peter Sleutelberg in London in July 2018.



Revd Anne Legge from Devon and a team with a wide range of skills (originally associated with 'Christians Aware', a Leicester based group) have been extremely helpful in assisting us. In Autumn 2018 they

connected a good number of the water meters we had purchased. They also took out with them laboratory equipment we had supplied at the request of the hospital staff. We were pleased to assist them in 2019 when Duncan Bell, a Scottish Borders electrician (see cover photo), went out to help. He took out external security lights funded by Andrew from Anne's group, did some essential maintenance work they had begun, replaced sockets long past their best (!) and assessed their 'auto



switch' project for emergency generator power backup. We were able to contribute £1000 to this latter project - a stable electricity supply saves lives.

We have been pleased to develop a very helpful link with the Cairns family from the 'Friends of St Francis, Katete Charitable Trust'. Dr. James Cairns and his family lived in Katete for 38 years and was the Medical Superintendent there. They continue to raise funds for the hospital and help find volunteer doctors to work there for not less than six months.

Valuable connections have been made with Dundee Medical School who send out students to the hospital for medical electives. We hope in 2019 to establish a network



of partners that will support and strengthen collaborative work across all organisations. Many friendships have been formed over the years. Senior Hospital Administrator, Fred Ntongwe (left) has been very helpful in making these connections and feeding back on projects.



Getting it right

Work has been done over the past year to ensure we have policies and procedures in place to protect the partners, volunteers, supporters and individuals we seek to serve. It is of vital importance that we have taken reasonable steps to operate within relevant legislation and best practice requirements. The value of securing public trust in what we are doing cannot be underestimated.

Specific steps in these matters include work on the following areas:

- Safeguarding - keeping vulnerable beneficiaries, volunteers and staff safe
- Volunteer guide
- Taking photographs & videos
- Developing a framework for project governance



We have been greatly assisted by the resources of the Scottish Charity Regulator (OSCR) and being members of Scotland's International Development Alliance. In addition we regularly learn from the approaches of other organisations by actively contributing to the work of the Scottish Global Health Committee chaired by Catherine Calderwood, Chief Medical Officer for Scotland.



Financial Statement

Expenditure	
Charity Launch	329.71
Website	83.88
Annual Reports	200
SIDA	
Membership	90.00
Catering	21.18
Obstetrics	627.02
WASH	6110.58
Travel	3658.06
St Francis	
Football Team	545.00
Total	£11,665.43

Balance	
Last Year's	
Balance B/F	24670.02
This year's	
Receipts	5251.07
This year's	
Payments	11665.43
	£18,255.66

Income	
Charity Sales	139
Just Giving	1495.39
Cash	110.2
Private donor	36
Private donor	120
Private donor	120
Innogy Renewables	500
Private donor	250
Private donor	200
Whitehills Christian	
Fellowship	200
Souter Quilters	20
The Cowrig	
Charitable Trust	300
Legge Fund	600
Private donor	50
Private donor	200
Private donor	75
Private donor	375
HMRC Reclaim	401
Travel Credit	59.48
Total	£5,251.07

Accounts have been independently examined and approved by
 Michael Revels & Co, Accountants, Galashiels
 We are grateful to Mr Revels for his assistance in this important activity



KERRIE'S RESTAURANT & TUCKSHOP



Contact details

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The Logie Legacy is a Scottish Charitable Incorporated Organisation: SC047148