

Katete Zambia

September 2018-March 2019

Gillian Clegg July 2023

Zambia

British colonisation 1888-1964

- 1964 Republic of Zambia was established
- Landlocked, surrounded by 7 countries
- Population 19 million
- Copper main export
- 30-70 languages / dialects
- 4-23% HIV prevalence depending on the region
- Education supposed to be free
- Katete villagers subsistence farmers - main diet of N' shema (maize)

Katete

Eastern Province

- Lies on the Great Eastern Road
- A major road junction - Mozambique Road 50 km to Mozambique
- Population of Katete District approx 200,000
- St Francis Mission Hospital founded 1947
- Managed jointly by Anglican & Catholic Churches
- Overseas doctors minimum 6 month contracts

Why we were there

- Jon GP - to work in Outpatients
- Gill Occupational Health Adviser - to conduct research

Reality

- Raised over £5,000
- Money spent in the villages & used to:
- Help women set up businesses
- Fund the construction of a drop toilet
- Making of washstands
- Helping individuals access healthcare in the hospital
- Funding some schooling for children
- The making of A4 size blackboards for children in the villages







MUBARAK TRADING CENTRE



P. O. BOX 550157 TEL: 06 252213

Katete - Zambia































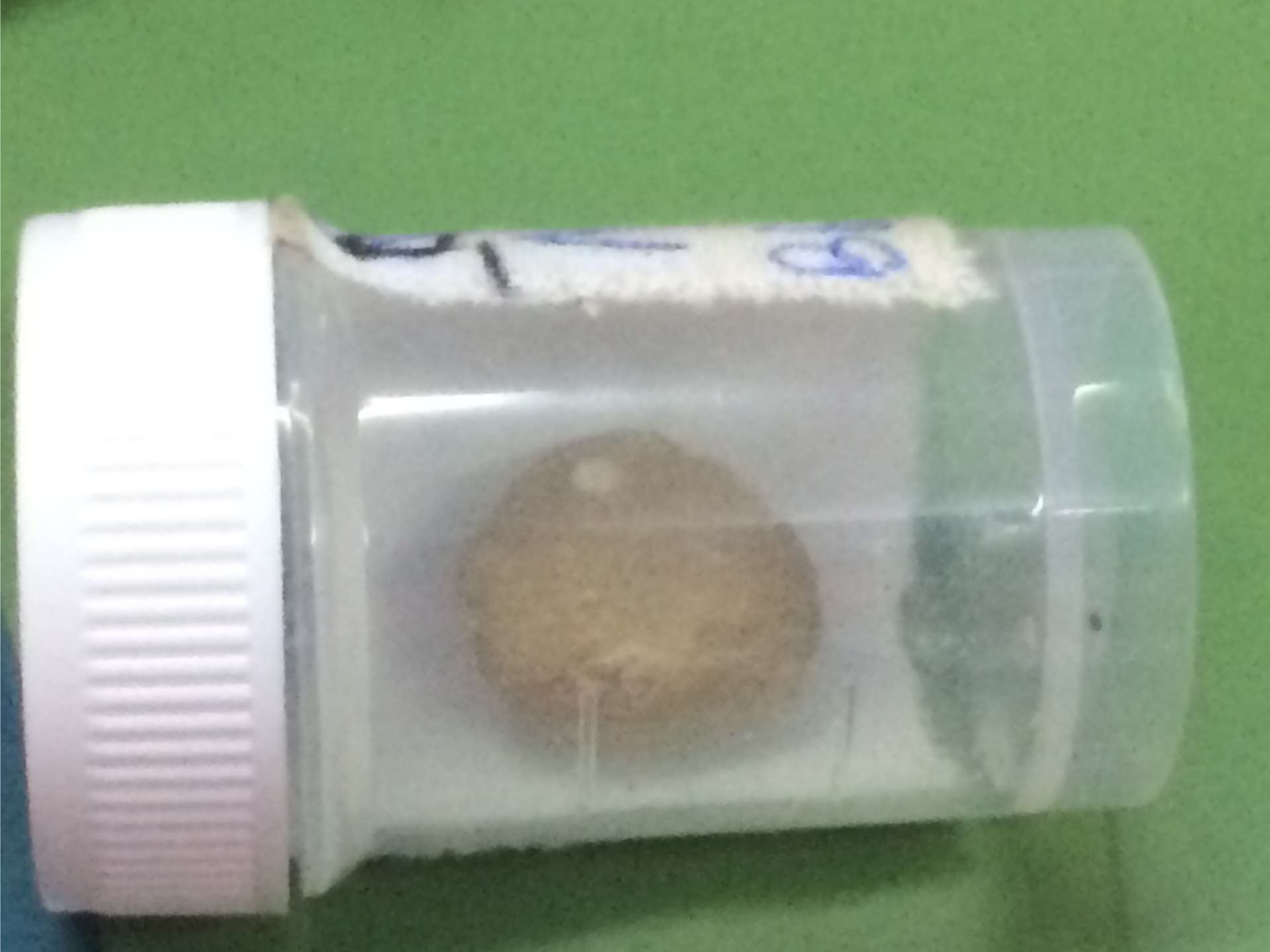




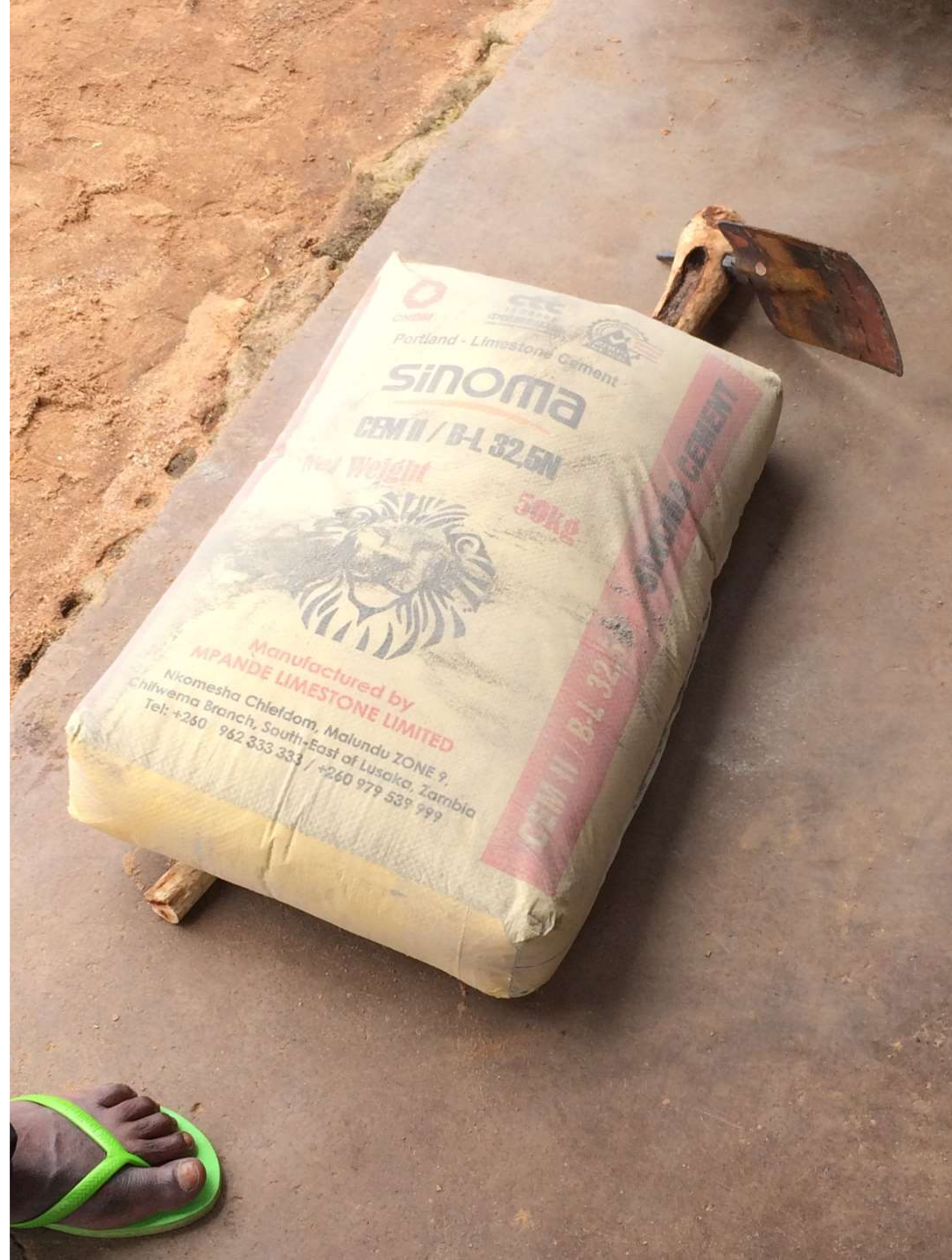












CEM II / B-L 32.5N
Portland-Limestone Cement

Sinoma

CEM II / B-L 32.5N

Net Weight

50kg



Manufactured by
MPANDE LIMESTONE LIMITED

Nkomesha Chieftdom, Malundu ZONE 9,
Chilwema Branch, South-East of Lusaka, Zambia
Tel: +260 962 333 333 / +260 979 539 999

CEM II / B-L 32.5N
PORTLAND CEMENT



SNAKE BITE NJOKA IKALUMA



Do **Zinthu Zofunika Ucita**

1. Keep the person calm.
Msungeni munthu modenkha
2. Tell the person to keep very still.
Muuzeni munthu kuti akhale cokhala
3. Immobilise the arm or leg to keep still.
Osagundanitsa manja kapena minyendo, zizi tayana
4. Rush the person to the hospital.
Thamanganayeni munthu kucipatala



Do Not **Zinthu Zosafunika Kucita**

1. Do not take person to the traditional healer.
Osamupeleka munthau kwa asing'anga.
2. Do not give herbal mixture to the person.
Osamupatsa mankhala ya zitsamba munthu
3. Do not cut, burn or suck the bite or skin.
Osatema mpini, utetha kapena kuyamwa malo olumiwa.
4. Do not tie a ligature around the arm or leg.
Osamaga thambo ku dzanja kapena ku mwendo kolumidwa



EPILEPSY ATTACK KHUNYU LIKAKATHA



Do Zinthu Zofunika Ucita

1. Protect from injury remove person from fire and hard objects.
*Tetezani kucoka kuzopweteka mcotseni
Munthu kucoka ku moto ndikuzipagizo zolimba.*
2. Protect the head put something soft under their head.
Tetezani mutu ikani cinthu cofewa kungsi kwa mitu yao.
3. Roll the person on to their side.
Mkankheni munthu agone chambali.
- 4 Take the person to hospital not the clinic.
Mpelekeni kucipatala.



Do Not Zosafunika Ucita

1. Do not hold the person down.
Osamugwirira munthu ali cogona.
2. Do not put anything in the person's mouth.
Osaika cinthu cili conse mkamwa mwa munthu.
3. Do not take the person to the traditional healer.
Osamupeleka munthu kwa asinganga.













Examples of other support provided

- Chicken layer businesses for groups of women to sell eggs
- Vegetable selling businesses for women
- Money for transport to Lusaka for mother with sick child
- Money for co operatives of women to match government funding to purchase fertiliser
- Money for village borehole
- Clothes
- Mattresses & blankets
- Sacks of maize
- Soap & washing powder
- Exercise books, pencils
- Spectacles
- Paracetamol & vitamins