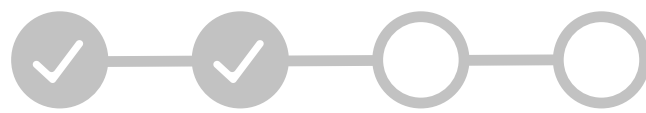


## Witnessing the challenges and the rise in infection cases

In 2009, we visited Nzama Health Centre which is situated in a remote area of very dry land. We witnessed one pair of disposable gloves hanging on a washing line reused repeatedly for newborn deliveries. The injection room had minimal supplies, and gloves were nowhere to be found. The need for assistance was critical.

## Continuous support was provided

We started a partnership to provide the health centre with donations of medical aid. Since then, we have seen a notable difference in the supply at the health centre. Along with the medicines and medical equipment we supplied, personal protective equipment (PPE) has also been accessible on the shelves. The changes since our first visit have been truly remarkable.



## A 10 year milestone...

When we visited the Nzama team in 2019, we noticed significant advancements in newborn delivery since our initial visit in 2009. They had acquired a substantial supply of PPE, which they have been consistently ordering from Inter Care throughout the years. Infection rates have stabilised, and women are receiving excellent post-natal care.



## Recent donations to the health centre

Since the 2020 pandemic, we've supported Nzama Health Centre by purchasing supplies locally in Malawi due to shipping restrictions from the UK. This successful project allows them to select essential items from our supplied catalogue and budget. They have requested pain relief medicines, antibiotics, small equipment, consumables like test strips, and vital PPE such as gloves to maintain their operations.

In early 2024, we sent a new autoclave from the UK to support the health centre as part of our One Wish project. This essential equipment helps sterilise tools to help control infections. The centre often treats patients from both Malawi and Mozambique and encourages early medical attention. They also have a well-equipped medical storage facility, sourced through the UN, to maintain temperature-controlled products for effective treatment.

### A £100 gift to Inter Care could...

supply personal protective equipment (PPE) to safeguard healthcare personnel who interact with as many as 400 patients.



A standard package consists of 5 litres of soap solution, 100 pairs of gloves, 100 aprons, 100 masks, and a 500ml bottle of hand sanitiser.

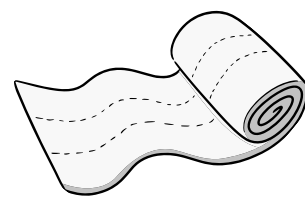


## In Tanzania's mountains, sourcing medicines and essential medical supplies is challenging

Kibosho Hospital is located in a mountainous area that offers a view of the renowned Mount Kilimanjaro. In 1993, Inter Care learned about the difficulties in obtaining medicines and essential medical supplies, leading to the start of our partnership. The initial donations consisted of basic medicines and multivitamins.

## The needs changed after 10 years of support

In the early 2000s, Kibosho Hospital notified Inter Care that it was increasingly challenging to support vulnerable patients. The annual cost of caring for patients unable to pay for their treatment was approximately £150,000. However, with the assistance of Inter Care's supplies, including dressings, antibiotics, and small devices such as BP machines, the hospital was able to provide care to these patients without the burden of financial concerns.



## Visiting patients in long-term care

During our visit to Kibosho Hospital in 2022, the Inter Care team had the opportunity to meet patients who had been receiving care there for several months. These individuals require ongoing attention due to their health complications. Thanks to Inter Care's donations, the nurses are able to provide dedicated care for patients who cannot return home and are unable to afford their treatment.

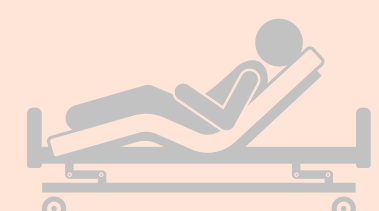
## Derick's story highlights the importance of support from Inter Care

Derick, wheelchair-bound due to childhood deformities, became bedridden after developing complete paralysis and severe grade 4 pressure sores, leading to septicaemia. Admitted to Kibosho Hospital in May 2022, he received daily wound care, antibiotics, and nutritional support. On our visit in 2022, Derick expressed gratitude to Inter Care for the donations of dressings and pain relief. Inter Care's assistance has been vital for his recovery, as his family struggles financially. As of 2024, Derick continues to receive care at Kibosho Hospital, where Inter Care's supplies are essential for his ongoing treatment of pressure sores.



A £45 gift to Inter Care could...

could provide a 30 day course of pressure sore treatment. This gift alleviates the additional pain associated with an already distressing condition.





## 10 years of support for the only children's hospital in the Bo district

Since creating a partnership with Bo Children's Hospital in 2014, Inter Care has been able to assist their programme, which serves a community of 15,000 children. Many of these children suffer from malnutrition and other life-threatening conditions. We have supplied multivitamins, treatment for worms, and other essential medications.

## Many vulnerable families visit Bo Children's Hospital to receive care free of charge

Inter Care's ongoing support has enabled the hospital's healthcare staff to deliver treatment at no cost to the families of young patients. Throughout the past decade, Inter Care has sent donations of dressings, gloves, and essential medicines to support children living in poverty.



## We personally deliver medical supplies and clothes to the local community

In 2021, Inter Care had the opportunity to visit the hospital to personally deliver some special items to the lead doctor. We presented a parcel filled with children's clothing, lovingly handmade by our supporters, along with BNF books for children to assist healthcare staff in caring for their young patients. During their outreach efforts to nearby villages in the catchment area, the knitted garments were distributed to the local community.

## Inter Care's support is crucial for treating children like Janette's daughter and baby boy.

Janette is the sole breadwinner for her children, as no other family members show concern for her or her daughter and son. In addition to caring for them, Janette works as a gardener and breaks stones to sell in the local market.

Whenever her children fall ill, Janette takes them to our partner health unit, knowing they can receive treatment with the Inter Care medicines provided at no cost.

The healthcare staff at the hospital shared with us, "Inter Care medicines are incredibly beneficial for our patients. Without them, many vulnerable individuals might not have survived. Thanks to the timely intervention of Inter Care medicines, we have numerous success stories among our patients."



### A £150 gift to Inter Care could...

This initiative could supply 18 care packages for children to several health units in Sierra Leone. Each package may contain handmade knitted blankets, baby scales, children's vitamins, an ear thermometer, and BNFs for Children.