

## DIABETES-PROJEKT THE GAMBIA e.V.

### MAY AND JUNE RFEPORT, 2018

May and June was an outstanding session. It was a moment of commitment to see what each of the stakeholders is made of. I have the honor to work with my team for a complete month and share the inner meaning of what it takes implementing such a project in The Gambia.

The team was received on the 11<sup>th</sup> May in Banjul and we started the home visit session as the first part, evaluation and empowerment.

On the 14<sup>th</sup>, we started with Muhammed Willan`s family in Lamin village. It was a open discussion with the family about Muhammed`s health and education for a better future. This project does not only help with the diabetes management and control but academic and social needs to its benefactors. As customary greetings we gave Muhammed and his family a bag of Rice as a gift for our visit.



We visited Fatou Janha and her family shortly after Muhammed. Fatou has been a dropout of school but the project has promises to get her back to school in September. She was recently helped to fix her teeth after having problems with her teeth over the years. Insulin teaching was done with her for more control and encouragement. Her family was also given a big of Rice for the visit.



Finally the day end with our last visit at Fatima S Mendy`s house. Her insulin was changed during the visit as a way to improve her HBA1C this coming November. She was on Levemir and Actrapid but now put on Lantus and NovoRapid. We were able to collect all the old empty Insulin pens from her and rearrange her store. She was also given a bag of Rice as a greeting to the family for our visit.



15<sup>th</sup> may, we drove to Socialis for The Gambia e.V. This is a free Skill Training school in Brufut. They have Carpentry Workshop, Sewing Workshop and Hair Dressing for the community youths to be train a value skill without any cost attached. Below is a photo of Gudrun and Hermann talking with a student who is studying sewing as a skill.



On the same day we visited the Garden in Berrending at Brufut Village. This garden is nice and needs some time for more development such as securing the fence for animals not to brake in. The yard is big, which is an advantage to engage into more fruit production and animal raring. There is still room for improvement. A bag of Rice and Onion was given to the family living at the garden for operation.



18<sup>th</sup> May, was HBA1C test for group 1. This group consists of 15 people out of 21 to be present. In this group, 9 people fall between the range of 7.6% to 10.5% HBA1C, the rest of the group fall between 11.0% to >14.0%. Although some of them have made a huge difference since November, 2017 to May, 2018. One like Sait Dem, who weighed 30Kg in November with a HBA1C of >14.0% but now weighs 39Kg with a HBA1C result of 10% this May, 2018. When of the group member receive his or her result, they have an evaluation session with Roland as to where they have problems with about their HBA1C. This project has a systematic way of continuous teaching.



Saturday the 19<sup>th</sup> was another HBA1C session for group 2. This group was expected to be 21 young people living with diabetes but we were able to cover 23 young people. Out of this list 10 of them fall between HBA1C range of 6.9% to 10.9% and remaining 13 of them fall in between 11.0% to >14.0%. On that note we were able to conduct HBA1C on 38 young people living with diabetes.



It was a pleasure to work with Gerhard during these events. He is a new member of the project and wanted to come see how things are going. He was amazed to meet some of the kids with their families. We were able to take him to the youngest kid among the group Basiru Njie, a Seven year old who lives with the mother, Grandmother and the uncles. Basiru uses Lantus as Basal Insulin and Novorapid as Meal Time Insulin. Although with lack of experience from the family Basiru has difficulties to closely monitor his value at home. Being a child is also difficult for him to control his diet. We have to come to an agreement that Basiru will now stay with me and be attending school near to my house. Muhammed Willan was also visited and Gerhard had a good time to chat with him personally about his life and many other things. As known Muhammed, he is living with his aunt and uncle as an orphan and has his sibling in Senegal a neighboring country to Gambia after the death of their both parents. For Muhammed, next academic year, 2019 he will be completing high school and hopefully proceed to the college or university as he anticipates. The last family we visited that day was Fatoumatta Singhateh's family. Fatoumatta is Fourteen years old. Attending St Peter's Primary School, in Lamin Village. Recently her family has experienced a great loss when their house got burned. They were able to get some support from Gerhard and Roland personally to fix certain things in the house and help the family to live a better life. A bag of Rice and some cash donation was given to the family.



### **Basiru, Gerhard and me**

22<sup>nd</sup> May, a house visit was done in Banjul at the residence of Amie Jobe. Amie is a young woman whose mother was the first diabetes to be in the project and now she is also been diagnosed and has been part of the project for many years. After the demise of Amie's mother, she has been well taken care of by the project and her son too. Her son is sponsored from the project to attend school and a bag of rice has been given to her family during the visit.

As the 23<sup>rd</sup> May, Serra Jallow and Ramatoulie Jallow, blood sisters who are both Type1 Diabetes have been visited in Labakorry Village. It was a happy moment to meet the family again each year. These girls are one of many families that benefit from Diabetes-Projekt The Gambia e.V. for over many years. Their family were very happy and appreciate what the project is doing for their daughters and they will say 'Ajarama' meaning thank you Dr Gaye, Mrs. Gudrun and Mr. Roland for the life support

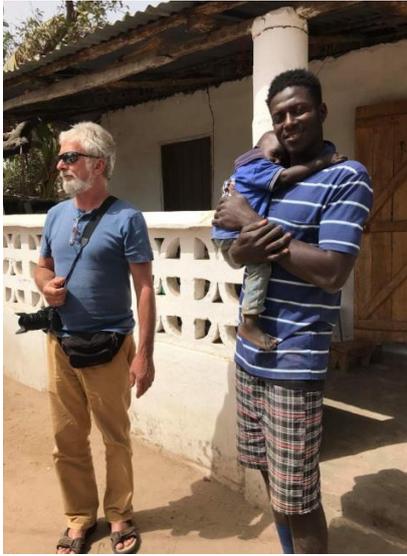
that your are delivery to our family. A bag of rice and a bag of onion were given to the family as a gift.



The following day 24<sup>th</sup> May a trip was made to Musa Sanneh`s house in Gunjur. He is a young man and a good footballer of his village. Musa been a Type1 diabetic among his family and the only diabetic as of now has a healthy and productive life. He is a fresh graduate from High School. Musa uses Lantus and Novorapid Insulin for a healthy diabetes life. A bag of rice was given to his family.



The next family visited was the Jatta family in the same village, Gunjur. Abdourahman is a tailor and has three apprentices` working under him. Abdourahman is also aType1 diabetes who has all his diabetes supplies Accu Chek Meter, Lantus and Novorapid. His HBA1Cthis this May, 2018 is 8,1%. As the project does not only elevate the life of young people going to school but also those on skill profession. This young man has got all the support from the project to run his own workshop as a full time tailor.



On the 25<sup>th</sup> May, Roland and I worked on the Green Cards. These cards help us to gather all the information of each and everyone benefactor of this project. On the Greed Cards we have the Name or Names, Date of Birth, Address, Contacts, Type of Insulin, Type of Meter, Last HBA1C result and Problems. These are the captions on the cards to be filled as it help us to known the progress of each and everyone. All information about everyone is kept in these cards for reference and guide.



**on the Cards**

After the card work, Gudrun, Christa and I accompanied Irish and Hermann to Banjul International Airport as they take their leave back to Germany. It was an outstanding work for weeks with the whole team but as day's passes by the days of going home also comes around. It was a sad moment to see part of the team leaving. The Gambia is saying thank you Irish and Hermann for your time and support.



### **Iris and Hermann leaving for home**

27<sup>th</sup> May was another new day to meet a new diabetic kid by the name Suwadou Jallow in Brikama, West Coast Region of The Gambia. Suwadou is seven years old. According to her adopted father and mother she was diagnosed on the 20<sup>th</sup> April, 2017 and was put on Mixtard 6 units in the morning and 3 units in the evening but this was not helping at all because she always has high blood sugar throughout the day except her fasting blood sugar. She has no good meter or enough strips for a close monitoring. We were able to enlighten them of few basic things to do in order to support Suwadou They thank us for the visit and the basic teaching of what they should follow for Suwadou's health. We promise to revisit the girl and see what we can do.



### **Suwadou and her family**

28<sup>th</sup> May, a Hairdressing Saloon visit was done. Adama Lowe is a young Type1 diabetes girl who operates this saloon. She has been working as a hair dresser over the years and all the support comes from the project to operate this business. Although she has problems of controlling and stabilizing her blood sugar, this has caused her to have a continues poor HBA1C result of >14% all these years.

**Adama Lowe at her Saloon with Gudrun and the team**



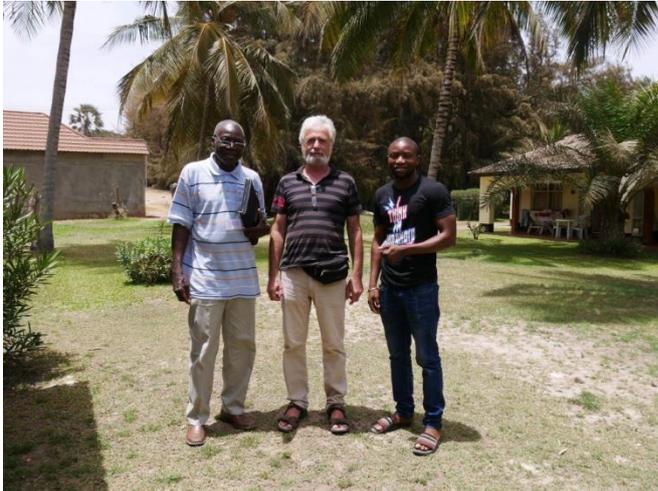
On the 30<sup>th</sup> May, the second home visit was made on Suwadou Jallow the new girl found. We made some video records of our education, questions and answers from her parents and our team. It was an awesome collaboration and team work. Novorapid insulin was given to Suwadou for her to inject at lunch because she does have high blood sugar in the evening that comes from her lunch meal.



June 2<sup>nd</sup> was another home visit of a young diabetic mother Amie Colley. She is married and she is among the first young people to be part of this project. This project has elevated the lives of many young people because Amie has also got a sponsor to train tailoring through this project.



A meeting with The Gambia Diabetes Association took place on the 3<sup>rd</sup> June at Kololi Beach Resort Hotel. This meeting was attended by the Secretary General Mr Salieu John, Lamin Dibba a member and Mr Roland. Issues regarding the membership drive was discussed as part of the Action Plan for the association activities 2018 because we want to increase the association membership, in addition the creation of more partnership with the new government was also headline for government to take its part in fighting diabetes burden.



On the 4<sup>th</sup> June, the Bojang family was also visited in Sukuta Village. Kalifa and Karamo are biological brothers and both living with Type1 diabetes. Kalifa is on Mixtard Insulin and Novorapid while Karamomis on Novomix Insulin and Actrapid. Although Kalifa`s HBA1C has drop from >14% to 10% while Karamo is still on the struggle to pull through. Diabetes education was done by Gudrun to the two boys on how to improve their condition while Roland answers to the questions asked by their father. The family was very welcoming and we were able to give them a bag of rice.



**The Bojang family (Kalifa Bojang, left) and Karamo (middle) Bojang9**

5<sup>th</sup> June marks the 26 day of Roland and Gudrun for the project work in The Gambia. On that faithful day we visited Ndey Fatou Bah and her family. It's a great visit because Ndey Fatou was change from Novomix Insulin to Lantus. She was happy to b changed from CT to ICT. Her HBA1C is >14% but we all hoping that she have a better values in November four months to come. She and her family were also given a bag of rice too.



**Ndey Fatou and Gudrun on discussion**

From the 7<sup>th</sup> to the 10<sup>th</sup> of June we were dealing with the container material distribution among the needy families. Within three days we were able to say thank you God for given us the strength to work for 31days. My sincere gratitude to everyone for their support for making this project what it is meant for? To the diabetic family in Stetten we say `Jerrejef` meaning (thank you) from The Gambia.





**A compliment to (What We Do Together Matters)**

**Lamin Dibba**