

**YOUNG GAMBIAN DIABETES ASSOCIATION PROJECT**

**BY ROLAND SCHINDLER, DR ALIEU .G. GAYE and LAMIN DIBBA**

**PHASE FOUR PROJECT REPORT**

**September to December, 2017**

In September, 2017 a group of young people have benefited from this project on Educational Aid through the payment of their school fees and others got school materials and family support, such as Text Books, Exercise Books Uniforms and a bag of Rice etc.

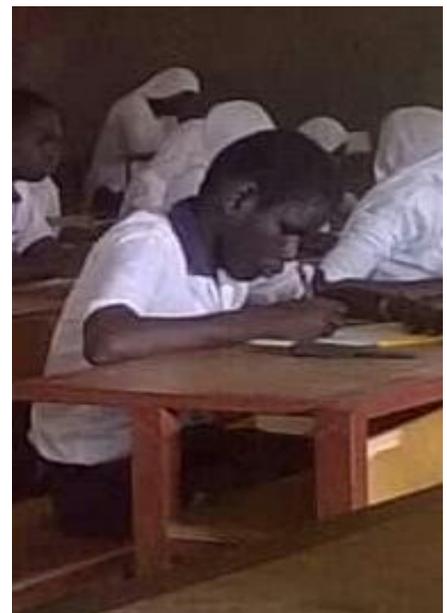
The following pupil have received school fee for 2017 to 2018 academic year.

Basiru Njie- D. Harris Nursery School (Kotu)



Muhammed Willian- John Pickering Senior Secondary School

inLamin village



Lamin Ceesay – son of Amie Jobe (daughter from Ngoneh Mboob) - Cluny Nursery School (Banjul)



Fatoumata Singateh, Saint Peter's Primary School (Lamin Village)



Fatima S Mendy- Saint Peter's Junior Secondary School (Lamin Village)



In addition the following people got support in terms of school materials and with a bag of rice for family use.



Kalifa Bojang and Karamo Bojang got school material such as Text Books, Exercise Books School Bags and a bag of Rice etc. Amie Jobe and her family also got a Bag of Rice while her son Lamin Ceesay was sent to school through this project.

October, 2017 we have new patients that have join the project most of them were from the Central Hospital Edward Francis Small Teaching Hospital due to lack of access to better and sufficient insulin.

They have been directed by Health Professional to Dr Gaye because of the good job he and Roland offers to people living with this silent killer Diabetes. Names of those children are as follows.

Fatou Jammeh, Wellingara



Sait Dem. Sait was believed to have died four years ago but that has not right, we just lost track of him over the past four years. Finally we found him and he is getting much better with treatment.



Ndey Fatou Bah- Tabokoto.

Ndey Fatou is a dropout from school due to Diabetes, but she is talented with skill work which she wish to take up as her profession.

Any support available will be humbly appreciated.



Suwadou Jallow- Brikama (no photo of her yet)

November is a month for people living with Diabetes. This month is traditionally been celebrated worldwide. 14<sup>th</sup> November each year is celebrated as World Diabetes Day. This year`s celebration was another success that was done with the support of the Gambia German Diabetes Project under the leadership of Dr Alieu Gaye President of the Gambia Diabetes Association and Mr Roland Schindler President of the Diabetes-Projekt The Gambia e.V. As usual a good partnership with the Ministry Health and Social Welfare in makes a difference with a massive turnout of people over all sectors. Young Men Christian Association has given us their ground for the commemoration to take place. They have been our collaborator over the past years. We got support from Banjul Kairo Lion`s Club with Hundred T-Shirt and Five Hundred Water Bottles.



In every four months, this project conducts HBA1c test for everyone who is part of it and this November 39 people did the Test. Out of which, the best result was 6.9% while the poorest was greater than 14%. More seriousness needs to be done for better improvement on HBA1c.



On the 18<sup>th</sup> November, YMCA has conducted an Aerobic Workout for people living with diabetes and schools around YMCA institution came to take part. It was a way to enlighten Healthy ways of living with Diabetes through the means of exercises. It was fun as many children, boy and girls, parents and friends came out in number to join the exercise.



Furthermore, Mr Schindler, his wife and me were able to conduct both home visit and school visit for some of the project members. Where personal problems are discussed in terms of Diabetes Management and control at home and school. The following schools where visited because our project members are attend those schools.

Fatima S Mendy at St Peter`s Junior Secondary School.

Kumba Bah at Bundung at Basic Cycle School.

Moreover, Talks on Diabetes and Screening was conducted in two major schools. Ndow`s Comprehensive Lower Basic School were most teachers and few students were Screened. In Muslim Senior Secondary School both Staff

and Students were screened.

It was a push and pull because

everyone wanted to know their statuses.

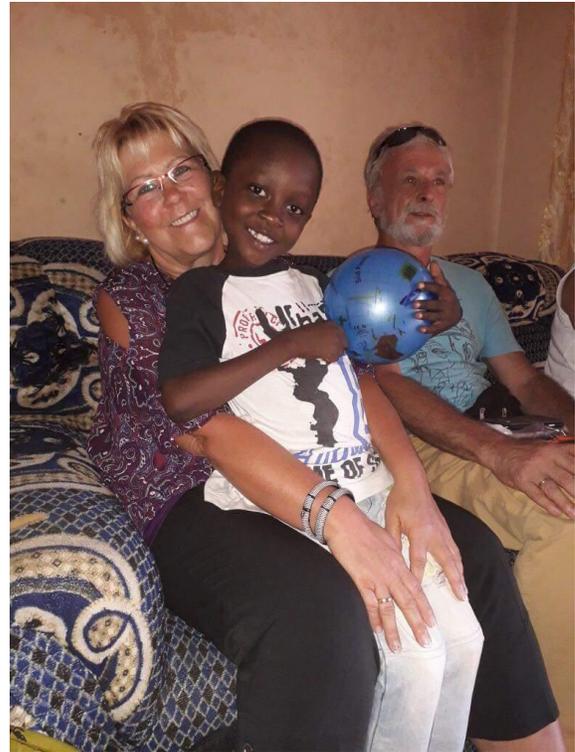


The following family compound has also visited

Fatou Janha at Tabokoto

Ndey Fatou Bah at Tabokoto

Basiru Njie at Kotu



Finally, in December I was away for the World Diabetes Congress with Dr Gaye in Abu Dhabi. I graduated as a Young Leader in Diabetes a program of the International Diabetes Federation.

### **ACTION PLAN FOR 2018 JANUARY TO DECEMBER**

1. PREPARTION OF LARGET LIST FOR THOSE WITH POOR HBA1c RECORD IN 2017.
2. HOME VISIT FOR THIS TARGET LIST
3. MONITORING THIS TARGET GROUP THROUGH 3 TO 4 TIME BLOOD SUGAR TESTING EACH DAY FOR IMPROVEMENT ON HBA1c 2018.
4. TAKEN NOTE OF THEIR SUGAR VALUE THROUGH THE SMART ACHEK CHEK APP THEOUGH MY LABTOP.
5. CONDUCT A DAY TRAINING SESSION AT OLD PAKALA CLINIC EVERY 3 MONTHS
6. IT WILL BE PLEASURE IF WE COULD HAVE A WEEK CAMP WITH THOSE WHO WILL NOT STILL MAKE MORE IMPROVEMENT IN APRIL 2018.