

## CAMP REPORT 14<sup>TH</sup> TO 16<sup>TH</sup> APRIL, 2017

### DIABETES CAMP FOR AFRICAN CHILDREN, THE GAMBIA

#### YOUNG GAMBIAN DIABETES ASSOCIATION, UNDER THE LEADERSHIP OF GAMBIA DIABETES ASSOCIATION

On the 14<sup>th</sup> of April the Young Gambian Diabetes Association have embark on a diabetes camp which was coordinated by Lamin Dibba and Sukai Kah. This camp has twenty-four Type1 diabetes campers between the ages of 6 to 18. Eleven boys and thirteen girls attended, with four Young Leaders and five Health Care Professionals. We were also able to get a diabetes specialist, by the name Dr Gaye and two guest from Germany who are working in the diabetes field, Gudrun and Roland Schindler.

Friday as we all assemble at the camp site in Global Hands Manduar Development Hub, Manduar Village West Coast Region, we had refreshment and picked up an orientation session which I delivered on, this orientation gave us a lead to know what are the events to take place during on three the days. Shortly after the orientation, we went for a Friday Juma Prayer.

After the Juma prayer the Young Leaders and Health Care Professionals tested the camper's blood sugar before lunch. The results of the camper's were all send to a nearby deck for analysis which the German Diabetes Specialists interprets the results and either indicates for a camper to be injected an additional meal time insulin if the individual has a high blood sugar or to treat a hypo if the individual is about to fall into that rang. With the analysis been done and all measures taken care of, we took lunch and had a short break during which Mrs. Gudrun Schindler run a HBA1c test for Group1 and Group2. HBA1c gives us an average blood sugar result of the past four months for each of the camper. By 17:00pm the first lecture of the camp took place which was done by Mr. Roland Schindler. He presented on the importance of insulin. Base on the fact that most campers didn't know what the importance of insulin in their body is. Roland emphasizes on the need for insulin in the body. Insulin serves as a fuel that makes our body work with food to give us proper energy. Using the result of the sugar level tested from some of the campers help the camper to determine which level is appropriate as a good value and a bad value. With this camp, most of the campers are newly diagnosed or this was their first time to attend a diabetes camp.



Around 19:00pm everyone took bath, blood sugar test been conducted by the Young Leaders and the Heath Care Professionals followed by basal insulin injection at 20:00pm. We had dinner shortly after the injections and socialized before heading to bed. At 22:00pm, we had conducted a bed to blood sugar testing for all the camper and analysis done to avoid late night hypos. A list of names has been passed to the female apartment and to the male apartment for late night blood sugar monitoring of the campers which both the YL`s and HCP`s took care off. All these results are indicated in the blood glucose and insulin record sheet for each camper.

Saturday 15<sup>th</sup> April, we started with fasting blood sugar testing by YL`s and HCP`s, while results analysis been taken care of by the German team. Breakfast served and lecture on diabetes with food and exercise by Mr. Roland Schindler followed.

A key note message delivered by Mr. Salieu John, Secretary General, Gambia Diabetes Association was an eye open for the entire campers because he has live with diabetes for long now and that is a leading example of proper management and control. This was followed by a Snack brake provided by our wonderful cooks Aunty Rella and Aunty Amie.

Group3 and Group4 had their HBA1c before lunch, while other campers are testing their blood sugar before taken lunch with the supervision of the YL`s and HCP`s.

At 17:00pm, the women cultural group came in to perform a local cultural dance as entertainment for the campers. The dance was lovely everyone dance with joy and happiness, it was fun with all the beautiful people around to grace the occasion. Dr Gaye, father to the Young Gambian Diabetes Association address the crowd and thank the cultural group for their performance and assured them that we are happy for their hospitality as they host us in their community with an open arm. After the fun event we had refreshments to avoid hypos from most of the campers but it was not possible. Most of the camper`s blood sugar drops down massively before dinner. By 19:00pm everyone took bath and basal insulin injection was observed by those in charged. As night falls and late night checking started five out of the eleven male campers fall into hypo and three out of the thirteen female campers was registered with hypo but all were treated in due time.





**YOUNG LEADERS**



**HEALTH CARE PROFESSIONALS**

As the last day of the camp Sunday the 16<sup>th</sup> of April, fasting blood sugar was tested for each camper, breakfast served and everyone packed their belonging settled to observe the closing of the camp. Each Camper, Young Leader and Health Care Professionals was given a full bag of gifts to take home with transport refund from the main highway to their respective homes. Although there was a bus hired for the transportation of everyone to and fro the camp site to their pick-up. All the Young Leaders and the Health Care Professionals were certify for their hard work and all other personnel who have attended the camp are certify too. Three of the campers had been interviewed on how they feel about their diabetes Basiru Njie, Fatima S Mendy snd Zainab Jabang all type1`s diabetic.

Mrs. Gudrun thank the organizer of the camp Lamin Dibba with his supervisor Sukai Kah and all the Young Leaders as well as the Health Care Professionals for their support and helping hands by given proper care to the kids during the camp. Mrs. Sukai kah also thank everyone for their time and devotion in making this camp a success. She declares the camp close and we all settled ourselves in the bus and drive home.



**The Young Gambia Diabetes Association received D233, 712.00 from Youths with Diabetes, South Africa through Kerry Kalweit General Manager YWD.**

**EXPENSES**

**FOOD ITEMS- D83, 212.00**

**LABOUR OF THE COOKS- D38, 500.00**

**TRANSPORT- D25, 000.00**

**ACCOMMODATION – D20, 000.00**

**CAMP T-SHIRTS- D15, 000.00**

**CAMP MATERIALS AND TRANSECTIONS- D37, 000.00**

**CONTINGENCY- D15, 000.00**

**TOTAL – D233, 712.00**

**All expenses were made and fulfilled as expected but the money for the CONTINGENCY- D15, 000.00 was not touched and there has been a balance of D4, 000.00. This has given us a balance of D19, 000.00 which is saved in the account of young Gambian diabetes association.**

**Note- As stated in the MOU any balance left should be refunded to Youth With Diabetes but in this case we want to use this balance for our sub- events, such as School visit for diabetes talk, Radio Shows and TV Shows etc.**

## **DIABETES CAMP FOR AFRICAN CHILDREN, 14<sup>TH</sup> TO 16<sup>TH</sup> APRIL, 2017 PROGRAM GUIDE**

### **YOUNG GAMBIAN DIABETES ASSOCIATION**

#### **Friday 14<sup>th</sup> April, 2017**

- ARRIVAL (for all )- 12:00 pm
- ROOM ALOCATION
- REFRESHMENT
- ORIENTATION
- **FRIDAY PRAYER ( JUMA)- 14:00pm to 14:30pm**
- BLOOD SUGAR TESTING FOR CAMPERS BY GROUP LEADERS AND HEALTH CARE PROFESSIONALS  
**NOTE- All results most be delivered to Gudrun and Roland at a nearby deck for analysis**
- LUNCH ( for all )- 15:00pm to 16:00pm
- LEISURE TIME- 16:00pm to 17:00pm
- **HBA1c TESTING (By Gudrun)**
- **LECTURE ON IMPORTANCE OF INSULIN BY Roland- 17:00pm to 18:00pm**
- BATH TIME- 18:00pm to 19:00pm
- INSULIN INJECTION FOR CAMPERS WITH THE MORNITORING OF GROUP LRADERS AND HCP`s – 19:00pm to 20:00pm
- DINNER (for all)- 20:00pm to 21:00pm
- BED TIME BLOOD SUGAR TESTING FOR CAMPERS BY GROUP LEADERS AND HCP`s- 22:00pm  
**NOTE- All results should be delivered to Gudrun and Roland for analysis**
- LATE NIGHT BLOOD SUGAR TESTING AND MORNITORING BY GROUP LEADERS AND HCP`s – 02:00am

#### **Saturday 15<sup>th</sup> April, 2017**

- FASTING BLOOD SUGAR TESTING WITH INSULIN INJECTION FOR CAMPERS BY GROUP LEADERS AND HCP`s – 08:00am to 08:30am  
**NOTE- All results be delivered to Gudrun and Roland to a nearby deck for analysis**
- BRAKEFAST ( for all)- 09:00am to 10:00am
- **LECTURE ON DIABETES WITH EXERCISE AND FOOD BY Roland- 11:00am to 12:00pm**
- SNACKS
- **KEY NOTE MESSAGE FROM MR JOHN- GAMBIA DIABETES ASSOCIATION- 13:30 to 14:00pm**
- BLOOD SUGAR TESTING FOR CAMPERS BY GROUP LEADERS AND HCP`s- 14:00pm to 14:30pm  
**NOTE- All results most be delivered to Gudrun and Roland at a nearby deck for analysis**

- LUNCH ( for all )- 15:00pm to 15:30pm
- SHORT BRAKE- 15:30pm to 16:00pm ( **HBA1c Testing**)
- **FEW WORDS TO OUR HOST BY DR GAYE- 16:00pm to 17:00pm**
- **FUN ACTIVITIES ( for all )- 17:00pm to 19:00pm**
- REFRESHMENT (for all)
- BATH – 19:00pm to 20:00pm
- INSULIN INJECTION FOR CAMPERS WITH THE MORNITORING OF GROUP LEADERS AND HCP`s- 20:00pm
- LEISURE TIME- 20:15pm to 21:00pm
- DINNER ( for all)- 21:00pm to 22:00pm
- SOCIAL NIGHT- 22:00pm to 00:00pm
- BED TIME BLOOD SUGAR TESTING FOR CAMPERS BY GROUP LRADERS AND HCP`s- 00:00pm
- **NOTE- All results should delivered to Gudrun and Roland at a nearby deck for analysis**
- LATE NIGHT BLOOD SUGAR TESTING AND MORNITORING BY GROUP LEADERS AND HCP`s- 02:00am

### Sunday 16<sup>th</sup> April, 2017

- BATH- 07:00am to 08:00am
- FASTING BLOOD SUGAR TESTING FOR CAMPERS BY GROUP LEADERS AND HCP`s-08:00am to 08:15am
- BRAKEFAST (for all)- 09:00am to 10:00am
- PACKING TIME (for all)- 10:00 to 10:30am
- **FEW WORDS FROM ALL STAKEHOLDERS- Camper, Group Leader, HCP and Gudrun- 10:30am to 11:30am**
- **CLOSING REMARKS FROM SUKAI KAH, CAMP SUPERVISOR- 11:30am to 12:00pm**
- **DEPARTURE- 12;00pm**



**DIABETES CAMP FOR AFRICAN CHILDREN, THE  
GAMBIA 14<sup>TH</sup> TO 16<sup>TH</sup> APRIL, 2017  
VENUE- GLOBAL HANDS, DEVELOPMENT HUB  
MANDUAR VILLAGE**