

DIABETES PROJEKT-THE GAMBIA e.V

REPORT FOR

JULY, AUGUST and SEPTEMBER, 2018

In regard of this project, I hereby present the report of the following activities that took place from July to September. With due respect, I once again thank the people behind this project, the community of Stetten, Germany, Mr. Roland Schindler with his wife Gudrun, Dr Gaye with his wonderful staff at Pakala Clinic, the Young Gambian Diabetes Association under the leadership of the Gambia Diabetes Association.

In July, ten Accu Chek Active Glucose Meters were given for distribution in the project. These Glucose Meters are given to those who didn't have Glucose Meters or their Glucose Meters are spoiled and need replacement.



Muhammed Willan of Lamin Village, was given a new meter for replacement. He was using Accu Chek Aviva but due to the nature of Accu Chek Active meter he requested for a replacement. Today Muhammed is using his meter and hopefully this meter will add value to his diabetes condition. As close monitoring is the order of the day.



Mr. Kwamla Elliott also got a meter to help him know his daily status. He is a Type 2 Diabetic but one of the old men who care a lot about their health. I was not surprise when he asked for a meter. His last HBA1c was between 4% to 6%, Roland knows better.

Zainab Jabang of Brikama Town, West Coast Region of The Gambia also benefited from the distribution. She got a lot of old meters in her ward drop. I stood laughing when she started to pull out her old meters as I keep counting them. Most times home visits are so entertaining because it takes you to real life of people living with diabetes. Zainab is a High School student, who is in her final year. she wants to become a health worker someday. She said with her dream coming true, she will be more equip to better manage her condition and people like her in her community.



An adopted Seven years young girl from Guinea Bissau was also brought to us in May during Roland his team visit. Suwadou Jallow from Brikama Town. Suwadou condition have surprise her adopted parents since her diagnoses. We conducted two home visit on her, Roland, Gudrun and i did a lot of teaching and sharing of idea and valuable information for improving her lifelong condition. She is a kid, in a new life, it may take time to adopt or adjust to a new life but with the help of this wonderful team around her, we have put a smile on her face and the faces of her parents. Suwadou also got a meter from the distribution and has been put on Actraphan Insulin 6 units in the morning, 3 units in the evening and Novorapid 4 units for each meal.



Karamo Bojang and Kalifa Bojang. The two blood brothers from the Bojang Family in Sukuta Village. This family has three of their boy diagnosed with diabetes but unfortunately the elder brother Demba Bojang died during the struggle. The two younger brothers Karamo the older one and kalifa the youngest live to see a brighter day. This project had made history and still making history for young people living with this silent killer (diabetes).

In June, 2017, I wrote a documentary on the Bojang family which was film by Insulin for Life USA in The Gambia. You can find the story on YouTube (Insulin for Life: Real Stories of the Struggle for Access and the Dedicated Individuals who help). Karamo and Kalifa are now equip with the knowledge of self-management and have full support from this project. They were also luck to have a new Glucose Meter to monitory their levels at all times.



Another young man by the name Sherriffo Conteh also got a new meter during the distribution. Sheriffo is a school drop out because he wants to take up his family footsteps to become a Businessman. He is full time committed to what he said (I want to be a businessman). He goes to work at a container shop, where he brings in clients to buy goods and make his profit out of his transactions. One thing I like about him is, he is focused and knows what he wants which in most cases is hard for young people to do. If Sherriffo can be equip to operate his own secondhand container shop, I have no regrets that he will make a fortune out of it.



Finally, Edward A Mendy. Edward is a State Registered Nurse and also a benefactor of this project. He also got a new supply and have been covered with Novomix insulin 15 units in the morning and 10 units in the evening.

For the month of August, I did some home visit but not much because it was in the mid of rainy season. There is limited access to home due to poor road network. During my home visits, there are few things I do come across and I will like see some improvements done about it. We want to see these young able boys and girls to be the architects of their brighter future. I am pleading that we inculcate the sense of personal responsibility in them. Well there are family problems and home issues in every part of the world but as a team we can change and curb the situation by promoting the sense of reasoning between the two parties that always goes to fight over things that didn't worth it (parent and child).

Here is a boy by the name Muhammed Jaiteh, who have been at war with his parents since I know him. He has been in fights with his mother and father, running away from home for weeks, sleep out in the neighboring communities, going to unpleasant place and so on. This is all happening because he feels he is controlled and not knowing or seeing that all his parent's wants is his safety. His father is a Type 2 diabetic. Muhammed doesn't care his condition. Eats what he wants, how he wants, when he wants without testing or injecting.

With the believe that as long as I have Meal Time Insulin such as Novorapid, I fear or care about nothing. His parents are against his habit. They say they hardly see Muhammed takes his insulin injection on time or to even test his blood sugar. His finally action was to run away from home and live with some loose children without no insulin on him. He visits some diabetes kids in the surrounding communities and ask for them to give him insulin to inject, if he feels bad with his body reaction. Muhammed have alot of social issues on his table and is making his parents worry. He fell sick after he was found in the nearby community, his father rush him to Pakala Clinic for medical treatment. The result shows he has DKA.



In this same month, I delivered a book donation on behalf of Mrs Gudrun Schindler at Xavier Lower Basic School, Farato Bojang Kunda Village. It was a blessing the Head Master lamented. Mr Simond Suta Mendy was pleased to receive these books for equipping the culture of reading in school and have the believe that teacher will make good use of the books as well as the students. Stating that the book has both English and German Grammar in it. So the basic of understanding both the English and German Language can start from this donation. Mr Simond Suta Mendy is saying Thank You. Ajarama, Jerrayjaff, Albaraka.



September is always the beginning of the school academic year. It is a hard month for parents, especially those poor. It is a hard time to find school for students from the Upper Basic School to get into High or Senior Secondary School due to either bill payment or poor grades to get into personal choice of school. Well with regards to this project, nine young people have been sponsored on my record for their whole academic year 2018-2019. Let's look them in details.

Lamin Ceesay, a son to one of the diabetic mother's Amie Jobe. Lamin is attending Cluny Nursery School, Banjul. He is now in Nursery (1) from pre-nursery class. In detail, D4,200 has been paid for all his fees and school materials 2018-2019.



Basiru Njie, one of the youngest diabetic in the project. Basiru was also in Nursery (1) but his former school didn't improve his standards. So her mother decided to move him to a new school for more improvement and he is repeating Nursery (1) for a couple of weeks and if he caught-up, he will be moved to Nursery (2) for this academic year 2018-2019. Basiru's new school is Newlife Nursery School. A total of D4,900 has been paid for his whole year school bill 2018-2019



Suwadou Jallow, a new member of the project attending Ummina Khadijah Islamic School and Modern School. She is in Grade (2) and D4,980 was paid for her schooling 2018-2019 academic year. This is a new Islamic school but also teaches the Four English Core Subjects instructed by the Ministry of Education. These four subjects are English Language, Mathematics, Science and Social and

Environmental Studies. So in actual sense Suwadou will be equipped in both the Quranic and English learning.



Fatoumata Singhateh, attending Saint Peter`s Lower Basic School, Grade (6). She is in her final class to move to the Upper or Junior Secondary School in The Gambia Schooling System. A total of D1,000 has been paid for Fatoumata school materials 2018-2019. This is because some schools have government subvention to support students with basic school materials.



Fatima S Mendy, attending Saint Peter`s Junior Secondary School, Grade (9). She is also her final class to move to High or Senior Secondary School in The Gambia Schooling System. With Fatima, a total of D2,100 was paid for her school materials 2018-2019.

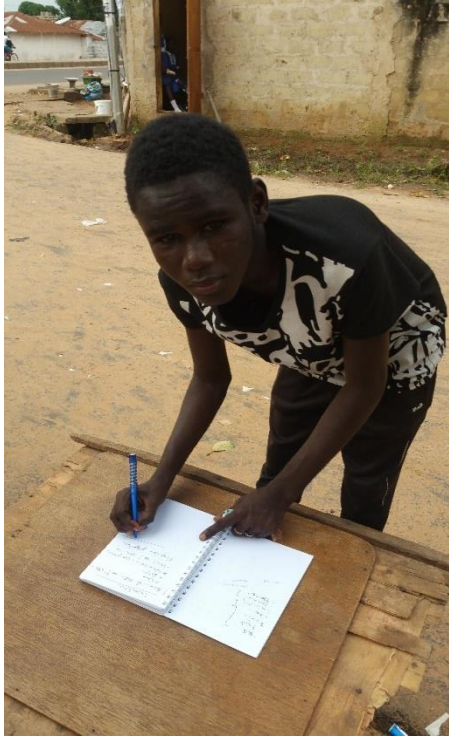


Karamo Bojang, attending Bakoteh Upper and Senior Secondary School, Grade (8). He is the elder brother to Kalifa Bojang but due to academic incompetency he is felt behind by the younger brother kalifa. Anyway he is also struggling and deserved a help. A total of D3,500 was paid for his school fees and school materials for 2018-2019.



Muhammed Willan, attending John Pickering Comprehensive Senior Secondary School, Grade (12). Muhammed is on his final year in The Gambia Schooling System. When he graduates with outstanding

result he will move to the Gambia College or Gambia University for further studies. This academic year 2018-2019, a total of D5,250 has been spend on his schooling.



Kalifa Bojang, attending Saint Augustines Senior Secondary School, Grade (10). Kalifa has just started High or Senior Secondary School this September. He has passed his Gambia Basic Education Certificate Examination (GABECE) every well with Aggregate 29.

<u>SUBJECTS</u>	<u>GRADE</u>	<u>INTERPRETATION</u>
English Language	5 (Five)	Credit
Mathematics	9 (Nine)	Fail
Science	6 (Six)	Credit
Social and Env. Studies	3 (Three)	Good
Islamic Rel. Studies	3 (Three)	Good
Agricultural Science	4 (Four)	Credit
Physical & Health Edu	8 (Eight)	pass
Art and Craft	3 (Three)	Good



Last but not the least, Fatou Janha. Fatou is also a drop out of school but she didn't want to sit just like that without making life better for herself. She has decided to engage herself in Skill Training. She is now learning Tailoring at Insight Training Center. Sinchu Alhagie Village. For a Six months training both Theory and Practical, a total of D14,650 has been paid for Fatou to make a better future. The whole programme is one year but six months for Certificate Level and another six months for Diploma Level.

As off now, she started the Certificate Level and she need supported for the Diploma Level come April, 2019. Good luck Fatou and may your dreams come true. With regards to her she can become self-employed and run her own workshop after one year of intensive training.



Fatou Janha and her mother at Insight Training Center.