

VineTrust Connections

Issue 36 - Spring 2020



Patron: HRH The Princess Royal

Connecting People to Change Lives

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Welcome to Connections 36 and our 35th Anniversary Year!

In the celebration of our 35th year, we are humbled to be able to share updates from Peru and Tanzania to keep you informed of what our partners and volunteers have been achieving together. The first batch of eight family homes has been completed at Kazunzu Village of Hope and we eagerly await the quiet of the village being changed forever with the arrival of the first children and families to look after them.

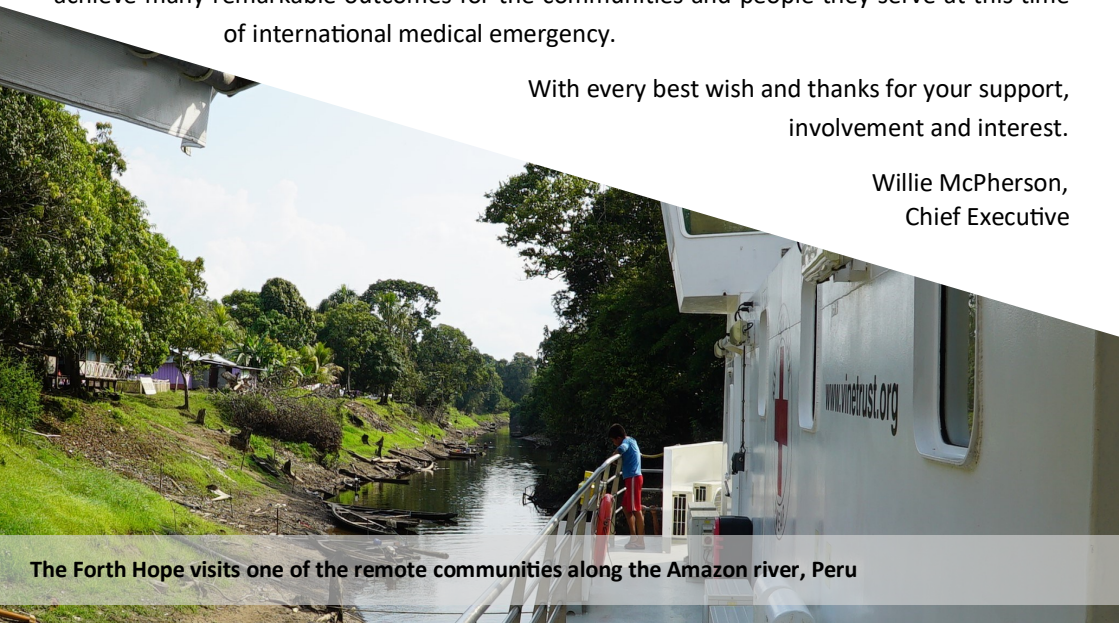
We look forward to the detailed discussions with social services in Sengerema district being completed and the real work commenced of providing hope, education, security and a future for up to 200 orphan children. We will work closely with our partners, alongside these local and regional bodies, to continue towards this goal within the context of the evolving global health situation.

We are very conscious of the COVID-19 virus pandemic that is sweeping much of Europe at this time and far wider afield. Our thoughts are particularly with those nations that do not have a mature health service like we have here in the UK and in most European countries. Let's hope Sub Saharan Africa and the other regions not as badly affected at this time are spared the worst of this situation.

Our medical ships will continue to deliver primary care services by our in-country staff who continue to serve the communities in Peru and Tanzania at this time. So keep well, enjoy the read and the various updates from our partners and volunteers who together continue to achieve many remarkable outcomes for the communities and people they serve at this time of international medical emergency.

With every best wish and thanks for your support,
involvement and interest.

Willie McPherson,
Chief Executive



The Forth Hope visits one of the remote communities along the Amazon river, Peru

A Great Start: 8 Homes at Kazunzu!

2019 was a landmark year for Vine Trust as we began construction of the first of 40 homes at Kazunzu “Village of Hope”, a village which will provide a stable and secure upbringing for orphans from the islands and shores of Lake Victoria. The first two homes were constructed in May 2019 with the support of a team of volunteers from Falkirk Trinity Church. After working tirelessly over the summer to complete these initial homes, our team of “fundis”, led by Programme Director Samuel Limbe and site manager Leonard Chegene, also completed a further two houses!

October saw the arrival of 19 volunteers who received a warm welcome from the surrounding communities before coming together to work on homes 5 & 6. They were joined by Archbishop Musa Magwesela (pictured with volunteer, Rev Alex Currie) to plant a line of pine trees along the main avenue of the village and visited a local plant nursery to choose citrus, mango and avocado trees to accompany the next houses to be built.

November saw a team of 19 volunteers from Babcock International. The third team to travel to Tanzania as part of the Vine Trust-Babcock volunteering partnership, the 2019 group were the first to visit Kazunzu. The seventh and eighth homes flew up with the team efforts of our volunteers, our great fundi team and even chef Titus, and Samuel’s wife, Pendo joining in with lugging the bricks. On their last day, the group made sure to pass by seamstress Hannah’s stall at Sengerema market before their departure to collect the traditional clothing she had created for them over their two-week stay.

“The biggest impact from the trip was probably the positivity of the communities in Tanzania. Everyone is always smiling and welcoming and making the most of what they have.” Babcock Volunteer 2019

The fundis continued on site to complete the homes, resulting in 8 fully completed homes by the end of the year – a resounding success! We very much look forward to seeing how the village progresses.



Can you support Kazunzu Village of Hope?

Please consider giving via the standing order form at the back of this issue,
or via our website at vinetrust.org/donate

Why I'm Returning as an Assistant Leader

By Lucy MacDonald

I spent a fantastic two weeks in Tanzania in June 2019 and jumped at the chance of returning as an assistant leader on Culloden Academy's next expedition in June 2021. The trip was really well organised and alongside assisting in building the homes we were lucky enough to experience the Tanzanian culture. The 'pole-pole' ('slowly slowly') lifestyle captures you the minute that you step off the plane and I can confirm that it is definitely the way forward. The locals were more than welcoming and made everyone feel at home. When we weren't at the worksite we got to visit the Kilimanjaro gate, wander through the markets and spend some time in one of the children's homes which previous Vine Trust volunteers had supported in construction.

It was a life changing experience and has had a lasting impact since my return home. Tanzania definitely taught me to appreciate the little things and really showed me what is important in life and how to keep things in perspective. My confidence improved massively through meeting new people and being pushed out of my comfort zone.

After returning to the UK, I quickly realised the difference between wanting and needing something and I often take time to reflect on how fortunate I am and my problems are quickly put into perspective when I think about the challenges many of the Tanzanians we met face on a daily basis.

I can't wait to return next summer and I am hopeful that we'll visit some of the homes that we helped to build and see the impact that it has had on the families' lives.



My Vine Trust Story

Elly Kimaro, Senior Tanzanian Coordinator

When did you start working with Vine Trust?

It was the year 2013; soon after university I started looking for a job. It was very difficult to find a job as I was just a graduate with no experience. So I was looking for even a place to volunteer, when I came across Gilly Sifuel who was leading Vine Trust groups at that time. He connected me with Vine Trust and I started working as a volunteer, assisting teams. The year after I was very happy to have my first contract with Vine Trust - up to this year I have managed to lead a lot of teams from Vine Trust successfully.

What do you enjoy about working with Vine Trust?

I chose to work for Vine Trust because I like working for mission-based organisations rather than profit based organisations; working with Vine Trust helped me to get close to the grassroots society. I like where the priority is to work towards a specific goal that somehow helps people and communities rather than to work primarily for a profit.



Elly (right) works alongside a volunteer from Babcock International.

What do you enjoy about working with Vine Trust volunteers?

Working with Vine Trust volunteers has opened my eyes, and has given me a lot of experience of dealing with social issues, learning about different cultures, learning about team work – things I didn't experience before. Meeting volunteers has helped to build my professionalism, and makes me feel like a part of the UK community in Tanzania.

What impact has the Vine Trust/TAWREF partnership had in the Moshi Area?

The Vine Trust and TAWREF partnership has become a key factor in responding to poverty and related suffering like housing issues. Having 136 homes built in my community is a huge and very positive contribution.

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Elly with the volunteer team from Babcock International who travelled with Vine Trust in 2019.

The lives have been transformed for the families who were without safe shelter before; they are now enjoying being protected and comfortable in their new home. Vine Trust does more than build homes - it also provides love, happiness and builds connections with the individuals, families and the community at large.

What value do Vine Trust volunteers add to the partnership with TAWREF and to the home-building programme?

The benefit of Vine Trust volunteers is to strengthen the partnership and friendship between the Vine Trust and TAWREF. Volunteers are actually seeing where the funds raised are going, and they are a part of the building team. This brings more transparency, builds trust and builds partnership at large. The volunteers can tell their families and friends at home about their experiences of visiting those families; their stories will allow the building program to grow and last longer.

What is your hope for the future of the home-building programme?

I hope to see more building teams in Moshi, to continue to see the huge and exciting transformation of the individuals and families empowered by the Vine Trust volunteering programme. More than that, I hope Vine Trust will continue the happy and healthy partnership with TAWREF for a long lasting time.

Asante sana, together we can.



Calling All Teachers!

We are delighted to announce that we will be running a building expedition to Tanzania in the summer of 2021 for primary and secondary school teachers who would like to spend two weeks during their summer holiday on a rewarding, life-informing trip.

The expedition will have an education focus, giving you the opportunity to build on your professional and personal development. With visits to local schools to share with and learn from teachers in the local area, the trip will provide unique learning opportunities to bring into your classroom and school back home.

"I would highly recommend this challenge to anyone hoping to "make a difference". That "difference" has extended far beyond the time spent in country working with inspiring people, and something that I believe will be life-long!"

Jill Drummond, Clifton Hall School, Edinburgh

Be part of a team of teachers from across the country on our **July 2021 Teachers' Building Expedition**. To register interest or find out more about our July 2021 expedition for teachers please contact louise@vinetrust.org or give us a call at the Vine Trust office on 0131 555 5598.

How Volunteering Impacted My Life

By Colette McQuade

I first became involved with the Vine Trust in 2017 through an expedition to Tanzania as a Robertson Trust scholar. The trip has had a profound impact on me and it will always be something that I would recommend everyone to do at least once. The enthusiasm and happiness in Tanzania is so infectious, therefore I was very excited to return in 2019 as an assistant leader.

The first trip was challenging and I often found myself outside of my comfort zone. Nevertheless, it was a very worthwhile experience which has had a great impact on my everyday life by widening my outlook and perspective. One of the main values that the original expedition taught me was the impact a positive attitude can have on other people: working with individuals that are so resourceful – even in situations where those people don't have a lot – not only made me think about my own actions, but this has made me more motivated. Both expeditions have been life-changing opportunities, however, the impact of the assistant leader position is that it has enabled me to not only put into practice the skills from my initial trip, but develop these further. As a team leader I had to focus on providing support and advice to the other volunteers, continuously motivate the group in their approach to tasks, overcome challenges and effectively work together as a team.

Academically, the volunteer experience has further encouraged me to use my skills and knowledge from my legal degree to have a progressive impact on citizens and global development issues. After the trip, throughout my studies I embraced opportunities to learn about different countries and cultures, seen by my studying abroad and varying electives in international law and human rights. While the opportunity to be an assistant leader confirmed these interests and ambitions, it has also made me aware of different career avenues in which I would still be able to utilise the knowledge and skills gained from my law degree. While my first trip made me think about my actions, attitude and values, the experience of being a team leader has complimented this by making me more confident in taking on extra responsibility and leadership positions, considering different opportunities and roles, and using my skills and experiences gained to help myself and other people approach tasks and challenges with a positive outlook.

Colette and Elly Kimaro at Materuni Waterfalls in Moshi, Tanzania



Community Empowerment Through Knowledge Sharing and Involvement

By Ronald Jackson, Jubilee Hope Programme Manager

The Jubilee Hope Programme began six years ago on the islands of Lake Victoria and was started as a response to the healthcare needs of the islanders. It followed an in-depth assessment of the community health needs that was carried out before the programme started. The findings included high child mortality, high rates of preventable diseases, lack of access to essential healthcare, lack of safe water supply, poor sewage and waste disposal among many other difficulties.

Looking at the health situation described above, one would easily wonder where to start. The Vine Trust and the African Inland Church Tanzania who are partners in the Jubilee Hope Programme, sought to work with other stakeholders in addressing the situation that the island communities were facing. Key among these

stakeholders were the community members themselves and their leaders who were involved in the assessment, diagnosing, planning and implementation of interventions.

One gap identified during the assessment phase was the lack of knowledge on disease prevention and control of preventable communicable diseases. The key intervention in this gap was the sharing of public health information.



The Jubilee Hope Programme staff communicate public health messages among the communities of the islands of Lake Victoria.

Therefore, it was considered very necessary to share with the islanders the information regarding preventable diseases. This had to be done in a language and manner that is easy to understand and applicable to the islands circumstances and in respect to their culture.

The Jubilee Hope Programme has been successful in the sharing of public health messages, mostly it has been more informal than formal. This has been because a majority of the islands community have had limited formal education, therefore making it difficult to use formal education system to share the public health information. We mainly used public speaking including the use of pictorial posters to pass on the messages.

In implementing the interventions planned, the Jubilee Hope considers community involvement as key in ensuring empowerment. This involvement ensures that the community makes a contribution in ideas and other means to the intervention therefore fostering ownership. We have been successful in this through meetings with both community leaders and members from the islands that we serve. This has also been successful through participation in community activities like an organised community cleaning day planned for every first Saturday of the month and through sports, particularly, starting a men's football club (very popular on the islands where we serve). This has led to the programme expanding to initiate other smaller projects like the safe water provision and women's HIV Support Groups. It is within these groups that we have been able to forge a strong relationship with the islands communities we serve and through this we have seen real changes in the health status of the islanders.

In conclusion, indeed knowledge is power and knowledge shared is knowledge gained. An involved community is an empowered community. This has been true for the islanders and the Jubilee Hope Programme.



The Remote Communities of the Amazon

The Amazon region has the world's largest river system and is the lifeblood of a complex mosaic of ecosystems as well as home to millions of people who depend upon it for fishing, farming and transport. Whilst sustaining life through its rich resources, these same rivers can be, paradoxically, the biggest obstacle to the health of its inhabitants.

As well as the large majority of the water being unsuitable for safe consumption due to biological components and/or contamination from industry, the yearly fluctuations in river water levels caused by the seasonal changes impacts daily life in dramatic ways. Trillions of gallons of water transform the region during the rainy season, whilst the contrasting dry season can see river levels dropping by up to 10 metres, cutting off some smaller tributaries or making them almost unnavigable by anything bigger than small canoes.

The Amazon Hope Programme has to take these challenges into account when planning its yearly activities. In February, following a request from local community leaders and the Ministry of Health, the Forth Hope visited a remote tributary, the Tapiche River, with a team of Peruvian health professionals and Vine Trust volunteers providing vital medical care to the different villages for the first time since 2018.





One of the volunteer team, Scottish GP, Maris Buchanan reflected upon this visit to the Tapiche communities:

“The Peruvian medical team were keen to extend their services to this area, the river certainly provided navigational challenges for the crew and for the volunteers this was another area to explore.

The Tapiche River was narrow and very winding but the water level was sufficient for Forth Hope to progress without becoming grounded. Sailing so close to the river banks meant that one had the feeling of really being in the jungle. There were interesting birds to see, pink dolphins were around most days and monkeys were occasionally spotted in the trees.

Compared with larger less remote villages, one had the impression that for villages on the Tapiche River the people are living in even more basic conditions. There was often little evidence of any electricity in the villages and we did not see any new latrines or any clean water projects. There are some really isolated villages in the forest accessible only by walking along the river bank or by canoe via small channels.

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“Clinical work on the Amazon involves seeing lots of people with coughs and colds, musculo-skeletal aches and pains, gastrointestinal disorders and skin problems and the work in the villages on the Tapiche River was no different. However, there were more patients requiring minor surgical procedures and with wounds requiring cleaning and dressing.

There were many, many babies and children and I think that the antenatal, contraceptive and immunisation programmes provided mainly by the Peruvian medical team were invaluable. The daily clinics were very busy and our last clinic, at the furthestmost point we reached on the river, was especially busy as people were coming by canoe from villages further upstream. Even without mobile phone signals, news about the Forth Hope was spreading quickly!”

You can find out more about our medical programmes by visiting our website or getting in contact with our medical team at health@vinetrust.org.





Join the Kiltwalk!

Do you share Vine Trust's vision to support some of the most vulnerable communities in Tanzania and Peru with safer homes and medical care? Do you like a good walk?

Kiltwalk is a community event that enables walkers to raise money for any Scottish charity of their choice. There are three distances to choose from, suitable for walkers of all ages and experiences.

Sir Tom Hunter will boost all fundraising by 50%, meaning for every £100 you raise, Vine Trust receives £150, making your donation go the extra mile. Last year, some of our staff and trustees took part and raised nearly £15,000 for the Trust- thanks to everyone who donated.

We would like to invite **YOU** to join us in one of the four Scottish host cities—you don't even have to wear a kilt, but it helps add to the occasion! Dates are likely to be postponed to later in the year, but as fundraising will continue to be generously supported with a 50% top-up, please consider supporting us by signing up.

There's a Kiltwalk happening in these cities:

ABERDEEN

EDINBURGH

GLASGOW

DUNDEE

Visit thekiltwalk.co.uk to find out the latest updates and get involved!

Celebrating 35 Years!

This year marks Vine Trust's 35th anniversary, and the many milestones accomplished along the way! Vine Trust was established as a response to the famine in Ethiopia in 1985 and the Branches Gift Shop in Bo'ness, (pictured with our Tanzanian and Peruvian partners) was opened and many grants were given towards various humanitarian projects over the years.

2001 Our first medical vessel, Amazon Hope, sails to Peru to start providing health and dental care to the remote communities on the Amazon.

2002 Our first volunteer home-building team goes to work with our partners SU Peru to begin construction for street children projects.

2003 The first medical volunteers head to Peru to volunteer on the Amazon Hope.

2006 Amazon Hope 2 begins her mission alongside her sister ship.

2007 Our first school trip heads to Peru, building homes at sites across the country.

2009 HRH The Princess Royal joins Vine Trust as our Patron.

2010 Our partnerships with the Evangelical Lutheran Church in Tanzania (ELCT) and Tanzania Women Research Foundation (TAWREF) begin.

2011 Vine Trust Barge, our UK headquarters is completed and unveiled by our Patron. Our first Tanzanian home-building expedition sets out.

2012 Our partnership with the African Inland Church of Tanzania (AICT) begins.

2014 One million patients are treated by the Amazon Hope Programme. Our first school expedition to Tanzania set out.

2015 The Jubilee Hope, finishes travel around the African coast and through Kenya, to reach Tanzanian Lake Victoria where it begins its medical service.

2017 Vine Trust complete the construction of our first ever new-build medical ship, the Forth Hope which goes to join the Amazon Hope Programme in Peru.

2018 The 100th family home in Moshi, Tanzania is completed. The first 'Gathering' marks the many milestones achieved by partners and supporters alike.

2019 We celebrate the delivery of two million medical consultations across our medical programmes. Construction begins at Kazunzu in Tanzania, a "Village of Hope" which will home over 200 orphans in the Lake Victoria region.

2020 Vine Trust celebrate 35 years *Connecting People To Change Lives!*





Celebrating Our 35th Anniversary!

We were delighted to welcome the amazing staff and volunteers from Branches Gift Shop aboard the barge in March. This was in celebration of Vine Trust's 35th Anniversary which we mark in 2020!

The Branches Gift Shop in Bo'ness was opened in 1985, which established the beginning of Vine Trust. Funds from the shop supported the Trust's giving of grants towards many humanitarian projects until our first programme - The Amazon Hope- began in 2001. The shop continues to support Vine Trust programmes 35 years on since opening.

Thank you to the team at Branches for their continued support and for the lovely cake marking this celebration. It was a great opportunity to catch up and show them around the Vine Trust Barge!

Look out for more about our 35th anniversary in the next issue of Connections.



Standing Order Form

If you would like to support Vine Trust by giving regularly, please complete this form.

Your Details	
Title:	First name(s):
Surname:	
Address:	
Postcode:	
Telephone No:	
Email:	

I would like my Standing Order to support (please tick one):

General Operations

Peru Medical Programme

Tanzania Medical Programme

Tanzania Building

Kazunzu – Village of Hope

Standing Order	
Bank:	
Bank Address:	
Sort Code:	Account No.:
Please pay Vine Trust the sum of £ _____ on the date of _____	
And (please circle) monthly / quarterly / annually thereafter until _____	

Boost your donation by 25p of Gift Aid for every £1 you donate!

Gift Aid is reclaimed by the charity from the tax you pay for the current tax year. In order to Gift Aid your donations you must tick the box(es) below:

I want to Gift Aid all of my Standing Order donations and/or

any donations I have made in the past 4 years

'I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax in the current tax year than the amount of Gift Aid claimed on all my donations it is my responsibility to pay any difference.'

Signature: _____

Date: _____

Thank you!

We couldn't operate our programmes without you.

Please send this form to The Vine Trust Barge, Prince of Wales Dock, Edinburgh, EH6 7DX. We will register the standing order in our records and then forward the form to your bank

Please notify the charity if you:

- want to cancel this declaration - change your name or home address - no longer pay sufficient tax on your income and/or capital gains
If you pay Income Tax at the higher or additional rate and want to receive the additional tax relief due to you, you must include all your Gift Aid donations on your Self-Assessment tax return or ask HM Revenue and Customs to adjust your tax code.

Patron: HRH THE PRINCESS ROYAL

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