

# VineTrust

## Medical Expeditions Jubilee Hope Programme



## Information Pack 2019

Connecting people changing lives

# Who are Vine Trust?

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## Connecting People. Changing Lives.

Vine Trust is an international development charity which enables volunteers to provide medical, home-building and care support to communities living in severe poverty in Tanzania and Peru. We aim to empower communities; connecting enthusiastic volunteers with in-country partners and local people to create significant, sustainable development for vulnerable children and families. We collaborate with local partners and communities to create effective change by:

- Building individual family homes and larger children's homes
- Supporting care and education programmes for children and families
- Providing a floating primary healthcare service to remote and isolated communities
- Educating local people on health and disease prevention

Our projects are demanding, enriching and transformative, fostering partnerships that are life-changing for local communities and short-term volunteers alike.





## Medical Programmes

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There are many isolated parts of the world where people live with little or no access to medical services. High mortality rates and suffering could easily be combated by some basic but regular medical attention and accompanying health education. In response to this need and in cooperation with local partners, Vine Trust's medical ships work to deliver primary health care to some of the most vulnerable communities in the world.

The use of a medical ship provides a unique and innovative approach to providing an itinerant health care service to isolated communities. Taking into account that many remote communities cannot travel to the nearest hospitals or clinics due to distance, financial or climatic factors, the ship provides a safe and hygienic facility which can easily be accessed by patients throughout the year.

All Vine Trust ships are specifically equipped with medical consultation areas, dental clinic, minor surgery room, pharmacy, laboratory and all instruments and equipment necessary to provide a quality service in primary health care. The use of a ship also ensures that all staff are able to work and be accommodated in a secure environment, allowing the participation of a sizeable team of health professionals from a variety of medical specialities to join the regular expeditions.



# The Jubilee Hope

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Vine Trust's medical ship, Jubilee Hope, is an exciting new initiative that is based in the city of Mwanza, on Lake Victoria in Tanzania.

A former Royal Navy Tender, it was refitted as a medical ship with a small operating theatre and dental surgery, she left Greenock, Scotland, in January 2014 and sailed the long way around Africa to Mombasa, Kenya, manned entirely by Vine Trust volunteers.

The 160-ton vessel was then hauled from Mombasa to Kisumu, requiring the movement of power lines and making of some new roads. She was re-launched on Lake Victoria, after the three-week land journey.

The ship was officially launched in October 2014 in Mwanza by HRH The Princess Royal. Expeditions began in 2015, taking vital medical health care services to some of the 100 inhabited islands in Tanzanian waters where an estimated 450,000 people live with limited or no access to basic healthcare.

Working in cooperation with regional, national and international partners, the programme will provide a range of primary health care services, including General Medicine, Dentistry, Mother & Child clinics and HIV testing/treatment. By 2017 the Jubilee Hope Medical & Dental Programme had provided around 100,000 consultations.

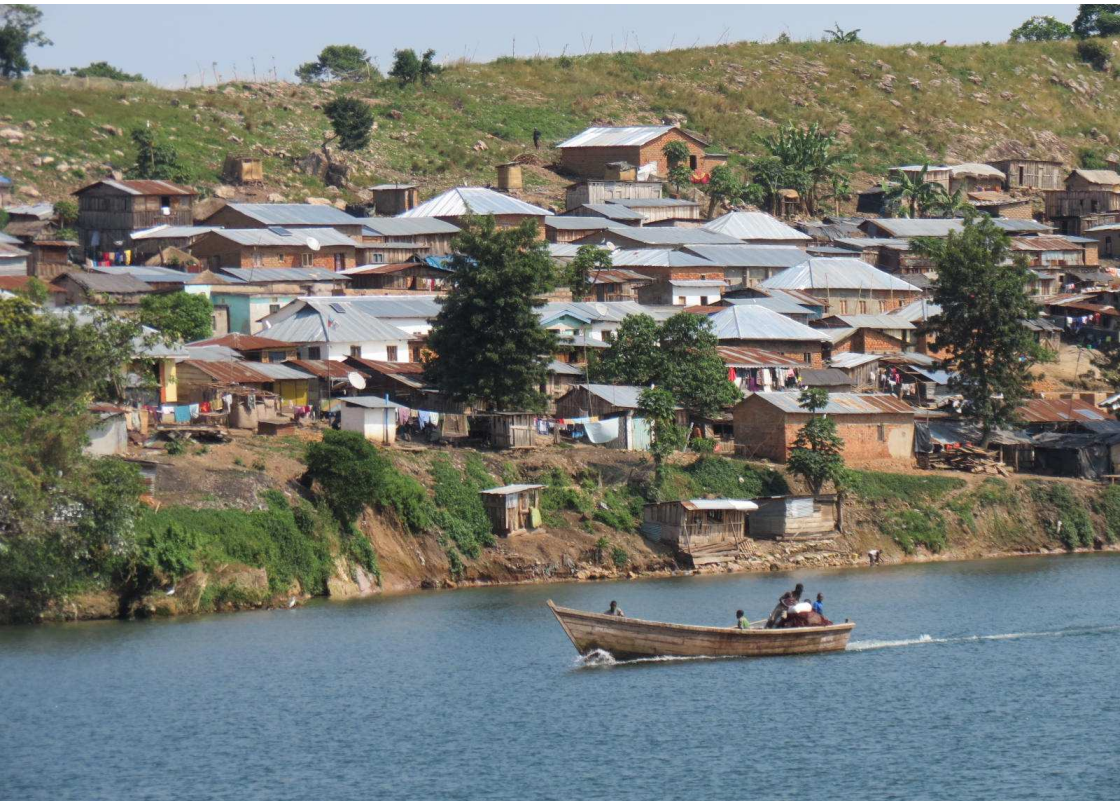


# The Jubilee Hope Project Information

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The ship acts as a floating health centre, providing basic health and dental care to the people in the remote islands communities of Lake Victoria. Each volunteer trip lasts two weeks, with the team usually spending about nine days working on the ship, assisting the project's Tanzanian medical personnel. Since August 2015, the programme has now sent teams to Tanzania every month from throughout the UK and beyond. Medical and dental teams are made up of 4-6 people. Normally each team consists of at least two doctors and one dentist, the balance of the team being made up of other health professionals. This work in Tanzania is carried out in partnership with Africa Inland Church Tanzania (AICT). The Project also works with the support of the Tanzanian Ministry of Health. Our aim is to provide quarterly visits to communities on a number of the islands which will impact on chronic illnesses and on dental health. In addition, we will be able to identify those in need of secondary care and refer patients for treatment at facilities based on the mainland.

The Vine Trust aims to encourage overseas health professionals to use their skills and part of their annual leave to help the isolated island communities in this region of Tanzania as part of our long term bilateral learning experience with our national partners.





# Who Can Apply?

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Please note that all healthcare professionals must be registered with their relevant body (eg GMC, GDC, NMC) and hold a licence to practise.

We welcome applications from:

- GPs within the NHS or working in OOH care
- Dentists in practice in the UK
- Nurses or nurse practitioners in primary care or A&E or similar setting
- Doctors working in emergency care, A&E or Paediatrics, or who have previous experience of working in primary care
- Ophthalmologists, optometrists and opticians
- Pharmacists
- Midwives
- Any healthcare professional with an interest in helping provide a primary care service to some of the poorest people in the world.
- If you have a particular speciality which you feel could be applicable in a primary care setting, please contact the office as we continually seek to capacity build our local team and are always looking for new opportunities to facilitate skill exchange.





## Students

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We also welcome applications from medical students looking for a two-week medical experience as part of their elective programme. Please note that because of the nature of the work, we cannot guarantee a 'tick list' of procedures which you will be involved in, but we can offer a very hands-on medical experience serving isolated rural communities on Lake Victoria. We also require students to be supervised by a UK doctor who is part of the volunteer team, so please contact the Vine Trust office to find out which trips would be suitable for your needs.

All students will be covered by Vine Trust's insurance policy. However, if you wish to extend your stay, or take part in activities which are not part of the Vine Trust's organised programme, it is your responsibility to check that you will be covered, and top up any premium where necessary.

Please note that Vine Trust's insurance does not cover medical indemnity. As a student, if you apply for a place with the Jubilee Hope project, you are entering into a relationship with Vine Trust as a volunteer. It is not a relationship that Vine Trust enters into with your university or institution, and we do not offer indemnity cover.

# Clinical Work

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Before departure, you will be sent a Jubilee Hope handbook with guidelines and advice to help you prepare for your trip and deal with situations whilst you are in Tanzania. You will also undergo a departure training session. After arriving on the Jubilee Hope there will be time to settle in, meet the crew and just enjoy sailing on Lake Victoria, before any clinical work starts.

The Jubilee Hope programme is a primary healthcare service and so you will be dealing with many of the same conditions which you see in your own working environment. In particular, you can expect to be involved in:

Paediatrics, basic obstetric care, minor injuries and minor surgery, tooth fillings and extractions. You may be required to manage tropical disease such as malaria, but you will always have the support of your Tanzanian colleagues with this.

However, anything could present as these communities have little access to other healthcare, so be prepared. The pharmacy is stocked with routine antibiotics, analgesics, NSAIDs, preps for eye/ear infections, PPIs, some dermatological preps and dressings and there is some suture material.







## Ministry of Health and AICT

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An agreement exists between AICT and the Ministry of Health to coordinate the work and allow overseas professionals to take part in the programme. It is advised by the Vine Trust that professionals inform their Defence Body of the nature of this work and ask for suitable cover. The MDDUS in Scotland has agreed to cover its members, so far free of any extra charge, but each member has to contact them individually.

Please note that proof of your current registration with the appropriate professional body is also required, and we ask for a photocopy (or scan) of that document along with your application. This can be a copy of your GMC/GDC/NMC/equivalent body details from an online search of the register.

The Head of Medical Services for the Jubilee Hope Project oversees all aspects of the health side of the project and strives to ensure a meaningful experience for visiting health professionals as they participate in the project. There are medical professionals employed by AICT who work on the Jubilee Hope ship and whose salaries are underwritten by the Vine Trust. You may also be working alongside employees from the local Ministry of Health.

# Jubilee Hope Expedition layout

	Activity
Day 1	Leave UK
Day 2	Arrive in Mwanza Stay overnight on ship Accommodation on-board is in air-conditioned, two-berth cabins.
Day 3	Ship leave Mwanza and travel to islands
Day 4-13	Work Days: Work from 9am to 5pm with hour for lunch 1-2pm (indicative times and may vary)
Day 14	Ship returns to Mwanza Leave the ship – Stay in Mwanza
Day 15	Travel home or engage in tourist activities.
Day 16	Arrive back in UK.





# Jubilee Hope 2019 Schedule

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Trip	Depart UK	Depart Tanzania
Jan A	13th Jan	26th Jan
Feb A	10th Feb	23rd Feb
Mar A	3rd Mar	16th Mar
Mar B	31st Mar	13th Apr
Apr A	28th Apr	11th May
May A	26th May	8th Jun
Jun A	23rd Jun	6th Jul
Jul A	21 Jul	3rd Aug
Aug A	18th Aug	31st Aug
Sep A	15th Sep	28th Sep
Oct A	13th Oct	26th Oct
Nov A	3rd Nov	16th Nov
Nov B	24th Nov	7th Dec



# Cost

The cost of a trip in 2019 is £1,235 plus the cost of international flights. For insurance purposes, Vine Trust will book international flights to your specification – when your place on a trip has been confirmed, we will contact you to arrange flights. Alternatively if you wish to arrange your own flight you ask you kindly do this in collaboration with the expedition coordinator.

Included in the £1,235 are:

- Taxi Pickup at Mwanza airport.
- Hotel accommodation when not on ship
- Travel Insurance.
- Food and accommodation on the ship.
- Lunch when not on the boat
- A contribution to the Jubilee Hope Programme

Excluded from this cost are:

- USD\$50 for Visa
- Vaccinations
- International flights
- Personal spending

## Payment Schedule

A deposit of £250 is required on application (to reserve your place).

The balance should be paid 3 months before departure.

International flights should be paid when booked by Vine Trust.





## FAQs

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Below is a list of frequently asked questions in relation to the Jubilee Hope programme. If your question is not answered here, please contact the Vine Trust office on 0131 555 5598 or email [health@vinetrust.org](mailto:health@vinetrust.org) for further information.

### **How do I apply for the Jubilee Hope programme?**

Once you have identified the trip you would like to go on, please contact the Vine Trust office to see about availability. You can then apply online through the Vine Trust website. All information and dates regarding the Jubilee Hope programme are available on our website at [www.vinetrust.org/volunteer/medical\\_teams](http://www.vinetrust.org/volunteer/medical_teams)

### **Do I need to be a member of a registered medical body to volunteer?**

To ensure the quality of service provided to the people on Lake Victoria is of the highest standard, and in keeping with Vine Trust's commitment with the Ministry of Health in Tanzania, all healthcare volunteers with the Vine Trust will be confirmed as having current eligibility to practise as a clinician and that they remain in good professional standing. For Doctors it will also be necessary to confirm that you hold a current GMC or equivalent licence to practise.

## FAQs

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### **I am a medical/dental student. Can I sign up with Jubilee Hope for my elective?**

We do not offer student electives as they are usually described. We can only offer a two week 'medical experience' linked to one of our standard primary care trips, and cannot guarantee a 'tick list' of tasks or procedures that you might or might not carry out. Ideally, we also ask one of the qualified UK volunteer doctors or dentists to provide supervision for students. Our Tanzanian medical colleagues are also willing to sign off on a two-week 'experience' on the Jubilee Hope for medical students. Their 'sign-off' letter will be more general than specific and will simply advise that you have served as part of the medical team on the Jubilee Hope in providing primary healthcare clinics to communities on Lake Victoria. There is not currently a permanent Jubilee Hope dentist on board to act as a supervisor, so if you can encourage a qualified colleague to accompany you then that would benefit all.

### **As a student, who can I put down as my supervisor whilst volunteering with Jubilee Hope?**

Because of the nature of the work, we are unable to say until a few weeks before the trip who your supervisor will be. It will either be one of the Tanzanian doctors employed by the Jubilee Hope programme, or one of the UK volunteers who is willing to act as a supervisor. Please see previous question regarding dental students

### **Do you offer discounted prices for students?**

Unfortunately we cannot offer a reduced price for students. All our prices are carefully worked out to ensure that all costs are met, and this includes a contribution to the on-going work of the Jubilee Hope programme.







## FAQs

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### **I am a retired GP/Nurse/Dentist. Can I still volunteer with Vine Trust?**

Doctors - current GMC regulations require all doctors to hold a Licence to Practise; this lapses as soon as a retiral has been confirmed unless the Doctor undertakes additional steps to retain the same. Whilst revalidation is for 5 years, the License to Practise is linked to working in a recognised clinical environment (technically under supervision of a Responsible Officer) and therefore lapses on retiral. The Vine Trust would wish to encourage doctors to consider undertaking a Jubilee Hope trip whilst their License to Practise is still valid; the alternative is to volunteer as a general helper alongside colleagues who still have full practising rights. The doctor offering supervision would be required to take clinical responsibility for all decisions. It is expected that, on board, the skills of all volunteers will be recognised and used to best help the people of Lake Victoria.

Dentists and Nurses - at present GDC and NMC registration continues to next renewal point and so Vine Trust welcomes volunteers from Dentists and Nurses during the period of their continued registration after retiral. Thereafter the supervision model described above for Doctors would pertain.

### **I am a physiotherapist/pharmacist/paramedic/psychologist/social worker. Can I still volunteer with Jubilee Hope?**

Because of the nature of the work and the emphasis on primary healthcare, we cannot guarantee that you will be able to use your skills in a specific way. However, if you are happy to accept a generic healthcare support role, plus help with other non-medical tasks on the boat, you would be welcome to apply for the programme. Please note, however, that we must first allocate spaces to doctors, nurses and dentists and professionals with similar roles. Please also be aware that for disciplines such as psychology and social work, there can be significant cultural issues to be aware of which can hinder support, plus the fact that there is rarely any follow-up because of only spending a few days with a community every few months.

# FAQs

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## **I don't have a healthcare background. Can I still join the Jubilee Hope team as a general helper?**

We must first allocate spaces to healthcare professionals, but if there is any availability, non-medics are welcome to apply for the programme. You must be willing to help out wherever needed, such as with admin tasks, in the kitchen, with cleaning, organising activities for children etc.

## **What hazards do I need to be aware of during the trip?**

Please refer to the Jubilee Hope information packs about risks to be aware of, and for health and safety guidance.

## **What prophylaxis do you provide on board Jubilee Hope?**

There should be one Post Exposure Prophylaxis pack on board. This is for after a sharp's injury involving a high risk patient, i.e. someone who is likely to, or has HIV/AIDS or Hep C or dangerous blood borne disease. However, as a precaution, you may want to take your own pack, or arrange with other volunteers to share a pack between two or three of you.

## **What Personal Protective Equipment (PPE) do I need?**

All necessary PPE is provided on board, but it is advisable to bring your own personal first aid kit to prevent using supplies intended for patients.

## **If my application is not accepted, will I receive a refund on my deposit?**

In the unlikely case that your application is not accepted, your £250 deposit will be refunded.





## FAQs

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### **Do I need to arrange my own insurance?**

UK volunteers are covered by Vine Trust's group insurance for all elements of the Jubilee Hope trip. If you wish to extend your travel or participate in activities which are outwith the Jubilee Hope programme, it is your responsibility to arrange any additional premium as necessary. Please note that volunteers applying from outside the UK will need to organise their own insurance to volunteer with Vine Trust.

### **Do you offer indemnity cover?**

Whilst there have been no instances of a volunteer being complained against during a trip on Jubilee Hope, it is good practice to alert your Professional Indemnity Organisation that you are travelling to Tanzania to undertake 'healthcare work as a volunteer', and that you will be 'working with children'. This requires a phone call or email to your indemnity provider– and occasionally a follow up letter. For students, please note that the two-week trip is a volunteering experience that you engage in as an individual volunteer, not a relationship that is through your university, so Vine Trust cannot indemnify you.

### **If I need to pull out of the trip at a later date, can I get a refund?**

All deposits are non-refundable (unless a trip is cancelled by Vine Trust, or your application is not accepted). You may be able to claim the remainder of the trip costs back on your insurance cover depending on the reason you have withdrawn from the programme.



### **Can you recommend any other clinical experience I can get whilst I'm in Tanzania or people I can contact to find out about further opportunities?**

Unfortunately, we are unable to recommend other opportunities. However, you may want to search certain defence union sites as they often feature specific programmes.

### **Can I sign up to do more than 2 weeks?**

Currently the ship's expeditions last only 10 days so it is not possible to extend your volunteering time with the Jubilee Hope Programme.

### **Can I book my own flights?**

Vine Trust prefer to book your flights for insurance purposes. It also means that in the event of an emergency we will be able to sort out alternative flights for you quickly. Through our agents, we are able to obtain flights with minimum cancellation costs and good re-arrange options. Even if you are extending your travel dates, we can still look into getting the best prices for your trip.

### **Can I extend my dates to include further travel?**

Yes—please just inform the Vine Trust office as soon as possible of your confirmed plans.

### **Do I need a visa?**

Currently volunteers with a British passport do require a visa for working on Jubilee Hope. A tourist visa on arrival at the airport in Tanzania is sufficient and costs US\$50. Volunteers who do not have a British passport should make their own enquiries about the necessity for a visa.





## FAQs

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### **I am not from the UK. Can I still volunteer with the Jubilee Hope programme?**

We welcome all interested volunteers to apply for the programme. However, please be aware that to ensure the quality of service provided to the people of Lake Victoria is of the highest standard, and in keeping with Vine Trust's commitment with the Ministry of Health in Tanzania, you will be required to produce evidence of your current eligibility to practise as a clinician and that you remain in good professional standing.

### **I have special dietary requirements. Is the boat able to cater for this?**

Please be aware that the diet on board Jubilee Hope is fairly limited, whatever your dietary requirements! Please inform us on application of any special dietary requirements so that we can inform the cooks. They do not usually use peanut oils or nuts in their cooking. If your dietary requirement is very specific, please give us time to check with the ship's cook if it is possible to accommodate your request. Please note that meals are prepared freshly every day and that some food/ingredients are seasonal, so it is not always possible to source certain items—for example, we cannot always guarantee a fresh supply of fruit for the entire trip.

### **Can I bring my own equipment and/or medical donations for the Jubilee Hope programme?**

We advise volunteers not to bring their own equipment or medical supplies. There are strict rules regarding what items visitors can and cannot bring into Tanzania. You will be asked to complete a comprehensive immigration form declaring any items you are bringing in for professional use. Items may be confiscated, or you may be asked to pay a deposit for these items.

# FAQs

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## **I don't speak Swahili. Is this a problem?**

The staff on-board the Jubilee Hope who will work with you will all speak English. However, it makes a good impression if you have a few basic phrases which you can use to welcome patients and ask them what is wrong. We will provide some suggested phrases to learn in the Handbook that will be given to you before you travel.

## **What support does Vine Trust offer volunteers before they join the Jubilee Hope programme?**

Where possible, all new Jubilee Hope volunteers are expected to attend one of our orientation sessions to find out more about the programme and to cover essential health, safety and cultural issues. It's also an opportunity to connect with other Vine Trust volunteers and to ask any questions which you might have.

Once your application has been processed, you will be sent a handbook to help you prepare for your trip. It is essential that you read the guidelines in detail as part of your preparation and that you contact the Vine Trust office as soon as possible if you have any further questions. We advise that you take a copy of the handbook with you to Tanzania so that you have it as a reference point.

A few weeks before departure, you will also be sent an email with final information, including emergency contact numbers, arrangements at Mwanza airport and details of accommodation.

We also encourage you to touch base with others in your team before departure, either in person or through a Skype call, so that you can begin to build relationships with your team before joining the Jubilee Hope programme.

If you need to do some personal fundraising to cover the cost of your trip, or if you would like to raise some additional funds to support the Jubilee Hope programme, you can contact our finance team.

## **Is there any support once I have completed my experience aboard Jubilee Hope?**

We encourage all volunteers to attend one of our 'Stay Connected' debrief sessions which are held twice a year. This offers the opportunity to reflect on your experience aboard Jubilee Hope, to share ideas with other volunteers and to think about ways to continue your involvement with Vine Trust.

We also encourage volunteers to get in touch with us at any stage if they have any questions, concerns or suggestions about the Jubilee Hope programme, in addition to completing a feedback form after the trip.





# Collaboration

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Collaboration is fundamental to everything Vine Trust does through its medical programmes. This can be clearly evidenced through our partnerships with many business and institutions in the delivery and development of the medical programmes' services and activities.





# VineTrust

Connecting People To Change Lives

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