Open Garden and Afternoon Tea Raises Funds to Support the Link

On Sunday 10th June Tony and Deborah Sims opened their garden gate to over sixty visitors who enjoyed a leisurely afternoon tea in aid of the Leicester-Gondar link.

Visitors were served a sumptuous selection of homemade cakes and biscuits all presented on vintage china tea sets. In addition a plant and craft sale was held which added further interest.

Preparation for the event was severely hampered by the very unseasonal cold, wet weather conditions during the previous weeks but on the day the sun shone brightly and the rapidly erected marquee was necessary only for shade and not shelter from rain and wind.

Visitors were invited to tour the gardens to see the extensive displays of early summer flowers and shrubs. The vegetable garden and chicken run were of particular interest to the children.

The afternoon proved to be a wholehearted success with. Over £500 was raised for the charity and Tony and Deborah would like to thank all who came along for their generosity and support.
Delivering the MSc in Advanced Clinical Nursing in Gondar

February saw the launch of the Clinical modules in the MSc in Advanced Clinical Nursing.

Carol Greenway, Principal Lecturer at De Montfort University, Leicester and UK lead on the programme, launched the first module ‘Advanced Practice’ together with Ato Birara, Nurse Tutor from Gondar University.

The group engaged in lots of discussion around clinical nursing from a local, national and international perspective. Students reflected on many issues that they faced in nursing and were able to identify solutions to improve patient care.

Working to support postgraduate nursing students in Gondar—by Rosalind Lees, UK Tutor, MSc Advanced Clinical Nursing

In March 2012 Sandra, my co-tutor, and I set off for Gondar to run the first Clinical Skills Module of the newly established MSc. With 18 eager students divided between Medical Surgical and Paediatric specialties, and being new to Gondar it seemed a daunting challenge! However we were warmly welcomed by all at Gondar University and Hospital and soon found our feet.

While we were in Gondar we supported the programme delivery & further development to include sessions on patient safety, care planning & provision, advanced assessment skills, Basic Life Support (BLS) and recognition of the sick patient.

The students then spent 5 weeks in clinical attachments to encompass the ward environment as well as critical care areas within their specialty. It was an eye opener working on the wards and seeing the real challenges the staff and our students faced, in particular resource management and finding ways to overcome this. It was great to see some of the students put their new skills into action and to take the initiative to assist in the development of the units they were assigned to, in collaboration with the permanent staff.

We also undertook some joint teaching with the MSc Physiotherapy students, and had a great couple of afternoons in the skills lab exchanging skills in moving and handling patients, appropriate positioning and assisted coughing. We returned the favour by teaching the physiotherapy students basic life support. It was great to see both disciplines working together, and later work together at ward level to improve patient care.

It has been a fabulous opportunity and I thoroughly enjoyed seeing the students develop throughout my time in Gondar.
Reflection on supporting nursing in Gondar—by Sandra Aldridge, UK Tutor, MSc Advanced Clinical Nursing

Having left cold wet Aberdeen, Scotland 48 hours earlier I was very excited to arrive in sunny Gondar jet lagged, but looking forward to what I knew was going to be an enriching experience. I was fortunate to be chosen to support the 18 Nurses undertaking the newly created Masters of Advanced Clinical Nursing course and the tutors involved in the programme. As I look back and reflect on the past 3½ months I can say that despite considerable challenges the experience has been hugely rewarding from both a personal and professional point of view.

In line with the sunny disposition of most Ethiopian people I have met, the first group of 18 MSc students extended a very warm welcome. They are enthusiastic, motivated, and committed to bringing about improvement to the quality of the nursing care provided in Gondar University Hospital.

My first impressions as I toured the hospital and witnessed the extreme lack of resource in almost every area brought home to me the magnitude of the task and certainly forced me to reflect on how fortunate we are to have our National Health Service in the UK. However, having spent some weeks supporting the students in clinical placement, where I have seen poverty and hardship but also much caring at first hand, I am impressed with the ongoing efforts to improve the situation. I am certain that once qualified the students will go on to make a sustainable difference.

During my time here I have also been fortunate enough to visit some of the most important UNESCO World Heritage sites - Ethiopia has the largest number in Africa. Given that Gondar, well known for its beautiful castles, is situated at the foothills of the stunning Simien Mountains a trek through those mountains was absolutely mandatory. I spent 3 days there, encountered Gelada baboons, and attended a coffee ceremony in the rural home of one of our guides.

Trips to historic Lalibela to visit the incredible rock-hewn churches, and Axum, believed to be the home of the Ark of the Covenant, were unforgettable experiences which anyone visiting Ethiopia should not miss. In short being in Ethiopia is literally an assault on the senses—the wonderful smell of Ethiopian coffee, the stunning mountain scenery, ancient and extraordinary historical sights, rich and diverse culture - I am extremely grateful to have been given this opportunity to experience it all.

The location of the Ark of the Covenant is believed to be here in, Axum, Ethiopia

This programme is Funded by:
The University Hospital of Gondar (UHG) and University Hospitals of Leicester (UHL) have now been working together for almost three years on Patient Safety and are making progress in all 5 action areas we have started:

1. Healthcare Associated Infections - Hand Hygiene
2. Safe Surgical Care - WHO checklist
3. Healthcare Waste Management
4. Research and Surveillance
5. Health Care Worker Protection

Healthcare Associated Infections - Hand Hygiene

For the first time Ethiopia joined the rest of the world in the global celebration day - Save Lives: Clean Your Hands, on May 7th 2012. There was an air of excitement around the hospital and there was an opportunity for senior staff at the hospital as well as myself to talk to many people about the importance of Hand Hygiene.

A poster competition had been held in two of the local schools to get new posters to put around the hospital about Hand Hygiene. On the celebration day the two winning posters were chosen out of twenty two entries and have been brought back to the UK to be made into laminated posters. They will be returned to Gondar on the next APPS visit, later this year. All the children who took part received a prize as they all worked so hard and produced some excellent posters.

Some smaller pocket size bottles were also sent specifically for the staff on the paediatric ward because bed side bottles near children may be unsafe. Supplies of the ABHR should be available everywhere in the hospital very soon so that everyone can start using it again to make the hospital a safer place for our patients. Every member of staff has been trained using the ABHR. Audit will start again as soon as the ABHR is available and further training will be given to everyone who needs it.

Health Care Worker Protection

Dr Leverment from UHL, Occupational Health Department visited in May and worked alongside staff who had been appointed to start the Health Care Worker Protection project. It is hoped to be able to vaccinate all staff against Hepatitis B. There will be further information on this project in the next newsletter.

Safe Surgical Care - WHO checklist

Everyone is working hard on this project and compliance with the WHO checklist has risen from 17% to 76% over the last 6 months. Dr Yonas is keen to improve this figure and further work is to be carried out. It is hoped that someone from UHL will visit Gondar later in the year to support the ongoing work.

Report by Sandra Kemp - APPS Lead for UHL, Leicester
This year we have been building on our mental health partnership. In February Clay Frake, Karen Brether-ton and Olive Rollins visited Gondar to continue the work with the community based rehabilitation team. This team works with young people and children under 18 with a variety of disabilities. In past visits training has been given to help with communication problems and to work with field workers to introduce behavioural approaches to some of the problems that the children have. The most recent visits have followed the work up, and have developed training packs for staff.

In April, Alex Hillman a medical student from the University of Leicester, went to Gondar with some other students. He is particularly interested in mental health and he was able to do some survey work.

In May Jan Moore and Heather Dipple visited Gondar to meet with the people who will be instrumental in developing mental health services. We have been planning to build a small psychiatric ward and now have reached an agreement for this to progress. This is a very exciting initiative and although only a small ward will be built expansion can always happen later.

“We have been planning to build a small psychiatric ward and now have reached an agreement for this to progress.”

Our mental health group in Leicester has been busy raising funds to help build the ward. This year there has been another sponsored walk, a Christmas raffle and cake stalls. Some friends of the group have cycled a 120 mile coast to coast bike ride in 2 days and have added to the funds. More fundraising is planned! There will be a dance organized by another friend of the group in September. We are also going to be trying to recruit sponsors who can give a small amount of money on a regular basis so that we can have some predictable funding coming in.

We are looking forward to visitors coming from Gondar to Leicester. Ye-matew who is a clinical psychologist and department director will be attending a psychology conference at the University of Leicester in September. We are hoping that he will have the opportunity while he is here to visit the mental health services in Leicester.

We are also hoping that the 2 staff who have successfully completed their MSc in mental health in Addis last year and who have now returned to Gondar may be able to visit. They have a very busy schedule organizing and providing teaching and working in the clinic.

Future visits to Gondar are planned in the autumn to take part in both nursing and medical student teaching and to hopefully see some progress in the building of the ward!

Report by Heather Dipple—Mental Health Project Lead.
Our journey began in June. Excited and nervous we embarked on an 11hr journey to a drastically different continent. Our dedicated team of four were diverse but none of us knew what to expect on arrival in Gondar, Ethiopia. We represent a University of Leicester group called Students in Free Enterprise (SIFE). Our aim was to stimulate students in Gondar to create social enterprise projects and to set up a SIFE Group in Gondar University.

On arrival in Gondar the we were immediately greeted by the Gondar Link Administrator Solomon who was so friendly, we immediately felt comfortable.

Proud of his heritage, Solomon took us on a brief tour and astounding castles both near and far caught our attention, it was then we all realised we had definitely arrived in Gondar, the ‘Camelot of Africa’. Throughout our journey it seemed that it wasn’t just the people who were hard at work, but mules and donkeys also filled the town and the sight of construction was unmistakable. Drawing nearer to the University it was surprising to see just how huge the campus was.

After our introduction to Gondar, we got straight into project preparation. Over the following days rising early with traditional coffee in the morning became the norm as we walked up the hills to the main campus to meet students, promote our workshops and get accustomed the Ethiopian routine.

After two days of solid promotion, drawing crowds near and far and meetings with departments, our anxiety about how successful the turnout of our workshops eased. Over fifty students sat there silently attentive at I introduced the entrepreneurship in Africa session. Our ice-breaker exercises saw the mood of the room elevate and the students participated with great enthusiasm. You could have been excused for not noticing the power cut!

By the end of the first day of the workshop we had covered entrepreneurship concepts and networking and started on innovation discussions. We were amazed by how more expressive and outspoken the students became about issues they had previously been too shy to discuss. On the second day we ran a session on how to develop solutions for the social problems they had outlined and before we knew it we were in the presence of entrepreneurial thinkers, as all the teams pitched their business ideas. From social enterprise projects based on providing hygienic food services to publishing a magazine to inspire fellow Ethiopians across the country, it was evident that the students had learnt a great deal from the workshops, and so had we.

All parties feeling inspired, our team set off to produce reports and meet with the President and Vice-President of Gondar University to look to build the project further. We aim for a sustainable relationship between Leicester and Gondar students.

At a follow-up meeting we pleasingly had a full class and spent the afternoon discussing how to take the project forward, and we soon collectively delegated the roles of communication, marketing, project development and leading executive.

Through it all, the experience in Gondar was undreamt of; the kindness and humility of the students; the veracity of some of the saddening situations. It
was certainly nothing short of a ‘real’ experience. Leaving with an enriched mindset and perhaps something more tangible and heart-warming in the form of acknowledgment letters and tiny scribbles of thank you have empowered us even further to continue to work together as a student-led initiative, hoping to someday instigate many life-changing social enterprises in Gondar, together with the new student committee in Gondar University.

As a group we would really like to thank everyone who were involved in helping us make that first step, particularly the Leicester-Gondar Link who supported us greatly.

Ameseignalehu - (Thanks in Amharic) to all.

By: Beatrice Othol—Co-project leader and founder of Inspire Ethiopia
11/12

There are so many problems in the operating theatres of Gondar University Hospital. These include problems in relation to infection prevention, communication and maintenance problems, lack of up-to-date equipment, etc.

To alleviate this problem, the Leicester-Gondar Medical Link applied for and was awarded a grant to strengthen the capacity of the theatres in Gondar University Hospital.

As the Link has supported the advanced training of Surgeons, Surgical Nurses and Anesthetists, it seem appropriate to gain maximum benefit by improving their effectiveness within the operating theatres.

A committee was set up in the Link to assess the situation. It decided to concentrate on the issues in communication, infection prevention and equipment maintenance so that focus would not be lost in trying to deal with too many issues at one time. Two theatre staff from Gondar, Sr Bezuayehu (OR Head Nurse) and Dr Ashenafi (a senior surgical registrar) will travel to Leicester in mid August to gain experience from theatre staff in Leicester on all the above mentioned issues.

At the end of September, Jane and Pete Aires from UHL and the Nuffield Hospital, Leicester will travel to Gondar to deliver training to the OR staff so that some solutions to problems can be found and implemented. The visits to Leicester were originally planned for May but due to the vagaries of the UK Border Agency, had to be deferred. This visit may yet again be deferred or cancelled for the same reason.

There is a big hope from the Gondar side as to the effectiveness of this project and we are following the matter intently.

By Yonas Yilma
Clinical Director, Gondar Hospital and Gondar Lead for the SSC Programme
Our elective experience was truly humbling and inspiring and has given us a different perspective on practising Medicine. We spent 6 weeks in Gondar Hospital, in the city of Gondar, North Ethiopia where there was a wide variety of clinical specialties to experience.

Initially we had hoped to divide our time between all the different hospital departments, but we soon discovered that the clinical experience in Ethiopia is nothing like what we are accustomed to in the UK. We therefore chose to concentrate our time in the Internal medicine and Paediatric departments of the hospital. We were exposed to a multitude of new learning opportunities: ward rounds, HIV clinics, the multi-drug resistant towards, the visceral leishmaniasis centre, dermatology clinics, malnutrition wards and paediatric cardiology clinics were among the ones we enjoyed the most. These experiences gave us a good overall understanding and insight into the variety of conditions present within Gondar, and the chance to experience what practising medicine is like in Ethiopia. We were greatly impressed by the doctors’ ability to manage complex medical problems despite limited resources, which we often take for granted.

Audit on the labeling of chest radiographs within the hospital. We audited several wards under the supervision of the very helpful audit clerk, Ato Addisu and finally presented our audit to the heads of several departments including radiology and the Medical Director!

Other than spending our time in hospital, we learnt a great deal about Ethiopian culture: coffee ceremonies, bayenatu (a selection of vegetarian dishes), the importance of religion and the beauty of the Orthodox religious ceremonies, Tedy Afro (the singer who’s songs are to be heard everywhere, everyday), and Dashen beer (brewed in Gondar) are just a few examples. We managed to visit some beautiful places including the Simien mountains and Lalibela. We also attempted to learn some Amharic, which was difficult initially but we eventually picked up enough to understand some basic conversations. All the people we met were very eager to teach us a few words of Amharic and this allowed us to make lots of friends within Gondar hospital but also at the hotel and in the town itself. Ethiopian people are very warm and friendly and we instantly found people who were happy to share their language and culture with us and welcome us into their homes or invite us to a coffee ceremony.

Ethiopia is a very beautiful country, rich in culture and packed with so many different learning experiences, both medical and cultural. It is a place we definitely wish to visit again and an experience we would recommend to everyone!!

By Aqeelah Yusuf and Yvelne Ansladi, 5th year medical students, University of Leicester
Members of the Leicester-Gondar mental health link have been visiting Gondar since 2007. A key Link aim is the development of mental health services through the development of sustainable and culturally appropriate partnerships.

One aspect of the Mental Health Link visit in October 2011 involved teaching on the BSc Mental Health nursing course. The fourth year cohort are about to become the first to graduate from this course, a positive development for mental health services in Gondar and nationally.

However, given the paucity of formal mental health service provision in Gondar, opportunities for clinical experience require creative thinking, particularly given that the only clinical placement on this course is Amanuel Hospital in Addis Ababa, which is a 12 hour drive away. Therefore, with the head of the nursing course, the UK members of the Leicester-Gondar link group negotiated with the staff at Missionaries of Charity, as well as those in their care, for the fourth year BSc Mental Health student nurses to gain experience of mental health assessment. The Missionairies of Charity care for some 3-400 people of whom they estimate at least 80 have severe mental health problems.

The day was both moving and informative as the student nurses uncovered aspects of personal narratives that had been unheard, which subsequently helped make sense of the distress that both the staff observed and the people we met were experiencing. Towards the end of the visit we were able to offer the Sisters written accounts of 12 meetings with those who had agreed to meet with the group of Gondar nursing students and link staff.

In addition to providing an account of the persons presenting difficulties set within the context of often difficult life experiences, some suggestions were offered which it was hoped would provide useful ways of increasing understanding and coping with the difficulties both the link staff and student nurses had heard about during the day. The 28 nursing students, who had given up a Saturday for this experience, were enthusiastic about having had such an opportunity and were keen that local placements such as this become embedded within the clinical training programmes.

By Claire Armitage
Lead Nurse - Adult Mental Health
Leicestershire Partnership NHS Trust

And

Nic Bunker
Clinical Psychologist
Leicestershire Partnership NHS Trust

Help us to make more of a difference

Support one of our Events
Keep your eyes on the fundraising pages of our website for events being run to help support all of the various projects run through the Leicester-Gondar Link at www.le.ac.uk/Gondar.

Suggest or run an Event
If you have an idea for a fundraising event or would like to organise a fundraising event to benefit either the Leicester-Gondar Link as a whole or one of its individual projects, please contact Nichole Bruce our Link Administrator on nb50@le.ac.uk or Tel: 01162525321.

Get involved
If you would like to offer your own skills or expertise and get involved with one of our projects, or have an idea for a new project, please contact Nichole Bruce our Link Administrator on nb50@le.ac.uk or Tel: 01162525321 with details.
Funding Opportunity—Paediatrics

An opportunity has arisen from the Leicester-Gondar Medical link to fund clinically based projects that focus on leading and developing nursing care for children in Gondar, Ethiopia. This has resulted from discussions between Link members in both Gondar and Leicester. The work will be carried out jointly with health professionals in Gondar.

The project will:

⇒ identify an area in clinical practice that is in need of development
⇒ use research, evidence from clinical practice and the patient experience to explore how practice needs to be changed
⇒ use systematic methods for development and evaluation which enables all stakeholders to understand what needs to be changed and how this can be achieved
⇒ provide a project plan for subsequent funding bids and implementation.

Project Duration: six months

The grant will cover one return 2-week visit to Gondar (and all associated expenses). It will cover all reasonable expenses associated with the preparation of a mutually acceptable project plan. Priority will be given to applicants from the Leicester area.

Funding available: up to £1500

How to apply: There is no application form. If you are interested you should contact Nichole Bruce, Link Administrator (nb50@le.ac.uk) to arrange an appointment with one of the Link members to discuss your application. The process will be explained to you.

Closing Date for expression of interest: 30th September 2012.
It is anticipated that successful projects will commence in October or November 2012.

Interested? Please contact:
Nichole Bruce, Link Administrator, University of Leicester, International Office, University Road.
Leicester. LE1 7RH
Tel: +44 (0)116 2525321 Email: nb50@le.ac.uk
We visited Gondar, Ethiopia in May 2011 with a primary aim to evaluate the Psychiatry teaching provided by the Leicester Gondar link (HALE) to intern level medical students.

Prior to visiting the University Hospital in Gondar, we had planned to conduct focus groups with the interns who had received the psychiatry training in October 2010. However, in reality this was a complex task to do as it was difficult to gather interns for a focus group due to a variety of practical reasons. Through liaison with the lead intern placement co-ordinator, we decided the best method would be to conduct one to one interviews with the interns during their placements, which provided us with the opportunity to catch up with interns in their working environment. Using the semi-structured, one to one interview method, we managed to interview 10 medical intern students, which yielded some interesting findings.

The general consensus amongst the interns was that the psychiatry training had improved their ability to recognise mental health problems and they felt their knowledge and understanding of mental health problems had increased. Furthermore, the interns found the resources provided by the Leicester trainers to be highly useful and continued to use these as a reference guide in their day-to-day practice.

Interns found the teaching method used by the Leicester trainers rather enjoyable and particularly enjoyed the interactive aspects of the training. Unfortunately, almost all the interns felt they lacked confidence in working with people with mental health problems, suggesting this could be an area for further development.

Other areas of improvement identified by the interns included, more practical based training throughout their placements, which suggests a mental health inpatient unit would allow interns to gain this training and exposure. Interns also identified the need to have ongoing training and development in mental health to improve their practice, regular supervision during clinics, counselling and communication skills training, pharmacological management training in mental health as well as patient management training.

It is evident that the Leicester-Gondar Link have provided invaluable psychiatry training to interns which has helped to improve their understanding and recognition of mental health problems, which is a step forward in mental health treatment in Gondar.

**By Monika Madhas and Precina Vara, Leicester-Gondar Link Mental Health Group**

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**Forthcoming Visits**

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<td>Ato Worku Negash (PG Student)</td>
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<td>June-September 2012</td>
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<td>Dr Ashenafi and Str Bezuayeuh</td>
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<td>Strengthening Surgical Capacity Project (SSC)</td>
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<td>18–25 August 2012</td>
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<td>APPS Group—Addisu, Str Bezuayeuh &amp; Yalelet</td>
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<td>September 2012 (Dates tbc)</td>
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<td>Yematew—Clinical Psychologist</td>
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If you would like to meet any of these visitors from Gondar during their stay in Leicester please contact Nichole Bruce—nb50@le.ac.uk

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<th>Visits from Leicester to Gondar</th>
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<tr>
<td>Emilie Aveling (Research Project)</td>
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<td>Late September -October 2011 (TBC)</td>
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<td>Jane &amp; Peter Aires</td>
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<tr>
<td>Strengthening Surgical Capacity Project (SSC)</td>
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<td>22–30th September 2012</td>
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<td>APPS Group—Tim Bourne</td>
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<td>October 2011 (Dates tbc)</td>
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<td>Tony Simms—Histopathology</td>
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<td>Ophthalmology Team (TBC)</td>
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<td>Mental Health Team</td>
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<td>Autumn Term</td>
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If you would like to meet any of these visitors from Leicester during their time in Gondar please contact Solomon Assefa—solomonazezo@gmail.com
Forthcoming Link Fundraising Events

9th September 2012
Sponsored Cycle Around Rutland Water
To raise funds for a new project to upgrade medical facilities at Kolladiba Health Centre in rural Ethiopia.

Please support this event by:

- Joining the sponsored 17 mile ride around Rutland water
- Sponsoring a rider who is taking part
- Make a sponsorship pledge online at: http://www.everyclick.com/kollidiba

For an information pack, please contact:

⇒ Christine Iliffe, Blood Transfusion Department, Leicester Royal Infirmary. Phone 07967 499556 Email christine.iliffe@uhl-tr.nhs.uk.

OR

⇒ Nichole Bruce, Phone 0116 2525321. Email nb50@le.ac.uk

Ceilidh
Friday 21st September 2012
7–11pm
The Rothley Centre, Moutsorrel Lane, Rothley

Music to the sound of “Turlough”

Tickets: Adults £6—Children £3
To include light supper

For tickets or more information:
Contact Danuta or Alison Lloyd for 0116 2102974 or email alisonlloyd29@yahoo.co.uk

To raise funds to improve Mental Health Services in Gondar, Ethiopia

Important Leicester-Gondar Link Contacts

General Contacts:
Leicester : Nichole Bruce—nb50@le.ac.uk
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African Partnership for Patient Safety (APPS):
Leicester : Sandra Kemp—sandrakemp@btinternet.com
Gondar: Dr Gashaw Getahun—messeleg@yahoo.com

Mental Health Project:
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Gondar: Dr Desalegne Mengesha—desmen96@yahoo.com

Nursing Link
Leicester : Sandra Kemp—sandrakemp@btinternet.com

Our Link Partners

University Hospitals of Leicester NHS Trust
Leicester Partnership NHS Trust
University of Leicester