

TB is a global emergency killing one person every 16 seconds (on average 2 million people a year).

TB is the main killer of people with HIV, yet TB is **CURABLE**. To prevent needless deaths from HIV in Africa we **MUST** fight TB.

TB never went away in the UK and cases have been rising since 1987. TB cannot be controlled in the UK until it is controlled worldwide.

UK Rotary volunteer help wanted – if you would like to help TB Alert co-ordinate its Rotary speaking engagements and provide information to Rotary clubs, please call Melanie on the number below.

TB Alert – the UK's National and International Tuberculosis Charity



TB Alert, Community Base
113 Queens Road, Brighton, BN1 3XG

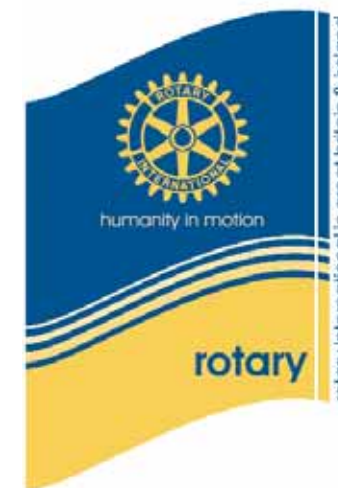
www.tbalert.org

0845 223 5293 (local call rate) 01273 234784

fundraising@tbalert.org



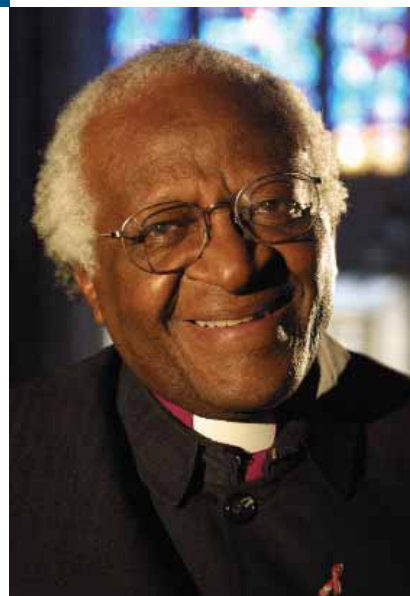
TB Alert is a registered charity number 1071886



TB Alert

supported by Rotary clubs in
Great Britain & Ireland

*Working together to **fight TB***



"When I was a boy of fifteen I nearly died of Tuberculosis. I was in hospital for almost two years, often too weak to get out of bed. I was very lucky to survive. I became a Patron of the charity TB Alert because I believe we can wipe TB out. We just need to make sure everyone who has the disease gets treated quickly, before passing it on to others."

TB Alert Patron Desmond Tutu

TB Alert in Zambia

How your club can help



In Zambia, TB Alert supports an organisation called Bwafwano (which means "lets help each other"). Bwafwano has 200 dedicated volunteers in areas ranging from urban slum areas to rural villages. The volunteers care for TB/HIV patients within their community by:

- Visiting patients and supervising their medicines (TB and HIV drugs)
- Giving painkillers, and other medicines for opportunistic infections
- Caring for and counselling the patients
- Cooking, cleaning, drawing water – any chores to help the patient while they cannot cope for themselves
- Providing essential items such as bath soap, laundry soap and disinfectant to help patients get by while they are unable to work.

Bwafwano also runs weekly patient support meetings giving continuing education on TB, nutrition, HIV and other related health issues, as well as a hot meal for every patient. The hot meal not only helps keep patients well-nourished but encourages them to come back for their weekly appointment and finish their medication.

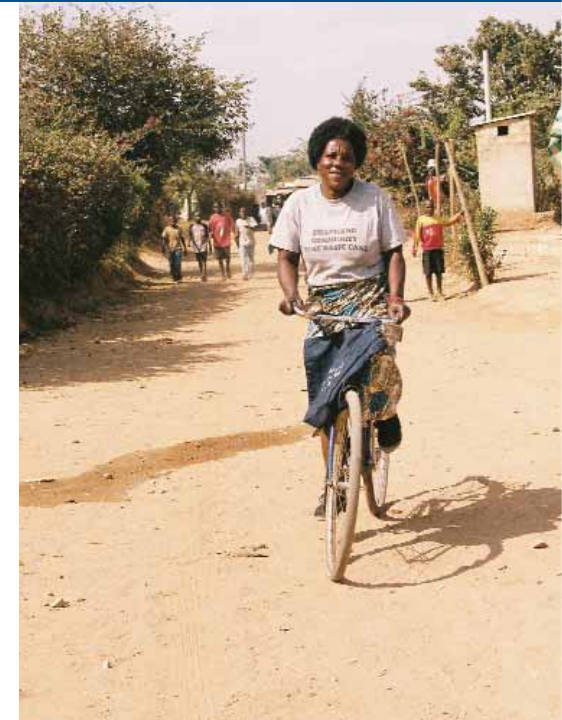
*As you can imagine – to fully kit out one caregiver or a small group of caregivers (out of 200) would be unfair. So caregiver sponsorship – whilst ALL going to the items mentioned may be utilised in a different way – for instance £600 would buy 1 wrap for all of the caregivers, whilst £400 would buy them all a t-shirt and £1,000 would provide every caregiver with a pair of canvas shoes.



Sponsor a volunteer for £200*

- **£80** – buys a bicycle to help caregivers visit patients.
- **£20** – buys a volunteer a uniform for one year – 2 t-shirts, 2 Chitenge (wraps to cover their own clothes and keep them clean when kneeling and sitting on dirt floors), 1 pair of canvas shoes, an umbrella for the rainy season, 1 canvas bag to hold their Home Based Care Kit
- **£100** – pays for renewable supplies for one Home Based Care kit for a year. Kit contains disinfectant, antiseptic soap, cotton wool, disposable gloves, petroleum jelly, ORS (Oral Rehydration Solution) sachets, multivitamin tablets, paracetamol tablets.

To sponsor a Bwafwano volunteer in Zambia, please make your cheque payable (*in multiples of £200 please*) to **TB Alert** and write "*Sponsor a Volunteer*". on the back



You will receive a report from the project and a personal note from a volunteer including photos of them and their patients.

Make a donation

If your Rotary Club would like to make a donation (of any amount) to TB Alert's life-saving work in Africa, Asia and the UK, please send a cheque payable to **TB Alert** to Melanie Matthews at the address overleaf.

Request a speaker

TB Alert has a national network of speakers who are able to give talks and slideshows on our work at Club or District meetings. To book a speaker please call Melanie Matthews on 0845 223 5293 or 01273 234784 (preferably with at least 1 month's notice).