

HIGH FIVE CLUB

changing lives in Africa, £5 at a time

Rural Health, Zambia



Mnkhanya Chiefdom is located in Lupande Game Management Area bordering South Luangwa National Park in Zambia's Eastern Province. Its people are of predominantly Kunda tribal origin. Other smaller ethnic groups in the area include the Senga, Chewa and the Besa. It is estimated that approx. 10,500 people live in the Chiefdom in 1,750 households (average household size is 6).

There are few health facilities available to this rural community. The nearest hospital is at Komoto, over 40 km away, whilst the nearest government health clinic is at Masumba in the neighbouring

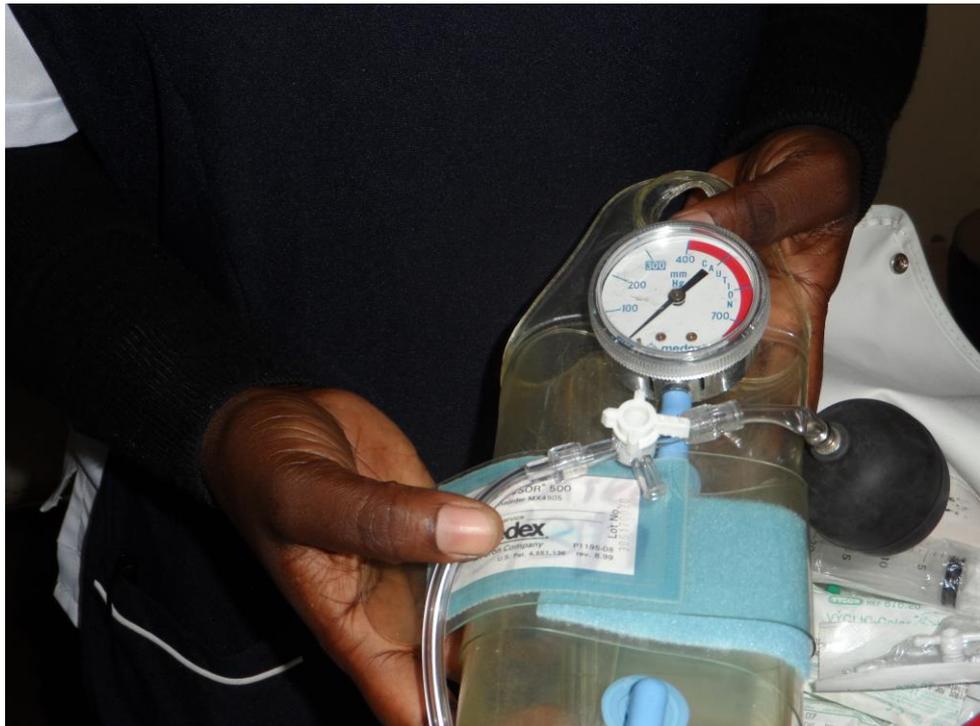
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Chiefdom, over 30km away. On many occasions even the most basic of medicines are not available to the community and medical equipment is limited.

High Five Club founders Manny and Cheryl Mvula have visited Masumba health clinic over the years and on their last visit were able to take out medical equipment donated by one of our High Five Club members Pam Lawrence. The BP equipment in particular was extremely welcomed as this clinic that serves thousands of people had no facility to measure blood pressure.

On this visit we met with clinic staff at the hospital ward which caters for 13 in-patients at any



one time. Patients at the time of our visit included young children very sick with malaria, people afflicted with AIDS and a woman who was experiencing severe difficulties with her pregnancy. All were lying on the metal springs of the beds. There were no mattresses, sheets, blankets or pillows. It was such a stark contrast to even the smallest of medical centres in the UK. Can you imagine being so sick and not having a comfortable bed to lie on?

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High Five Club Support:

We have together equipped the clinic with 13 mattresses, 13 good quality blankets and 26 pairs of sheets and pillows ensuring that all in-patients to Masumba Rural Health Clinic can have a comfortable bed during their hospitalisation. A small gesture but with big impact. The community were so grateful for this intervention that they held a celebration at the clinic with song and dance performances attended by his Hon. Chief Mnkhanya who personally oversaw the gifting of this equipment to the clinic. Our collective support in equipping this ward totalled just £822.29.



For more information contact cheryl@highfiveclub.co.uk