

# NEWSLETTER

## AUTUMN

### 2009



Working together - making a difference

Holland

Denmark

Britain

Tanzania

#### Contents:

Pages 1 and 2 - About Tukae (for new readers)

Pages 3 and 4 - Tukae News

Page 5 - Amani Women's Craft Workshop

Pages 6 and 7 - Stephen's Tanzania Diary

Page 8 - Contact details



## HOW YOU CAN HELP

There are a number of ways in which you can help:

- Give regular or one off donations.
- Help as a volunteer with our various fundraising activities.
- Help as a volunteer in Tanzania.
- Purchase high quality products that have been made in the Women's Craft Workshop, Tanzania, and in the U.K

All donors and volunteers receive a regular newsletter and have the opportunity to visit Tanzania to see the work of Tukae first hand.

**PLEASE VISIT OUR NEW WEBSITE**  
**[WWW.TUKAE.ORG](http://WWW.TUKAE.ORG)**

*An important way you can help Tukae is letting people know about the work of our charity. Please forward this newsletter to friends, relatives and others you think may be interested in Tukae. Thank you.*

Full details of how you can donate to Tukae, how you can volunteer either in the UK or Tanzania, and our full product range is available on our new website.

**Or contact us on: 0844 5617433**  
**or via email: [info@tukae.org](mailto:info@tukae.org)**

The editor reserves the right to edit or refuse to publish any material submitted. Tukae is a U.K registered charity Reg. No. 1088468

Editor: Jon Eastwood

Photographs: Adrian Clive, Stephen Valentine, Althea Stevens

Tukae is a registered charity working in the Usambara Mountains regions of N. E. Tanzania. Amani, the area where Tukae operates, is remote, communication systems are limited and the people are poor. There is no healthcare provision in most villages, and it can take two hours hard driving to get to a doctor. Travel is on foot or in the back of pick-ups or trucks. Malaria and other poverty related diseases are endemic; infant and maternal mortality rates are high.

## HEALTH

Beat Back Malaria programme. Money has been received from charities in the UK, including COCO ([www.coco.org](http://www.coco.org)), and from private individuals; also from donors in Denmark and Holland. Just under 2,000 impregnated bed nets have been distributed in villages in the area surrounding Emau Hill. That means that over 97% of dwellings have enough nets for all beds. Additionally, backpack sprays and insecticide have been supplied to the villages with enough to last 12 months.

There are malaria test kits and ACTs available, and Tukae helps to renew supplies held at Amani Dispensary.

The project so far has been successful, with clear indications that the incidence of malaria has been reduced. Local villages have been co-operative and the relationship between them and Tukae is excellent. Protection from malaria reduces the serious consequences and deaths, particularly of children.



## JOB CREATION AND TRAINING

**Amani Women's Craft Workshop.** This continues to develop, with goods sold in Tanzania, the UK, Denmark and to visitors from all over the world. New projects are being designed and developed by the young women who work there. Management skills are also being acquired, moving the project still further towards being self-supporting.

**Emau Hill Forest Camp.** The focus of development in 2009 is to add to the facilities at Emau Hill in such a way that groups of eco-tourists can visit, eat excellent food and sleep in very good accommodation. The kitchen staff are able to produce varied and delicious food, mostly vegetarian and using as many local products as possible. An oven has just been built, which means added variety.

Paving and other building supplies are produced locally by the men working there. They will build extra accommodation this year, so that more people can stay. The Camp will never house very large groups, and the beautiful environment is always protected, but more visitors will enable an income to be earned in-country.



## Althea visits Emau Hill

Last autumn Althea Stevens, longstanding Trustee and co-founder of Tukae, visited Emau Hill to see for herself the latest developments and meet all the staff again.



Althea says, "I was very impressed by the high level of skills demonstrated by all staff and their enthusiasm for the project. Two of the male staff are qualified drivers and Mama Rosa is running the kitchen. Emi is learning to manage the Amani Women's Craft Workshop and handle the accounts."

Several safari groups have visited Emau Hill and are enthusiastic about going back. Money has been found in Denmark to build more bandas for visitors. These will have en suite bathrooms.



## BREAKING NEWS... Tukae gets new Patron



At the recent garden fete in Northlew, Devon opened by Ann Widdecombe MP, a grand total of £2500 was raised, for which we are very grateful.

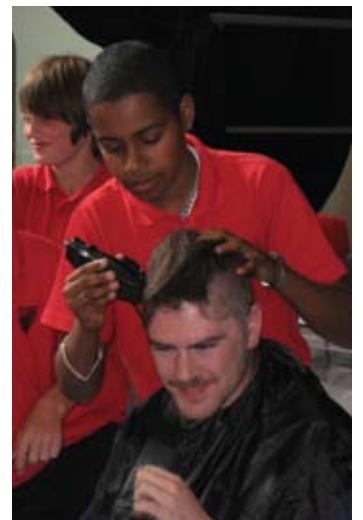


On the same day, Ann was asked to become Patron of Tukae, to which she kindly accepted. We are thrilled to have such a high profile Patron and welcome Ann to the Tukae family.

## Peran has his head shaved for Tukae

Peran Hayes a teacher in a school in High Wycombe, allowed his head to be shaved by his pupils, who paid for the privilege.

They also sponsored TUKAE as one of their charities for the end of term Games Day. Around £200 was raised.



**Building projects progressing well**

Staff at Emau Hill have been busy in recent months carrying out building work to improve facilities at Emau Hill. The kitchen extension is well underway, the design complementing the existing dining banda. Conditions for kitchen staff Rosa, Hadija, Vero and Jalina will be much improved. An oven has been designed and is now about to be used in the kitchen – ovens are rare in the area.

The extension to the Amani Women’s Craft Workshop is also well underway and will provide more room for staff and a workshop where different work can be undertaken. It is intended to design and dye material rather than purchase the finished material elsewhere. Tukae badly needs volunteers to train local people in the use of batik and other textiles.

The sleeping bandas have more solid and secure doors replacing the zip fastened doors, and each banda has its own washing facilities. Access has been improved between the dining and sleeping bandas with the construction of a series of steps, and an additional seating area has been created at the dining banda.



**Miss Cornwall competition raises funds for Tukae.**

Charlotte Holmes was one of thirty girls competing in the Miss Cornwall competition recently. All of the girls raised money for Tukae, this year’s chosen charity, as part of the competition. Charlotte won the Miss Charity award, raising £1,100, as well as the Miss Cornwall competition itself. A total of £3,600 was raised for Tukae – well done to all the girls.

Charlotte went on to become one of the finalists at the Miss England Competition – and won the Miss Charity award. We are fortunate to have her continue fund-raising work with Tukae in Cornwall.



**Dateline: Tanzania 25th March 2009.**

Well, the day of reckoning has finally arrived.

It has taken two years to get here. Two years of waiting, of stress, worry and concern. Now the stress, the worry, the concern is at an end. The waiting is over. Contributions from many people including some of you who will read this were reaching their final denouement. No more wondering, no more debates, no more what ifs. This is it. The decision has been made.



*Clive Barton, Chair of Trustees, UK*

Driving to Emau I wondered how I would feel when it was over - relief? embarrassment? shame? stupid? a failure? What would I say to the others who had helped with making my design a reality? Anyway, I would soon know. it would not be long now. I parked the car and slowly walked to the agreed meeting place. All the staff were got together and gathered around, nervous little jokes were made - I took a deep breath and thought, 'OK, lets do it'. I nodded to Daniel who was waiting expectantly, he took up his tools and chipped away at the seal around the chamber. Slowly, He and Hussaini eased the cover away. The air was

tested. To many peoples surprise there was no sign of a bad odour; people peered inside trying to make out what lay within. Joseph took up his rake and, reaching deep, slowly drew forth from the darkness to the light an amorphous mass friable brown material, rich in invertebrates and smelling of... that good fresh earthy smell produced by well-formed, well-rotted compost. There was no indication whatsoever that human excrement and urine was a major part of the product. Yes, after two years of use our composting toilets were emptied for the first time and declared a resounding success so a big fart to all you who doubted.

Joseph had us all doubled with laughter, he is of the opinion that it is because it is white people's s\*\*t that it doesn't smell! (political correctness is not part of the agenda in the E Usambaras). Another small engineering triumph for Barton & Valentine. And a big thank you to all our contributors large & small.

P.S. Pictures have been taken to record the results if you really would like to see them and for a small fee samples can be shipped. (and just wait until you see the flowers!)





from Stephen Valentine, Director of Operations, Tanzania

**We have received extracts from Stephen's diary, written since his return to Tanzania. They give a different flavour to what happens there...**

## 8th July

We are off around 10 am with Mathew, (taxi driver), to get shopping for the women's Workshop and then to Rahaleo bus for the journey to Muheza. The bus is very full. There are sixty seats but many more people. We have seats at the back. Very uncomfortable but, having the centre seat at least I have leg room. Every jolt, of which there are many, is transmitted directly to one's neck and skull. We would have been bounced out of our seats - there appears to be little in the way of suspension - were it not for the fact we were too tightly packed in. Personal space and travelling in Tz don't go together.

Getting out of Dar is long, hot and tedious. Around 4.30 pm, just before Chelinze, overtaking a truck, the front nearside axle bearing collapses. Fortunately the driver brought the bus to a safe stop. We wait by the side of the road while they dismantle the front axle and for a replacement bus to come. It arrives just after 10.30 pm.



A night journey by bus on Tanzanian roads is not fun. We get to Muheza after midnight in heavy rain and are met by Anthony and Mzee Abedi with the Toyota. We get home, also in heavy rain sometime after 1 am and to bed just before 2 am. The roof has leaked and part of our bed is wet.

James has the disturbing news that Anne, his fiancée, has been badly burned with hot fat while working in a kitchen in Moshi. Sr Fidesta is there and has told him not to come. If there is a problem they will let him know. He is planning to go to see her on Monday. (Names of the two young people have been changed out of respect for their privacy).

## 9th July

I have to get the Nissan started and then go to

Tanga for a big shop and then collect Kate Ross and her father from Muheza. I take Abedi with me. The road is muddy and slippery in continuing rain - the weather was a lot better in Denmark! We get to Tanga at around 12.30 pm, do battle with the bank, have lunch, shop and get Kate and David just after 5 pm. We do the last of the shopping in Muheza and set off up the mountain in improving weather though slipping and sliding a bit, getting to Emau just after dark. We get the guests settled in and have dinner with them then get home just after 10 pm.

## 11th July

Admin before breakfast then up Admin before breakfast then up to Emau for 9 am. Collected Kate and her father. Kate to Muheza to catch a bus to Dar and David into Tanga to get his ticket to Zanzibar and some sightseeing.

"Just before getting home a call from Pia. Anne, James' girl has died."

Back up to Amani arriving about 5 pm. Just before getting home a call from Pia. Anne, James' girl has died. At arrival at the house there are of course quite a few people there, all of them youngsters, supporting James.

He looks, understandably, devastated.

Food is organised for 8 or 9 people in the kitchen and Pia makes food for the 3 wasungu. News comes through that Anne's body will probably be returned to Lushoto tomorrow. We ring Daniel to drive and Abedi to accompany James, his brother and others to Lushoto tomorrow.

I take people to Emau and get home around 10.30 pm feeling pretty tired. They have all been quite long days since leaving Denmark - how long ago? - it seems like another world.

### 13th July

Up at 6 am to sort money and see off the party going to Anne's funeral in Lushoto. James looks so distraught. He has become a part of our family here over the years and is especially close to Pia. It is hard to know how, probably impossible, to reach out to him. He is torn between the cultural demand of impassive stoicism and letting his feelings out. He had only seen Anne once in 3 months but was very much in love. They were going to be married in December. We drove past the house James was building for them on our way to Emau. James will be 25 next month.

At about 3.30 pm had a call from Daniel. They are at Soni but have a problem with the car - clutch; fundi repairing. This car is now in serious need of an overhaul, new tyres, exhaust etc. Cars remain one of our major concerns. It has work to do over the next 2 weeks. I hope it stays together.

About 10.30 pm Mzee Abedi reported car repaired.

### 16th July

Most of the day at Emau. Building and testing a new oven - works well so now we have to take the walls down and build them up again with mud mortar. Still not sure how to finish the top - so much for planning and forethought! Pia was busy at the workshop developing more products.

"Anne was by all accounts pretty badly burned, a little on her face but all her front and thighs were badly injured."

The funeral party arrived back in the evening, all of them pretty tired. Anne was by all accounts pretty badly burned, a little on her face but all her front and thighs were badly injured. Another good reason why we do not cook chips or anything else needing a large amount of hot fat. They had to have a new clutch plate fitted to the car.

### 17th July

Pia at home doing admin this am. All going well at Emau with Hussaini doing a nice job of the oven and the others working on new walls, (woven bamboo strips), for one of the showers. There is still a lot to do before guests arrive on Sunday but hopefully all will be ready. We will all be quite busy with 16 people here. 3 returnees from Madventures and the others with Kate. I hope we get a lot of useful work done. This afternoon I hope to get home to do some admin.

Had a report from Mzee Abedi; apparently the injuries to Anne were pretty horrible, details here are not needed. James collapsed when he saw her.

Fortunately, although there have been dark clouds about we have had no rain. Hope it stays this way.



Our aim is to alleviate poverty, by developing a greater sense of community and empowerment, and to improve health in Tanzania, one of the poorest countries in the world.

**TUKAE**

making a difference



### What does Tukae do?

Tukae (pronounced Too-kai) works to integrate people, their skills, knowledge and ideals in the beautiful, remote Amani district of north-eastern Tanzania.

Our aim is to alleviate poverty, by developing a greater sense of community and empowerment, and to improve health in Tanzania, one of the poorest countries in the world.

Tukae = let us be together  
(in Kisambaa the local language).

Tukae is a UK Registered Charity No. 1088468. It receives no regular funding from any organisation and relies entirely on donations and money raised by volunteers.

The Charity is managed by independent Trustees and numerous volunteers who give freely of their time.

### Our aims

- Provide access to healthcare
- Prevent infant mortality from malaria
- Support local education
- Generate local skilled jobs
- Conserve the natural environment
- Develop sustainable tourism

### Life in Amani, Northern Tanzania

Where Tukae operate:

- About 18,500 people live in 19 villages
- Almost nobody has electricity
- There are few sources of clean water
- There are no metalled roads
- Nearest medical centre is 35 km away along a treacherous road especially during the rainy season

- Life expectancy is 43 years
- 1 in 8 children die before age 5
- 1 Tanzanian, usually a child, dies every 5 minutes from Malaria

### Tukae: changing lives in Amani

Tukae is a project led by personnel from the UK supporting and empowering local Tanzanians. Its remit is to assist in the alleviation of poverty through practical action in four broad areas: Health, Education, Job Creation and the Environment.

The underpinning philosophy is that by equipping people with appropriate knowledge, skills and abilities, opportunities and decision-making processes are enhanced and peoples' abilities to make choices are improved. When both the range and quality of choice is enhanced then the opportunity to move out of poverty is significantly reinforced.

### Join us today...

**Friends** - Could you be our friend? 500 friends donating a minimum of £5 per month each will maintain our presence and provide basic support on the ground. **Join us today!**

**Fundraising** - Could you hold a fundraising event? It could be a coffee morning, sponsored swim or a car boot sale. **Help us today!**

**Volunteering** - Could you go to Africa? Volunteers are vital to our success. Whether a teacher, health worker, builder or think you can help in any other way - **Volunteer today!**

Please contact us on **0844 5617433** for a chat, or log onto Tukae's website at [www.tukae.org](http://www.tukae.org) and email us if you would like to help.

Alternatively, ask us for a leaflet and become a friend of Tukae - just £5 per month will make a massive difference to so many people.

**We would very much like to hear from you.**