



## “On yer bike!” - NHS Borders supports TB treatment & control in Zambia: brief update



In July 2016 a formal evaluation was done and a report written of the project to support the TB treatment volunteers. At this visit it was agreed to:

1. further monitor progress over time
2. raise funds to supply backpacks for each volunteer
3. provide written teaching materials on good nutrition for TB patients



Volunteers with their new backpacks

In June 2017 Chris Faldon returned to St Francis Hospital, principally to assess progress with the ‘Water for Life’ project but was able to spend a small amount of time with the TB team.

1. The bikes were found to be well looked after and still providing a vital service to patient care
2. A good quality back-pack was purchased in Lusaka for each volunteer. Money was raised in support of the TB project came through the generosity of many individuals purchasing a 2016 Christmas card voucher and a gift of £500 from Selkirk Rotary Club following a talk Rod McIntosh gave to them about his visit in 2015.
3. Teaching materials on nutrition were provided



11. LEMON JUICE	12. TOMATO JUICE
<b>Ingredients</b> <ul style="list-style-type: none"><li>• 6 big lemons</li><li>• 3 cups of sugar</li><li>• 3 cups of water</li><li>• Citric acid (optional)</li></ul>	<b>Ingredients</b> <ul style="list-style-type: none"><li>• Tomato</li><li>• Sugar</li><li>• Lemons</li></ul>
<b>Method</b> <ol style="list-style-type: none"><li>Sort and wash lemons</li><li>Cut the fruit and squeeze out the juice</li><li>Mix the sugar, juice and water</li><li>Heat on fire whilst stirring to remove dissolve sugar</li><li>Remove from heat and cool</li><li>When nearly cool, add the citric acid.</li><li>Dilute to taste</li></ol>	<b>Method</b> <ol style="list-style-type: none"><li>Wash the fruits</li><li>Boil water in boiled water</li><li>Put fruit in boiled water and leave for 1-2 minutes</li><li>Mash fruit and add 1 part water to 1 part fruit and mix</li><li>Mash and serve</li><li>Add lemon juice</li></ol>



Reproduced from funding provided by 'The Logie Legacy', Scotland

