



## Living healthy IN DARSILAMI



## Health Centre is looking for interns and doctors

**REMIS HEALTH CENTRE IS GROWING AND THRIVING- NEW SPONSORS AND VOLUNTEERS WELCOME.**

Everyone in the small area of Darsilami in the Gambia/ West Africa knows the Remis Health Centre by now. In 2003, the Isfort Family began its involvement with the infirmary there, and in 2008, the Remis Health Centre Köln-Darsilami in the Gambia e.V. Association was recognised as the official sponsors by the government. Today, in 2011, we can cast a further look at the health centre that helps many patients daily.

We already have buildings, power supply, appliances, medication, and equipments. What we are lacking are committed people, who would like to help with the medical care.



*Goat herding in the suburbs of Brikama*

## WHOM ARE WE LOOKING FOR?

In order to continue with the successful work, **doctors** in every speciality, willing to attend to patients in Darsilami on a voluntary basis for a couple of weeks are needed. We would be especially pleased to receive applications from General practitioners, internists, gynaecologists, eye doctors, dentists; however, we are requesting all interested doctors to apply. Help is required in many areas.

We are urgently looking for committed **interns** who would like to work at the Remis Health Centre for approximately 3 months. We wish for young people from the health care occupations, with medical training or medical students in their final semesters. The health centre is offering an interesting occupation in exceptional surroundings.

The duties of the interns are diverse: Supporting the more experienced head of the health centre Muhamed Sedibeh, as nurses during consultation hours and at the station, carrying out smaller treatments like changing the bandages or dispensing medications as agreed with the supervisor and many more.

The interns will get to learn a completely different life during their time: interesting people and also how much one can achieve in the health care with few resources but lots of commitment. Unfortunately, no salaries can be paid from the donation money.



*Muhamed Sedibeh, head of the health centre, with Dr. Thomas Kühn, Margaret Isfort and Dr. Klaus Kries (from left)*

## WHAT AWAITS YOU AT DARSILAMI?

The Remis health centre is located in the Darsilami village in the West African Gambia, near the Senegalese border. Approximately 9 kilometres away is the Brikama County seat with approximately 90,000 inhabitants. It is just 3 kilometres away from our sister project "Kindergarten Müllheim a.d Ruhr" in Marakissa. We have bicycles to get to Brikama or the capital city Banjul (approx. 45 Kilometres away), or one can use the operating bush taxis.



## HOW DOES THE HEALTH CENTRE OPERATE?

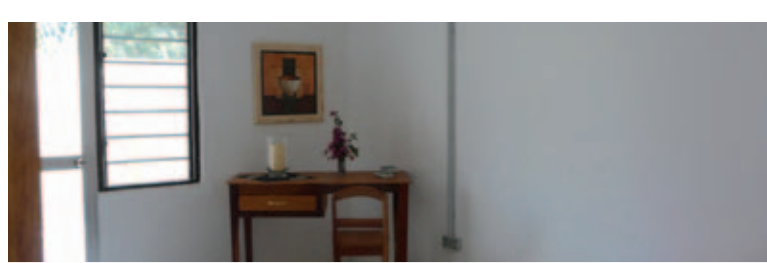
The health centre consists of several consultations rooms, a laboratory, a chemist's, an in-patient ward as well as a delivery station. We also have a big training room, additional consultation rooms and a reception in the new wing. The health centre is accessible via an internet connection that is connected to the solar energy station. Remis Köln is therefore in constant contact with the infirmary.

Normally we have mornings as consultation time. There is a clinic day on Tuesdays, during which children from the surrounding villages are examined and vaccinated. Malaria is one of the major illnesses. The consultation times could therefore last till evening during and after the rainy season.

The health centre is headed by Muhamed Sedibeh with a lot of prudence and long standing experience. The Gambian is an accomplished nurse manager, besides being very experienced in deliveries. In addition, he is a trained nurse trainer.

## WHERE AND HOW CAN ONE LIVE?

There are three apartments, 2 bathrooms one kitchen and a big living room made up for the nurses and interns in the new wing, so that two interns and a doctor can live here at the same time. The health centre has got solar powered electricity and fresh water from the water treatment supply as well as a spring. Food is provided, but one can also cook for him/herself.



*Rooms for interns and doctors*



*The furnished kitchen in the new wing*



*Living room*



*The new building behind the opening ceremony*

## WHAT IS IMPORTANT FOR YOUR OWN HEALTH?

Malaria prophylaxis is advised depending on the consultation and season; the local health services' travel medicine guides provide information and also advise on the required yellow fever vaccinations. One should have the basic medication with them. Hygiene levels in the Gambia are different from those in Europe, and people have different sensitivity levels.

## A FINAL REQUEST

We request the interns to write a final report after their stay in Darsilami. The observations and comments on the daily operations, as well as questions and criticism could contain helpful tips for the project management. A kind of a diary or blog could also be kept on a social network site like Facebook.

## OUR STANCE

The project "Remis health Centre Köln-Darsilami" is politically and religiously neutral, and exclusively serves the well being of the Gambian people. The German project management respects the majority Islamic religion as well as the traditional customs and traditions. We expect the same from our doctors and interns.

## GET IN TOUCH WITH US!

The Remis Health Centre Köln-Darsilami in the Gambia e.V. Association needs your support. Doctors and young people with nursing or medical training can help many people in Darsilami to get and stay healthy. Find the complete advertisement and more information at [www.remisdarsilami.com](http://www.remisdarsilami.com)

The vice chairperson of the association Margaret Isfort gladly welcomes every contact. "We urgently need people who are ready to take part in our project." Please get in touch with me on:

[margarete.isfort@t-online.de](mailto:margarete.isfort@t-online.de), or telephone number: +49 (0)221 950 46 12

# Big celebration at the opening of the new building



## SPONSORS BROUGHT WITH THEM NEW EQUIPMENT AND A WATER TREATMENT PLANT

After approximately 18 months of construction, the big moment was there: The new building for the Remis Health Centre Köln-Darsilami in the Gambia e.V. Association's health centre could finally be opened on the 24th March 2011. That was reason enough for a trip for the project's and association's founders Paul and Margaret Isfort, the proprietors of the Cologne based company Remis GmbH, and other members and sponsors of the Association: Dr. Thomas Kühn and Dr. Heike Scholtes- both dentists, Dr. Susanne Hagist- oncology, Dr. Peter Isfort- radiology, Dr. Klaus Kries- general practitioner, Helga and Bernd Grube, Doris Lendle, Martina Teichelmann, Michael Hansen and the two Kassel based engineers Randolf Geipel and the technician Winfried Lesser from the Fraunhofer Institut für Windenergie und Energiesystemtechnik- IWES and Alexander Goldmaier from the ATARCON GmbH. They of course did not come empty handed.

Before the partying began, the delegation set up a complete dentist's room at the site. Since the beginning of June, local dental technicians are executing simple dental procedures at this place.

The solar system, which supplies energy to the entire health centre, was serviced and modernised by Randolf Geipel. A system combining Photovoltaic, batteries and a diesel generator as a security system supplies the Remis health centre with electricity since December 2004. This system is stored in a container, on whose roof the solar modules are placed. The installed lead-gel batteries are maintained at low temperatures using a simple but effective cooling system, such that, in spite of the big heat in the Gambia, they worked excellently until spring 2011.

The building extension and with it the foreseen expanded energy need required a new energy supply system, which was installed from October 2010 to March 2011. The old system could then be shut down, and all the buildings of the health centre could get their energy supply from the new system.



*The dentists Dr. Heike Scholtes and Dr. Thomas Kühn with their first patient*

When everything was complete, the villagers and visitors celebrated the inauguration with a big party. The Province Governor, a representative from the Ministry of Health and our local representative Momodou Samateh were the official speakers. Approximately one thousand people from the surrounding villages celebrated happily together. A cow had been prepared for the villagers. The event was widely spoken about, and was even mentioned in the Gambian press.

Trip participants, many of whom were in the Gambia for the first time were very impressed and strongly convinced on the importance of setting up a primary health care centre in the Gambia, and how much one can achieve with few resources.



*Dr. Heike Scholtes has fun with the young patients during a small break*



*Margaret and Paul Isfort visiting the Gambian Minister for Health Fatim Badje*

## DISCUSSION WITH THE MINISTER FOR HEALTH

Since the German Association of aid for the blind (das Deutsche Blindenhilfswerk) pledged to set up an eye clinic in Darsilami, the German delegation also held several discussions with the Gambian Health Minister Fatim Badje and her representative Ansu Sillah. Paul Isfort was later confident about the results of the consultations: "We achieved a lot to make this demanding project a reality."

## CLEAN WATER FROM OUR OWN SYSTEM

Besides the opening of the new building, the installation and commissioning of an own water treatment plant was an important milestone in the provision of sufficient health care. It involves a robust system of the Autarcon company, that was put up by the company's proprietor Alexander Goldmaier in partnership with local installers.

The system is also used in emergency and disaster relief, and is therefore relatively easy to manage and at the same time very effective. The water is pumped from a well or river and passed through pre-filtration. It is finally passed through an electrolytic cell in which chlorine is produced from the salt which occurs naturally in water. Therefore, nothing needs to be added to the water. The required energy for distribution of the drinking water is provided by the infirmary's solar powered centre. A centralized control system monitors the quality of the water and operates the plant.

That is why the drinking water treatment plant works energetically and substantially self sufficient, and that really is a specialty. 400 Litres of germ-free water can be produced per hour. Clean drinking water from our own plant is an essential prerequisite for the health of the people in Darsilami.



*Alexander Goldmaier explains to the governor how the water treatment plant works*



*Randolf Geipel shows the solar equipment to Michael Hansen and Dr. Thomas Kühn*

## HOW DO WE PROCEED?

We are paying special attention to the search for doctors and interns in the coming months, so that the patient care in Darsilami can be maintained. The dentist Dr. Thomas Kühn intends to set up a dental laboratory at the health centre in Darsilami. Another important step will be the setting up of the Eye clinic by the Deutsche Blindenhilfswerk (German Association of aid for the blind). The concrete implementation is planned for sometime next year. In addition, delivery of more relief supplies is scheduled for autumn, after the rainy season, as well as a trip to the Gambia for the members of the Remis Health Centre Köln-Darsilami in the Gambia e.V. Association.



*Locals help in setting up the equipment in the new building*



*The staff at the health centre showed up for the celebration in the traditional wear*



### PLEASE NOTE:

SUNDAY 30<sup>TH</sup> OCTOBER 2011  
"GAMBIA FESTIVAL IN KÖLN"

*Traditional dancers enrich each and every festival*

## CURRENT EVENTS ON RELATED PROJECTS

### Partnership trip to Marakissa

The chairman Wolfgang Dahl, some sponsors and members as well as Derya Tilgi, the new intern at the kindergarten Mülheim an der Ruhr in the Gambia West Africa e.V., -Partner für Africa travelled to the Gambia in March 2011.

The kindergarten in Marakissa is in a very good condition. The highlight of the trip was a meeting with all of the kindergarten's 80 children who are beneficiaries of personal sponsorships, their parents the headmaster of the responsible school and some of the teachers. The project leader of the Africa Gambia aid, the mayor and the village committee also took part in the three hour meeting. The past developments as well as the perspectives for the future were debated upon in the open and results-oriented discussion.

The last two report evaluations for the sponsored children showed good results: 90 per cent of the sponsored children fulfil the requirements agreed upon six years ago; -being among the 15 best students in class and scoring at least 50 per cent of the total score. This is equivalent to the grade "Satisfactory" in Germany. A teacher and a full-time project supervisor are at hand to support them. Faithful to the principle "Aid to self reliance", 18 jobs have been created for the locals in Marakissa through the Mülheim an der Ruhrinitiative.

### Establishment of the German-Gambian- Centre

The Chairpersons of the Gambia-Africa-Hilfe ([www.gambia-afrikahilfe.de](http://www.gambia-afrikahilfe.de)) Ruth Heinz and Dr. Gerhard Lemp have come back from a 9-day trip in West Africa. They visited patients who were

treated in Germany and children who have German sponsors. In addition, they were satisfied with the progress of different projects. Amongst these was for example a school garden in Banjul, financed by a German elementary and High school, and the arranged transfer of a fire truck that's meant to reinforce the fire station in Birkama. One major event during this trip was the establishment of the Deutsch-Gambischen-Zentrums für Gesundung und Heilung (German Gambian centre for Recovery, GGCR) in a problem area, after lengthy negotiations with the Mayor.



**REMIS** HEALTH-CENTRE  
KÖLN-DARSILAMI IN THE GAMBIA E.V.

### DONATION ACCOUNT

REMIS Health-Centre  
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BLZ 370 501 98

### IMPRINT

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