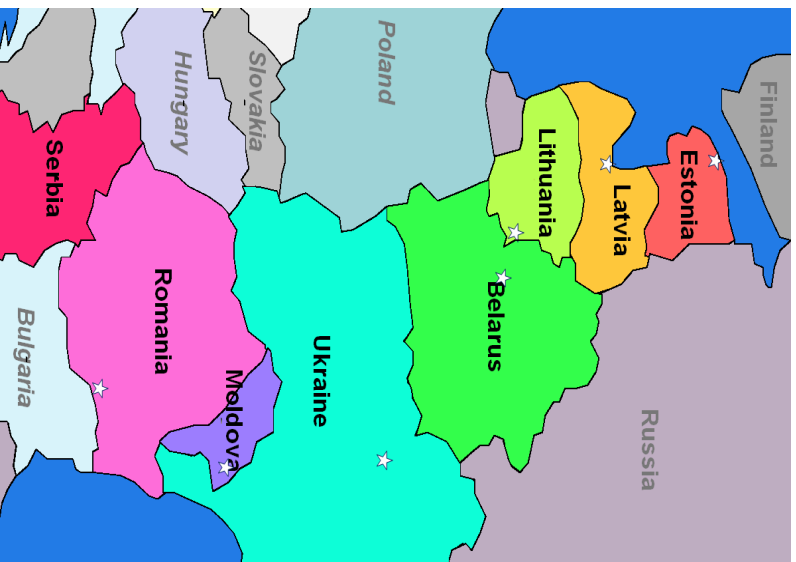


Where Child Health International Operates

This map shows the Eastern European areas where CHI has carried out most of its operations; it does not try to show Egypt and India.

Visits discussed in earlier newsletters.

2002 (Sept): UK → Ukraine (Odessa)
2003 (Jan): UK → Romania (Bucharest)
2003 (25 Oct): Frimley → Serbia (Belgrade)
2004 (?): Southampton → Egypt
2005 (Dec): India → UK
2006 (March?) UK → Lithuania (Vilnius)
2007 Sept Brompton → Belarus (Minsk)
2008 Feb Lithuania → UK
2008 Feb UK → Latvia (Riga)



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Visits this newsletter.

2009 Jan UK → Estonia (Tallinn, Tartu) (see page 6)
2009 Feb Latvia → UK (see page 2)
2010 Jan UK → Latvia (see page 2)



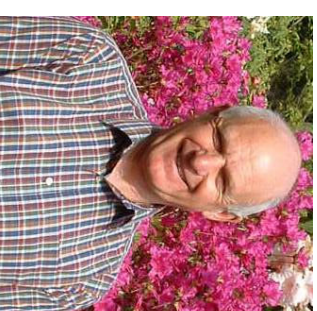
Child Health International

Helping children with Cystic Fibrosis live life

Summer 2010

A Word from the Chairman

Welcome to an exciting year. We became worried in late 2008, possibly depressed by the Recession, that our own funds might become exhausted if projects continued at the same tempo. We throttled back slightly and placed more emphasis on fundraising. It was hard work for us as a small charity. What is more, we realised that, if we do not have active projects with cystic fibrosis (CF) children, we have nothing to report, there is no reason for the charity to exist, nor any reason why donors should give to us. 2010 promises well – Latvia, Lithuania and Estonia, Belarus, possibly a return to Ukraine, and finally we are gearing up to launch a project in Moldova. Please support us. You can find out how, and much more about CHI, at our website www.childhealthinternational.org. I do thank the splendid ‘medics’, who work with us and all my colleagues in CHI.



Tony Wolstenholme

We are sad to report the death in September 2008 of Dorothea Ridgway, co-founder and long time inspiration for Child Health International.

Summary of recent events

Since our last newsletter, we have seen advances in several countries. This includes a visit to Estonia (p 6), and visits both from and to Latvia (p 2). We are following up leads in Lithuania (p 4) and others that we hope to be able to report soon. We report various events to raise funds and awareness of CHI. Operationally, we have clarified our Vision, Mission, Values and Objectives (p 6). Finally, continued work on the website keeps it informative and up to date.

www.childhealthinternational.org

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Latvia

We told in our last newsletter of our first contacts with Latvia and the visit by Drs Chris Rolles and Gary Connett in February 2008. We are happy to report that this has now been followed up by two further visits: a Latvian team visited Southampton in February 2009, and we visited them once again in January 2010.

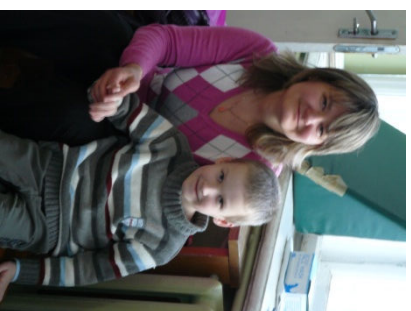
2009 visit



A Latvian team visited the UK from 22 to 27 February 2009. The Latvian team consisted of Dr Vija Svabe (Senior CF specialist), Dr Elina Puke and Inga Velde (physiotherapist). The host Consultant at Southampton General Hospital (SGH) was Dr Gary Connett. Brandon Taylor was CHI's project manager for the visit, assisted by Judi Maddison (chief CF Nurse, SGH). The program included ward rounds, clinics, team meetings and a visit to the Cystic Fibrosis Trust, plus a social sightseeing visit to Winchester and London.

This visit highlighted several issues. There is severe under diagnosis of CF in Latvia, with perhaps only a quarter of cases diagnosed due to a general lack of awareness of CF, and Gary Connett's talks targeted these points. The visit this year included a physiotherapist, and we are still working on the other issues:

- Training of a Latvian physiotherapist by an extended visit to a UK hospital.
- Arranging a better supply of nebulisers to make them more generally available in Latvia.
- Help with setting up a parent support group.
- The possibility of improving collaboration on cystic fibrosis across the Baltic states, perhaps by helping to arrange a conference.



2010 visit

This January (21st to 24th) we were invited to the University Children's Hospital in Riga, Latvia. Our hosts were Professor Dace Gardovska (Head of the Paediatric Department), Dr Vija Svabe (Senior CF paediatric specialist), Dr Elina Puke (Paediatric respiratory doctor) and Inga Velde (Physiotherapist). The UK team was Dr Gary Connett (Consultant paediatrician in respiratory medicine, Southampton General Hospital (SGH)), Sarah Payne (CF physiotherapist, SGH) and Tony Wolstenholme (Project Manager, CHI).

We took advantage of the weekly hospital meeting to begin the visit with a talk by Gary Connett to 60-80 doctors entitled *The modern management of cystic fibrosis*, also video linked to another hospital. Dr Connett described the multiple strands of CF care and the status of CF pharmacological research. He



highlighted the importance when dealing with CF of **doing the simple low-cost things well**, that is central to CHI's approach.

This was followed by a meeting with Professor Gardovska and other doctors associated with CF care, and a clinic where the UK and Latvian physiotherapists worked together with several parents. Some families had travelled up to 320 kms to attend this clinic.

The next morning Dr Connett gave another lecture: *Diagnosing Cystic Fibrosis*, this time to some 400 paediatricians (Latvian interpretation by Dr Elina Puke). He highlighted the CF under diagnosis problem in Latvia by analogy to Titanic and icebergs: today only the visible 1/7th are diagnosed. He gave practical hints to help doctors recognise potential CF in unthriving patients; and ended by hoping for an inverted iceberg with almost all cases diagnosed. Tony Wolstenholme made a short presentation (in Russian) on CHI's role and activities. The visit ended with further clinics, and a most enjoyable visit to *La Traviata*.

Dr Connett's talks will help considerably with the issues of lack of awareness and under diagnosis of CF. The benefits of low cost treatment from a multidisciplinary team are now established, together with a better understanding of physiotherapy techniques for professionals and families.

Lithuania

CHI's ideas revolve around simple, low cost methods: physiotherapy, diet, and parental involvement. For parents to be as effective as possible they need support; including moral and practical help, and information. CHI is continuing our earlier work in Lithuania by a project to help set up a parent support group. We are offering 3 years funding and hope to get a group active in the next 6 months.

We will keep you all informed of progress. For CHI, this is a new style of project very appropriate to our traditional principles.

Concert

On 16th May 2009 boys and masters of Winchester College gave a wonderful concert in their Music School in aid of CHI. This shows the College's commitment to work in the community and for local charities.

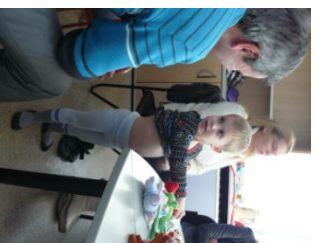
We listened to an amazing range of music, from Handel to Cole Porter, Mendelssohn and Faure to a lively modern piece for guitar, voice and violin (much enjoyed by the boys in the audience); a vigorous Trio by the 12 year old Erich Korngold that led to much mopping of the brow by the musicians between movements; and beautiful unaccompanied singing by Trants' House Choir. Ruth Provost, accompanied by her husband Paul provided a nostalgic moment for older listeners.

Finally, the Winchester College String Orchestra played an electrifying Csardas by Vittorio Monti. The soloist was 12 year old Kaz Costello; who played so brilliantly that the audience rose to its feet to applaud. That ended a magical evening. Heartfelt thanks to the College for their help for children less fortunate than themselves.

Table top sales

Our next table top sale is on 4th September at St Maurice Covert, Winchester. Thanks to the generosity of our many donors we raised £545 from the sale in September 2009.

We welcome anyone who can help on the day and if you have any good quality items to give, please contact us on 01962 715636 or 02380 261844: drop off points in Winchester or Chandlers Ford, or we can collect.



Can you help?

Child Health International is always in need of help. Can you help? Are you a doctor, nurse or physiotherapist with CF knowledge willing to help in poorer countries? We are always looking for project leaders, organizing trips both to and from the UK. Or if you feel you have the qualities that would augment our trustee team and bring us new strengths, please let us know. Maybe you can help at events; stewarding at concerts or lending a hand at table top sales. And of course, we always welcome anyone who has ideas on fundraising or who is willing to participate in some sponsored event on CHI's behalf.

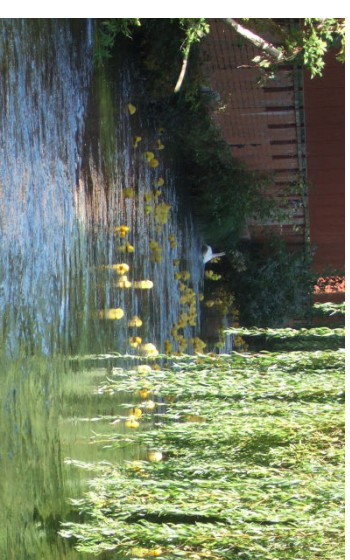
We have a place in the London Marathon for 2011. If you would like to take part and feel you could help CHI capitalize on this unique opportunity to raise £2000-£3000, do get in touch.

Contact us by email at info@childhealthinternational.org

Duck Race

Child Health International and the Winchester Fire Brigade organized a Duck Race on the River Itchen in Winchester on September 27th, 2009.

The race was started by the 810th Mayor of Winchester: Cllr Dominic Hiscock. The sun shone brightly, and many people turned out to enjoy the spectacle. This fun race, enjoyed by all, raised more than £1700 for The Fire Fighters Charity and CHI.



Many thanks to Jane Brown for organizing this event, and to Winchester Fire Brigade and the trustees and volunteers of CHI (Lin Martin, Alan Hammond, Elliott Harvey, Loic Lopez and Christine Houghton) for helping to run the race. Also, many thanks to our donors: Marwell Zoo; Sir Harold Hillier Gardens; Hampshire Farmers Market; No.16; Essential Beauty; Bendicks; Stone Vine & Sun; Winchester Fire Station; Jane Brown; Paultons Park; Hilliers Garden Centre (Romsey).

Estonia



Child Health International has been collaborating with Estonia since 2005, as you can read from earlier newsletters or the website. Continuing the collaboration we arranged a visit by Dr Iolo Doull (Cardiff) and Tony Wolstenholme in January 2009. Most of the visit was in Tallinn (Dr Urve Putnik, Tallinn Childrens Hospital) with a day in Tartu (Dr Maire Vasar, Tartu University Childrens Hospital) and discussions with many other doctors, physiotherapists, nurses and families. Dr Doull gave his presentation *CF in the 21st Century* to different audiences. We had a presentation from Dr Tiina Kahre on CF in Estonia and the Estonian CF Foundation. There were several joint consultations with Estonian teams.

The light side of this visit was a most enjoyable Estonian Burn's evening. This was hosted by British Estonian Chamber of Commerce, and fundraising in part for the Estonian CF Association.

CF care in Estonia is improving with earlier diagnosis and longer lives. Much remains to be done and we look forward to further collaboration.

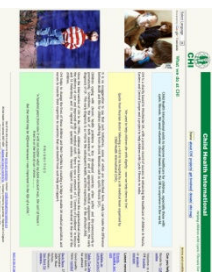
CHI operations

We clarified our Vision, Mission, Values and Objectives.

Our Vision: *A world where all children with cystic fibrosis are given the opportunity to benefit from good care, enjoy their childhood and look forward to their future as adults.*

Our Mission: *Improve standards of healthcare for children with cystic fibrosis. We deploy suitable UK volunteer clinical and other specialists to share expertise and help develop local potential in 'client' countries, taking account of local constraints.*

Our Values and Objectives can be found on our website, which also saw general improvements this year. It is now updated with the latest projects and copies of all past newsletters. Please do visit <http://www.childhealthinternational.org>, and send us comments or suggestions.



The team

We have seen several changes in the team since the last newsletter. Jim Hopwood and Keith Tester have joined the group; we are looking forward to working with them. Val Black, Chris Leworthy and Christine Nicklin have left us and we thank them all for their contributions; especially Christine for her huge voluntary help with our administration as well as her role as trustee. To see more about the current team please visit <http://www.childhealthinternational.org/docs/trustees.html>

Dorothea Ridgway

Dorothea Ridgway

14th July 1921 - 19th September 2008.

Dorothea Ridgway, president of Child Health International, and co-founder with her husband Roy, has died aged 87.

Dorothea and Roy's son Tony died of CF aged 29, so it was Dorothea's idea to visit the cystic fibrosis unit of a hospital in Moscow in 1992. They found that a lack of understanding of modern treatment methods and provisions meant that children usually died very young.

This led Roy and Dorothea to set up a new charity (now Child Health International) and to run a major project lasting several years that transformed CF treatment in Russia. They lived and breathed the charity through the 90's as they ran successful projects in Russia and Ukraine from an office in Winchester.

Roy died in 2000 aged 84, but Dorothea's tenacity and energy kept the charity going. "Nonsense" was the word she so frequently used when anyone suggested something was too difficult to accomplish.

Dorothea was born of a German mother and English father. She trained at Wimbledon School of Art and became an excellent painter and art teacher. She met her husband Roy in 1947 and they had three children, Michael, Penny and Tony. She dedicated the 53 years of married life to her husband Roy, enabling them to achieve so much as a couple.

