

Since 2010 we have trained **over 100,000** health workers in **31 countries** across Africa and Asia.

A WORD FROM OUR CEO

The first word that came to mind when thinking of the year that has passed was tough. Tough on health workers, patients, families and on our team and partners. However, there are other words that will define 2020 for our family at THET:

Hope. At the heart of THET are the principles of reciprocity and learning from one another. The success of African and South East Asian countries which have seen some of the lowest death rates from COVID-19 in the world, are a reminder of these principles and all that we have to learn from each other across borders. It is the dedication of health workers that has enabled this hope, with limited resources they have defied all predictions – we are proud to stand alongside and commend them.

Solidarity. This has always mattered to THET and 2020 has been no exception. We have seized the opportunities presented by this pandemic to ensure support is there for health workers when they need it. I am perhaps most proud of the [Health Worker Action Fund](#) we launched in April, and to which you may have kindly donated. Through this fund, more than 500 health workers are being trained, more than 395 are receiving psychological support and more than 3,000 are gaining access to PPE and infection, prevention and control products, helping to save lives.

However, we cannot ignore that the indirect impacts of COVID-19 threaten to be devastating and we have continued to put our energy into adapting the way we work to ensure that support continues to flow to health workers around the world.

Innovation. From alcohol hand rub in Zambia to infection prevention control training in Torbay, the innovation demonstrated by Health Partnerships has shown no end and proven that distance is no barrier to learning from one another. Trainings have been held on Zoom, hand washing videos have been filmed on phones and support has been provided over email. Health workers have demonstrated yet again incredible resilience, adaptability and strength.

The pandemic is far from over but in 2021 we will be asking ourselves: how will we build back better together in the aftermath of COVID-19? The challenges are endless, but so are the opportunities. The opportunities to be better prepared, to increase spending on health, to make connections between health, economy and climate, to tackle inequalities and to be more inclusive.

This Appeal is a celebration of health workers around the world. Their voices must remain heard, their roles respected and their advice heeded. In the next few pages, you will read about what your support has enabled us to do and how – as we have done for over 30 years – we will be backing them in 2021, for all our sakes.

Thank you for your support.

Ben Simms, CEO, THET



Voices from the ward...

UK PARTNERSHIP

COVID-19 has reminded us once again of the interconnected nature of health systems and the importance of learning from peers overseas. The Torbay and South Devon NHS Trust implemented Global Recognition & Assessment of the Sick Patient & Initial Treatment (GRASPIT) training, co-developed by a THET funded Health Partnership in Kenya, as part of their response.



"A perfect outcome of a Health Partnership is that work that is developed can be deployed in either partner's environment. It is really great to see that the pragmatic one-day course GRASPIT, has been commissioned and deployed back in the UK to train community and maternity teams." - Dr Kerri Jones, THET Honorary Advisor.

UKPHS NEPAL

The recently launched UKPHS programme will support Health Partnerships across sub-Saharan Africa and Asia as they work to develop stronger and more resilient health systems, while providing the workforce with opportunities to improve skills and knowledge.



"Leadership and competency development among nurses and midwives can be the key to improving the quality of maternity care. UKPHS is an exciting platform where Nepali nurses and midwives can gain necessary expertise to save the lives of thousands of mothers." - Khem Pokhrel, THET Nepal Country Representative

ETHIOPIA NCD CARE

Since 2018, in partnership with Health Poverty Action and with technical guidance from the University of Southampton, we have screened 149,060 patients and enrolled 15,870 in treatment for non-communicable diseases. In 2021, this work is set to continue and we will undertake further research into barriers to drug access.



"I think that decentralising care through NCD training is a good way to extend health care to the community. Through the training, I developed skills that will help me to lead the health sector." - Lamessa, GP and Quality Officer, Ras Desta Damtew Hospital, Ethiopia.

MATERNAL HEALTH MYANMAR

The Saving Mothers at Delivery programme seeks to address the high maternal mortality rate in Myanmar through a multi-disciplinary approach to increasing the capacity of health workers who provide emergency obstetric care.



"We believe this project will be a crucial piece of the jigsaw puzzle to make every woman in Myanmar feel safe during their delivery." - Dr Thinn Thinn Hlaing, THET Myanmar Country Director

LEADERSHIP MALAWI

Through the Nightingale Challenge Initiative, we are working to enhance leadership and mentorship skills among nurses and midwives involved in clinical practice and education in Malawi, enabling them to work to their full potential as leaders, innovators and advocates within multidisciplinary teams.



"This programme is going to help instil skills and knowledge in mentorship and leadership. I want to make sure that implementation on the ground is positive and that the mentees I mentor feel inspired." - Joshua, Senior Nursing Officer, Nkhata Bay District Hospital

ZAMBIA VOLUNTEER PLACEMENTS

Through our Volunteer Placement Programme in Zambia, we will support Health Partnerships to address locally identified needs and provide support where it is needed most.



"We are very excited because we have had a very big gap in the number of specialists as a country. The more we get these volunteers, the more we develop." - Drimbwa, Matero Hospital, Zambia

SPOTLIGHT ON...

UGANDA COVID-19 RESPONSE

Through our Health Worker Action Fund, Peace Hospice Adjumani in partnership with Cairdeas International Palliative Care Trust, are providing psychosocial support to health workers directly involved in the management of patients with COVID-19. A key component of this is reducing stigma towards the virus in the community as Vicky Opia details below.



We believe that health workers have the ability to be empathetic to all those affected in and out of the community, treating patients with the support, compassion and kindness they deserve, and the ability to help to manage the fears, expectations and worries of patients impacted by COVID-19, their families and the community. In order to reduce stigma, it is important for health workers and the community to separate a person's identity from COVID-19, rather than defining a person by it.

Through radio shows on local stations and public meetings, we have been engaging community members on stigma and discrimination towards patients and health workers affected by COVID-19.

"Stigma and discrimination is what kills us most, this disease is new, little is known about it, with what I have heard, I shall embrace the truth and not run away from it" - Radio Listener.

Health workers are exposed to hazards on a daily basis, including pathogen exposure, long working hours, and psychological distress. This is particularly pronounced during this period. As such, we have provided assorted PPE to the District Health Office to supplement the District's efforts in the fight against Coronavirus.

"This support was timely as our stores and stock of hand sanitizers were out. We appreciate the support of Peace Hospice and its partners particularly during this period when we have been badly hit by coronavirus" - Betty, District Stores Officer, Adjumani District.

Vicky Opia, Executive Director, Peace Hospice Adjumani



Dr Walhad, Professor Sir Eldryd Parry, and Dr Suleiman assessing the area for the fistula hospital in Boroma in 2007.

2020 marks the 20th anniversary of our work in Somaliland, an autonomous region of Somalia where civil war has left millions of people unable to access quality healthcare. THET is one of the few international charities that has been working to improve the capacity of the health workforce in the country for such an extended and continuous period. This has given us the chance to make lasting, meaningful change as we train the next generation of health workers. From contributing to the first Fistula hospital in the country to supporting the development of the Amoud Medical School, our work in country has been at the heart of THET for decades.

“THET’s contributions transformed the health system in Somaliland, when it was in a critical state. The most significant of which was developing and training the manpower who would sustain the transformation in the health system in the country.” - **Roda Ali Ahmed, Lecturer, University of Hargeisa**

Throughout the COVID-19 pandemic, THET has sought to support health workers in Somaliland. Following requests from the Ministry of Health and Development and in partnership with King’s College London, the team procured vital PPE as well as acting as a link between teams to provide guidance and training on COVID-19 diagnosis, case management and infection, prevention and control.



“We really appreciate the PPE donations from THET and King’s. This valuable donation came at the right time and gives us the protection and confidence to do our work.” - **Dr. Manal Ahmed Gas, Medical Coordinator, Daryeel Hospital Treatment Centre for COVID-19, Hargeisa.**



In 2021, we will be working with King’s College London and local partners to improve the quality of maternal, obstetric and neonatal care for marginalised women in Somaliland. This will contribute to addressing the extremely high maternal mortality rates in a country where one woman dies every 6 hours during pregnancy.

“We are very excited to be working with THET and Somaliland partners on this programme. It will enable us to scale up our work on quality health care, improving access to quality maternal and newborn health care for women and families living in very tough circumstances.” - **Dr Cathy Read, King’s Somaliland Partnership Lead, King’s College London**

SUPPORTING THET

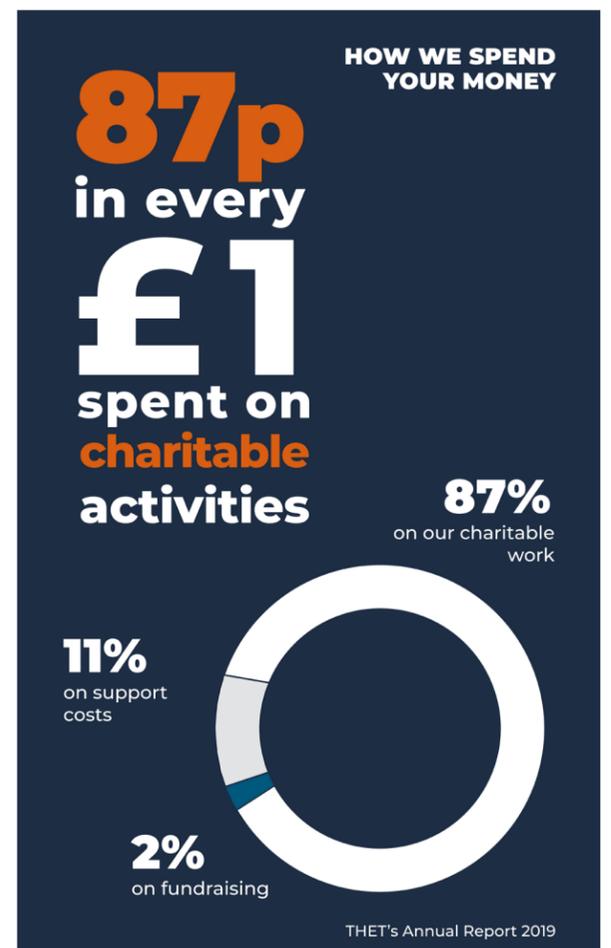
Your support makes our work possible. Thank you!

1 in 7 people will never meet a qualified health worker in their lifetime. You can help us change this.

By supporting THET you are standing with health workers across Africa and Asia as they work to provide health for all. From ensuring essential health services to fighting COVID-19, they are there for patients when they are needed most.

Without your support our work would not be possible.

-  Set up a Direct Debit by downloading our form [here](#) and returning to fundraise@thet.org.
-  Bank Transfer to: Tropical Health and Education Trust, Account Number: 00004198, Sort Code: 40-52-40.
-  Online, via our website: www.thet.org/donate.
-  Send a cheque to THET’s new office: 11 St Andrews Place, Regent’s Park, London, NW1 4LE.



At this time, we kindly ask you to turn to online donations where possible, as this will enable us to process your gift promptly and safely. We apologise in advance for any delays in processing postal donations due to working from home arrangements. If you have any queries or require assistance, please contact our team at fundraise@thet.org.

Become a change maker. In 2021, we are launching a new campaign that will celebrate health workers in the NHS and in low- and middle- income countries and their contributions to global health. If you would like to register your interest in the campaign, please [click here](#).

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