



TJ – the TCHC Manager

TJ helped to plan and set up the Centre in 2011. He has worked hard ever since to keep it going. He will love the chance to show you round inside The Centre and explain the work and the difficulties and illnesses faced by the patients.

Origins

A German medical charity, led by Dr Kristin Menzel, pump-primed this project; the new building opened its doors on 27th September 2011.

The aim is to get TCHC to be self-sufficient. Patients are charged for consultation with nurses and for malaria testing. Children are heavily subsidized; with no state aid it is a real struggle to balance the books. Naturally, any financial help is always welcome.

Illnesses and Medicine

Malaria is the main illness – treated with Paracetamol, Multivite and Vitamin Beco. TCHC dispenses these drugs at the Centre but Coartem, the key (and most expensive drug) in the treatment for Malaria, has to be collected from the state pharmacies via prescription.

Diarrhoea and **Worms** often run in tandem with Malaria so Oral Rehydration Salts are staple along with Mebendazole.



Mosquitoes spread Malaria.

For children, syrups are bought which are more expensive than tablets.

Patients can often be so weak that mixtures of Glucose, Quinine, Ringer Lactate and Sodium Chloride are administered via injections and intravenous drips.

‘Our objective is to save lives and promote health – especially for the less privileged in our community’



Our special offering

Patients like coming to TCHC because they can access medicines straight away. The only medicine we have to prescribe is Coartem.

We really want to continue to look after patients and offer an affordable service. Children under 1 go free and fees are greatly reduced for children aged between 1–14. To maintain this price structure is a constant battle.

At times we treat adults even though they can't afford to cover cost of consultation, testing and medicine. As you can imagine, this puts further strain on our finances.

Any small contribution makes a huge difference. Only 50 Gambian Dalasi (95p) buys 10 Paracetamol tablets.

Our future targets

- Keep two state-registered nurses in place – each nurse costs £100 per month.
- Install 20 new sliding windows with mosquito mesh at the Centre – each window costs £100.
- To aim for NGO status.

What can you do to help?

- If you are travelling to The Gambia, negotiate a 10kg charity bag with your airline. See www.aidgambia.org.uk for more details.
- Bring extra paracetamol on your Gambian holiday to donate to TCHC.
- Donate! As little as 90 Gambian Dalasi, the equivalent of £1.50, buys 30 malaria tablets which can help to save a child.

Thank you for your interest and we hope you enjoyed a little insight into the real Gambia!

Contact us

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The Tallinding Children's Health Centre works to preserve the health of children and pregnant women by providing and assisting in the provision of equipment, facilities and services to reduce the occurrence of malaria and to advance the education of patients in all health-related areas not normally provided by the statutory authorities.

We are a non-profit making and community-based organization.

For more information, visit www.aidgambia.org.uk.



Tallinding Children's Health Centre



Tallinding Children's Health Centre is located in the heart of Serrekunda. This is the largest urban centre in the country and densely populated.

Off the tourist path, it is lively and interesting – a great place to see The Gambia in action. You can witness at first hand how tough life is in the heat and dust of the city, away from the cooling coastal breezes and swimming pools!

If you are ever in The Gambia, come and see for yourself!

