

Welcome to the 15th Friends of Nixon Newsletter. We hope you enjoy reading what the charity and hospital have achieved over the last year!

As we look forward to meeting together again at our upcoming AGM in November, we reflect on the progress, changes and successes at Nixon Memorial Hospital in Segbwema.

The Hospital continues to serve its population and Friends of Nixon has continued to support the requests and needs of the Hospital. A new management team has been established over the last year and two trustees made a governance visit in July, further improving the relationship between Friends of Nixon (FoN) and the Hospital.

The major success of the year, after a huge amount of planning, negotiations, partnerships and investment was the opening of the Nixon Nursing School!



Drs Rob Burnie and Emma Butterfield teaching the new cohort of students at the Nursing School.

Trustee Visit



At the end of July FoN Chair, Dr Rob Burnie, and Trustee, Dr Emma Butterfield, were able to visit the Hospital to spend time getting to know the new Hospital Management team; Matron Josphine Sellu and Mr Joseph Williams, as well as the medical leadership team Drs Missa and Jusu and Surgical CHO Asanatu Bongay. During their visit they toured the Hospital, had numerous meetings and observed the many projects that FoN have supported gaining clearer insight in the current workings of the Hospital and how best the charity can support it.



Friends of Nixon Staff Impact Award 2024 – A new feature of our Annual General Meeting last year was the introduction of a Staff Impact Award; an opportunity to recognise and celebrate the hard work and dedication of key staff at the Nixon Hospital. We look forward to acknowledging our second recipient of the award at our upcoming AGM in November.



Other project news...



FoN continues to support the Hospital **pharmacy** to stock essential medicines.



The **ultrasound machine** continues to be in good working order and used by staff to support pregnant women as well as other patients.



The **oxygen concentrators** donated by FoN many years ago have been refurbished and are available to be used on wards when needed.



The plaque to commemorate the significant **electrical upgrade** enabling the Hospital to have 24 hour power, by kind donation of the EJ Spice Charitable Trust through FoN.

Friends of Nixon continues to place a considerable value on **education**. Through funding workshops, practical resources and supporting the re-establishment of the Nursing School. It also has a history of supporting individuals to further their studies. This year we are supporting long-standing SECHN nurse, Jeita Sandi, to study for the State-Registered Nursing qualification now offered at the Nixon Nursing School, alongside Laboratory technician and Community Health Officer courses.

Infant Feeding Program

In last year's newsletter we reported the early stages of introducing a feeding program to support malnourished children at the Hospital. Dr Emma Butterfield updates on its progress to date:

There was lots of local enthusiasm for the program, as the local clinical and management teams report significant numbers of children with severe and moderate malnutrition presenting both to under 5's clinic and to the outpatient department.

Various solutions were discussed. Usually, children with malnutrition are fed with a special milk formula, or a peanut-based paste. However, neither of these are reliably locally available, nor are they easy to purchase in Freetown. One local solution is to make a porridge based on rice, sesame, peanut, dried fish and other ingredients, ground together. This provides an essential mix of carbohydrates, proteins and fats. This is called "benemix", after the Mende word for sesame ("Beni"). However, making Benemix is laborious, involving toasting and grinding multiple ingredients by hand - and families need to buy the ingredients.

The hospital management found a local commercial supplier of ready-ground and mixed benemix, and Friends of Nixon purchased 300 bags. Each bag contains 6000 calories worth of food - enough to supplement a child's feeding for a week.

All children presenting to the under 5's clinic are assessed for malnutrition, and those who are malnourished are given a week's supply of benemix, for free, and asked to return in one week to be reassessed and re-supplied with benemix. This ensures the families can provide adequate food for the children at no cost to themselves, and promotes engagement with healthcare. By initiating therapeutic feeding in outpatients, we hope to prevent children from becoming so malnourished that they need hospital admission, with all the risks and costs that incurs.

Recognising that hospital admission is difficult for families - preventing one or both parents from working and incurring costs - Friends of Nixon are also providing a pack of benemix per week to each inpatient child.

In U5's since July: 10 children have been diagnosed with SAM and 6 with MAM, of whom 14 were admitted to hospital. A total of 18-21 children per month received outpatient feeding via under 5's clinic (as children previously diagnosed with MAM/SAM remain on the feeding program until they reach a healthy weight). In the same time interval, a total of 21 children (i.e. 7 additional to those admitted from under 5's) have been treated as inpatients at Nixon, all of whom received feeding. Mean length of hospital stay is 3 days for inpatients.



HELP US SAVE LIVES IN SIERRA LEONE

Sierra Leone is one of the poorest countries in the world: 10% of children die before reaching their 5th birthday, and 1:250 pregnancies ends in maternal death.

Malaria is endemic, road traffic accidents are extremely common, antenatal care is scanty and patients commonly present late to hospital.



***Are you a nurse, doctor, midwife or paramedic?
Could you spend 3-6 months volunteering in at Nixon Memorial Hospital, training
local staff and providing clinical care?***

ABOUT THE HOSPITAL

Nixon Memorial Hospital is a mission hospital in rural eastern Sierra Leone, approximately 350km from Freetown – it is supported by the Methodist Church of Sierra Leone but welcomes patients and staff of all faiths and none.

It serves an estimated population of **30,000** and works with the Government to provide outpatient and 24 hour inpatient care across 5 wards including paediatrics and maternity. It has a functioning operating theatre and laboratory offering basic investigations. It is currently staffed by two Sierra Leonean doctors, supported by a Community Health Office and nursing team.

FRIENDS OF NIXON SUPPORTS HEALTHCARE IN SEGBWEMA THROUGH:

- Training local healthcare staff
- Supplying essential medications and equipment
- Providing volunteer clinicians for the hospital
- Developing free feeding programs
- Empowering communities



Bursaries are available to cover flights and accommodation
To express interest or find out more, please complete the expression of interest form at
<https://bit.ly/VolunteerNixon>



FRIENDS OF NIXON IS A CHARITY REGISTERED IN THE UK #1145455

<https://www.friendsofnixon.org>



TO EXPRESS INTEREST,
SCAN THE QR CODE

*Join us at our AGM
Saturday 29th November 2025*

We look forward to celebrating the work and activity of the charity and the hospital from the last year.

12.30pm Arrival & Reception

1.00pm Buffet Lunch

2.00pm. to 4.00pm Meeting

**Notting Hill Methodist Church
240 Lancaster Road, London, W11 4AH**

*Please let us know if you are joining us:
Email: janna141@hotmail.com*



Gift Aid

Gift Aid enables charities such as Friends of Nixon to claim an additional 25% of a donation made.

Whether you wish to make a one-off donation or set up a standing order and are eligible to, please ensure you have completed a Gift Aid Declaration Form, either using this form or contacting our Treasurer, Robert Dixon for further assistance.

Thank you for your continued support!

We are immensely grateful for the generous support we receive from individuals, trusts, groups and churches. We could not continue to support the hospital without you!

If you wish to donate either on a regular basis by standing order or a one off donation

please contact our treasurer Robert Dixon *11a Denbigh Road, London, W11 2SJ*
robertdixonfon@gmail.com OR **donate directly**

Friend of Nixon Memorial Hospital, Lloyds Bank Sort code 30-97-41

Acc. No. 02687413 and please remember to **Gift Aid** if you are eligible (see form below).

To donate online, our provider is Wonderful: <https://wonderful.org/charities/1145455>

For general enquiries or to discuss the possibility of a trustee speaking on the charity's work please contact our Secretary, Janna Burnie – janna141@hotmail.com