



## **PRESS RELEASE**

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### **DR WILLIAMS OFFERS PRACTICAL HELP TO PEOPLE IN UGANDA**

Where are you off to on your holidays this year?

Dr Iola Williams, an obstetrician/gynaecologist from St Bernard's Hospital will be spending part of her annual leave on her second visit to the Luwero District of Central Uganda, about 50 miles north of Uganda's capital Kampala. Luwero is still recovering from the brutal Uganda Bush Wars of the 1980s and it is a particularly poor area of the country.

Iola is a member of 'Care for Uganda,' a small charity that, amongst other things, aims to raise the standards of maternal health in the country.

'It all began when I went to a reunion at my Medical School in Cardiff,' explains Iola. 'I met a couple of GPs who were already working with the Care for Uganda charity and they suggested I might have something to offer. GPs and midwives had already been out to Luwero to train Community Health Promoters in the basics of health care provision. Last year it was my first visit out there but it was dreadful. I saw a set of new born triplets die for the lack of basic health care.'

At the end of the month, Iola will travel to Uganda where she will work in a hospital teaching doctors and midwives in the techniques of ultrasound and common obstetric problems.

'When I was there last year I could see that they had been given the right machines but these machines were lying there, unused and covered in red dust, because no-one knew how to use them. There is so much easy stuff that could make such a big difference,' added Iola.

Having asked her GHA bosses for some of her annual leave, they promptly donated two sets of 'surplus to requirements' Caesarean Section Surgical Instruments for her to take out to Luwero with her.

But why spend her leave living in very basic conditions in a poor village in Central Africa?

'I am doing it because I know I have to help these people,' said Iola.

More information and details of sponsorship can be found on the Care for Uganda website, <http://www.careforuganda.org/>