

How Can I Help

Medics often ask what can they take out. The most comprehensive answer is to apply for a Medication's Package.

Applying for a medication's package supplied by International Health Partners UK is helpful described below by Miles Gandalphi who was the first (but not the last) medic to take out these drugs.

Contact IHPUK

- The website is <http://www.ihpuk.org/> for information
- There are forms to fill in under "Doctor's travel pack' tab...
- The email address of their secretary Ruth is r.dunnett@ihpuk.org, who is wonderful at answering questions and queries

Filling in forms

- Talk about the scarcity of resources at Kilimatinde
- The hospital can be contacted for any help filling this in
- Hospital email is Dr Uggi at kilimatindehosp@yahoo.com

Collecting drugs pack

- The drugs pack will be shipped to your home address once you have raised £370
- This is to cover the charity's costs
- The drugs pack is worth £3,500 at NHS-equivalent cost (much more if bought privately)
- The £370 could be raised however you want – cake sales, sponsored run etc

Flights

- The medications come in boxes weighing a total of 20-30Kg
- This is very expensive to add to your hold luggage
- Fly British Airways, who Ruth will contact for you after you have booked your flight to get the medications on for free
- I contacted many other airlines, these are the only people who will take the boxes for free in addition to your hold luggage
- This is part of a deal IHPUK have with them, so let Ruth sort it out

Shipping drugs pack

- Once you have the dates of your travel you should start organising the shipping
- This involves sending the packing list over to Dr Uggi
- Dr Uggi will apply to the TFDA to have your medications cleared for import
- He will send over a faxed copy of the form
- This faxed copy sufficed for me to get through customs, though I did ask for the real one to be bought to me (though I don't think this is necessary)
- Dr Uggi will give instructions on who to meet (currently David) to help you get to Kilimatinde hospital from Dar es Salaam.

Any questions, please email me at milesgandolfi@gmail.com