

NEWSLETTER  
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# Friends of African Nursing newsletter

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[www.foan.org.uk](http://www.foan.org.uk)

## Chairman of Trustees Report

In the absence of travel to Africa, which may continue for some months or years, we have learned that the technology available can assist us greatly with education sharing with colleagues in Africa. It is an expensive way to move forwards, but the only possibility at present. Although the caveat exists which says that on any given day or hour, the signal strength and reliability of the internet service in the region is not a given. After the June conference which we held, we heard from a number of colleagues that they had been unable to get an internet signal to hear the sessions live. The fortunate way in which these events are handled, means that the sessions are recorded and may be accessed for up to a year after the event. We have chosen to only make them available for a month, as stimulation to access them soon goes away after the day. This next conference we are holding we have chosen two months 'catch-up' as Christmas occurs shortly after the conference, goes out live.

The important thing we have learned over time is that teaching adults is different from teaching children. Adults have pre-conceived ideas which may or may not be correct and in order for nursing practice to change, some ideas need to be challenged and rationale for new practice available with reference to research or fact. Andragogy implies the learner is using elements of self direction in order to facilitate their learning process.

It is also true that individuals learn best using a style. These have been described as visual learning, auditory learning and kinesthetic or tactile learning. Visual learners, of which I am one, learn in

pictures, preferring to see facts written down in a handout or on a slide. FoAN has learned that many of the generation of learners we are helping in Africa, like videos not only to break up the incessant powerpoints but they learn well from a video. The auditory learners like to learn through lectures and discussions and like group work. The kinesthetic learners are those who like best to touch and feel and by experiencing that which they are trying to learn. Many of the concepts which we are passing on to African learners are tricky to teach in this way but are sometimes requested by the students. Sessions held during an e-conference are unlikely to hold all the references which the speaker has looked at although many do provide a list as a final slide for others to review after the presentation. Some of the presenters we have chosen to enrich our conferences are African erstwhile students who have gone on to study or to be promoted to positions in hospital services which given them an element of confidence to speak. They are always eager to get feedback on their performance, as well as the content of their talks, which from experience, is the only way to learn. This may be the only way we can share education for some time to come, but the motivation that it brings, to be able to at least share some of our knowledge is important to each of us and to the charity. We look forward to the next event and to planning ahead for 2022 events.

Kate Woodhead

## During the 20 anniversary year

A big thank you is due to our colleagues in Friends of African Nursing Canada who helped us on the day with an excellent presentation and chairing the event, as well as providing us with a generous grant to help with expenses.



At the end of October, a fundraising event was held in Thorner Parish Centre to sell jewellery, handbags and scarves. The day was very successful with £400 being added to FoAN funds and an exciting number of mulberry bags which were donated will be being sold separately in aid of the charity.

Throughout the year we have been sending a box of text books to a hospital somewhere in Africa. The post is long and slow but so far all the parcels have arrived bar one to up country Lesotho and have been very well received.



Annie from Malawi showing the books she'd recently received from FoAN.

**Trustee news** We are sad to report that Sally Pentecost resigned her trusteeship. We will miss Sally's input greatly—always practical and adept at looking at issues from different angles to get to a solution. Thank you Sally, for all your efforts over the years and for the presentations and company in Africa.

We have also lost Diane Gilmour who has served for many years and has lead education visits to Africa. Diane could always be relied upon to think outside the box and find solutions to problems. Diane is thanked for her considerable contributions to the development and on-going success of the charity. You will be much missed.

**Items for sale.** The website ( [www.foan.org.uk](http://www.foan.org.uk)) has a fine selection of items for sale, including cards for Christmas, a calendar for 2022, and other items. Send an email to [info@foan.org.uk](mailto:info@foan.org.uk) with an order and it will be despatched to you.

Do check it out

A big thank you is due to Lesley and Chris Fudge previously of this charity, for continuing to support us by supplying cards for sale. Many have been provided throughout the year in order to keep the stocks intact and Christmas will be no different ! Thank you both for your help and support.



Christmas cards and calendars