

TB
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for a future without tuberculosis

ANNUAL REVIEW
2013-14



Introduction



Desmond Tutu

It was almost 70 years ago that I nearly died from TB as a teenager, and I spent

two long, lonely years in hospital recovering. At the time I truly believed that within my lifetime TB would become a disease of the past. With the major breakthroughs in treatment of the 1950s, we now had the drugs that could cure people effectively – so surely TB could be eradicated over the coming decades?

I was wrong. Every day over 23,000 people across the world will fall ill with TB and some 3,500 of them will die from it. The debilitating effects of the disease stop people working and their deaths leave children orphaned. Deep-rooted stigma, lack of awareness about TB, limited access to healthcare and a rise in antibiotic resistant TB all mean that people continue to catch TB, spread TB and, especially in developing countries, die from TB.

That's why I've been proud to call myself the patron of TB Alert over the past ten years.

The charity carries out crucial work to help the most vulnerable people in the poorest communities receive life-saving treatment.

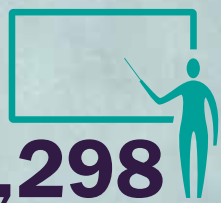
In 2013, TB Alert continued to focus on reaching people in southern Africa and India who miss out on medical care, through its work supporting community healthcare and awareness raising projects. And in the UK, where TB rates have stayed stubbornly high while those of neighbouring countries have dropped, TB Alert has worked with other charities and community groups around the country to reach those most vulnerable to catching TB and help them be treated early, halting the spread of the disease.

It's only through a wholehearted global commitment that we will ever see the disease finally eradicated. That means investing time, effort and resources into making sure TB programmes reach everyone, especially the poorest of the poor. I look forward to watching TB Alert's work over the coming years, as they continue to work towards a future without tuberculosis.

Patron, TB Alert

2013 highlights

In 2013, TB Alert worked with local partners to reach more than 4 million people*. Our work spanned three continents, with projects in the UK, India, Malawi, Zambia and Zimbabwe. As a result:



8,298

health workers and volunteers were trained



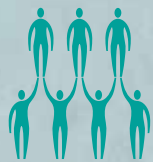
34,204

people were tested for TB**



3,261

people were diagnosed with TB



2,473

people were supported through treatment

*Figures include those of our sister charity TB Alert India, which we launched in 2004 and have supported to become one of India's leading tuberculosis organisations

**Includes screening and testing



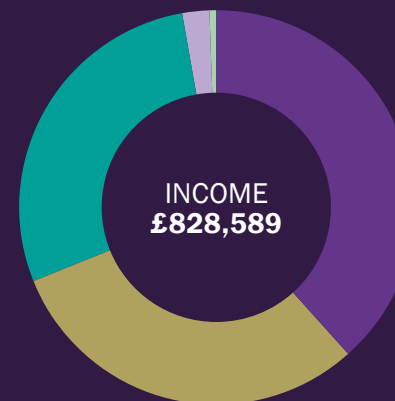
4,001,225

people were reached with information about TB, its symptoms and how to get help



We were instrumental in the creation of a **NEW NATIONAL TB STRATEGY** for England

Money matters



- Voluntary income **£318,549**
- UK programmes **£252,831**
- International programmes **£235,544**
- Activities that earn income **£17,550**
- Investment income **£4,115**



- International programmes **£391,343**
- UK programmes **£344,207**
- Costs of generating funds **£101,834**
- Advocacy activities **£22,778**
- Governance costs **£4,094**

£1

For every **£1** we received

87p was spent on programmes to tackle TB

12p was spent on raising vital funds

1p was spent on governance

Thank you

A huge thank you to all of our supporters. Each and every one of you has helped us to make a real difference in tackling TB in the UK, India and Africa. If you would like to support TB Alert please find out more at www.tbalert.org.

Your legacy could make a real difference

A legacy from you could help us fight TB in the 21st century. Just as a Will brings security to your family's future, a legacy to TB Alert will secure the future of our vital work, providing essential awareness campaigns and services for people with TB. To find out more, call **01273 234028** or email giles.witcomb@tbalert.org.

Front cover image: When Chandramani (left, with daughters), who lives in Andhra Pradesh, India, became ill and lost weight, he was misdiagnosed with diabetes. Luckily he met outreach worker Maneih from TB Alert's TAP project, who took him for TB testing. He was diagnosed with TB and Maneih still visits him to give advice and support during his treatment.

Introduction page image: A TB project worker in Malawi tests for TB.

www.tbalert.org



Owen (left) interviewing a health clinic worker

broadcast on local radio, which is the way most people receive health information, and published in print and online.

“TB can make people feel very close to death, and they often feel real despair when they’re diagnosed,” says Owen. “Stigma and discrimination are worse than for any other illness, and combined with HIV, worse still.”

Owen interviewed Eveless Makuya, who fell ill in 2000. “I didn’t realise I had TB – I thought it was malaria – even though I now know I had the symptoms of TB,” Eveless said. After many months of misdiagnosis, she was finally diagnosed with TB. Eveless was shunned by her local community during treatment, as they feared she would infect them.

But today Eveless is one of many voices helping to change attitudes towards TB. “I think the fight against TB is improving – people are now getting information and getting diagnosed earlier,” she told Owen.

Dedicated journalists help spread the word

It’s a sad reality that even though TB is fully curable, more than a million people around the world still die from it each year, and Malawi is no exception – with one in ten people who catch TB dying from the disease.

In the Chiwama area, poverty levels are high and the health services poor, even by Malawian standards. Many people don’t know the symptoms of TB, don’t know where to go for help or don’t seek care until it’s too late.

Journalist Owen Nyaka is helping to change this. Owen works with TB Alert’s partner JournAIDS, a network of journalists raising awareness of HIV/TB and challenging myths. They visit health clinics to find out about TB and the challenges staff face in treating the illness, and speak to people with TB about the stigma they encounter. Stories are then

Sabine battles stigma and myths

Sabine Jaulim is reaching out to members of her local community at risk of TB, dispelling myths and sharing important health messages.

Sabine is one of Redbridge Council for Voluntary Services’ new 10-strong team of ‘Health Buddies’, which the north London organisation has developed in partnership with TB Alert. The buddies, who were trained by TB Alert, speak a range of community languages like Urdu, Tamil, French and Arabic, which helps them to gain the trust of the people they are talking to. They conduct one-to-one and group TB awareness sessions at various venues including libraries, churches, temples, mosques and community groups.

“There’s a lot of stigma around TB,” says Sabine. “So you need to approach it sensitively. I’ll ask people if they’ve heard of TB or know anyone who has had it, and

find out what they think about the illness. Then we’ll talk about the symptoms and what they should do if they think they or a family member might have it.

“One of the biggest challenges is convincing people that the myths about TB simply aren’t true – such as that you can get it through spitting or sharing cutlery. Also they don’t realise that TB is curable, or that treatment is free for everyone,” says Sabine.

Awareness raising is a key element of TB Alert’s work. We know that by getting people talking about TB, they will feel less fear and shame about the illness, and will seek help sooner. That means fewer long-term health problems and less chance of spreading TB among their friends and family. Over time, we should then see rates of infection really start to come down.

Sabine raises awareness in her local community



A healthy diet helps keeps Aisha TB free

TB Alert's campaigning success in Andhra Pradesh, India, is helping keep children like Aisha healthy and free of TB.

Aisha's mother Susheela grew up in poverty, and had to leave school as a child to take care of her younger sisters. Susheela left home when she married, but her husband died when Aisha was just two years old. Facing destitution, the family moved back with Susheela's parents, who could barely make ends meet themselves.

TB is a disease of poverty and Susheela is now suffering from TB for the second time. At first she felt ashamed to tell anyone about her illness due to stigma. But a local community health worker trained by TB Alert's project TB Advocacy Programme (TAP) is supporting her through her treatment, and Susheela now talks openly about her TB.

To prevent Aisha from catching TB from her mother, she is being given a form of preventive treatment. Because a good diet and strong immune system are key to the treatment's success, workers from TAP had campaigned at state level for children receiving such treatment to be given



a double ration of the nutritional supplement provided to all children under six.

The 'double ration' was approved by the state government in 2012 – meaning that now twice a week Susheela receives plenty of rice, dhal, oil and eggs to help keep Aisha well.

Susheela with daughter Aisha, whose 'double rations' are keeping her healthy

"In our economic situation, we wouldn't have been able to give her this much food to cope with her medicine. This has made her healthier and more energetic," says a smiling Susheela.

Danmore gets his life back

Tuberculosis robbed Danmore Betera of the ability to provide for his family. But TB Alert's project at Murambinda Hospital means he will soon be able to resume his role as the family breadwinner.

Danmore, 45, lives with his wife and three children in a small village in Manicaland province, Zimbabwe. He and his wife are both HIV positive, and when he came down with a fever and night sweats, losing more than 10 kilos in just a few weeks, Danmore became worried. He visited the local clinic, where he was tested and diagnosed with TB. TB is a major cause of death among people with HIV/AIDS so Danmore is lucky he lives in an area with an active TB programme.

Things have been particularly tough over recent months, with Danmore too ill to work in his garden, where he grows vegetables and fruit to sell locally. The family have struggled

to find the money for food, school fees for the children and clothing.

But four days a week, Murambinda volunteer Good Zimbandi makes a four-mile round trip by foot to visit Danmore, who is now halfway through six months of arduous TB treatment. He gives him his tablets, making sure he's taking them as prescribed, and encourages him to stay on treatment until his TB is fully cured. Good has also helped the family understand how TB can be passed on, so they can take steps to protect themselves from the illness.

Thanks to TB Alert, Danmore is now getting stronger every day and has started doing light work again. "I'm already feeling better, and I can't wait until I'm fully cured and can take care of my family again," he says.

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Danmore starting to work in his garden again

