

## Dear friends of 500 miles



Box 500, 44-46 Morningside Road  
Edinburgh EH10 4BF  
Registered Charity Number: SC038205  
olivia@500miles.co.uk  
www.500miles.co.uk

With Christmas getting closer, you might be hunting for a great gift idea. This year, why not give a friend or loved one a 500 miles gift certificate telling them that you have provided a prosthetic or orthotic device for a disabled person in Africa?

A certificate costs £60 and is presented in a Malawian cloth bag, together with a leaflet and a 500 miles badge.



Under the wire, as ever, I am *just* managing to write this newsletter in November as promised. It has been an interesting and challenging 6 months for 500 miles with a lot happening - not all to the good, but with plenty to smile about.

My visit to Malawi in October was productive and enjoyable. The main purpose was to convince the Ministry of Health in Malawi (MoH) to allow 500 miles to set the pricing structure for P&O devices so that we can start working towards developing a truly sustainable P&O service which can be taken over and run by MoH with minimum external financial assistance. I have left the ball in its court and we now have to hope that MoH shares our vision. I also spent some very rewarding time with the managers and staff at the 500 miles Centres in Lilongwe and Mzuzu and with the supportive directors of the two large government hospitals, Kamuzu Central Hospital and Mzuzu Central Hospital, where our centres are located. And I saw Lake Malawi for the first time - breathtaking!



The Lake at Chinteche

Lack of tangible engagement from within Zanzibar has meant that we have had to significantly reduce our ambitions there. In May I went to Zambia to see what the options might be for up-scaling 500 miles' support of prosthetic and orthotic services in Lusaka and countrywide; there is a lot of potential for the medium and long term but at the moment it's frustrating that we can't facilitate a service for more of the people who badly need but can't afford or access P&O devices.

You can read more in the projects update including a feature on Samuel Walker, our manager in Mzuzu, as well as news of an exciting link up through the church Guilds in Scotland and Mzuzu.

I'm delighted to say that the new website has been much visited and admired. Almost all of the 17 students that 500 miles has sponsored or is sponsoring have now supplied information for their profiles. I hope you enjoy reading about these ambitious and caring men and women in their own words - especially Tiwonge Kaponda who wants to be Malawi's Minister for People With Disabilities!

Until now we have only sponsored training at The Tanzania Training Centre for Orthopaedic Technologists but in October this year, Rose Nyirenda (pictured below) became the first 500 miles student to go to The Cambodian School of Prosthetics and Orthotics (CSPO) - with a view to broadening our approach and the range of skills available in Zambia. Good luck Rose!

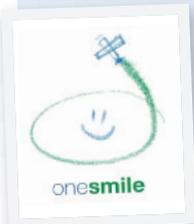


I'm sure that, as always, the stories of supporters' fundraising efforts will impress you, especially Maddy's 500-mile walk from Geneva to Nice and Gordon and David's volcanic - really! - adventure in South America. Virtuo Wealth Management's new innovative scheme, "You Give We Give", which will benefit 500 miles makes for interesting reading too. We are extremely grateful to every donor for your generosity and to every fundraiser for your effort, imagination and inspiration.

Talking of inspiration *please* read about Susan and Jacob among our patient stories.

I'll be back in touch in the spring with news of a new large fundraiser for 500 miles that everyone can take part in.

*Olivia Giles*



For anyone who would like to make a regular donation through our One Smile programme to pay for devices

for people who couldn't otherwise afford them, we've now added the option of doing so by standing order. You'll find the new form (along with other details on how you can support 500 miles) at [www.500miles.co.uk](http://www.500miles.co.uk).

## Inner Wheel on London Eye

Long-time supporter of 500 miles, **Catherine Jones**, and her friend **Trudy Nigond**, joined members of the **Association of Inner Wheel Clubs in Great Britain & Ireland** in their celebration of 90 years of friendship and service at the London Eye in October to acknowledge the Inner Wheel's huge support of 500 miles since the first donation by District 1 in March 2011. This support has



continued over the last six months by a number of clubs all over the UK, notably District 9 with their overseas rally in Thames

Left: Catherine and Trudy in London. Right: President June and Grace, their longest-serving member



Valley and the Club of Tranent and, celebrating its 60th anniversary in November, the Club of Renfrew and Govan.

## Stranraer's 60th

Sharing a 60th birthday in November was **Stranraer Rotary Club**, the most recent of many Rotary Clubs to support 500 miles since Olivia spoke about the work of the charity at the annual conference of Rotary International Britain & Ireland at Harrogate in April. John Hadler from the Richmond and Surry Club has been spreading the word in his area – and Menorca.

**£5,740.** You can read the full report on the classic car tour on [our website](#).



## Celebration support for 500 miles

**Bill Higgs** used his 70th and **Lady Eileen Russell** used a "big" birthday and the 50th anniversary of her marriage to Sir Muir Russell to generate funds for 500 miles. How kind of them all!

Below: Olivia giving her thanks to the Gryffe Valley Rotary Club for their fundraising efforts.



## Grub's up in Gryffe Valley

In June, **Gryffe Valley Rotary Club** held its fourth annual summer barbeque in aid of 500 miles. Once again, **Mike and Kay Farley** opened their home and garden, which was in peak bloom, to club members and their friends. Many guests joined the party, the food and drink flowed, raffle prizes piled up and the sun shone. For once there were no warm coats in sight! It all fused to generate a record £1,324 which was supplemented by the club (again) to provide another wonderful donation of **£1,500** to 500 miles.

## Classic cars at Killearn

During her year as President, Pamela Maxwell introduced 500 miles to **Strathendrick Rotary Club** – and how glad we are! It put us in the frame for benefitting from the club's annual classic car tour at Killearn in April. It was organised by Joe Norman and involved 80 fabulous cars and their crews who all defied the wet weather to put on a fantastic show and £7,000 was raised. 500 miles' substantial share of the booty, added to the proceeds of an excellent raffle at a club dinner and private donations from club members or friends, took the total donated by this generous club to an amazing

## Ta for Tai Chi

The ladies of **Margaret Mackie** and **Allison Plenderleith's** Tai Chi class (pictured) in Carluke showed that they are not only fit and flexible – but fabulous fundraisers, by delivering a cheque for 500 miles for a very unexpected but equally welcome **£1,000**.



## Pupils walk 1,074 miles to support 500 miles

**£5,500** from **South Morningside Primary School!** June Guthrie, friend of 500 miles and mum of Lindsay and Katie who go to South Morningside Primary School, introduced Olivia and 500 miles to Mrs Grierson, the head teacher, in 2010. This school does a lot of fundraising for charities so 500 miles was very lucky to be chosen for support last year. The proceeds from the 2012 Christmas concert were donated to 500 miles and a full car-load of good quality second hand shoes was collected for shipping to our projects. But the really big money-maker was the sponsored walk on 8th and 9th May in Braidburn Park in which everyone took part completing a total of 1,074 miles. The Proclaimers sing "I would walk 500 miles and I would walk 500 more" – the extra 74 were obviously for very good measure indeed when you consider how much the children inspired their families and friends to donate.

## A very special 60th for Ros

**Ros Barclay** celebrated her 60th birthday with a lovely party in St Joseph Catholic Church hall for 500 miles. The raffle prize and auction lot tables were stacked high with wrapped parcels and desirables which Ros had gathered by many ingenious means. The food was plentiful and delicious especially the family baking contribution. The games included guess the teddy's birthday and find the key for the door. Entertainment was by DJ, and X Factor contestant, Storm, and the very talented Scott MacDonald. Ros raised a wonderful total of **£1,600** and what



Ros (right) and her friend Annemarie show off the cake

is even more amazing is that this is the second time that Ros has given her time, effort and charm for the benefit of 500 miles on her birthday. Ros's biggest problem was convincing anybody that she is really 60!

## Maclay, Murray & Spens Raffle the night away

**Maclay, Murray & Spens LLP**, Olivia's old firm, held a charity raffle in aid of 500 Miles at its 65th Annual Vindex Dinner on Friday 4 October at Oran Mor.

Along with some fabulous frocks, and terrific tartan, there were great prizes on offer, including tasty restaurant vouchers, a day of fishing, a 'Santa in a Spin' board game, and enough whisky to set up your own shop.

The raffle raised a wonderful £964.15, which was generously matched by the Firm, raising the total to a marvellous **£1,928.30**.

Everyone had a thoroughly enjoyable night, made even better by raising money for 500 miles!

## Gordon and David's Excellent Adventure

**Gordon Hunter and David Williams** are property professionals – with a crazy climbing habit which they have used to 500 miles' great advantage. In September they went to Argentina and Chile to climb volcanoes – as you do! – Longquimay, Lliama, Villerrica and Osorno. (Lliama erupted as recently as May 2011!) They climbed over 36,000ft in total and cited incidents such as – an electrical storm forcing a retreat on the 2nd of three attempts to climb Villerrica, only one of four volcanoes in the world with an active lava lake in the Calders – and descending Osorno in rapidly failing weather, covering 5,000ft of glaciated terrain on skis in a total white out. How did they settle back down at



a desk?! Hopefully an enormous sense of achievement and pride in the **£6,500** these incredible adventurers raised for 500 miles



Left: The full force of Lliama erupting in 2011. Above: Taking 500 miles to the top.

from their generous friends and colleagues, will have been solace as they hung up their boots – until next time no doubt! Thank you!



## Cool as a Cucumber Card

Led by Managing Director, Katie Cessford, the **Young Enterprise Company** at **St George's School for Girls** raised **£338.90** for 500 miles by designing making and selling Christmas cards and greetings cards. The girls (pictured) sold the cards under their brand, Cucumber Cards, at a trade fair at the Apex Hotel and the school fair as well as to friends and family. Well done and many thanks girls!



Left: Enjoying the view.  
Above: Intrepid Maddy with Mum & Dad.

## A Grand Traverse for Maddy

If you are going to walk 500 miles then the Grand Traverse des Alpes - from Lake Geneva to Nice - is possibly one of the nicest routes to choose. But it's still 500 grueling miles of ascent and descent day after day. That's how 16-year-old **Maddy Rudge** chose to spend her summer, accompanied by Mum and Dad, Pauline

and Daniel - all for the sake of the patients of 500 miles. Maddy heard about us from her Aunty Morag (who ran the Hairy Haggis Marathon Relay for us a couple of years ago), and went on to set up her own Just Giving page. Maddy's feat so impressed her friends and family that they sponsored her to the tune of an impressive **£2,512!**

## Academy pulls out all the stops

Thanks to Mathew Peel who was serving on the charities committee when he was in P3, the pupils, parents and staff of **The Edinburgh Academy Junior School** got right behind 500 miles last year. Led by head teacher Gavin Calder and new teacher Alison Hogg, who embraced the project with wonderful enthusiasm, they collected over 200 pairs of good quality, second hand shoes and then, from the Edinburgh Academy Film and TV Awards night to the brilliant staff pantomime, Cinderella, and from many cakes bakes to a Funky Fashion Day, they pulled out all the stops to raise



The first sponsored steps!

funds, culminating in a sponsored walk in Inverleith Park where everyone dressed up their legs to walk one mile each to raise money for legs for 500 miles' patients. [\[You can see a video on our website.\]](#) The Edinburgh Academy's end of term "Big Picnic" made a generous contribution and at the school's 100th Exhibition in June, Olivia was delighted to accept a cheque for an almost unbelievable **£10,112!**

## Giving through ethical investments

Scott Murray, the Managing Director of **Virtuo Wealth Management**, was introduced to 500 miles through being an Edinburgh Academy parent. Virtuo will launch "You Give We Give" in association with TAM Asset Management in Edinburgh on 4th December. You Give We Give is an exciting new scheme through which investors who put money into a range of socially responsible investments

from ethical portfolios, can choose to give a percentage of any annual



profit from their individual portfolio to charity. The investor can choose (and change) their own preferred charity but Virtuo have very kindly selected 500 miles as one of a few for investors to consider.



## Cubs say boo! for Community Challenge

**1st Falkirk Cub Scout Group** is not afraid of ghosts! To prove it, as part of their Community Challenge, the Wednesday Wolf Pack braved a Hallowe'en sleepover in their scout hall and got up the next day and took part in a walk dressed as witches and wizards! Their daring, costumes, community spirit and concern for people in Africa with mobility difficulties inspired sponsorship of **£270**. Thanks to Fiona Scott for the idea and making it happen.



# Malawi: Mzuzu

Left to Right: Eviness, Olivia, Tiwonge, Elvas, Sam, Dumisani

When Olivia last visited the 500 miles Centre in November 2012, the paint was still wet and the doors had barely opened to patients. What a difference she saw returning in October, nearly one year on!

The clinic and hostel are fully operational. We thank Western Construction for their generous, attentive and professional after care service.

Patient numbers are up to an average of 30 a month. We hope you enjoy the stories of Susan and Jacob on page 8. The demographics in the north make it harder for us to spread the word about what we can offer to people and so, with the guidance and services of Malawian Pastor Steven Chisale, we have embarked on a systematic, comprehensive, district by district, zone by zone, community by community, sensitization and screening programme starting in the north of Mzimba District. It's quite expensive but so far it's working and proving worthwhile.



joined by a Malawian assistant, Eviness Nkumba, who was run off her feet even before Elvas Singini arrived in August. Elvas, like Dumisani and Tiwonge, is a 500 miles-sponsored student, now employed by the Malawian Ministry of Health. We are very proud that Elvas is the first student to qualify with a three year Diploma from the Tanzania Training Centre for Orthopaedic Technologists with distinction!

500 miles' prosthetic and orthotic service is now well integrated with Mzuzu Central Hospital thanks to the warm welcome and cooperation of the Director, Rose Nyirenda, and her team. We are particularly pleased to be working closely with the physiotherapy and orthopaedic departments.

None of this would have been possible, or worked out as well as it has, without the hard work, diplomacy, dedication, passion and care of Samuel Walker who has managed the 500 miles centre from the start. There follows an abbreviation of Sam's own account of his first 17 months with 500 miles. [Please do read the full version on our website.](#) We are indebted to Sam and absolutely delighted that he'll be with us for another year!



Tiwonge & Elvas on outreach in Mzimba

The start up Malawian professional staff, Dumisani Ngulube and Tiwonge Kaponda, who were "in with the bricks", have been



## Profile Sam Walker

Back in 2012 Sam started his journey with 500 miles. He had been working as a physiotherapist with the NHS when he saw the chance to work with us in establishing a prosthetic and orthotic service in the northern region of Malawi. And, having had an interest in this field of Physiotherapy since university, it was a chance he grabbed. The NHS gave the OK for him to take a career break – and after a month's training in Lilongwe with previous manager Joanna, Sam arrived in Mzuzu.

Continued on page 6

## Local connection

On 7th September Olivia spoke at the annual meeting of the Guild of the Church of Scotland in the Caird Hall, Dundee. It was a lovely day but the best part was discovering that the Guild is actively involved in working with the Guild of the Church of Central Africa Presbyterian (CCAP), Synod of Livingstonia in the north of Malawi. Through Iain Whyte, Olivia was introduced to Rev Timothy Nyasulu, the current Moderator of CCAP and Director of the Synod's education programmes. Sam was already aware of CCAP (which works to improve the academic performance and independence of people with special needs) and when Olivia was in Mzuzu, they met with Timothy to discuss how we could work together.



The Guild annual meeting

Although our respective services are very different, both CCAP and 500 miles want to reach everyone to whom we can provide assistance in our separate ways across all communities in northern Malawi. We decided on a joint sensitisation day at the 500 miles centre on 19th November. It was a great success. Each team presented to the other about its work and we discussed a number of ways in which we can go on to work together. We've already shared the contact details of other groups working with people with disabilities and made cross referrals to each other's services! It was ideal that Karen Goodman-Jones from Signal, which funds part of CCAP's Deaf Act Project, was in Mzuzu and able to contribute to the initiative.

L to R: John, Timothy (both CCAP), Karen (the Woodford Foundation), Tiwonge, Sam, Elvas, Austin & Mrs Banda (both CCAP), Eviness



Continued from page 5

His first task as manager was to help push along the construction of the new centre within the grounds of Mzuzu Central hospital. Once done, the heavy machinery was installed and the centre welcomed its first clients in November 2012. While this period came with its challenges, it also gave Sam a chance to get to know the people and processes around the hospital – which has assisted greatly as Sam has worked hard and successfully toward integrating the 500 miles centre into Malawi's healthcare system.



Above: Sam with a patient. Right: Sam with a below-knee amputee - who was so grateful for his treatment, he gave Sam a chicken.



Haiton Tembo, with his new orthotic device

Some of the first clients in the new centre were actually previous clients who had had a device delivered from Lilongwe – including Susan Banda (see page 8). For them, and for others across the north of the country, there's no need to make the long journey to the capital. Now, with word spreading across the area, the centre has welcomed more than 250 new clients, many of whom have lived with problems for decades. For example, the centre recently helped 83 year old Haiton Tembo, who had a deformed limb that was weak and shortened by childhood polio. With a new orthotic device, he's now as mobile as he's ever been for the last 80 years!

(You can see the before-and-after videos [on our website](#).) With the centre's expanding reach, this story is by no means unique.

Over the past year, Sam has also had an important role to play in developing partnerships with other organisations or services helping disabled people in the area. As with every walk of life, working together is always more productive – and we've been privileged to coordinate our efforts with some great organisations, like St John of God, Ripple Africa and MAP.

## Malawi: Lilongwe

As you can see, our staff at the 500 miles Centre at Kamuzu Central Hospital is now very substantial. Dominic Kadya has recently joined us as a third assistant due to the steady expansion in our production. We're pleased to have Mark back after his year in Cambodia under the Fredkorpset Norway exchange programme. You can read about how much he valued this experience in his profile [on our website](#). Although we will miss her for the next 10 months, we're delighted that Maliwase is now enjoying the same programme.

Unfortunately our wooden floor has rotted beneath us due to a combination of moisture from daily washing and hungry termites. Thanks to a generous donor, Western Construction will be replacing it with a solid cement structure and special rubberised paint over Christmas.

We continue to develop our outreach activity into new areas and with new partners. Since the last newsletter we

Sam says the coming year is full of possibility for him and for 500 miles in the northern region. Late last year, we started a comprehensive sensitisation and outreach assessment programme in Mzimba, close to Mzuzu – and the response was astonishing. The team assessed over 250 disabled people in just five days, and around 150 of those were booked in to the P&O service. Those patient numbers were generated in an area covering just a third of one of seven districts, so as 2013 rolls into 2014, there will be many more people to help right across the whole of the northern region.

There can be a lot of discrimination towards the disabled, particularly in more remote areas where education is poor. Some can lose hope and feel rejected. Sam hopes that the outreach programmes will help these people see that their lives are full of worth and dignity – and will help eradicate discrimination.

Sam says he has thoroughly enjoyed his time as manager of 500 miles in Mzuzu so far and is looking forward to the next year and the growth that it will hopefully bring. He has achieved so much for 500 miles, and for the patients in Malawi, so has earned our deepest gratitude and respect. But he's also grateful for the chance to grow the service in Mzuzu which is helping so many people.



Left to right: Olivia, Mwayi, Kambewa, Evelyne, Mark, Patrick, Kambuye – Front row: Damaris, Dominic, Clifford

have begun working with World Altering Medicine which supports a large village called Kabadula, about 90 minutes from Lilongwe and with African Vision Malawi (the new name for the Landirani Trust) in four large areas north west of Lilongwe. Our introduction to the latter with whom there is scope to reach many people with physical disabilities was through James and Christine Percival from Cambusnethan Parish Church which has supported 500 miles.

13-year-old school girl, Brenda Phiri, is a recent patient who was referred to us through a regular multi-disciplinary out each clinic



Patrick treating Tionenji Kamtaza on outreach with DIPD at Chimteka.

Continued on page 7

Continued from page 6

with Cure and MACOHA to Nkhotakota north east of Lilongwe. Brenda suffers from hyper-extension in her legs, severely fallen arches and overly flexed toes which means that when she walks her heels do not touch the ground. 500 miles has made bi-lateral knee/ankle/foot orthoses (KAFOs) with knee joints and insoles for her shoes. The KAFOs will control the hyperextension and the insoles will help with the equal distribution of her weight through her feet. The combination of the two kinds of device plus using crutches for walking will prevent further damage of the knee structure.



Brenda with and without the devices



# Zambia

In 2013 500 miles has funded 16 outreach trips by technicians from the orthopaedic workshop at the Zambian Italian Orthopaedic Hospital (ZIOH) in Lusaka: four to St Francis Hospital in Katete, three to Mongu Cheshire Home in Mongu, two to each of Holy Family Centre in Monze, Kasama General Hospital in Kasama, Chitokoloki Mission Hospital in Chitokoloki and Mukinge Hospital in Mukinge and one to Kalene Mission Hospital at Kalene Hill.

We calculate that 171 prosthetic and orthotic devices will be paid for, with the income going to ZIOH. We hope that at least two more trips will be completed in December adding to this total.



Far left: Agnes Nayame at Kasama. Left: Sarah Nyapasa at Chitokoloki

possible we're trying to cost-share with FlySpec (which does charitable surgical outreach to the same places) by paying our way on flights and road trips but this

year, because we have had a large backlog of work to catch up on, the technicians have needed to remain longer at the destinations than the surgeons and so we have had to pay for separate road trips. We also pay daily allowances to the technicians and in Kasama, where the catchment area is wide, we also pay some or all of the travelling costs of patients. The support costs are actually as high, if not higher, than the device costs.

You can see that the patients who have received devices are happy but our frustration comes from the facts that, with better management of and communication by the workshop and better cooperation from the administration at ZIOH, (1) a large number of devices which have been cast and measured for (and even made in some cases), could have been delivered this year and (2) so many more people with mobility difficulties in Lusaka and country-wide could be treated.



Above: Elvis Chanda at Monze. Right: Mubiana Mubiana at Mongu. Far right: Fipelwa Simutowe at Kasama.

As well as paying for devices, 500 miles has to fund the technicians' travel costs for most destinations, and due to the large distances, those can be very expensive. Where



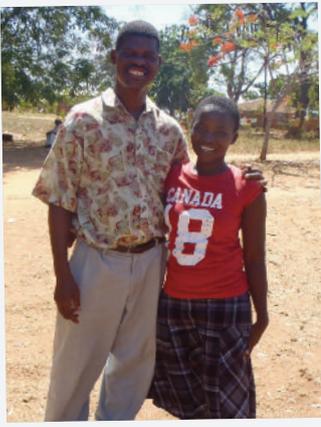
# Zanzibar

It was very disappointing that we couldn't proceed with our plans to develop the orthopaedic workshop in Stone Town in conjunction with Rotary due to lack of engagement from the Zanzibar staff and Ministry of Health and in particular the lack of commitment to a financially self-sustaining model. We had then hoped to work with Zanzibar Outreach Program (ZOP) to develop a separate, private service but that has also proved unviable in the shadow of the government workshop.

We are continuing to sponsor the training of two Zanzibari technicians and we have donated funds to ZOP's In Good Memory fund for the purchase of prosthetic and orthotic devices for individuals in need (using a workshop in Dar Es Salaam where necessary). We were pleased to see a picture this month of 13-year-old school-girl, Mariam Msanif Abdalla, the first beneficiary. Mariam lost her lower left leg when a coconut tree fell on it when she was just 5. This is Mariam's third prosthesis.



Mariam having her new leg fitted



Susan with her foster Father

## Susan Banda

Susan's story and video are already [on our website](#) – if you haven't seen them, please have a look. We've just added a very uplifting postscript. In summary, Susan's life has been extremely challenging. Born with badly deformed legs which she could never

stand or walk on, rejected by two "fathers", passed about, and isolated and deprived of regular schooling by her disability, she has not had a lot to smile about. At 15 she had her legs amputated, one through knee and one above knee, and was fitted with her first set of legs at our centre in Lilongwe. As is normal after a first fitting, her sockets quickly became too big and, due to the distance and expense of travel to Lilongwe, Susan had to wait two years until we opened in Mzuzu. Dumisani, her prosthetist, made her new legs and at that stage we were delighted to see pictures and video of Susan standing and walking in the 500 miles Centre and then of her drawing water and carrying it on her head in her village. It's much harder for an amputee without knees to walk and Susan's apparent ease of mobility is down to her strength and determination.



Above: Taking a walk with Olivia. Right: Doing some heavy lifting with Dumisani



## Suzgaka "Jacob" Nyirongo

"Suzgaka" means problem and that is what that is what his parents named this boy. Suzgaka was born with cerebral palsy which means he moves jerkily and has speech difficulties. During childhood he broke his arm which left him with a very contracted and stiff elbow and shoulder. Then in 2012 when he was working on the land a thorn penetrated his leg deeply and caused infection of the bone, which in turn resulted in a trans-femoral amputation. From then on he was wheelchair-bound, unable to hop with crutches because of his palsy.

Aged 17, and by this point very weak, he was brought in a wheelchair to 500 miles in Mzuzu by his brother in June 2013. Sam and Dumisani were concerned that Suzgaka had too much to contend with to allow him to make use of a limb but decided to give him a chance and Sam set him some simple exercises to see if he could regain some strength.

Our team was surprised to see him back a few weeks later but it transpired that, with his brother's assistance and a lot of determination, he had done his exercises daily and could now stand and hop with heavy use of the walking



Above: Outside the centre  
Right: Getting a PPAM aid fitted by Sam



bars. Suzgaka then spent some time at our hostel so that he could practice hopping and standing every day.

When Suzgaka came back for the third time he was using one crutch to walk small hopping steps and his brother told us they no longer used the wheelchair for short distances and that the village couldn't believe he was mobile. We were still worried that Suzgaka's jerky movements would make a prosthetic limb a tripping hazard but, wanting to give him every chance, Sam tried him on the PPAM aid and amazingly his hopping and stepping improved with a few sessions. So the prosthesis was made for him and he has gone from strength to strength through his own determination and a combination of clever physiotherapy from Sam and prosthetic expertise from Dumisani.

His gait is not pretty due to his cerebral palsy but he can walk and there's a wonderful video [on our website](#) to prove it! We will refer Suzgaka to CCAP for help with his speech (see page 5). His personal goal is now to return to farming his field independently.

The team at 500 miles did not want to continue calling this young man "problem" - because he isn't! So Tiwonge has nicknamed him "Jacob", which means to supersede.