Stapleford Nachingwea

STAPLEFORD - NACHINGWEA LINK NEWS

December 2026

Growing confidence through hands-on training

This is a report from Annie Barrow, programme manager at Bridge2Aid, a UK charity working in Tanzania, about two dental therapists from Nachingwea who attended two weeks of training in Northern Tanzania in September 2026.*

FOR Donatha Ishengoma, from Nachingwea, the training was a valuable opportunity to build her confidence and develop practical skills that she can use every day. Donatha was one of two Dental Therapists whose training was sponsored by St Andrew's Church in Stapleford and co-ordinated by Bridge2Aid,



Bridge2Aid team with trainees

During the programme, Donatha was trained in making partial dentures, supporting root canal treatment and managing children during dental care. The combination of practical sessions and support from both Tanzanian and UK dentists helped her feel more confident in providing high-quality treatment to her patients.



Donatha particularly enjoyed learning how to make dentures and how to carry out other dental treatments correctly. She also appreciated the trainers' practical and encouraging approach. Looking ahead, she would love to see more hands-on sessions, regular follow-up support and opportunities for trainers to visit dental therapists in their own workplaces. This would help participants reinforce their skills and apply what they learned in their everyday clinical setting.

Anne Mumenya, from Naipanga Health Centre in Nachingwea, was the second therapist whose training was sponsored by St Andrew's Church and co-ordinated by Bridge2Aid. She also found the training very useful and relevant to her work.

Anne learned how to take impressions for partial dentures and how to take good dental X-rays before carrying out root canal treatment. These new skills have helped her feel better equipped to assess patients and provide treatment based on their individual diagnosis.



Anne enjoyed learning from both Tanzanian and UK dentists and felt that each group brought something different to the training. She particularly valued the experience and new ideas shared by the UK dentists, saying that the programme would not have been as effective without their involvement. For Anne, the training was a chance to gain new experience, strengthen her clinical skills and offer better care to her patients.

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Through the generous support of St Andrew's Church in Stapleford, and the co-ordination of Bridge2Aid, both Donatha and Anne have been able to take new knowledge and practical skills back to their communities — helping more patients receive appropriate, confident and compassionate dental care. **Annie Barrow –programme manager, Bridge2Aid**

***Bridge2Aid is** a UK charity registered under number 1170578. For more information go to bridge2aid.org.

Thank you to the children

THANK you to both the children from Stapleford School choir and the children at St Andrew's church for making the wonderful blocks spelling out the name Nachingwea, now placed on the Nachingwea altar in St Andrew's (photo right). We really enjoyed the choir's singing at our celebration of the 45th anniversary of the link between Stapleford and Nachingwea especially their song in Swahili. Thank you to Lucy Barlow for training the choir and Sue Brown for leading the activities.



You can hear more about the Stapleford-Nachingwea Link at our Christmas Tea on Sunday, 6 December from 2pm to 5pm in the Jubilee Pavilion, Stapleford.

We wish all our supporters a very happy Christmas.

The Stapleford- Nachingwea Link Committee

St Andrew STAPLEFORD

Nachingwea Stapleford

Join friends and families for a fundraising Christmas tea at the Pavilion on Stapleford Rec, in support of education and health projects in the village of Nachingwea, Tanzania.

Choose from a delicious selection of sandwiches, scones and cakes.

With stalls selling gifts, plants, Christmas cards and homemade jams and chutneys.

For more information please email:
nachingwealink@standrewstapleford.org

Free to attend but your donations welcomed!

Christmas tea at the Pavilion

2-4pm Sunday 6th December

Festive sandwiches, scones and cakes * Christmas cards stalls * gifts * local produce

