



Patients at Nyamebekyere  
signing up for treatment

[www.gn-mobileclinics.org](http://www.gn-mobileclinics.org) Volume 2 | Year 2023

# GNMC CHRISTMAS NEWSLETTER

## Dear Friends of GNMC,

As the year comes to a close, we express our deepest appreciation to our donors, volunteers and partners for their unwavering support, which has significantly improved the well-being of those we serve. This Christmas season, we celebrate in the spirit of giving and with a growing awareness and empathy our patients in rural Ghana. Your generosity has enabled us to address often neglected challenges, working towards promoting both physical and mental well-being in every corner of the rural communities.

**Thank you so much for being an essential part of this journey.**



Child patients at our routine kids  
screening at Nyamebekyere

# Addressing Mental Health in Diverse Communities

## Cultural Sensitivity and Traditional Practices

Cultural beliefs significantly influence perceptions of mental health in Ghana, often leading individuals to seek traditional remedies first. The GNMC Teams recognize the importance of cultural competence for mental health initiatives. The traditional and rural background of our patients prompts an open dialogue on “traditional” and “western” approaches on the mental well-being of our patients.

## Overcoming Access Barriers

GNMC is working to provide community-based mental health programs and mobile clinics to underprivileged communities in Ghana where limited infrastructure and remoteness pose barriers to accessing mental health services. We collaborate with partner hospitals, charity organisations, and local leaders to develop sustainable mental health care initiatives tailored to the specific needs of the communities.

## Empowering Community Leaders

Addressing mental health challenges, fostering the training of community leaders to recognize signs of mental distress, as well as providing resources for community support can create a grassroots network of mental health advocates. This collaborative effort ensures a more comprehensive and localized approach to mental health care.



Mental health nurses Rashida (left) and Alberta (right) in Abofour together with Dr. Britta and our Coordinator Lydia





# 2023 HIGHLIGHTS

## ENGAGEMENT WITH PARTNER HOSPITALS

We've made significant strides to strengthen our mobile clinic cooperation through productive meetings and trainings with partner hospitals' management and staff. Notably, we were able to set up a new IT System and have linked it with our partnering hospitals, generously supported by OLAM and SID - Israel.



### FUNDING FOR THE NEW AUTOCLAVE AT ST. PATRICK'S HOSPITAL, OFFINSO

The new autoclave is vital for maintaining top-tier sterilization levels at St. Patrick's Hospital, ensuring patient safety during surgeries. Our sincere thanks to JDC for supporting these significant advancements.



### MEDICATIONS FOR THE ORPHANAGE OF MISSIONARIES OF CHARITY

As part of our collaboration, the St. Patrick's Hospital mobile clinic team treats the vulnerable children and supplies essential mental health and child medication to this orphanage.

### MEDICAL EQUIPMENT FOR THE THEATER AT ST. PETER'S HOSPITAL.



A generous donation of medical equipment, encompassing resources for the wake room and monitors, assures invaluable support for patient recovery and the enhancement of healthcare services.

## NEW - KIDS SCREENINGS

A new regular kids' screening initiative has been launched to combat malnutrition, reaching 17 sessions in total this year. By the end of November, we successfully screened 320 children, with two more screenings planned for this month. Looking ahead to 2024, we are excited to extend this program to St. Peter's, amplifying our reach to even more communities. This achievement wouldn't be possible without the generous support of **Jewish Helping Hands**, whose contribution ensures the continuity and expansion of these vital kids' screenings.





# 2023 HIGHLIGHTS

## ORGANIZATIONAL ADVANCEMENTS IN 2023

GNMC has achieved a significant milestone by incorporating the entity, which results in legal recognition, funding, and new opportunities. As part of the expansion strategy, GNMC has established a new office team and office in Kumasi. This exciting development brings experience and expertise and allows the organization to reach new locations and care for more patients. With the support of its team, partners, and donors, GNMC is committed to achieving continued success.



### INTRODUCING VR (VIRTUAL REALITY) TO AUGMENT TRAININGS AT PARTNER HOSPITALS

In the past year, GNMC has diligently prepared for a collaboration with Minerva XR, paving the way for the introduction of VR training in our partner hospitals. We eagerly anticipate the launch of this exciting initiative in 2024, where we can explore this new world and enhance medical technologies.



### IMPORTANT ACHIEVEMENTS IN SURGERY

Our surgical team, from St. Patrick's, St. Peter's, and Hopexchange Hospitals, successfully performed 332 surgeries by the end of September. Working alongside physicians from Komfo Anokye Teaching Hospital at St. Patrick's and Hopexchange, we remain dedicated to providing critical surgical care with the highest levels of professionalism and precision.



### 70TH ANNIVERSARY OF ST. PATRICK'S HOSPITAL COMMEMORATION

We were delighted to receive an invitation to St. Patrick's Hospital's 70th-anniversary celebration, a jubilant occasion marking a significant milestone in the institution's remarkable journey. We are eager to continue our collaborative efforts with St. Patrick's Hospital, and celebrate many more milestones together.

## ACQUIRING OF 2 NEW AUTOMOBILES

We extend our sincere appreciation to JDC and the Ruderman Family Foundation for their invaluable assistance in procuring a new Nissan Navara. This vehicle will enable us to reach out to more communities seamlessly, in collaboration with St. Patrick's Hospital. The Gye Nyame Mobile Klinken, Germany and Foundation For Child Health and Mental Health in Israel and in Ghana contributed towards an office vehicle. GNMC Ghana is grateful for that.





# LOOKING FORWARD TO 2024

As we step into 2024, the year promises exciting initiatives and projects that will further our commitment to rural community health.

Our team is thrilled to partner with other organizations to launch an innovative healthcare education initiative in 2024. By leveraging Minerva XR's cutting-edge VR technology, we aim to transform training methodologies in medicine and improve healthcare in rural Ghana. We are also exploring the integration of various other devices to bridge the last mile of healthcare.

From February to July, we will welcome a German volunteer who will be stationed at St. Patrick's Hospital and will actively participate in the team during outreach and mobile clinic operations.

We are preparing for procurement of advanced surgical equipment to be donated to St. Patrick's Hospital to improve surgical operations and sustain our charity work activities.

## Expansion of Kids' screening initiative.

A comprehensive healthcare curriculum is in the works to provide our partner hospitals and the mobile clinics with the latest knowledge and skills to deliver top-notch rural healthcare.

The potential opening of a mobile clinic with a new partner hospital.



*Child patients at Worapon, during one of our recently established regular kids screenings*



*A prematurely born baby showing signs of improvement at St. Peter's Hospital.*

WISHING YOU ALL

**A MERRY CHRISTMAS AND HAPPY NEW YEAR!**

The Gye Nyame Mobile Clinics Staff and Teams