**Dental appeal for “HIP Z” Zanzibar**

Ike Fazal calls for help with a charitable cause...

Zanzibar ( "The Spice Island") 40 Kms off the coast of Tanzania, East Africa conjures up so many exotic images: white sandy beaches, warm turquoise seas, beautiful, old world Arab architecture, a mystical, long forgotten place, unspoilt, because time really stood still ...

It is all that...but there is another side to Zanzibar, which brings a special kind of visitor... Dr Ru MacDonald, a Consultant Urologist from Taunton, Dr Jon Rees, my doctor at Nailsea, Bristol; amongst several other medical professionals, who have a strong, innate desire to help others less fortunate than ourselves.

These doctors have been instrumental in setting up “HIP Z” (Health Improvement Project, ZANZIBAR), a British Charity in a joint venture agreement with the Ministry of Health, Zanzibar.

The singer Peter Andre is also now involved with HIP Z, helping to raise awareness of the lack of medical facilities and extremely low life expectancy on Zanzibar.

From previous experience when I appealed on behalf of “DENTAL HELP AFRICA” many years ago, we were overwhelmed with almost 600 parcels arriving from all over the UK, over two years!

We hope to better that this time, and also request most of you, who are generously donating whatever you feel has some use, to be kind enough and use your own packaging and postage in sending items to this worthwhile cause.

We do have “a man and a van” available, so are able to collect certain essential large equipment by mutual agreement, if you feel your items have some useful life and could contribute to “HIP ZANZIBAR” whose detailed wishlist for the Makunduchi & Kivunge Hospital Dental Clinics, Zanzibar (we need at least two of each item):

1. Complete Treatment centres (chair, spittoon, light and drill delivery system) something robust yet simple to maintain
2. Titrac & Cattani mobile aspirators
3. Cavitron scalers
4. Restorative hand instruments of all kinds: flat plastics, ball end-ed burnishers, amalgam packers, composite instruments, tweezers, sequel and bands, LA syringes etc. Essentially a gamut of instruments to make a fully functional restorative centre.
5. Intra Oral X Rays and small X Ray developer (35 kVP upwards is acceptable)
6. Light curing units
7. Capsule mixers and amalgamators
8. Autoclaves e.g. LS Mk 1 and SES 2000
9. High speed turbines and contra angle handpieces
10. Surgeons’ and nurses’ stools
11. Oiled or oil free compressors
12. Consumable materials of all kinds; linings, restorative (filling) and impression materials, surgical sutures, dressings, gauze, root canal items, local anaesthetics items
13. Anything else dental that may be useful!

Please, just be kind enough and use your own packaging and postage in sending your items have some useful life and could contribute to “HIP ZANZIBAR” whose detailed wishlist for the Makunduchi & Kivunge Hospital Dental Clinics, Zanzibar (we need at least two of each item):

This is a really ambitious plan, one which I would like to assist and enable, as a UK-based dentist with East African origins and many fond childhood memories.

May I appeal to all my dental colleagues, wherever you are, to donate in kind, any redundant dental items which may be surplus to your needs, be it small or large items of equipment, hand instruments, or all kinds of consumables (in date or even slightly out of date).

From previous experience when I appealed on behalf of ....