



Riding the Good Health Train

The Good Health Train

Narrator

This train has no first class carriages. And it rides on some of the oldest track in South Africa. It's called 'Phelophepa' or 'The Good Health Train'.

The train's mission is to bring basic health care to the forgotten people of rural South Africa. It's philosophy 'A nation without health is a nation without hope'.

Doctor Lillian Cingo left England six years ago, to return to rural South Africa, where she was born and bred. Thirty-six weeks a year she and forty staff and medical students live on the train.

Phelophepa travels ten thousand miles a year to reach communities in need. Taking two years to cover the whole of the country.

Dr Lillian Cingo, Phelophepa Manager

In the west there are basic things that everybody expects and has. There's a doctor, a dentist. And yet here people wait for ten years, thirty years before they get seen. And the majority of people do live in these rural areas.