



Settling in

The last little while has been a real period of settling in, both in our jobs, friendships and church life.

God has been continually providing opportunities and we are continually in awe of everything He has done.

March 2026

Your continued support means the world to us — it's only by continued prayer and generous financial support that we are able to go on this adventure. Thank you for continuing to walk this journey with us.

Tim and Alice Dingwall xx

For you were once in darkness, but now you are light in the Lord. Live as children of the light.

Ephesians 5:8



Cheesy grins from Bournemouth

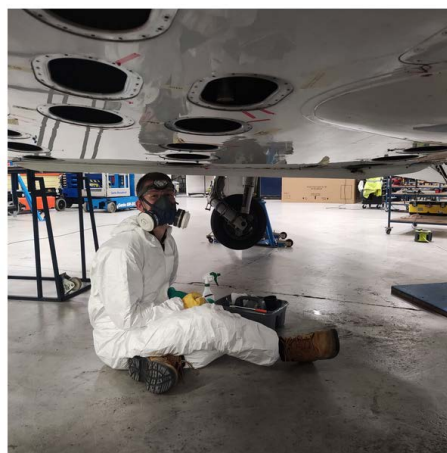
What are we thankful for?

Tim:

I'm really thankful for Signature Technic Air (the name of the organisation I'm doing placement with). The staff are so kind and caring - and are really supportive of me through this journey. One example of this supportiveness is they've set me up a little room every morning to do an hour of revision before I start practical work. There are days when I struggle with my confidence and God has placed so many key people around me to help me through this time. Being closer to home and being able to 'just pop' back to see family. We were able to spend time with my mum on Mother's Day and had the ability to surprise her! Being able to cycle to work! It is so nice to have a bit of time to refocus my brain (and get a bit of exercise in). It is really helpful to put me in the right mindset for work.



Isle of Wight with Calum, Shae and Tim



Business as usual



Some days you fly high, others you clean a loo...

Alice:

I'm still really loving being back in the Emergency Department. I feel like it truly is where I want to be working.

I have the opportunity to go back to Uganda again in the middle of April with work - how incredible is that! We are a team of doctors and nurses from both the paediatric unit in Poole and the emergency department. We will be teaching in a hospital in Lira - and I can't wait to see how God uses this time. I got to celebrate a big birthday with a wonderful surprise organised by my mum!

Both of us:

We had the amazing privilege to go back to Scotland and reconnect with old friends. We have had some amazing family time, and spent a hectic Christmas Day with Alice's family

How you can be praying for us...

For our church in Bournemouth, as we are moving to a new site in the next month

Safety for Alice as she travels to Uganda. The dates of the trip are 11-26th April and we'd really appreciate people to be praying on these dates for both of us. Alice as she steps out on her own, and Tim to be able to support her from a distance. This is a picture of her selling cakes in the hospital to raise money for the trip!

For Tim and his revision. He's got into a really good rhythm of doing a little bit every morning before work - and has an exam booked for 28th April



A wonderful lodge/spa retreat with my sisters and mum!



A very happy Christmas Day!



Some of our wonderful friends from Scotland!



Alice selling cakes at the hospital for the Uganda trip



There's no photo of Tim studying, so here he is with a unicorn that is bigger than his niece!

How you can be praying for MAF...

This Easter weekend let's rejoice in what Jesus has done for us and pray that we are able to continue to take the love of Christ to every isolated community in the days and years to come.

Praise God for the arrival of the New Testament (delivered by MAF) to the Mundu-speaking people in the Democratic Republic of the Congo. The people have been waiting 20 years for this.

Pray over the rising prices of fuel, and that our programmes would be miraculously spared from its impacts. Pray for Godly decision-making for all authorities and for peace in the Middle East.