



le chéile africa

"Le Chéile Twasonga Mbele - Together We Move Forward"

Jan 1st -
April 30th
2020

Issue 8

APRIL

IN THIS ISSUE

Le Cheile Africa Newsletter January 1st to April 30th 2020

This our 1st newsletter of 2020 It has been a very unusual few months here the world over re the Outbreak of the Covid -19 pandemic So been a hard few months were our Projects had to be re-evaluated to help the Community cope with the outbreak of Covid 19 and the Restrictions in place to curb the spread of same.

(Apologize in advance for spelling mistakes)

Le Chéile Africa

Le Cheile Africa Nakuru CLG, Reg
Number 633699

"Le Cheile Africa was established as a non-profit organization NGO Reg No in Kenya , **OP.218/051/17-250/10860** / Charity No. In Ireland RCN: 20204974

Together we are working towards a better tomorrow. A better place for the children of Kenya to call home, a place where people are supported despite their medical needs, a place where people are safe and able to provide for their



families. A place where no child cries in hunger or pain.

We are working, learning together and moving forward with local communities.

Our four-pronged approach to this is as follows:

- * Encourage community participation.
- * Build healthier lives by enhancing the dignity and quality of life.
- * Identify projects, resources and assist in their coordination.
- * Enable self-sustainability to all we assist

Le Chéile is a non-profit organisation governed by an active 6 member volunteer board of directors (including two of the organisations founders). We offer a variety of services to meet the needs of those we serve.

Our programs include:

- * Provision of quality healthcare services through medical clinics/outreaches, mental health clinics, physical and occupational therapy,

wellness programs (Yoga & Mindfulness), mother and child care, Immunisations & HIV/AIDs support programs.

- * Education for disadvantaged and vulnerable children.
- * Disability care programs which entails early intervention programs for children born with disabilities, physio and therapy services, social groups, home visits and carer to carer training sessions.
- * Reproductive health & menstrual health management: Family planning, menstrual health education. Youth-friendly services and counselling
- * Community development projects like environment conservation, de-worming programs, micro-loans, sustainable IGAs, WASH programs, community sports activities, peer education and mentorship programs for children.





COVID-19 + Clinic Update

Some facts by WHO

1 in 4 in Africa suffer from,
HIV/AIDS

2 in 4 suffer from underlying health
conditions

To sum it up 50% of the population
is in the high risk category re Covid-
19 That's a fact. So we really are
trying to be as proactive as we can.
We started distributing posters in
early March re what to do not to do.
Washing hands etc..

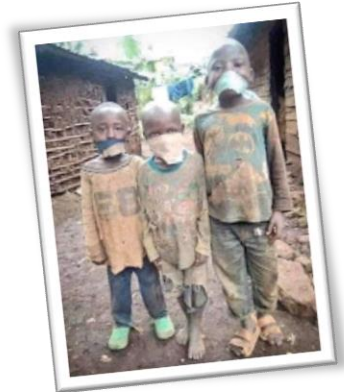
So this left us with some hard
decisions we had to make but it's
better to be proactive than reactive
glad we were pro action seeing
developments over the last few
months

Early March the day centre was
closed (Before any Government
restrictions where put in place)
all kids 90% of those who attend
have underlying health conditions,
we will continue to support the
families with food (kids normally get
2 meals a day at centre its vital we
continue this to avoid any health
declines from. Malnutrition) and call
regularly to make sure all is okay
and offer additional support where
needed i.e. clothes. Money, seed
for planting etc. ..

Yes this will increase our work load
and cost but one has to be prudent
at these uncertain times
Prevention is better than cure

Also from Early March all disability
socials were deferred so this also
increases our work load in making
sure the community we serve is
being looked after

In Other words we go to them, Not
them to us of course all adequate
safety guidelines/ measures will be
adhered to as per WHO instructions



By Mid to late march Kenya went
onto a semi lockdown ,Curfew in
place I this n reality meant a lot of
work places were forced to close
due to the restrictions put in place to
curb Covid-19 . But here people
don't get support , if one has no work
means no food here is the ever
increasing challenge.

The clinic itself will operate as
normal but with increased
awareness, measures in place to
deal with the uncertain times we are
in.

The clinic we know will see an up
surge in clients. We have already
from March 1st when we introduced
our Free Health Care to all and
must say has really had a positive
impact on the community. And we
also continue our Doctor home
visits to the elderly, infirm and those
with long term illness

I know it's no different to Ireland but
here the lack of access to basic
necessities i.e. food, clean water,
soap etc. is not going to help.. I will
say it again No real government



support / if one has no work means no food here is the ever increasing challenge.

Been a trying few months here poverty, sickness on the rise something like I have never experienced in my life Heartbreaking, Frightening really.

Rainy Season is upon us

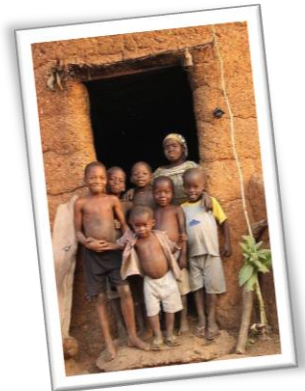
Ever increasing cases of pneumonia. Malaria ,Typhoid etc. with this as All are house bound every night from 7pm to 6am re the Curfew it also brings more cases of domestic violence , Worry is having a severe mental effect on people as well along with other issues etc.

The lotus invasion in North Kenya over the few months has had an effect on everyone with food prices increasing example a tomato has gone from 5 cent to 25 cent each mad when you think the average daily wage is 2euro.not people are working for 1 euro such is the hardship they find themselves in Now add in this virus I really believe if it spreads seems it is and based on other countries it will./ it is already slowly as only a few tests done here daily Without a doubt it will have a devastating effect on life here especially in rural areas like ourselves. How does one self-isolate when up to 8 family members live in a one room mud hut.. We just don't have the systems in place like Ireland to Cope. That's our challenge worry on how we help without excluding anyone because of lack of resources etc.. le keep our free health care running in clinic, food program and continue to

support our disability groups and all the kids who attend the day centre..

Will keep ye regularly updated on events as best as we can.

So do keep us in your thoughts and thanks for your support. We need it now more than ever really do.



Whistle Day Care Centre

A last we can finally sing a song out loud..

Whistles Day Centre officially opened on Feb 25th, What a day it was of celebrations months of work to get it to this stage

The week before the 25th the Whistle crew have been on hand here in Solai to put the finishing touches to the center

Tiling the floors and putting in a ceiling can honestly say it looks the bizz.a class job.

Wasn't an easy task long days in heat of 30 degrees plus with a deadline we couldn't miss

Some laughs along the way many aches and pains.. But have to say we all clicked like family. Now this project started last year around May all thanks to the support of Whistles. Without whose support this Centre would not exist..

Its more than a building. This offers families hope a place where there kids with disabilities (forgotten about by society) a place to be equal aplace to have fun learn all the while we are helping them life a normal life as possible.

Yes it takes time. But by being at the center it's allows the kids parents, guardians do a day work, giving them some breathing space. As some of these children need 24/7 care so really has an impact on the whole family

While at the day center kids also receive 2 meals a day a real drawing point as poverty let's just say is the norm here. 1st phase of an amzing dream now a reality thanks to Whistles

A long road ahead of us but a road we are looking forward to conquering with Whistles by our side every step of the way.

The real winners here are the Children who attend the Day Centre. A chance to dream, hope the impossible is possible..

Thank you Whistles espe the crew who were with us over the last week. The place at night seems empty, no laughing in the night sky under the stars. Till yer return trip..

Thanks again from all the Le Cheile team/ Derry and Mary

(Centre temporarily closed re Covid-19)



Disability Groups

Our 1st meetings of 2020 were held in January . Everyone looked at the progress made in 2019 and their goals and vision for 2020

Everyone was in high spirits , full of song and praise Followed by lunch .. Two great opening socials to 2020

With over 120 members between our 2 groups we are delighted to see the progress being made by all .

From Table banking (mini CU) , education , therapy , sustainable projects to greeting their conditions seen by a consultant ..

We have committed our support to both groups for 2020

- * Monthly socials
- * All meds and therapy related to their disability covered by Le [Le Cheile Africa](#)

- * On going training programs
- * Table Banking
- * Sustainable projects
- * looks like it's going to be a busy year as we work hard to achieve our goals

We are always thankful of your support which enables

us keep these projects up and running

Both Disability Groups have now suspended meeting till the Covid-19 restrictions are lifted

All Members of these groups continue to receive support from Le Cheile as normal along with additional support via our Food Program



ETTORE ISCARO

Kenya Program

ETTORE ISCARO Kenya Program"

This program was started in memory of Ettore Iscaro whose family have contributed hugely to this program in his memory.

This is an Education and Livelihood program that benefits the most vulnerable in our society in Solai. Currently this program sponsors 10 vulnerable children's education and various families especially women with a livelihood support..

Ettore ISCARO has lived an exemplary life: honest in his work, loyal to others and loving towards his family, especially with his four nephews. Has always assisted those in need. He supported a reception center for single mothers and homeless people and helped the community of his Church in Salerno (Italy). For his infinite humanity he was loved by everyone.

A special word of Thanks to Francesco and family for supporting this program. His compassionate and kind spirit lives on both in Italy and Kenya...

We thinking of all our Italian friends during this Global Pandemic [#Covid19](#)



Sisters Of Bons Secours Ireland

Free Clean Water Project

Our clean water project continues to operate but have invested in a hose to bring water outside our gate due to Covid-19

It's vital we continue this as water is key to survival.

Our only challenge here is the power cuts no Power no water. As can't work pump or filter without power. Hopefully power cuts will be minimal but already had one today again as I Type we have them every day some days for days on end up to 6 days with no electricity

So glad to say we bit the bullet as they say and have purchased a generator had to be done to ensure Clean water is available to all who require same , as solar system strong enough to power water pumps/ Filter was very expensive in the region 10k plus

Our next goal here in 2020 would be to get water to remote areas of Solai (Too far for people to come and collect) By water Tank daily on Donkey carts as a lot of these Dirt track are inaccessible to Vehicles

The Plus side here is it not just gets Free clean water to those who need it but creates employment .



Another Dam Disaster

Another Dam causes hardship in Solai.

In February a few months short of the second anniversary of the Solai Dam Disaster in early May

At about 3am ish a local dam disappeared within 20 minutes.. Just under approx. 200million liters. To give an idea of the size of the Dam about the size of two GAA pitch's

A few house suffered structural cracks as well.. Was it a earthquake. If so no one felt anything. Likely conclusion is more to do with the Rift Valley plates especially from Menengai Crater to Solai where there is a lot of geothermal activity, they are even harvesting it in the crater to generate electricity.. No loss of Human life or livestock..

The sad thing here is how the loss of this local Dam will have in the local community approx 1k from us . No water for livestock, crops and even drinking water yes some locals even collected it daily for drinking water. Now drinking water can be resolved with the help of neighbors wells and ourselves via our clean water program What can't be helped is failing crops .this in turn effects there livestock and peoples ability to make a living .

A lot of these folks bring the cattle ,sheep, goats to the water so we are trying to education them on zero graze farming etc a slow process as people like to see something working before they will change there old way ,mindset ..

It worries us to think of the future ie a few weeks' time ,we can only do so much via our malnutrition program and health care support via le Cheile Clinic with the resources we have. No out side support will come, As it not a National crisis just a local one probably won't even make the newspapers here.. But one that will really have a negative impact on the lives of those who used this local dam for their daily water supply .



Fundraising Events

A Special word of Thanks to all who organized Fundraisers for us over the last few months and those who supported them

Deidre and Aoife Who were due out to us In March

Mairead and Jenny who were due out to us in April

Hopefully all will get a chance to re schedule and visit us either late this year or early in 2021

Seanie for Organising his Chetleham Buster

Andrew for His 1 to 5 k Run challenge

Our Yearly " 40 day Challenge " held during Lent

The Lost Gecko On-Line Gigs (Ongoing)

And not forgetting all who have supported us over the last few months and on a Monthly basis too many to name, .Thank you all so so much you really are what keeps us going .

With your continue support we are able to maintain our services in these trying times

"Fun challenge Alert

As all of Le Cheile Africa upcoming fundraising events are cancelled. We are glad to say we have teamed up, with CS Claire's hair Salon for this fun challenge

Post a photo of your isolation Hair Cut or colour? (all a bit of fun)

Plus Nominate 4 people to take part.

Then donate €5/10 (whatever one can spare), to Le Cheile @

<https://www.paypal.com/cgi-bin/webscr...>

Be sure to like and say done on Claires Hair Salon Facebook page with a screen shot of donation to be in with a chance to win a Fabulous Voucher to the value of €100. (can be used in salon when they reopen or towards products for a lockdown treat)

Winner will be drawn on June 29th by Claire Hair Salon

#csclaireshairstalon



Rebuild A Home Rebuild A Life

Rebuild a home, rebuild a life
For every 5 people in the world
one is without a home...
impacting a family for
generations ain't no easy task.

With your help we can do just
that... Join us this October as
we embark on helping people
build out of poverty. What is
important to know is that proper
housing impacts every aspect
of life; improving health,
advancing education, reducing
crimes against women and
children and strengthening
community.

Rebuild a home, Rebuild a life
project was born after many
deliberations on how best we
can change a life by lifting them
out of poverty. We have seen
firsthand the effects of poverty
on children and entire family. A
better life comes when we, the
ones who have, are willing to
sacrifice a little to leave a lasting
impact on disadvantaged
families and children caught in
the cycle of poverty. And
nothing has a larger impact on a
person than learning something
new(trainings) So, together we
trust that you will impact many
people and change the direction
for families, women, and
children caught in generational
poverty.

Best of all, you will have the
satisfaction that comes only
when you have done something
for someone else, especially a
stranger. When you give you

are providing us an opportunity
to go where many will not go
and teach men and women how
to improve their lives and the
lives of their children.

There can be no greater gift
than to share with someone
what we have and what we
know. Especially if the person
has no hope of receiving it on
their own. A house that
replaces a shack transforms a
family's opportunities. They
now have a place to generate
an income, educate their
children, and feel secure. With
security comes improved
health, especially for their
children and safety against
being exposed.

Join us in this mission as we
help vulnerable families living
in extreme poverty build their
lives out of poverty. You and I
can do it together.. it's very
simple. Register your interest
by signing up to a trip of a
lifetime and make a real
difference in people's lives.
And get your fundraising on the
way giving you plenty of time

[#RebuildaHome](#) [#Rebuildalife](#)



On Every issue we have put up a post about peoples Time here or a story But as we are on lockdown no visitors this issue will be one of Derrys bi-weekly Facebook posts this was his last one?

Another day in this endless time of Covid19. Where days run into night where at times we don't even know the day of the week. so time to clear one's mind writing helps me. as does walking, talking. So here goes hope ye enjoy the wee read

One thing for sure is the daily struggles people have to cope. Be it financially, mentally the struggles are real never far from one's mind every where in the world.

Its no different here bar the extreme poverty and lack of back up resources like the western world.. Ie Ireland, Europe mainly where it must be said most countries are trying at least to be pro active in helping there citizens. Now don't get me wrong very good measures put in place here to curb the spread of Covid19 but without any real resources to help ordinary folk who live day to day with up to 8 in a one room mudhut. With curfews and lock down in place in reality means no work. No money alas no food it's that simple, frightening really.. What if the virius hits us here how can one self isolate. Honestly if it does hit us.. I worry as a lot of people here have underlying health conditions. So fingers crossed our work re prevention via WHO guidelines will help.

The rains have come. Its Rainy season.. O my have they come as I type a thunder shower some down pour hard to describe but like a bad Atlantic storm at home without the winds. Some amount of rain . It also get cold here when it rains. Picture a whole family in a mud house no window, the dampness, no cooking facilities so the room fills with smoke. If you walk into one of these homes during the rainy season the dampness, plus smoke hits you hard. How do people I won't say live , actually survive here But the rains are badly needed for crop growth but bring their own problems floods, rivers bursting there banks.

Along with that malaria, typhoid and a major increase in pneumonia the struggle is real thankfully we help via Le Cheile Free health care to All via our Clinic.

We also continue our food program and support of all in our 2 disability groups along with the families of the kids who attend the Whistle day centre.

Luckily so far we are able to continue this support thanks to you all to many to name.. .. You really are making a real difference in real lives.

At Times it's hard to think ahead but one thing I Have learnt is to take each day as it comes. No matter how hard, bad a day is there is good in it.. One has to believe there is light at the end of the tunnel. My faith is strong, nature, mountains, the sea, the valleys are my temple, church where I can find my inner soul, reflect and dream.. Dream, hope its what keeps us all alive.. Believe in the impossible and have Faith.

No One knows what the future holds but for now everyone should be proud of themselves in fighting this fight via Covid19 from front line workers to those who are staying at home the world over

My mind wanders will this Pandemic pass. When will I see my lads again, the wee man himself. Thankfully we have whatapp, Skype etc.

But it will pass that I believe What does the future hold.? as I do wander I think. Of our plans, dreams on how to make this world a better place one small step at a times via Le cheile projects. Honestly in the greater scheme of things it's not a fortune actually small money to Put these in place but to us it is a lot of money... But the benefits they will have for the community will be amazing and in time all will be self-sufficient which our ultimate goal is. While making sure we leave no member of society behind us.. We all grow together every member of the community we serve.. So if ya know of someone that would love to partner with us let us.. Make a real Difference in real lives.. Remember ever cent really does help us continue our projects, saving and changing lives daily..

Even if all that comes of this Pandemic is a more caring compassionate world at least we have learnt something. Sadly there will be many lives lost along the way so so hard on people, families let us never forget these figures we get daily are real lives lost. All we can do is all be vigilant and stop the spread by following WHO guidelines..

Be that person that makes the difference.. Stay safe all...

Hopefully we take care of this world as it's the only world we all have to call home.

The world will survive fine without the human race but we can't survive without our world a simple true statement. Let's make that change before its too late.



Hope you all enjoyed our latest newsletter , (excuse spelling .grammar mistakes etc.)

We are always on the lookout for Donors / Partners to team up with us on our Projects be it to help us maintain and grow our current ones or help us with our future plans

To us all we live in a world like never before where everyone of us have been impacted by Covid-19 pandemic
Stay Safe mind yourselves and do keep us in your thoughts

