



January - July 2018

Issue 1

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IN THIS ISSUE

Le Cheile Africa A Bit about Us

Le Cheile Africa was established as a Non-Profit Organization late last year 2017 Which is over seen by 7 board members here in Ireland and also by a Board in Kenya, We operate as Non Profit Organization here in Ireland and have achieved NGO status in Kenya Registration number OP .218/051/17-250 ,

Le Cheile was Co –Founded by Derry Desmond and his partner Mary Kigo , Mary has been working in the Charity Non Profit for over 10 years plus now on the ground in Kenya and knows 1st hand the real issues that need to be addressed on a day to day basis

Our Mission is working towards a better tomorrow, whose purpose is working, learning together and moving forward with local communities.

Our four thronged purpose is as Follows

- 1/ Encourage Community Participation
- 2/Build Healthier Lives by enhancing the dignity and quality of life.
- 3/ Identify projects, resources and assist in their coordination
- 4/ Enable self-sustainability to all we assist

We Offer a variety of Services to meet the needs of those we serve

Our Programs Include

*Provision Of Quality healthcare through our Medical clinic/Out reaches. Mental health clinics, Physical and Occupational therapy, wellness programs, Mother and Child care, Immunizations & HIV / AIDS support .WASH programs

*Education for disadvantaged and vulnerable children

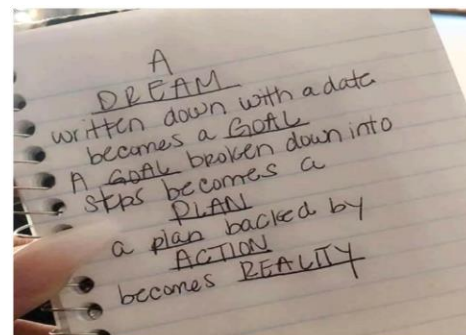
*Disability Care Programs, Physio and therapy services, Social groups Home visits and training programs

*Elderly Care program, Monthly socials .weekly home visits and Healthcare

*Community Development projects Like Environment Conservation, Agriculture Programs, Community sports activities, Peer Education and mentorship programs for children

*Volunteer Programs

*Homestay Services



18 Opinion

Evening Echo

Le Cheile Africa is a non-profit organization established in 2017. It is a registered charity in Ireland and Kenya. The organization is dedicated to improving the lives of the people of Kenya through various programs and services.

Important we get city balance right

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Press Council of Ireland

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Clinic Opens

The Second week in April we open the doors of our Clinic Hard to believe less than 3 months ago we started out on our fundraising campaign . (we didn't reach our desired target on our go fund me but decided to press ahead anyway ..so so glad we did now) To open a Clinic in the community of Solai that would offer affordable quality health care to the people of Solai and surrounding areas ,

It was a very proud day here in Le Cheile where we are now at last on the 1st step of many more steps to go, on this amazing journey to help the people of Solai ..it's very rare I am lost for words but the day the Clini opened it was one of those days where my myself and Mary are humbled and honoured by your support, Especially Fr John Dunfy for Sponsoring LAB Equipment / Bon Secours Cork for their Medical Supplies,/ CorkCancer care For Computers /WHISTLES for their ongoing financial support / Watergrasshill Community Work In Progress a busy few weeks Months it was in getting Clinic ready to be opened in early April



Association and All the amazing people too many to name who supported us via Go Fund me and other VARIOUS FUNDRAISERS. Thank you Thank You

€10 A Month Donations

Following up on Dan;s proposal From in March re Monthly Donation of €10 to help Le Cheile get its feet on the Ground ,Being honest your €10 is going long long way in Helping us make a real Difference in people's lives in the Community of Solai ,via the Clinic (Health is your Wealth) / Disability Programs / Education and women empowerment programs -workshops. Ní neart go cur le chéile -There is no strength without unity." But once we gain viability over the next few months -these funds will be used to fund part of our second phase which is to provide full Maternity Services later this year/early next year all going well. We join hands with the President of Kenya Uhuru Kenyatta in one of his BIG FOUR agenda providing Universal healthcare to every Kenyan household. We salute you Mr. President for your efforts and support Once again Thank you so so much for agreeing to Sign Up,. Still plenty of time to join this amazing group of people , more so now than ever we need your ongoing Support , To maintain our services and continue to grow and help the people of Solai



DISABILITY PROGRAMS



EVERY ONE ENJOYING LUNCH
FOLLOWING SOCIAL



Just a few Photos of One of Le Cheile Disability
Social days



OVER 70 PEOPLE ATTENDED THIS GROUP ON AVERAGE OVER DOUBLE WHAT WE HAD SET OUT TO HELP WHEN WE LAUNCHED THIS SUPPORT GROUP IN JANUARY. AND THE NUMBER IS INCREASING ALL THE TIME. YES THIS DOES PUT OUR RESOURCES UNDER PRESSURE (BUT THAT'S NOT FOR TODAY) THE DISABILITY GROUP IS ALL ABOUT THE FEELING OF LOVE, INCLUSION IN A SOCIETY WHERE SO MANY HAVE NEVER BEEN RECOGNISED .LET ALONE PART OF A COMMUNITY. THE COMMUNITY HERE IN SOLAI ARE SO OPEN AND WELCOMING AND HAVE EMBRACED WHAT LE CHEILE IS ABOUT .TO MAKE TOMORROW A BETTER DAY AND BY ANY ACTION WE TAKE IT IS FOR THE BETTER OF ALL IN THE COMMUNITY.

MARY I MUST SAY IS A NATURAL AT THESE MONTHLY MEETING EVERYONE IS LISTENING WITH SUCH ATTENTION WHEN SHE TALKS BE IT ABOUT THEIR GENERAL HEALTH, LOOKING OUT FOR EACH OTHER OR PROJECT IDEAS THAT MAY BE OF INTEREST TO THEM ...

THE MEETING BEGINS WITH EVERYONE INTRODUCING THEMSELVES. INCLUDING MYSELF WHEN I WAS THERE. A FEW WORDS. NAME ETC. ETC. ,NOW MY CORK LINGO AND NO SWAHILI BUT GOT OVER IT OKAY ,

MEMBERS OF THIS GROUP RECEIVE FREE PHYSIO /, MENTAL HEALTH TREATMENT IN NAKURU 5 HOSPITAL AND ALSO SUBSIDE OTHER TREATMENTS THAT MAY BE REQUIRED .. EVERYBODY LOVE THIS MONTHLY GET TOGETHER ARE IN GREAT SPIRITS WHEN THEY MEET UP ITS SEEMS TO BE THE HIGHLIGHT OF THERE MONTH UP TO NOW WE HAVE BEEN USING A LOCAL CHURCH BUT FROM NEXT MONTH ON WE WILL HOLDING THIS SOCIAL AT THE CLINIC SO IT WILL EASIER FOR MEMBERS TO RECEIVE TREATMENT ETC. ON THE DAY

A day that will change our lives for ever

Solai Dam Disaster

Words written by Mary at the time showing the true emotion ..panic .hardship. That unfolded .on the night

So excuses spelling .grammar etc as didn't want to lose the emotional aspect of this post from Mary at the time about a how a community fought the un-fightable and survived.. .from speaking with her this morning the place is devastated in every way .loss of lives ..Family completely wiped off the face of this earth.. Homes gone.. People are in shock.....it's so emotional it's so so sad .. In a blink of an eye so many lives lost.

How the Tragedy unfolded..

"Well its was an evening same as usual rains had stopped and roads were a bit flooded on the sides with water running down. There outside we hear huge sound of water moving just like the way the seas or Oceans are so violent with the tides moving with high sounds but these sounds were just too loud to believe anything. Few mins later we see people running screaming shouting the waters are coming everybody to run. We all got disoriented not knowing what to do. I ran inside to close the door of the clinic pick up a few things but when coming out two women with kids on their backs and fronts no shoes or anything panicking screaming asking me to help them n let them stay at the clinic. Of course I am arguing we all need to go to a higher level if the waters are coming coz we don't know which side the water is coming from. They beg me to stay coz they cannot run with kids like. Me not knowing what decision to make I beg them a second time still they stand their ground. Screams get louder and I just thought to myself if the waters are coming we are going to die. From the sounds of it we didn't know which way it was coming from so made a few calculations on what side its coming from but you know what we stood no chance of surviving. We were all going to die so no need to run but I must say if it weren't for the ladies I would be among people running. Thank God staying was a good decision to make. We stayed at the clinic. My two docs had ran to a safer place thinking I was with them in the car but no I was left behind. Half an hour later we hear sirens and a speeding car they were heading towards us towards the clinic since we operate 24hours the young police officer carrying a three weeks - 1month old baby who they had rescued from the raging waters. The child was covered in murk not breathing just foam coming out of his mouth. Waaaa I am not a medic but it

was a matter of life and death. I struggled together with the officer to get the clothes off as we try to clear the airways holding him child lying on his tummy of course I went nuts I started talking begging the child not to leave us soothed him begging him with tears looking at his fragile body holding him on my chest rubbing his back as the officer struggled to clean his face no electricity no warm water child's swollen from the water then it clicked in our heads we can boil water at our neighbours place. Officer asked our neighbour to do so and she was so so selfless and did as requested. I was still holding the baby on my chest still talking to him as it was a baby boy. And finally warm water came waaaah I placed the child in the basin and cleaned all the dirt in his face his nostrils ears still nothing holding and there a miracle happened child let out a big burp and a cry and now was breathing on his nose still you could see he is really in distress. Covered the baby with my duvet holding him, lying on his tummy and interchanging when we feel he is struggling and o my God he started getting warm and his breathing was becoming less difficulty. And the child was okay. When we were celebrating the child's life two more women were brought in. Not breathing and deep cuts on the knees and legs. There we placed child in a comfortable position and started attending to them. Taking their clothes off and keeping them warm. A guy from the area knew how to suture. As I hold a torch for him and pouring normal saline on the lady's wound cleaning it we sutured the deep cut and cleaned their faces. The ladies were shaking and others going into shock collapsing. And we knew we had to act as fast because now the clinic was the place they are being brought in. Then four children were brought in at once o my God the state of them and their lack of breathing was not a good sign ladies were alright time to move to save the babies. Ladies were talking at least so we knew they are safe. Checked on my baby and he was good sleeping and all and warm like. We cleaned the kids' faces and heads just to clear their ears nose and mouths. Patted their backs holding them in a position comfortable urging them to fight on not to go for they are so precious to us. And we resuscitated them, covered them with warm blankets and asked women who were standing outside to come in hold the babies for us as they cuddle them transfer their heat to them (kangaroo style). Few our two docs arrived and now we were acting fast. And many children and adults were brought in. We had to look for space elsewhere. The house next to clinic. We prepared it n made sure blankets were plenty? Warm water was plenty n plenty of heat. You

only work with what you have. Families coming in looking for their children. Over 200 families were gathered outside the clinic. Time for me to request for blankets. They went to their nearby homes where there was no danger and brought us blankets and the women were fantastic looking after their elderly outside helping us undress the women being brought in holding torches from their phones for us. Its was one of best community spirits I have not seen before. Those who were faint in spirit and were screaming we contained them counseled them and calmed them. The men were fantastic risking their lives and saving people from the waters rushing them to us carrying them and helping their fellow men undress as we keep them warm. Gave blankets and brought some heat from charcoal in the clinic. The neighbours lit many mekos just to keep people warm. And many victims were brought in many of them being children and we saved all of them. A member is Parliament of Subukia Gachobia came with his four week drive and took all those we had stabilized to Bahati District hospital and others to Nakuru level 5. He is an outstanding leader who risked his life by crossing the road that was flooded just so he could rush people to hospital. There two elderly people were brought in and a lady who was selling meat at her shop were brought in as the last people saved. The lady was swept from her house the stone wall fell on her back as she was pushed and another rock came hitting her on her chest. She couldn't feel herself from the waist down. Her chest was broken too. She had to be taken immediately to Nakuru because her injuries were too serious. We thank God we saved all who were brought in and the community acted as a bridge from our clinic to the ambulances waiting on the other side of the road for the roads were completely swept. [Lee Kinyanjui Nakuru County Governor](#), Member of county Assembly of Subukia Hon Mbae, Subukia Member of Parliament Hon Gaichobe and other leaders visited our facility that night and congratulated us and the solai community for the job well done. It's a sad few days in Solai. Families losing their loved ones. Parents being left with no children. Children being left orphans and others entire families perished. 70milliin litres of water raging and sparing none and nothing. And yet that was just a small dam. The mother dam lies right across us up in the hills and still we are scared. The government so trying to open all the dams because they are death traps in Solai. It's devastating very sad we are in mourning"

Solai Dam Disaster A Few photos

AROUND TOWN



<https://youtu.be/PYyXzNlzFzs><https://youtu.be/PYyXzNlzFzs>



To wrap up our 1st newsletter it's been amazing few months were we were really are now part of the Solai Community , A lot of sadness along the way with the Dam Disaster ,where family's lost their lives in a blink of an eye ,It pushed our resources to the limit where I one night we went through over 3 months of supplies but thanks to you all we are still doing what we set out to do Offer Quality Healthcare and services to Solai and surrounding Communities

Our Disability Program is going from Strength to strength and in our and this will hopefully be one of projects that will surpass its original goal a long way to doing so already ,Initially set up for 35 members but now at 70 plus and growing ,

Over our 1st few months we have helped people with a lot of their basis needs From Food /Clothes /Education Fees /Helping them set up sustainable projects but being a private transition we can't really disclose who benefits here

We even delivered a Beautiful baby Girl in our clinic / really telling us our goal of having a Maternity unit for the Community is a must

So once again THANK you all for your Ongoing Support we really do appreciate same and without it we would not be where we are today



