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Issue 3

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IN THIS ISSUE

Le Cheile Africa Newsletter Oct to Jan 1st 2019

Le Cheile Africa was established as a Non-Profit Organization in 2017 Which is now a registered CLG in Ireland overseen by 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 ,

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

<https://www.facebook.com/lecheileafrika/> Or www.lecheileafrika.org





The Bons Secours Hospital Donations

The unreal generosity of the Bons Secours Hospital Cork for their unreal donations of Hospital equipment for our maternity unit . A Special word of thanks to Ken, Valerie, Young Gerry, Marty , Ada and of course John Mulcahy. The man who got the wheels in motion re this unbelievable donation ... Hard. To say. It. In words but we truly over whelmed with the support Much from us all in Le Chéile.. Being a small organization help like this is priceless.. Also thanks to Keith, Joe, John and Pat of McMahons for your help with transport. (Plus Seanie kid for the help today

as out of action myself with my back at the time all these donations were being collected)



Sam who was kind enough to host every other member of the group. We held our monthly group table banking meeting where families affected by disabilities are learning to save

regularly, borrow wisely and pay promptly. The vision: To become great financiers and investors to ensure a bright, hopeful and a sustainable future.

As you all know Solai is a village with

Disability Program Update

On Friday the 16th November members of our disability social group gathered together beneath the shade of a lush avocado tree in our journey of growing together. This time we met at one of our members

Outstanding potential and its people are its greatest treasures. We believe that their financial education is an

investment that will prove to be invaluable. The enthusiasm present at this social was palpable and after the responsibility of delegation was over we had some fun. We shared a bountiful meal, distributed one hundred, day old chicks (improved breed) to a handful of families and planted a dozen of fruit trees as a sustainability projects for families. Families were also gifted with fruit trees for them to be planted in their small gardens. Friday December 14th we held our monthly Disability Social where members of our Disability Group meet and have open discussion s on the challenges in their lives on how we as. A group can help each other. Yesterday Fr John Dunphy visited and said a few prayers at our social..(Fr John is one. Of Le Chéile supporters from day one and we really appreciate. All his help and guidance to us) after prayers the group over seen by their own elected members held there table. Banking where members can apply for a loan. And repay at an affordable fee

/ timeframe agreed by the top table. A Typical loan is approx. €10/20 .. The purpose. Of these loans is to buy. Seed etc. in the aim to help. Members become more self-sufficient.. Following the. Meeting everyone tucked in. Nicely to lunch. ..We all at Le Chéile are delighted. At the progress of this. Group .which has gone from strength to strength under the guidance of Mary and the Solai community as a whole..

The laughter, the joy and the hope makes every effort worth it. We captured some of these moments so that you can see for yourself why we do what we do





When we were told that McMahon's (Mark Especially) were to donate a VAN to Le Chéile we were lost for words honestly

Little did we know they would rebrand it in Le Chéile Colours (Looks Class if I say so myself) Give the van full works re service /tyres etc.

Wow it's an amazing gesture one that is very hard to describe but It will be a vital asset to Le Chéile on the ground in Kenya

With Hiring Transport being one of the biggest expenses in the day to day running of Le Chéile it goes without saying the difference having our own transport will make to the organization

The Van will be a Vital asset and will be used For Le Chéile "Out Reach Health Care and Disability Programs" along with day to day task's in transporting essential supplies to the Clinic (Maternity/ In - Patient wards once set up as Solai where Le Chéile is based is a very Rural area)

Having worked in McMahon's For 10 years approx. Must say

It has become Home from Home where my daily 3 hour Commute to work was a joy Goes to show enjoy what you do you enjoy all aspects of your Life ,, Had many a laugh . banter Mighty (Doutha Boy – The Real Capital is go on admit I am right go on say it .CORK It is) Made some great Friends from suppliers to fellow McMahon employees, Thanks again ,, Memories I will Cherish For Life.

Below McMahon's say on Van Donation

"McMahon's Builders Providers"

Donate a Van to Kenyan NGO Le Chéila Africa is a non-profit organization that aims to build healthier lives by enhancing the dignity and quality of life of individuals, families & communities.

The organization commits time, resources, knowledge and hope to bring quality healthcare, education and development to impoverished families in Kenya.



One of the original founders, Derry Desmond, has been a valued employee of McMahon's Builders Providers for over ten years. Derry's recent decision to relocate to Kenya in order to give direct organisation and assistance to Le Cheila Africa has been greeted with a mixture of sadness and pride by his fellow colleagues in McMahon's.

The directors of the business, established in 1830, have decided to support Derry and the non-profit organization by donating a van to assist in the challenge ahead. "We are tremendously proud of the work already completed by Derry in setting up a medical clinic and have no doubts that the organization will go from strength to strength. We hope this vehicle will provide opportunities to help the organization and the communities it serves and we wish Derry every success."

Mr Desmond says the key to establishing the organization will be engaging the local community to participate in the projects, "Enabling self-sustainability within our health clinics and outreach programs is essential to enhancing the dignity and quality of life of the people in the communities."

HEAD OF STATE COMMENDATION - AWARD

December 12th another amazing milestone on our journey to date in Le Chéile where Mary received The Head of State Commendation - civilian division award

In her new title ☺ Mary Waruguru kigo., HSC, Co Founder, Le Chéile Africa.. For her amazing efforts and Bravery on the night of the Solai Dam Disaster where her quick thinking saved many life's . The after mat and recovery here for the community is a slow painful process trying to understand and deal with what unfolded on that tragic night ..we

continue to offer support and help in every way we can to the community of Solai

Mary will receive her medal in early 2019 all going to plan when the president will be visiting Solai
We all here in Le Chéile in Ireland and Kenya are so proud of May's vision and compassion to the community of Solai



Thank you
All who
supported our
container and
online
donation
Appeal





Container ..Jan 7th it headed to port
 .Will take 5 weeks approx to arrive
 1st off thanks to all. Who donated
 goods to same not going to mention
 names as list. Is endless. ..really is..
 But will mention the Bons Secours
 Hospital Cork (John Mul / Ken /
 Valerie) for their unreal donations of
 Medical equipment. And McMahons
 for donating a. Van. Which will enable
 us expand. Our. Outreach clinics.
 A special word of Thanks to Paul who
 is sorting shipping via MSC Ireland..
 Noel O Shea Plant Hire for use of yard
 and. helping us loading container.
 Joe for transporting bits from
 everywhere and anywhere where I had
 goods stored to Container.
 Ben. .Ellie Owen for helping load
 container
 But especially Andrew and Seanie who
 over the last 8 weeks plus . Helped us
 collect goods .Load Container. Some
 task it was too..I'd say they were glad
 to see it head too port at last

Thanks again to all who helped in
 anyway really do appreciate same To
 all who donated too many to name your
 support has been unreal ..





Some
Photos



Thank You

Thanks to all who Supported us over the last few months on our various fundraisers „Gigs Organized by Maclom Of the Lost Gecko / Watergrasshill Utd / Watergrasshill Gaa / On our walks-Hikes / the overall Community of Watergrasshill itself / Watergrasshill Scout-Beavers / Homeless Help And Support Cork, Keshia Coursaux / Family,friends –Friends of Friends

Also a special word of Thanks to our Monthly Donors plus WHISTLES (Caroline Cullen) / Fr. John Dunphy for their continued support and Le Chéile Board here in Kenya and Ireland

We really do appreciate your support

We have now also added a Donate Button on our Facebook and Website pages this is Via Paypal as requested .Be it a once off or a monthly donation no amount is too small .As they say a Little goes a long way .





Our 1st year down not what we quite expected but we diffentley exceeded our targets and goals

When we set out in Jan 18 with seeting up a Disability Group in Solai little did we know it would grow to over 70 members , from here we by default ended up doing education support (plan was to phase this in over time) such was the need of the community in Solai (we currently look after approx 15 children re there education) this exculdes disabled children we support in a Local school Along with Mary's involvement with Home Care International who run a rescue centre for boys and girls in Nakuru

Out side of these programs the Clinic itself has seen a very eventful year , been overall a positive year .It was tested to the full on that Faithful night of May 9th the night the dam burst its banks and our wee clinic became the only bekon of hope .This disaster took approx 50 lives and still to this day has rocked the community of Sola

i
I Looking at the needs of the Community we highlighted the Following short comings and hope to deal with in 2019

1. Maternity / In-Patient Unit

About 21 pregnant women die every day in Kenya due to complications from childbirth. That's equivalent to two 10 seated commuter micro minibuses known as matatus crashing everyday with the loss of all the passengers on board. Pregnant women in Kenya die because they either do not receive appropriate care during pregnancy or are unable to deliver with the help of skilled health attendants.

WHO recommends four antenatal visits and skilled care during and immediately after delivery? It also recommends obstetric care in cases of complications as key to reducing maternal and neonatal deaths. Kenya has introduced a maternity fee waiver making this service accessible to all. Despite the increase of women (rich and middle class) giving birth in

hospitals poor women from the urban and rural areas still shun giving birth at a health facility due to a lack of trust in public health system and cost of getting to same

In rural Solai many women are opting to give birth at home with the help of a traditional birth attendant which most times is risky as there is no skilled personnel supervising the birth process and the rate of mortality is high ,

This is where we aim to help via our Maternity Unit Provide all the necessary Quality care to all in Solai and Surrounding Communities

Maternity Unit

- Delivery Room
- Consultation Room x1
- 4 bed ward
- Antenatal room
- Post Natal room
- Family Planning room
- Ultra Sound room

The establishment of an In-Patient Unit will enable us expand our Clinic Services to the community where we can offer over Night /Day in –patient care where

necessary / Currently we look after these patients in a spare Room in our Clinic if the medical need arises which is not really appropriate but one has to work with what Facilities we have for now

In-Patient

- Consultation Room x1
- Waiting Room –Reception (used for Maternity Unit as well)
- 3 x2 bed wards (Male /Female/Children)

There will also be a Kitchen and Laundry room plus Bathroom /Shower unit that will cater for Maternity and Inpatient Units

2. Community Centre

The Community center will be on a separate site from Clinic as per legislation (can't have it next to a Maternity /In-Patient unit)

- Training room (beadwork/ social skills/ sewing etc.)
- Computer room
- Library / study room for Children
- Disability Day Care Centre
- Main hall

As you can see the task that is ahead of us is a big one but will be broken down into separate projects

Our main aim is to maintain and grow our existing projects for 2019 as we roll out our additional services over a phased basis based on funds available

Thanks again for your support to date without same we could not survive long may it continue



