



MAY- AUG
31st 2019

Issue 5/6

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IN THIS ISSUE

Le Cheile Africa Newsletter May To August 31st 2019

On in This newsletter we aim to give you a Different insight into what we do, Life here in Kenya etc.

(Apologize in advance for spelling mistakes)

Le Cheile Africa was established as a Non-Profit Organization in 2017 Which is now a registered CLG in Ireland over seen 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 on request

*Homestay Services

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





Gael Scoil De Hide

When I was asked would I be interested in chatting to some of the pupils in Gael Scoil De Hide about Le Cheile Africa when I was back in Ireland a few weeks back, I said be great to give kids a wee insight into how different the culture, education process, lifestyle, healthcare and most of all the day to day life of living in poverty. where living in a mud hut, carrying clean (well cleaner than river water) up to 6 miles to home all this after a day a school is the norm for 90% of the Solai community. After our chat (presentation of photos etc.) which lasted approx. 25/30 mins it was followed by a question and answer section which I taught would be max 10 mins, It lasted over 45mins some great questions fired at me, Did my best to answer as clearly as possible taking into account the age of the pupils.. An experience I have to say I enjoyed..

Then they said we would be the beneficiary of their Cake sale. I said that's amazing... remember every euro really does help. As the average daily wage is 2/3 euro in Solai. so not to be under pressure re any set amount. It's the gesture and the willingness to help is a great start alone..

We also hope to roll out an old school pen pal program where the kids in Ireland and Kenya can exchange letters more so class pen pals than individual. Maybe in time if possible a Skype link up between same as well..

Really is unreal support, from a truly amazing bunch of kids. I know yer parents/ guardians are so proud off every one of ye. well so are we all here in Le Cheile ...





Sport For All Program

Days like this make you beam., smile realize how lucky we are in the western world. ..

Yesterday we started the distribution of footballs boots (screws as called here) to the kids in our Sport for all program. "Solai Sharks" (Another batch of boots will be distributed next week)

The utter joy .the amazement ,tears o my it's would put a lump in your throat .wow , Thank thank you to all who supported Watergrasshill United and GAA in our football boot appeal ..

To be honest most of these kids don't even have shoes to wear. To get a gift of a pair of football boots (Screws) is like winning the lotto a miracle. ..

You should hear them . Buzzing with excitement..

.I will wash them after training and won't even put them out as they will be robbed.

,,, I am going to sleep with them on
 ,, This is the best day of my life .really is. Mr Derry .and Mary
 ,,, Wow we really are professional now Screws (football boots) we can keep ..we have Bibs with our badge on them IE logo (Thanks to the Knapp's) ,jerseys and footballs to play with .
 ,,, I have Screws (football boots) and your telling me I can keep them. Yells of utter joy ..



Days like yesterday are what it's all about long may it continue

Making a real difference in real people's lives.

A lovely gesture where these Jerseys will see a new lease of life in our sport for all.

The game of Hurling really has caught the kids imagination in this program. They call it wackers. . A game for warriors...real warriors..

The game. Of. legends And Giants .IE Cú Chulainn , and a few of the Heroes who wore the red of Cork with pride Christy Ring, Brian Corcoran ,Diarmud O Sullivan , Patrick Horgan.

.This program is all about inclusion, equality via fun based activities. IE Soccer GAA (hurling /football) Rugby , Rounder's. Athletics Etc.

A special word of thanks to Rob Knapp for all his support with this initiative and also to the Knapp family for Donation Of Solai Sharks Bibs





We also showed the kids a video of this Ancient game to grasp the idea of how it's played. Which is claimed is over 3000 years old. GAA itself was formed over 100 years ago and a bit of structure added to this game..the game of legends and giants ..

The kids were in awe with the game. Hard to believe I am now a GAA coach ha ha. As for years have been known as a soccer man..But anyone that's knows me will know I am a keen supporter of all sports

Our sport for all program Currently has 2 groups and aim is to have 4 mm These Groups will be ran by the Communities Themselves aided bu us in Le Cheile with equipment /Coaching and we wioll bring the Grops together Once every 6/8 weeks for a day of fun and games ..The Idea of Separate Groups came from the Distance Kids would have to Travel to take part ie over 12 miles by Foot Also it opens up this Program to more Kids Currently over 250 and Growing



Disability Program

Our Disability group is going very well, going from strength to strength a major success story to be honest. This group really have progressed and now the next step is rolling out of the reaming chicken program to members and other sustainable training programs

We now also are in the process of setting up a second group in a local village outside Solai called Kiermba as on our home visits say the hardship, conditions people with disabilities are living in. Honestly some are locked up all day and night do mean. Locked up.... Main reason for a second group is people can't afford to travel to Solai (1-2euro each way) so we have decided to head to them as it's very rural right on the Solai mountains. Really is. A. Beautiful place scenery. , some mad roads. It's like a forgotten world..

We now have our physio going 6 days a week and really is beneficial to members of our Disability group. (On sat we do home physio visits to those who can't attend either clinic due to their conditions some are bed bound etc)

The Solai Disability Group meets the 1st Friday of The Month with the Kiermba Disability Group meeting the 1st sat of every month / 1st official meeting in September We will hire a Matatu (Mini-Bus) here to transport members to meeting for the sat Group for now .

Always on the lookout for someone, organization, company. To support this Disability program approx. 300euro a month. Main cost of this Program are Members Therapy Physical /Mental plus Meds and cost of monthly Social itself. It really is a program that is making a real difference in people lifes

We are glad to say we have officially brought Bonfast (Kurier) on board as our community liaison officer for Le Cheile Disability group which he is a member off himself

Over the last 18 plus months he has been instrumental in us opening the door to new members and also a person each member confides in. This roll is a part time roll but a vital one to help continue the amazing success of this group to-date.. So to celebrate this we headed to Gallanis. Restaurant in Nakuru.town a fab evening was had by all



Just
some
of the

Fundraisers over the last few months

FUN RUN

5k fun run 3 k walk what a success. Thanks to all who turned up on this chilly June evening where we experienced a few hail showers. . Thanks to the following clubs Watergrasshill AC ,Bridvale AC , St Finbars AC , members for supporting this run without a doubt I missed a few other club colours. Also Thanks to Jimmy Tobin all the way from west Cork Durrus in making the trip .along with all the locals who ran and walked on this wintry June night. . . Really appreciate the support .Thank you

But all agree the setting for this run is amazing, so peaceful and quite Moanbawn is paradise right on our doorstep here in Watergrasshill... But yet a challenging course at the same time especially the 5k run hopefully it will become a yearly event so keep us in mind for next year. Special word of thank to The Chip Timing Guy IE John Kennedy who is so supportive of le cheile and for bringing a touch of class to this event in timing the run
To Paul Sharkey for the donation of water, nice one bud
And to my Family for helping on on the night most importantly of all making sure we left no trace of our event on this beautiful wood .



HILL ALBION/CELIC – Blackstone rovers reunion game

What a day, what a game 5 all draw plenty of talking points.. With Watergrasshill UTD winning on peno's

Hill Albion- Celtic / Blackstone rovers (Dream team) v current Watergrasshill United squad

What a game end to end football both teams showing yes this is a friendly but hey we're here to win Highlight of the Game was Robbie McGraths. Wonder strike by an error by Johnny B (maybe he was fouled in. D. Process by Barney) Rob also scored in penalty shoot. Out. Dean and Johnny Dorgan showing why they were top goal scores for many a year with Albion and Celtic.

Respective managers (best buddies) Nick and Pat giving it there all. Many tactical decisions made the Dream team chased an equalizer. . Eventually the breakthrough came with a few minutes left in the game Over to.penaltys it went with WGH United edging it 5 – 4.. Presentation made to UTD Captain Johnny B by Jossie Geary on behalf of the Geary Family All followed up. With Complimentary fingers food and drinks. In the Fir Tree...

Mighty day of football, keep the day free Monday. June bank holiday weekend 2020 where the cup will be up for graps again.. But for now safely in WGH United hands Thanks to all who turned up and played this game. In the right spirit along the way raising a few euro for le Cheile ...

Great to see many. Old Albion Celtic Rovers - ex players. Officials Today from those who played. To those who came to support. Great stories told some laughs another day of great memories...



Concert

The Hill Harmonic Choir were brilliant and had everyone memorized...

Our. Old faithful The Lost Gecko were outstanding as usual and really got the crowd going with their unique sound

The recording of. Le Cheile Thyme song was a mighty buzz some laugh will have a recording to post during the week

All proceeds from this concert go to Homeless Help and Support Cork. & Le Cheile Africa

A great night of entertainment. .. a special. Work of. Thanks. To John Kennedy whose effort and work to make these events perfect is frightening. Truly a wizard. And to Watergrasshill community association for use of the Art Centre what a venue..

Clinics Solai / Wanyororo

We had a few emergencies at the clinic one where we had to transfer patients to Nakuru

Example of One was an accident, head injuries and to be safe once patient was stable we transferred to Nakuru Level 5 hospital..

The second a. More urgent case lady in labour. , no sign of.

Movement in baby for over 5 hours.

Comes to clinic at 10pm.. . Doctors access the lady decision made let transfer her immediately.. in to the Van we go (a life saver it is thanks to McMahaons Builder providers. For donating same) to the nearest maternity hospital a. Government facility.about 15k away..they look at the lady and say we can't help has to be referred to Nakuru Level 5 maternity unit .

Pedal to the metal. We drove, heart thumping. .. Arrive at hospital get lady immediately looked at. .

Waiting. Waiting news arrives mother and baby doing okay..So we wait. A few hours later. Yipeee healthy baby girl..High. 5's all. Round.. Happy Days..

To sum it up. These are 2 cases especially the second if we had our inpatient and. Maternity. Units set up we could have handled So decision made ,we had being eyeing up a building in a nearby village about 12k from Solai to.open a Inpatient and maternity unit ,as no suitable building in Solai..

We set the wheels in motion so now at least by months end we can help and treat these cases in our new sub facility in waranuru. .any case that comes to Solai that needs these services we will treat here.

So we have had building accessed by Health Board and are now in the process of setting same up as per there requirements.

We have moved the beds (donated by the Bons Securs hospital Cork) and are kitting out the wards./

Rooms. .will have all going to plan the following services over time ,, Inpatient,lab, full maternity , physio, dental (in time)and general outpatient services,

A lot of work going on with Deirdre and Mary improving procedures in our 2 clinics a time consuming slow process but a vital one to improve our quality of service etc and the roll out of Wanyororo clinic to be fully operational 24/7 by next week September 1st . Offering full outpatient/ inpatient and maternity services.

Currently we are working with families who have children that are malnourished. This is a team effort with ourselves / Deirdre and the families involved. From education re nutrition.. to helping families with food , essential supplies in the short term with the aim to help families become self-sustainable in the long term . A specific program will be designed to suit each family's needs. All the time we are hearing and seeing more families in need of our support here .It is hard to find the answer but education re nutrition is key along with people's affordability to buy food for starters. Really is hard seeing children suffer like this from malnourishment.. Heart-breaking to be honest .We even had a case that needed hospitalisation the case was so bad .another case tomorrow we are taking as well to hospital to be accessed as per our Doctors request. We do our best here to help cover costs of hospital. As most families can't afford the transport to Nakuru or the cost of being an inpatient as well.

We also continue our doctor home visits and glad to be able to say at the moment our palliative care program has no one on it who has a life changing IE terminal illness

Our Medical outreaches are a major success and will continue to have 6 /8 approx a month based on funds available to fund same

We also distributed reading Glasses to members of the community who needed same thanks to Julie Crowley here for Donating same

Our women empowerment group is now up and running and met on a monthly basis also.



A different insight into what we do in Le Cheile

The notes below are From Deirdre who is volunteering with us for 9 weeks (Part of The Le Cheile team now) also during this time we had 2 Italian Doctors with us for 10 days Francesco and Luigi

Might be a long read But well worth it

Deirdre is a Pharmacist and really has become a key member of the Le Cheile Team in her 2 months plus here still another 2 or so weeks with us still to go.,

Today (Sunday)Derry, the 2 Italian doctors and I went on a local road trip to Subukia shrine, it's a Catholic shrine modelled on Knock. We went for a walk/hike up lots of steps to the holy well and where Mary has appeared before. Pope John Paul II visited here some years ago! There was an amazing view from the top, it was very peaceful there and a relaxing place.

On the way to the shrine we crossed the equator! Solai is very close to the equator, just below it in the southern hemisphere, the shrine is in the northern hemisphere. After the shrine we travelled back by the Solai lake, about 40mins from the clinic we came across an accident on the road, there was a boy and he had fallen off his motorbike. He was lying on the side of the road. There were some people gathered round him. It had only just happened I'd say. So we stopped and tried to help.

Mary wasn't with us as she was working in the Clinic today, so there was a bit of a language problem! From our assessment of the situation we could see that the boy had badly cut his knee and it needed stitches. He couldn't bend his leg and he seemed in shock at what happened and probably in shock at what would happen now! After some sign language and speaking very English slowly.... He understood what we were trying to say!!! We offered to take him in the van to the clinic, he accepted and his friend came too. We lifted him into the van carefully and Derry drove us to the clinic.

He was cleaned up and his knee all stitched, about 10stiches I think. Given painkillers and tetanus inj. He was only 17, he had a little English but not much. He was very grateful, he has another 2 yrs in school and when we asked what he would like to do he said he would like to be a doctor! If we hadn't come along when we did, he would more than likely have gone home and maybe turned up to the hospital a few days later with an infected wound. He seemed happy leaving and was saying he was grateful for what we did.

Derry dropped him back close to his home and a motorbike was picking him up to go the rest of the way. Let's hope he'll keep the leg straight for the next while and it heals!

So a nice end to the day and it was great to be able to help! 🙏🙏

So as the week goes on. The story continues

Another day - which made me think about how lucky we all are.... Every day here makes me think and appreciate the family I was born into and everything I have in my life- I really can't stress this enough!

This lady sitting on the ground was one of the people we were taken to. More than 20 yrs ago she and her mother were raped by the same man - a supervisor in her mother's workplace (the big farm that employs lots of people incl the widow) her

mother was so afraid she was going to loose her job they didn't tell anyone about what happened. After this, the lady gave birth to a daughter.

Ever since she gave birth she has been depressed. Still to this day. Her daughter has 4 children now. So definitely in her 20s. The lady is so withdrawn, didn't even look at us, greet us or speak to us today.

She is in a very very depressed state and has been for that length of time. She doesn't take any medication or attend any health care. She lives here with her aunt. Very rarely she might get up and go out on the farm with a hoe but won't be there for long. Most of her time is spent like she is in the picture.

Another lady we met today was a 35yr old called Mary, she was married and has a 12 Yr old son. Her son lives with the dad. Shortly after the boy was born her marriage broke up and she met another man some time after. From whom she got HIV When she was told her diagnosis she suffered a stroke about 10yrs ago.

She has been affected on her right side. She can walk but it is affected and her strength in her right side is affected. Her sight in her right eye has also been affected. She was living with her mother in the family home but she had to move out as her mother was awful towards her. And telling people about her condition, if someone comes to visit her, her own family tell that person she has hiv and turn people away from her because of her condition When Mary was telling us her story, she broke down she was so so upset and found it so difficult to tell us about how her own family were the worst culprits in this discrimination... Imagine!

We were all affected by Mary and her situation. And how she is being treated by her family and the local people.

She now lives in a room in a mud house. She has no money for food, she makes soap and tries to sell it but finds it very difficult due to how

the stroke has left her. She bought some chickens but has no money to feed them so she is giving them away to her family. She is a very strong brave lady to share her story with us. After meeting her we are going to help her to receive physiotherapy next week. And give her some medication for her stroke. She is on hiv medication which is dispensed by the government hosp. Two brothers we called to. See they are 7 and 11 I think it is. They don't talk. They have some sort of mental health problem but they haven't been diagnosed. Their family has never brought them to be assessed or checked out for a diagnosis. They don't go to school or play with other children.

It's very difficult to say what condition they might have.... Maybe autism/genetic condition. Adhd of some sort. The family think because a dowry wasn't paid for the daughter (mother of boys) that's why the children are the way they are. Some of the beliefs here are a bit crazy.... (Some people are thought to be witches too) The family have now paid the dowry so they think the problem should be fixed should they have another child. Mary spent quite a bit of time trying to educate the mother about how important it is to get a diagnosis for the children and how it is very likely it may be a genetic condition and to get this checked before having more children.

The mother appeared quite ignorant. How you could leave the 2 boys like that.... I don't know. When she has gotten a diagnosis for the boys, Mary has told her we will help with medication for them. I wouldn't be very confident that she will get this diagnosis but hopefully she will. inly time will tell

The last visit of the day was to a lady, a local pastor told Mary about. This lady is a grandmother to twin boys, her sons children. The son and his wife have split up and have left the children. The grandmother doesn't know where her son is. The twin boys are 7 yrs old.

They live in a one room house on Patels farm (the big farm I talked about earlier - big employer in the area)

The grandmother was employed by Patel but has been laid off. Now one of the twin boys - *7yrs old* has been employed by Patel on Saturdays to work on the farm. If this boy wasn't employed on the farm - they wouldn't be able to stay living in this room! The pastor told Mary about this case and asked if we could help out medically.

When we called to the room this evening, the grandmother wasn't there - she was out looking for work. Her 17 yr old son Tyson was there and one of the twin boys - Victor (who looked underweight) the 2nd boy Denis came home from work a few minutes later. He looks to be a bit stronger than his brother.

As schools are on holidays now-he's working for them. He gets *a sweet* at the end of the day. We asked Tyson how much he gets paid, he doesn't know but the grandmother knows.

When we asked them what they had eaten today - they hadn't had anything.... This was around 4 or 5pm.

The only thing they had was black tea in the morning!! as they didn't have any food.

We had a discussion between us as to what we could do.... We went to a local shop with Tyson and bought food for them, ugali, eggs, rice, butter, bread, milk, soap, cooking oil, porridge. We spent about 19 euro, the food should last for one week at least and we gave him some money to buy veg in the market. He was very grateful. I'm just thinking.... the number of times we say "I'm starving" And believe me from what I'm seeing here... we don't know what it is to starve that's for sure.

I didn't think to take any pictures of the twin boys or the room they live in....(I have included one below).my mind was on the reality of the situation..

- 7yr old employed - this being the

only way they can stay in that room/house

- no food all day.... only black tea
These boys came to the clinic today where they were seen by the doctor and the minor conditions treated. Now a long term plan will need to be set in place. .

Second Post from Deirdre's notes

"Today we visited Kiremba, the area in the Solai hills. We met with some of the people with disabilities and their relatives, some we met on the last visit over a week ago, some we met today for the first time. The purpose of the visit today was to discuss setting up a disability group. (le cheile have one running in Solai for close to a year now, so this would be a 2nd group)

The Solai disability group is doing so well, Derry & Mary have witnessed very positive changes in the members since the group started, in their health, in little businesses they have started, empowering the members. They meet once a month(I sent the pics of it on Wed) and have a social meeting, table banking (similar to a credit union small loans/savings) members of the group cook lunch.

After a long discussion with the people about when and where to hold the meeting, discussion about the importance of treating people with disabilities with dignity, respect and as equals. We also talked about the importance of helping yourself before expecting help from others e.g getting a diagnosis for a child with a disability etc. It was decided that the disability group will meet in Solai on the 1st Saturday of the month, so I'll get to attend the first one! ☺
Next visit was to an old lady She's not sure what age she is, her husband died this year and they think he was 97. And she said there wasn't much of an age gap between them.

She's blind,she lost her sight about 12 yrs ago, she was attacked by chickens when she was trying to catch them. And the treatment she received in one hospital actually

made the situation worse. But by the time it was realised at another hospital it was too late, her sight was gone.

She has diabetes, hypertension and arthritis. She has been bed bound for 3 yrs but boy did she lift our spirits today.

She was so happy and full of joy despite everything. She was thrilled with our visit even though she couldn't see us, she was delighted to see us, she wouldn't have us leave empty handed, so we were given a big bag of bananas leaving. She really was an inspirational lady and was receiving great care from her daughter. They have a wheelchair for her and bring her outside in it. She also has a catheter in, she really is being cared for so well.

It was so great to see as so often we come across situations where family members are ignorant as to how care for or what to do for people with disability particularly mental illness. Quite often families don't have the means to either. Luckily for this lady she has raised great children. It was an honour to meet her today ♥□

Our last call today was. To a lady She is 65 yrs and suffers with mental illness. She was in a mental institution but after the post election violence in 2007 (which I need to research! ☺) her family were displaced and could no longer afford to keep her in the institution. She now stays in this room with the door locked as her family fear she would leave and she is vulnerable, this happened in the early 90s when she was raped. She has been suffering with mental health issues since the mid 70s. She isn't on any medication and all her medical notes etc were destroyed in a fire around the time of the violence in 2007.

This was an extremely tough situation to see. You could see she was happy to have people visit her. Her sister doesn't have a house to keep her in, she too stays in a very small house with her family. It was so sad to see, when you think

if she had received medical treatment - medication /counselling etc, she could have had a very normal life as opposed to spending it locked inside this room(for her protection) where there is nothing except a bed. If you saw it in reality! It was awful.

It was consoling however to see her sister is very good to her but needs help. We advised her to bring her to the hospital in Nakuru and get a diagnosis from a psychiatrist and then le cheile might be better able to help.

So please God she will and she might get a day out with the disability group too."



Another different insight into what we do in Le Cheile

Living The Dream (Derry's Mind)

ye might enjoy the read ,ya may not

Rain rain waiting for the rains to pass roads impassable for now.. Poor Mary getting bits for clinic etc at least I am sitting here in d van ...

An insight in to my mind dangerous I know I know so don't go there

Over the last few week's months seen many a good person taken from us too early .life can be cruel. Heart breaking. But we do what we can to help and support each other when times are difficult, when our friends need us us most..we are all one big family

One looks at the world. .the western world USA , Europe.. Biggest issues are homeless, healthcare, education. All of these can be solved especially in Ireland if the political will was there. Sad to say it's not..Simple maths really for less than 15% of a countries budget one could solve these issues. Community, social housing liked we had in d 70/80's .s healthcare system with more nurses (pay them correctly) and yes free education.. Actually free But the will is. Not there. .but saying that we are to blame .with an average of only 50% of people voting ,one can't change the status quo... Yip those who do not vote .I know people so why vote. I tell u why. People died for our right to vote , equality, and if one votes u are more than entitled then to give out about the system , government. Till then u are only a tyre kicker .so if ya want change all it takes is people to step. Out of the comfort zone, hey 1st off just vote. Simple as. Then change might just happen... I also see people giving out about refugees getting this that .and non-nationals. Well folks if you were

fleeing war. Starvation. I hope Ireland will always be the place of a 1000 welcomes Remember we can afford to help but it's the lack of political will to help our own by politicians that got voted in .yes voted in is d issue not the less well-off who are always the easy target for the keyboard warriors.. Never forget we the Irish are the world over and 99% of the time accepted with open arms. On a yearly basis the young travel to work see the world and a certain % remain in their new homes for various reasons. So that my take on it .don't go ranting if ya disagree it's okay to agree or even disagree that democracy folks..

Still raining folks so we write on... Over the last 7 months or so as ye know Kenya is my new home. Ireland always home and am blessed to get home as often as I can.. But saying that miss my lads big big time In the months I have been here seen unreal poverty ,hardship ,times are tough , emotionally, what can one do.. Hands tied, no answers coming..Get frustrated, so at times I sit in the night sky looking up at the stars ,the heavens hoping for a miracle . Faith..Faith. That miracle always comes. One has to have faith ... define Faith it is whatever we need it to be . Love life here it's tough .but glad we are helping people via Le Cheile projects and programs. Every day we see a smiling face thanks to our projects. Not all rosy here re myself heart scare _ don't ask I do have one. .long story but grand now.. In the last week or so shot down with malaria. Wow knocked me back a bit but back up and going today, so all good happy days. Last week on one of our home visits Mary and Deirdre came across a very disturbing case, so decided to follow it up the following day. To our shock it was worse than we could ever imagine Found 2 boys locked in a house , so with the help of there grandmother broke ,burst in the door .what waited us will haunt me till the day I die .covered in their own poo.,,

house covered in poo, urine, the dirt ,smell o my still haunts me..so bad I would not go back in as we had boys out .how these wee lads are alive ..Just to note ,local chief ,health workers notify through the whole process. Mary and Deirdre clean the boys as best as we could on site .off to police station . . Talking taking chief, health officials. Two options. 1/put them in care. But will be split up ..One boy just over 2 the other 3 and a half with some disability issues...they would. Be lost in the system and hope for the best 2/ suggested by chief we take them as both are malurished..o my so so bad ,sick. Their eyes tell the story .so option 2 it was with us now over a week .a big big improvement in their health but a very long road ahead of then to go especially the older boy .has a few extra hurdles to overcome but we will do what we can Now is all about building them back up ,healthy meals ,love ,baths (don't think they ever had one there skin like a 90 year old) care .won't lie they are a handful really are but now are part of our family and dreading the day they might leave us. .but we are really blessed with Deirdre a rock of strength and support ,Mary likewise (Mary is a saint 1st off to put up with me ha ha ask my lads and always thinking giving to others even when we don't have ourselves .don't ever change girl) I do my wee bit too hands on re nappy changing, dinner etc. A long rd. of recovery here both will need therapy , yip it has knocked us for 6 as they say .the days are hard to plan with two wee lads that need ongoing care are like newborns they have been so neglected it's 24/7 care they need. Financial we live a simple basis life on a tight budget .they two boys have blown all that out if the water. Ha ha..what life without a challenge.. life throws us many curves balls down through the years so far have caught them all and glad I did .really am glad life through us this one...love them. To bits. Great wee boys. (Tears here in my eyes excuse spelling etc)oo meant to say they see their mother whenever she.

Wants too only called once so far
(rant on the way. Here) there lovely
grandmother calls most days as it's
important they keep that family link.

..

Raining outside and inside. .sorry..

As said my mind, so hopefully ya
enjoy the read. Rains hopefully gone
soon..

We are working hard on getting our
second clinic sorted already opened
as a day unit .by end of next week
will be opening as an inpatient and
maternity unit once we sort a few
issues and additional staff not easy
but getting there..

The purpose of this unit to to help
the people of Solai and Wanyororo
.. Offering these vital services on
there door step.. as we treat
emergencies at least 5 nights a
week .

So we are flat out. Working hard
.didn't help I was under the weather
the last week or so with maleria all
good now. The power of medicine..
The very reason we need these
facilities up and running 100% as
soon as ..But everything is down to
money so we do the best we. Can
with the resources we have. Isn't
easy I can tell ya with a weary smile

...

Have our community programs
(Disability, Sport etc) to look after
as well along with a new project
that's we will announce soon. A lot
of work here over the last few
months on this one with amazing
support all to be revealed soon
So as you see we are chasing
shadows but glad we are doing so .
Nothing is possible without the
support of our friends and
supporters. So don't ever forget ye
are the foundation of everything we
do so thank you all so so much.

So rains easing so better get in the
road before the next downpour. And
darkness setting in..

Some mad read I know but that's d
mind of mine. Never stops thinking..
A said a post about what on my
mind killing time waiting for the rain
to pass..

Hope ye enjoy d read all the
same...

.
Remember living the dream..
Making a real difference in real
people's lives..
As we say share the love



Random Photos



Serving the Community of Solai and surrounding Areas

Health Care Centres /Clinics

Branches in Solai (Full Out Patient /Lab/ Emergences/Physio) and Wanyororo B /Full Outpatient and Inpatient /Maternity (Offering a full scale of services)

Outside of Full Clinic services the following are our Community Health Care Programs to ensure affordable (Free in certain cases) Health Care to All

- Health CARE Plan (Currently being restructured)
- Home Visits - Doctor (These we offer free to members of the

community who are bed/House bound etc. Home visits are done 2 days a week plus if an emergency case arises)

- Malnutrition Program : Where we currently are supporting 10 families with Food and health care (Some extreme Cases here and on the rise every week Frightening: aim is to help families become self-sustainable over time via a project to supplement their monthly income)
- Disability Support program i.e FREE Medical /Physio etc. to Members of our 2 Disability Groups i.e Solai and Kiremba groups
- FREE Medical Out Reaches. On Average 6 a month .where we bring our services free into outlying areas of Solai (Ensuring all have access to Free Health Care)
- Palliative CARE Program : Where we offer FREE medical

support and care to members of the community suffering with long term and terminal illness

Disability Program

The amount of people with Disability in our Community here is Frightening with us finding many members being locked up all day in the past , this is where we are changing people perspective's that everyone has something to offer society Via OUR Education/Health Care /Training programs

- Solai .Offering cover to member's medical needs related to their Disability. Monthly Social , Table Banking , Training Programs , Self-Sustainable projects per member's needs (Meet 1st Friday of every Month) This is program is running just under 2 years
- improvement in members re being more active in the community .Self sustainable has been amazing

- Kiermba is a new group with the aim to roll out the program as per Solai Disability Program (Meet 1st sat of every Month) .we have held 2 induction meeting over the last few weeks with the 1st official meeting on Sat September 7th

Sport For All Program

A simple program where we run a Simple Fun program via Sport for Kids mainly under 14 Boys and Girls Currently in Kwa Bota and Endao with the aim to set up in Solai and Kiremba as well

A simple program to give kids something to look forward to on a weekly basis leaving the harsh reality of day to day life behind them for a few hours at least

(We have distributed over 200 pairs of Scroos/football boots to kids along with jerseys etc.)

- All about Fun and Inclusion via sport .Fun games like Soccer /Volley Ball/ Hurling (GAA) / Rounder's
- Aim here is to provide each group with basic equipment (Football) to run this Program every week /with the community taking ownership of same overseen by ourselves
- Every 6/8 weeks bring all Groups together for a fun day of activities

• Day Care Centre

This is a new initiative we will have up and running in the next week or so This project has been Kindly sponsored by a Donor to be revealed soon

The purpose of this Centre is to provide FREE Care and Education to kids with Disabilities who are left at home all day. This centre mainly will provide early intervention for children born with special needs, free therapy sessions and play activities that contribute to healthy child

development as well as promote inclusion and awareness.

- Improve each child's ability to lead a normal life as possible
- Enable Parents /Carers an opportunity to work earn a living while Kids are in Day Care Centre 8am to 3pm
- Provide an Environment of Inclusion through Education /Fun /Social activates
- In time open a Library to Provide all the kids access to Books /Education and Computer studies
- Children spending time with therapists and special need assistants as well as carers.
- Provide informal employment to people with disabilities with an aim to empowering and promoting sustainability to persons with disabilities



More Random Photos



The Boys

Nderito and Kamau
a wee snap shot of
the Journey so far
with us



DAY 1



NOW



Making a real difference
in real people's lives



"Le Chéile Twasongá Mbele - Together We Move Forward"

Every cent / euro helps
Thank you

Once again Thanks for your ongoing support and help we really appreciate same. We have a few Fundraisers in the pipeline 1st up is Our Old Kenmare walk on September 14th Keep an eye on Facebook for update on all our activities / Fundraisers TBC

To sign off we are hoping to Sign up people to join our amazing Monthly Donors by providing us with a ready stream of funds to maintain and grow our projects ...A euro really goes a long way here

So can you help us (spare) €10 /€20 a month if so you can donate via PayPal link on our web site www.lecheileafrica.org or directly to

Le Cheile Africa : Synergy Credit Union Fermoy

BIC : FECNIE21

IBAN : IE57FECN99111310460086

We are also on the lookout for Partners/ Donors to support Our Disability Program €300 a month and to help us upgrade our Equipment in our Clinics so we can increase our services and reduced the number of referrals to Nakuru making access to Health Care easier / affordable for those we serve in the Community of Solai and surrounding Areas

We are always open to new ideas and partners hope you enjoyed the read and do excuse spelling / Grammar mistakes etc.

