



# Eyes for East Africa (UK)

Autumn 2005 Newsletter

Registered Charity No: 1053222

Honorary Ophthalmic Consultant: Dr. Roger C Humphry FRCS FRCophth

Supporting Dr Helen Roberts and the Kwale District Eye Centre in Kenya

Website - Please take a moment to visit our updated, new look website at: [www.eyesforeastafrica.org](http://www.eyesforeastafrica.org)

Contact – Eyes for East Africa (UK), 19, Dunmow Hill, Fleet, Hants, GU51 3AN, UK

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### Our New Address

We have a new contact address for all donations and communications. Please always use our new address:

**Eyes for East Africa (UK)  
19 Dunmow Hill, Fleet, Hants,  
GU51 3AN, UK**

## Jane Burrage

Our founder trustee and long term treasurer, Jane Burrage, has decided that her time with Eyes for East Africa (UK) must come to an end. Jane has been a guiding light with EFEA (UK) for 10 years and she will be sadly missed.

Jane Burrage helped set-up the initial personnel and administration systems at Kwale District Eye Centre and has often been known to go into the bush with KDEC staff to visit patients.

Jane really is a member of the KDEC family - she was with Dr. Helen when Antonia, Helen's daughter, was born and Jane is Antonia's godmother.



Jane Burrage & Dr. Helen's husband

Dr. Helen Roberts M.B.E, everyone at the Kwale District Eye Centre and the trustees at Eyes for East Africa (UK) would all like to wish Jane well and to sincerely thank her for the past 10 years of dedicated service to Eyes for East Africa (UK).

Good luck, Jane

### Diani Rules!

The Charity Beach Sports Event on the sunny Kenya Coast



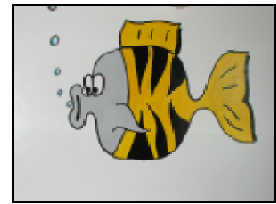
Early June is the time for the annual major Beach Sports fundraising event on behalf of Kwale District Eye Centre – Diani Rules! This year was no exception and the photos taken show that fundraising can also be great fun for the participants.



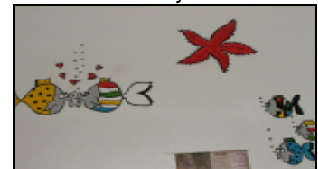
'Diani Rules' raised over 1 Million Kshs (about £8,000), a new record for this event.

KDEC would like to thank those in Kenya who sponsored this event and all those who took part in making the day such a success.

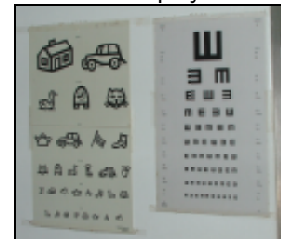
### Low Vision Unit



During a recent trip to the Kwale District of Kenya we were delighted to see that Dr. Helen and her dedicated staff had really improved the children's low vision unit at the eye centre.



As you can see the walls have been painted brightly and there are now some toys for the blind children to play with.



The area has been equipped with children's and illiterate eye charts.



A growing problem in Kenya is Albino children – who have no resistance to the sun, which compounds their problem of inherent low vision. The children's mother needs to learn that they should really be wearing cotton hats, cotton clothing to cover their limbs and sunglasses to help make their lives more bearable.

### Jazz Concert in aid of EFEA



At Concorde Club

Eastleigh, Hants

On 16th January 2006

Tel: 023 8061 3989 for tickets

## Jazz for EFEA



tickets Only £10 from

023 8061 3989

Food and drinks available

[www.theconcordeclub.com](http://www.theconcordeclub.com)

## Food for Thought

Jenny Opie, a teacher at Kingswood School in Bath, has produced a wonderful little recipe book that is full of simple but scrumptious dishes.



All proceeds go to EFEA (UK). The book costs £3.50 inc. P&P from: EFEA (UK) – Recipe Book, c/o Jane Dean, 6 Lysander Court Gunwharf Quays Portsmouth, PO1 3TB, UK Please make cheques payable to: **Eyes for East Africa (UK)**

Amongst the many other fundraising initiatives around the country we would like to thank Kingswood School, Bath for their ongoing Recipe Book project.

# Thankyou!

Mugs, T shirts, mouse mats and much more can be purchased directly from our website at [www.eyesforeastafrica.org](http://www.eyesforeastafrica.org) - where all of the proceeds go to help Dr Helen and the Kwale District Eye Centre, Kenya

## KDEC Open Day 2005

On 13 July 2005 KDEC held an Open Day primarily to publicise the help which can be given to those with Low Vision and the work of the Low Vision Unit.



Many people came along to see the eye centre doctors and staff – many had a sad story to tell.



Information and education is as much part of our day as are the cataract operations

Since the last Newsletter your donations to EFEA (UK) have funded the following major items:  
Medical instruments etc. £1470  
Poor Patients Fund £1575  
Staff training & other expenses £1206

## News from the KDEC Rehabilitation Unit

### A FAMILY REUNITED

Compiled and Submitted by:  
**Kai Kafahamu**

When Saumu was 26 years old she gradually lost her sight.

Married with three children - she could no longer cook or look after the house or family. Her husband, fed up of having to cook and clean for the family, sent her back to her parents in disgust.

"I am tired of living with a blind wife who cannot cook, fetch water, bath herself, go to toilet, wash my clothes and take care of my children. Go back to your parents and leave me in peace."

Rejected and depressed, Saumu hid inside her parents hut all day long for nearly two years. She became silent and gradually weaker. Then her mother heard about an eye screening - taking place nearby and organized by KDEC. She walked there guiding Saumu.

The Doctor explained that nothing could be done to restore her sight, but she could be helped another way.

Saumu learnt how to get around safely using a white cane. Suddenly she was able to get out and about on her own. She went to village ceremonies, which everyone had always attended without her. She made new friends and learnt how to cook despite her blindness and to wash clothes. She was able to go to the toilet without help, fetch water and bath herself. She was able to lead an independent life again.



News filtered back to Saumu's husband. Curious, he visited his in-laws to find Saumu walking confidently with only a white cane to guide her. He watched her preparing food.

He was impressed; this was a new Saumu and how clever she was to have learnt to do all this despite not being able to see!

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He negotiated with her parents so that she could return home to her husband and children. Proudly Saumu walked with her husband back to her home, where she now lives happily with her family.

## Donations

Please send your donations to:  
**Eyes for East Africa (UK)**  
19 Dunmow Hill, Fleet, Hants,  
GU51 3AN, UK

[jim@eyesforeastafrica.org](mailto:jim@eyesforeastafrica.org)

### Making the most of your donations to EFEA

**Standing Order** If you would like to make regular monthly donations by Standing Order to Eyes For East Africa (UK) please ask Jim Crow (address above), for the necessary details to fill in form from your bank.

**Gift Aid** Donors are reminded that EFEA (UK) can increase the value of most donations made by UK taxpayers by 28%, if donors complete a simple form under the UK Government Gift Aid Scheme. Higher rate taxpayers can benefit by reclaiming Income Tax on the difference between the basic rate of tax and the 40% rate for any donations made from personal income. These benefits are of great value to the charity and if you have not already done so, please ask Jim Crow, at the address above for a gift aid form.

**Wills** Have you thought about leaving EFEA (UK) a legacy in your will? We hope you have. At present less than 5% of the adult population include a charity in their will. Please think about us.

**The Payroll-Giving Scheme** One of the easiest ways of making donations to the Charity is through the Payroll-Giving Scheme now being adopted by many employers. Not only do donors receive tax benefit at source for such payments, but the charity also gains an additional 10% benefit from the Government. For more details please contact Jim Crow at the address above.

# Thankyou!