



# Eyes for East Africa (UK)

Summer 2005 Newsletter

Registered Charity No: 1053222

**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), 28 Cross Road, Southwick, West Sussex, BN42 4HF, UK

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## 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), c/o Jane Dean,  
6 Lysander Court  
Gunwharf Quays  
Portsmouth PO1 3TB  
Please make cheques payable to:  
**Eyes for East Africa (UK)**

Amongst the many other fundraising initiatives around the country we would like to thank St Peter's RC Primary School in Waterlooville, Hampshire for their collection during September 2002 and, of course, Kingswood School, Bath for their ongoing Recipe Book initiative.

## *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



Blindness is all too common in Kenya

## Jamaal Mchangamwe

On the shores of Waa Location in Kwale lives Mr Jamaal who is a fisherman by trade.

Jamaal had two wives who were both selling fish in the nearby market as part of the family business.

However the family's luck turned when Mr. Jamaal lost his sight through cataract. He could not see to fish and his business slowly deteriorated. Eventually he was totally incapacitated by blindness.

Kwale District Eye Centre is only 2km from Mr. Jamaal's home but it didn't even occur to him to come to us for help.

Instead he called a family meeting and asked them what to do. They decided, as they have done for centuries, to go for religious treatment, available from a village elder. The religious healer read and recited some verses from religious books and gave him herbal concoctions to drink for two months.

It didn't work. Mr Jamaal remained blind, poor and dependent.

They returned several times but eventually the relatives gave up and one wife left to find a living and food for her children elsewhere.

Mr. Jamaal was so discouraged and lonely that everything became too much trouble for him. He became bad tempered and difficult to live with. Especially when he needed everything done for him.

The local Community Based Worker came to hear of this difficult man. She went to see him.

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But the CBW was a young woman. How could she know the answer when the respected religious leader had failed?

Mr. Jamaal would not 'bend so low' as to listen to a young woman's advice where a man's advice had failed.

Instead our CBW approached an elderly member of the Village Health Committee (VHC) in the area. He agreed to visit Mr. Jamaal. The VHC explained to him about Kwale District Eye Centre and how the practice at KDEC is, in fact, in accordance with his religious belief. Mr. Jamaal and his relatives respected the VHC member because he was an elder in the village.



When Mr Jamaal returned home seeing after successful cataract surgery in both eyes he met another challenge. Nobody in the family wanted to touch his eyes for fear of becoming blind themselves. He had to instil his own eye drops.

Our CBW taught him how and dispelled the family's misgivings when she visited him as part of her duties after his surgery. This time they listened to a young woman.

Mr. Jamaal regained his vision and went back to his fishing business. Hearing of his success his second wife returned with the children and they go about their daily business as before.

Now the young female CBW is always welcome and they listen to what she has to say.

### Poor Patient Fund

Your Eyes for East Africa (UK) Charity continues to help Dr Helen with the Eye Centre Poor Patient Fund (PPF). This fund allows patients to have treatment when they have little or no way of paying for it. Maybe they can offer a few chicken eggs or maybe their close family help keep the compound clean – but because of you they can be treated and have their site restored!

*Thankyou!*

### Fundraising is a never ending business

For those of you who think your EFEA trustees meet primarily for social reasons and to decide how to allocate the money you have kindly donated to the Charity, nothing could be further from the truth. We are always on the lookout for new fundraising opportunities that will help Dr Helen and her team carry out their much needed work in Kenya.



Rotary International has a long history of helping 'Good Causes' and thanks to the Rotary Club of Fleet we have been able to arrange an annual collection for Eyes For East Africa at the M3 Fleet Motorway Service Area in North East Hampshire. In 2004, our supporters from across the South East of England including members of the Rotary clubs of Shepperton, Basingstoke and Fleet together with other helpers raised almost £800 from the generous patrons of Fleet's M3 Services.



The event is to be repeated on 16 July this year when we hope the public will be equally generous. Please let us know if you would like to arrange a similar collection in your area.

### John has Downs Syndrome

He has a squint and very low vision. He is doing well but needs more visual stimulation. This means that his overworked parents must try to find him interesting objects to look at and encourage him to use his sight.



He is a delightful child and deserves all the help we can offer him. We will need to follow him up for life.

### The Eye Test Queue

People waiting patiently in line for eye testing at a screening session at a local primary school.

As you can see there are people of all ages.



Please note - in the background by the illiterate E visual acuity chart is an elderly man who is totally blind being led into the school for testing.

### Mr Wanju

Mr Wanju suffers from age related macular degeneration.

This means that while he can see fairly well at the moment, there is little we can do about the gradual deterioration in his central fine vision.

He is able to read with a magnifying glass and uses this to study his Koran.



Here he is pictured outside his house where we visited him to see how he was managing. He is adapting quite well but will need gradually stronger magnifying glasses as his eyes degenerate further.

He will be regularly visited by his local community based worker (CBW).

### Donations

Please send your donations to:  
Eyes for East Africa (UK)  
C/o Jane Burrage  
28 Cross Road  
Southwick, West Sussex  
BN42 4HF  
UK

[jab@jburrage.freeserve.co.uk](mailto:jab@jburrage.freeserve.co.uk)

### 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 Jane Burrage (address above), for the necessary details to fill in your bank 's form.

**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. For higher rate taxpayers, they too 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 for a Gift Aid form available from Jane Burrage, at the address above.

**Wills** Have you ever 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 Jane Burrage at the address above.

**How we used your donations** You have so far supplied many surgical instruments, you have helped pay for doctor Helen's KDEC staff medical insurance, you have supplied Ophthalmic books and you have purchased many items required by KDEC to ensure continued help with unnecessary blindness in Kenya –

*Thankyou!*