



Eyes for East Africa (UK)

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



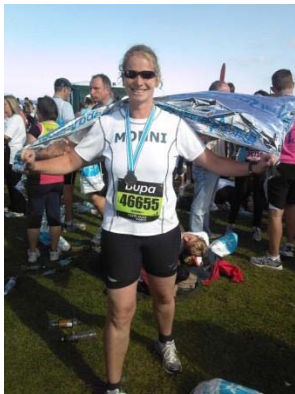
Registered Charity No: 1053222
Honorary Ophthalmic Consultant: Mr Roger C Humphry MD FRCS FRCophth

Autumn 2009 Newsletter

Monika Runs to Raise over £1,000

We reported in the Summer Newsletter that EFEA supporter Monika Böhm was training participate in the Great North Run in aid of EFEA.

On September 20th Monni, together with 50,000 other entrants set out to complete the half marathon. We are delighted to report that Monni was successful in finishing the course in 2 hours and 38 seconds, about 15,200th position. Well Done Monni!



Monika seen after completing the Great North Run – wearing her T-shirt in support of EFEA.

The most impressive achievement of all is that Monika and her supporters have been able to raise over £1,000 for EFEA as a result of sponsorship for the event.

World Sight Day – 8th October

Kwale District Eye Centre (KDEC) celebrated World Sight Day (WSD) at a Primary School not far from KDEC. The theme for WSD 2009 was 'Gender and Eye Health - equal access to care'.

In many developing countries, twice as many men than women access the available eye care. At the WSD event, women were encouraged to seek eye care much more often than is happening now. Of the 250 people present, about 150 were women, and the area chief lauded this.

The school children received eye health awareness education from the KDEC staff with the help of an eye model to create more emphasis. To top it up, a few games where the children were blindfolded were incorporated to drive the point home.



One of those blindfolded while playing was Shani (seen on left) and she commented on how difficult it was to be blind and appreciated the gift of sight.

The children all promised to be ambassadors promoting eye health.

**HAVE YOU REGISTERED FOR EASY FUNDRAISING YET?
see below for details....**

Donations, Fundraising and Contact Details

Donations: If you would like to make a donation to EFEA by cheque, standing order or direct debit please ask Jim Crow (address below), for the necessary details.

Eyes for East Africa (UK)
19 Dunmow Hill, Fleet, Hants
GU51 3AN, UK
Tel: 0845 325 0592
jim@eyesforeastafrica.org

On-Line Donations: On-line donations can be made securely via our website using a credit card or PayPal. Donations can also be made via the Charity Aid Foundation Eye website at www.cafonline.org

Eye Give: We offer a range of 'virtual gifts' perfect for birthdays, Christmas and other special occasions. For more information see overleaf or visit the shop page on the website.

Easy Fundraising: Register with Easy Fundraising, and EFEA benefits from a cashback donation whenever you when you buy goods on-line from a wide range of well known retailers, such as Amazon, Argos, M&S etc. It doesn't cost you a penny as the donation comes from the retailer, and can be up to 15% of the purchase price. It's easy to use and free to register. Visit www.easyfundraising.org.uk for more information on how to get into the easy fundraising habit.

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Gift Aid allows charities to reclaim the basic rate tax you have already paid on the money you donate. It can increase the value of your gift by up to 25p on every pound.

These benefits are of great value to the Charity. If you are a British taxpayer, please remember to complete a gift aid form with your donation. Gift Aid forms can be downloaded from the website or are available from Jim Crow (address above).

www.eyesforeastafrica.org

'Eye Give' for EFEA

Gifts can be purchased securely on-line via PayPal using credit or debit cards at www.eyesforeastafrica.org/shop. Alternatively, make your selection of gifts and gift cards (one per gift) on the form below and send with your remittance to 'Eye Give'. With each gift card we will provide an insert describing the gift you have selected.

Item #		Gift Price	Number Required	TOTAL £
1-1	Reading glasses with case	£5		
1-2	A foldable white cane with rehabilitation training for its use	£10		
1-3	Laser eye treatment to help a diabetic patient	£12		
1-4	Bottles of eye drops for 10 children	£12		
1-5	Magnifying glass/ telescope for children with low vision	£15		
1-6	For Albino children: sunglasses, sunhat & long-sleeved clothing	£15		
2-1	Four transparent roofing sheets for a classroom (including transportation and DIY fixing)	£20		
2-2	Box of twelve sutures of eye lid surgery	£20		
2-3	A Goat – To help an irreversibly blind person maintain a living	£25		
2-4	Cataract operation to restore sight in one eye (for an adult)	£30		
3-1	Trabeculectomy - Operation to minimise the damage caused by glaucoma	£50		
3-2	Cataract operation to restore sight in both eyes (for an adult)	£60		
4-1	Rehabilitation care & training for an irreversibly blind person (adult)	£100		
4-2	Cataract operation to restore a child's sight (both eyes) with follow-up and educational assistance	£100		
5-1	Trained nurse's salary for 1 month	£200		
5-2	Patient attendant's salary for 3 months	£250		
5-3	Care of a child with cataracts until age 18 years	£300		
6-1	Funding of an Eye Camp that will pay for screening of 500 people, treatment of 50 eyes by cataract surgery, provide eye drops for 200 and issue 150 pairs of reading glasses	£2,500		
<i>Eye Give Gifts TOTAL</i>				



(G1) No. Reqd _____



(X10) No. Reqd _____



(G2) No. Reqd _____



(G3) No. Reqd _____



(X20) No. Reqd _____



(G4) No. Reqd _____



Student Juma Rama Heri of Mwadinda P.R.V.School in Kwale District, Kenya designed the 'Gift of Sight' card for EFEA

(G5) No. Reqd _____



(G6) No. Reqd _____



(G7) No. Reqd _____

I enclose a cheque to the value of £_____ made payable to 'Eyes for East Africa (UK)'. Please send my Eye Give gifts with cards to:

Name: _____

Address: _____

Postcode: _____ Tel No: _____
(only to be used in case of queries)

Post your completed form and cheque to -
EYE GIVE
15 Barnard Road
Sutton Coldfield
West Midlands
B75 6AP

All gifts cards will be sent directly to you (the purchaser) by first class post. We regret that we do not have the facility to send the gift cards directly to your chosen recipient on your behalf.

Any queries? Contact eyegive@eyesforeastafrica.org or call Abigail Dodds on 0121 378 1796