



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

Summer 2009 Newsletter

More Sporting Effort in Support of EFEA

In the Autumn 2008 Newsletter we reported on the efforts of Tom Parkinson running the London Royal Parks Half Marathon in aid of EFEA. Today we report on Monika Böhm, who is training to take part in the Great North Run 20th September 2009 and hopes to raise funds for EFEA through sponsorship. Monni writes:

"What better way to celebrate your birthday than by running 13.1 miles from Gateshead to South Shields? This is what I am planning to do on the 20th September in the Great North Run, the world's greatest half marathon. So I have been training since the start of the year to get myself back into shape. And since pain is no fun unless it's for a great cause, I have decided to raise money for Eyes For East Africa along the way. So far I have raised over £500 from friends and family, but I am aiming much higher than this – after all, it is amazing to see how much our money can achieve at Kwale District Eye Hospital. This way, running 13.1 miles is definitely worth it – it restores eyesight and enables people to play a more active role in their community again and to provide for their family. Definitely a cause worth running for!"



If you would like to sponsor Monni please contact Jim Crow at the usual EFEA address overleaf.

Dr Helen Roberts visits UK



Dr Helen with Rotary Club of Fleet President Brian Dyer and (L to R) Rotarians David Steers and Jim Crow

In mid July Dr Helen was able to visit the Rotary Club of Fleet in North East Hampshire UK, whilst on a visit to UK. The Club has supported KDEC since 1995, and the members were very pleased to have the chance to meet Dr Helen after all this time.

Two of the Eyes for East Africa UK trustees are Club members (Jim Crow & Steve Easter), and several other members have provided support to the charity over a number of years, or visited KDEC while on holiday in Kenya with their wives and friends.

Trustee Visits to KDEC

There are regular visits to see the work of Dr Helen and KDEC by the trustees of EFEA. The visits are at their own expense and usually take place whilst they are in Kenya for a holiday.

Trustee Abigail Dodds most recently visited KDEC at Easter whilst on holiday with her family and can be seen here talking with Dr Helen at KDEC. She was able to see firsthand the continuing development of the Centre since her last visit in 2006.



Thankfully it's not all work for Dr Helen, as she enjoys some well-deserved relaxation time with trustee Jane Dean.

The visits made by Honorary Ophthalmic Consultant to EFEA, Mr Roger Humphry are less relaxing.

Roger travels to Kenya to join Dr Helen in working with the charity MEAK (Medical & Educational Aid to Kenya).

He can be seen here operating whilst at an eye camp in Kalacha, a remote area of northern Kenya.



Trustee Jim Crow makes several visits to Kenya and KDEC each year.

He is seen here with Rehama Suleiman who is the Human Resources and Administration Manager at KDEC.

This year Jim managed to time one of his visits to coincide with the annual fundraising event Diani Rules, where he was able to join in the fun all for a good cause (see overleaf).

Diani Rules 2009



Dr Helen can be spotted among some of the many participants in Diani Rules 2009

Diani Rules is a charity fund-raising, fun sports weekend, which has been running for 19 years! It was started to try and persuade people on the coast that there's still fun to be had in the rainy season, and at the same time raise money for good causes.

This year the last weekend in May saw glorious weather instead of rain, and this helped to make the event another great success. Thanks to a generous donation from the events' major sponsor Safaricom, and all the participants in the many games and social events, over £12,000 was raised for KDEC.

Easy Fundraising

Do you ever shop on-line at sites such as Amazon, Argos, Marks and Spencer, John Lewis, Debenhams, etc? Your on-line shopping could now be raising funds for EFEA at no extra cost to you. **HOW?**

EFEA have registered with easyfundraising.org.uk who provide a cashback donation to EFEA whenever you shop on-line at one of the 600+ retailers with links from their website.

It doesn't cost you a penny to raise funds in this way as the donation comes from the retailer. The amount donated varies but can be up to 15% of the purchase price. It's easy and free to register as a user. You still shop directly with each retailer, but simply by using the links from the [easyfundraising](http://easyfundraising.org.uk) website each purchase generates a donation to EFEA.

Visit www.easyfundraising.org.uk today, and get into the **easy fundraising** habit before Christmas. Don't forget to tell your friends and family too.

Making Donations & How to Contact EFEA

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 visit the website or contact Abigail Dodds, 15 Barnard Road, Sutton Coldfield, West Midlands, B75 6AP

Wills: Have you thought about leaving EFEA (UK) a legacy in your will? At present less than 5% of the adult population include a charity in their will.

The Payroll-Giving Scheme: The Payroll-Giving Scheme is 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

Deaf-Blind Patients in the Community

We have reported previously about how KDEC is involved in the community to identify and assist patients who are both deaf and blind. This story highlights the important role of the community workers.

John Kenga is a 5-year-old boy who lives in a remote village, 35km from the main road. John is both deaf and blind.



Juma Kali is the Supervisor of KDECs deaf-blind team (seen here on R). Using one of the KDEC motorbikes Juma was able to visit remote villages, such as where John lives, and so could make contact with John and his family.

John's grandfather, Mzee Kazungu, (seen here on L) is

the village headman, a resourceful and influential man who started and built a school for his many children and grandchildren. It was Juma's plan to get Mzee Kazungu to participate in John's rehabilitation and also use his influence to encourage parents of other deaf-blind children to seek professional help. Mzee Kazungu knew of KDEC and also the deaf school in Kwale, but was unaware of the deaf-blind unit within the school that may benefit John, as he gets older.

After several visits to the family, Juma was able to explain the importance of family and the community in the stimulation and development of John. The family learnt that the other grandchildren all have a role to play in stimulating John's development through play. John is seen here trying something new – sitting on Juma Kali's motorbike. This would be an experience unusual for most 5-year-old children, but is just the kind of stimulation of the senses that John needs.



Mzee Kazungu readily accepted the challenges he faces in enhancing the rehabilitation process for John. For Juma Kali, it was the breakthrough he'd been hoping for.

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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)