

## NEWS - JANUARY 2015

### EYE SCREENING FOR THE FISHING COMMUNITY



1 - Luciana talking to one of the fishermen



2 - Ali testing his eyesight

A recent eye screening for local fisherman sponsored by the South Coast Resident's Association ( SCRA) was very successful with 98 people attending. 5 came to us for cataract surgery including 1 small boy, 31 needed eye drops and 37 reading glasses were dispensed. These are essential to allow fishermen to see clearly when repairing their nets.

One man urgently needed both glaucoma and cataract surgery, failing which he would have completely lost his sight within a couple of months. This made the whole exercise worthwhile. SCRA representative and trustee of KDEC Luciana said, "These poor people were so grateful that somebody actually cared for them, and I would like thank all our members who contributed towards this eye screening day".

Picture 1 shows Luciana explaining to the fisherman that he had a serious problem. The pressure in his eyes is twice what it should be. He came to the eye centre for urgent surgery to save his sight. His trust in Luciana and all that she has done for our community gave him the courage to have sight saving surgery.

In picture 2 Ali, Shaban's son, tests his eye sight. Shaban is our community based worker for this area and has had cataract surgery following an injury many years before. He suspected that his son had a similar problem and brought him to the screening. Ali, has early cataracts in both eyes.

### IMPROVING EYE CARE IN THE COMMUNITY



Following consultative meetings with the Kwale County health Minister, County health director, Sub county health Directors and Medical superintendents, in January the Eye Centre started monthly screenings in the three public hospitals in the County which are Kwale, Kinango and Msambweni Hospitals. This is an important step forward in making eye care more available to the local community.

The public awareness and screenings were carried out by a strong

3 - Patients waiting to be screened at Kinango hospital



4 - Mr Mwasi assessing a client with poor vision



5 - Nurse Nimuno (Right) of Kwale General Hospital, addressing patients awaiting eye checks to target diabetic clients with vision challenges

and well qualified KDEC screening team comprising, Lilian Nyaboga OCO (Ophthalmic Clinical Officer), Albert Masua OCO, George Munyoki the nurse in charge, Juma the Community Based Program Coordinator and four of his team and Dr Vivian our ophthalmology student.

With the willing and helpful assistance of the hospital staff, the eye screenings were generally a great success. It was a good beginning, many people turned out and patients with serious eye diseases were identified and referred to KDEC for treatment. Overall at the four hospitals we saw 260 patients, dispensed 143 eye drops and 38 reading glasses. Perhaps more importantly, 25 patients in need of surgery were identified.



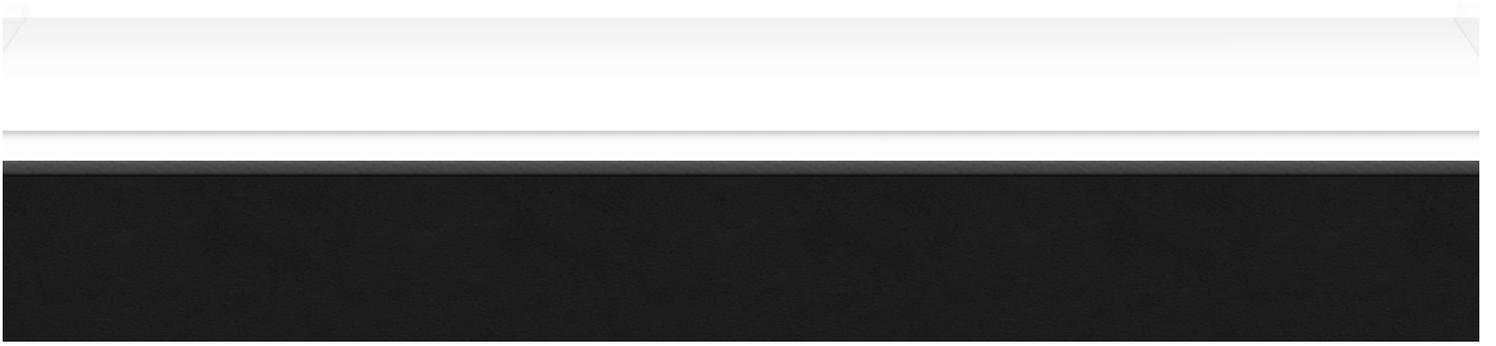
6 - Nurse Nimuno screens a patient

## LAUREN MELLOWS' MARATHON



A rather tired but triumphant Lauren with her medal

In last Month's news, we told you about Lauren Mellow's up coming half marathon event in UK to raise funds for KDEC. Lauren asked us to let her sponsors know how she got on.' Thank you so much for sponsoring me in the Bath Half Marathon. I had such a fantastic day, the atmosphere was amazing and I managed to surprise myself with a time of 1 hour 43 mins! Safe to say I think I'm hooked and will be planning on doing a few more. Thanks to everyone's huge amounts of generosity, I exceeded my fundraising target and the total now stands at £625. £500 of this will provide eye testing, basic eye treatment and protection for the fisherman in the village 100 meters for my uncle's house in Diani. The balance will go to general eye care at KDEC I am so grateful that you have made this possible.



## NEWS - FEBRUARY AND MARCH 2015

### A NEW MACHINE FOR THE OPTICAL LAB



Auto Edger

Kwale District Eye Centre have received a new auto edger machine for their optical lab, donated by Eyes For East Africa.

The auto edger grinds down spectacle lenses, allowing the eye centre to make their glasses on site. This provides an excellent service to the patients.

### BAKE SALE SUCCESS



Aashni and her mum Sujata have raised an incredible £735 from their cupcake sale! They baked for about 3 months and could hardly keep up with the orders.

Aashni and Sujata have requested that the money they donate go towards children's eye surgery. Dr Helen said, "We will be delighted to use it for children's surgery; we perform about 70 operations each year on children, most of them cataract surgery. The service is sight saving but expensive."

The photo shows Aashni hard at work!

### VISITORS TO THE EYE CENTRE



The 1st photo shows Dr Mandeep (behind the crowd) attending a screening in Kinango. He visited the Eye Centre for the first time and imparted new skills to the staff at Kwale Eye Centre.



The second photo shows Dr Sarah Lucie and her Team with KDEC Staff during their recent visit at the Eye Centre. It was great having them around as they shared their expertise in different fields.

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## PATIENTS BENEFIT FROM DONATIONS



Mwanaidi was identified in one of the outreaches in Kinango, a far off area from the Eye Centre. The thought of her being able to see again never crossed her mind.

The photos show her at Eye Centre after her cataract surgery. Before treatment, she was blind and had to be assisted in doing almost all tasks. "I can see again" she remarked as she thanked staff for supporting her. Her smile says it all.



This is Saumu who had squint surgery last year. Prior to her surgery, she had poor vision which interfered with her learning. With her improved eye sight she has now passed her Primary School exams and is very eager to start secondary school!

## NEWS - APRIL AND MAY 2015

### VISITORS TO THE EYE CENTRE



Pritti supervising Chama Mohammed.

2 UK optometrists, Rachel Carson and Pritti Patel, visited the Eye Centre in May. They spent 2 weeks training staff on refraction skills both at the main clinic in Kwale and at the Taita satellite clinic.

Continuing staff training is very important to maintain the Eye Centre's high level of care, and the visit will benefit both staff and patients.

### DIANI RULES



For 25 years this fun charity sports event on Diani Beach has raised money for the Kwale Eye Centre to battle blindness in Kenya. This year they raised an incredible 550,000 KSH (£3516).

Events included Frisbee, waterball, boat races and tug-o-war. Judging by the photos great fun was had by everybody!

Have a look at [www.dianirules.com](http://www.dianirules.com) for more information



## DONATIONS FROM THE UK

The eye centre has had a donation of some capsule scissors from the UK. These are surgical tools used during cataract surgery. Dr. Helen says, "These delicate instruments have a limited life in Africa. On behalf of all of those who will benefit, thank you very much."

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## NEWS - JUNE 2015

### SPONSORED SCREENINGS



Oscar explaining about eye disease

This photo was taken by Buby Van Heeten who has helped to sponsor 5 eye camp screenings.

It shows Oscar, our community based worker in the orange shirt explaining about eye disease and what to do if you have a problem. The listeners are members of the community.

Buby is also making a film about the Eye Centre and we look forward to sharing it when it when it is completed!

### CUPCAKES AND HARD WORK!



Kwekwe after bilateral cataract surgery

You may remember in the February / March newsletter we told you about Aashni and her mum Sujata who raised an incredible £735 from their cupcake sale. They requested the money went towards children's eye surgery, and many children have already benefited from their hard work.

The first photo shows Kwekwe adjusting to his new sight after bilateral cataract surgery.

The second photo shows Braxton reaching for a lolly after his surgery. He can now see much better!



Braxton

These children's lives have been transformed by their surgery. They now have a chance at a normal childhood, being able to go to school and play with their friends. We would like to thank Aashni and Sujata for all their hard work that made this possible!

## TAITA GETS A FACELIFT



The eye centre opened a satellite clinic in the neighbouring County of Taita after the overwhelmed government clinical officer asked for help, especially with low vision children.

Of course it is crucial that everyone knows where the Clinic is so that they can direct people with poor sight or those with eye problems.

We hope that these signposts will enable many people to reach help and SEE AGAIN!

## #GIVINGTUESDAY

#GivingTuesday is a global day of giving and will take place on 1st December 2015. It is run by the Charities Aid Foundation (CAF) in the UK. The simple idea behind #GivingTuesday is to encourage people, charities and businesses to donate time, money or their voice to help a good cause. Eyes for East Africa are proud to be partners with #GivingTuesday. If you think you could organise a fundraiser / sponsored event to coincide with Giving Tuesday, or help us raise awareness please contact us! See [www.givingtuesday.org.uk](http://www.givingtuesday.org.uk) for more information.

## PATIENTS BENEFIT FROM DONATIONS



After years of darkness, Mwanahalima can see again following successful cataract surgery at the Eye Centre. She cannot hide her joy and waves to us as she travels back to her village.

## NEWS - JULY 2015

### NEW EQUIPMENT FOR THE OPTICAL LAB



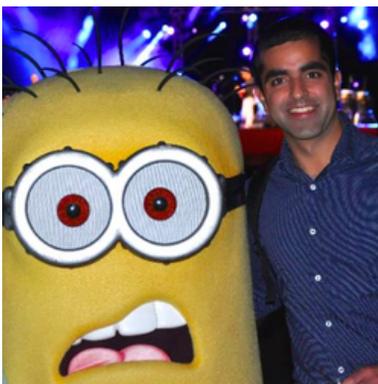
The Auto Edger

Back in February we reported that Eyes For East Africa funded a new piece of equipment for the optical lab. The new "Auto Edger" allows the Eye Centre to make tailor-made glasses on site - a valuable service to their patients.



We are happy to hear that the Auto Edger has arrived safely and is now in use at the Eye Centre. Here are some photos of the Auto Edger being used!

### IMRAN YUSUF RAISES MONEY FOR KENYAN EYES



Imran Yusuf

Imran Yusuf will be running the Amsterdam marathon to raise money for Eyes For East Africa! His aim is to fund an ocular ultrasound device (B-scan). This is standard technology in any first world eye clinic, but patients at Kwale Eye Centre do not have access to one. With proper examination technique, one can gather a vast amount of information not possible with clinical examination alone. Once acquired, our intention is then to train clinical staff at KDEC to use it to maximise the benefit this technology may bring.

To sponsor Imran, please visit <https://mydonate.bt.com/fundraisers/imraneyes>

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## EASY FUNDRAISING

We have a way for you to raise money for us - and it doesn't cost you a penny! Next time you shop online, please consider supporting us through [www.easyfundraising.org.uk](http://www.easyfundraising.org.uk)! Search for Eyes for East Africa on their site. Then, simply click through to your online shop from their website, make your purchase as normal, and Eyes For East Africa will get a small donation - and at no cost to you! Have a look at <http://www.easyfundraising.org.uk/how-it-works/> for more information.

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## MAMA ALICE RETIRES



Mama Alice ( in pink ) has worked at Kwale Eye Centre for 15 years.

Patient and kind, the title 'Mama' is an accolade in Africa, suggestive of her caring maternal approach to staff and patients.

Alice is the patient counsellor, taking time to explain to patients about their condition, so that we can address the solution together with them.

Mama Alice retires from her job at the Eye Centre, but vows to continue to support their work. Hundreds of patients have reached the eye centre through word of mouth from her home town, and she happily reports that this will continue!

## NEWS - AUGUST 2015

### EYE SCREENING RESTORES SIGHT



The photos on the left shows some very happy patients who can see again after sight restoring surgery! They are all from the same village on the south coast of Kenya. A team from the Eye Centre carried out eye screening near their homes.

This screening was funded by the German charity Wir Helfen. Wir Helfen recently sourced additional support enabling the Eye Centre to hold an additional 5 eye screenings in the Kwale region of Southern Kenya. During these screenings the Eye Centre are able to reach people who are not able to find or afford eye care on their own.



Happy post operative patients

### VERA PASSES WITH FLYING COLOURS

The Eye Centre's clever administrator Vera recently passed her advanced study of theory and practice of management and administration. Vera has been studying hard for a year and we are pleased that her hard work has paid off!

This online course was donated to Kwale Eye Centre by Cambridge International College. The Director of the college saw an article in 'Coastweek' newspaper celebrating 20 years of the Eye Centre, and donated this course as a result.

We would like to thank Cambridge International College, and look

forward to the benefits this course will bring to the Eye Centre.



Vera

## WIR HELFEN DONATES EQUIPMENT



The German charity Wir Helfen has donated some optical equipment to the Eye Centre.

The photo shows Robert, our dispensing optician, and Stefan Heinrich a visiting optician engineer from Wir Helfen in Africa. Stefan was one of three engineers who accompanied the donated equipment from Germany to Kenya and then installed them all.

## NEWS - SEPTEMBER 2015

### THE IMPORTANCE OF COMMUNITY WORKERS



The Eye Centre have trained "village health committee members" to help identify people with eye problems and and arrange treatment and help for them at the Eye Centre. These community workers are extremely important to the work of the Eye Centre, as it enables us to reach people who would not otherwise have had access to help.

Gaspar (pictured) is amongst the oldest of these community workers. Here he is measuring a patient's vision in the field. Her vision is so poor she cannot read any letters on the chart and can only count fingers.

### WORKING WITH LOCAL CORPORATIONS



The Eye Centre has worked with Kenya Ports Authorities to provide eye screening for some time now, and is engaging more with other corporations as a way of reaching all those who need eye care. The eye screenings help us reach the needy community.

The photo shows Hassan taking a measurement of a patients eye pressures during a screening with Kenya Ports Authorities.

### VISITORS TO THE EYE CENTRE

Kwale Eye Centre had the pleasure of receiving Professor Dan Reinstein from the London Vision Clinic and his friends, Mr. Volker Bassen and his wife. This was their first visit to the Eye Centre and we are very grateful for their support!



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## A WEDDING CELEBRATION



Our Procurement officer Francis officiates his marriage to his beloved wife Patricia. The wedding was so colourful and we wish them all the best that life has to offer.

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## SALISBURY COMMUNITY BAND FUNDRAISE



Salisbury Community Band recently donated a cheque for £225 to Eyes For East Africa. The photo shows the hand over from Conductor Chris Holmes (on the left) to our Honorary Ophthalmic Surgeon and Trustee, Dr. Roger Humphry.

## NEWS - OCTOBER 2015

### AMSTERDAM MARATHON 2015



A massive congratulations to Miranda Buckle and Imran Yusuf who ran the Amsterdam marathon on 18th October on behalf of Eyes For East Africa! They have raised an incredible £1,945 to date. If you want to sponsor Miranda or Imran you can do so via the following links:

Miranda: <https://mydonate.bt.com/fundraisers/miranda>

Imran: <https://mydonate.bt.com/fundraisers/imraneyes>

### ...AND YET MORE RUNNING!



Albert, Hassan and Mealii - all staff from the Eye Centre - completed the Nairobi marathon on 24th October. The marathons tag line is "Seeing is Believing" and it focuses on raising money to prevent avoidable blindness. It was great to have Kwale Eye Centre represented!

### SCREENINGS CONTINUE

The Eye Centre is continuing to hold screening events. The photo on the left shows patients awaiting their turn at a recent screening held in Vanga, just north of the Tanzanian border with Kenya.



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## THE IMPORTANCE OF GLASSES



Ever since the Eye Centre received a machine to help make glasses funded by Eyes For East Africa, their optical department has been going from strength to strength. Sometimes surgery is not required and a simple pair of glasses can make someone see again.

The photo shows the optician Nzarani fitting glasses to a 5 year old girl. The glasses will correct her squint and help her see.

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## NEWS - NOVEMBER 2015

### CBM VISITS THE EYE CENTRE



We were pleased to have visitors from the charity CBM visit one of our projects to see how we are doing. The photo shows (from left) Francis, Zippy, Albert, Robert, Lilian, Patricia from CBM, Amos (the project boss), Vicky and Nerea from CBM.

To find out more about CBM you can visit their website at <http://www.cbmuk.org.uk/>

### DR STEFAN VISITS THE EYE CENTRE



The photo shows Dr. Stefan, a visiting Doctor from Germany, with Eye Centre staff during his farewell after a three weeks stay at Kwale Eye Centre. The staff really enjoyed having him around and learnt a lot from him.

### EGGS RAISES FUNDS



EGGS (Eye Go Game Spotting) is an annual fundraising event which raises money for the Eye Centre and other good causes in the area. Teams set out to capture as many animals, birds and plants as they can, each photo earning points.

This year, EGGS raised an incredible £11,550 for the community.

This lion gained the photographer's team 55 points.

## LOW VISION



Sometimes we are unable to improve a persons vision with surgery or glasses. In these cases they are referred to our low vision department. Here, they are given low vision aids such as magnifiers and telescopes, and are taught ways to maintain their independence with poor eyesight. It is a very important department at the Eye Centre.

The photo shows (from left) Lilian, Robert, Nzirani, Bijan Azami, Almasi, Beasy and Amos, who work together in the low vision department.

## EYE SCREENINGS



Eye Screenings continue to be an important part of the work of the Eye Centre. It enables us to identify members of the community who have eye problems and need our help.

The photo on the left shows a lady who wishes to have her eyes tested giving her details to the clerk at a screening.

## NEWS - DECEMBER 2015

### EYES FOR EAST AFRICA AT CHRISTMAS



There are loads of ways you can support Eyes For East Africa this Christmas!

Instead of sending traditional Christmas Cards, why not donate to us and send your family and friends one of our e-cards instead? - [click here](#).

Our Eye Give Vouchers make excellent Christmas presents and start from only £5! - [click here](#).

When shopping online, please do so through [easyfundraising.org.uk](http://easyfundraising.org.uk). Choose us as your charity, and we will receive a small cash donation at no extra charge to you.

### FRANCISCA GRADUATES



Francisca is our assistant administrator. She stepped up to take on the role of Administrator as Vera went off on maternity leave. Vera had a baby girl (her third child) in September and all is well. Francisca not only worked well in this role but was completed her exams for her degree.

The photos to the left show a smiling Francisca graduating with a Bachelor of Commerce degree, and below with her colleagues Joyce and Bellis. Congratulations Francisca!



## LOW VISION TRAINING, AND IT'S IMPORTANCE



Albert our clinical officer went off to India on a low vision training course for a month. ' the food was terrible' he reported ' but the people are friendly' The photos to the left show Albert hard at work in India, and with friends he made during his trip.



The low vision department works hand in hand with the medics addressing mostly with children with visual impairment. The first challenge is finding them - people still believe in witchcraft and therefore that a child with poor eyesight is a curse inflicted on the family because of something shameful someone has done! Therefore children with visual impairment are often hidden away. Our school screening and child to child programme is really good at finding them as children always know if there is a child being hidden away at home. Then we have to encourage the family to open up and let us help. Once we get to the child we have to make a full assessment.

Sometimes surgery or visual aids help, sometimes more is required as the child may suffer from other challenges. Counselling is terribly important here to enable the family and their community to accept the child and give him the chance for a normal life. Once at school going age we support the teachers, explaining how the child may take much longer to take in information because they do not have normal sight, how the teacher can do more verbally, write larger letters on the board etc. It's a team effort and it can really make a difference.

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## THE GIFT OF SIGHT FOR CHRISTMAS!



Ali (first photo) was blind when he came in for cataract surgery. A simple procedure and he can see again! The two men in the bottom photo are also patients of the Eye Centre.

The Eye Centre reached all of these men by going out into the community to find them. They were all too poor to reach to the Eye Centre themselves for treatment. If staff from the Eye Centre had not gone out to find them they would still be blind today.



So they got their sight back for Christmas!

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## MORE STAFF TRAINING!

Kutafuta and Mealii are our young patient attendants. We have had Axel Schottler over from the German senior volunteer services (SES) for a month training people to refract (determine spectacle prescription). They were his



top students and are now honing their skills with Nzirani, an experienced refractionist. We need to expand our optical department exponentially as demand increases. Here we see them receiving their certificates.

