

## NEWS - JANUARY 2017

### 2017 OFF TO A GOOD START WITH ROTHLEY GOLF CLUB

Rothley Golf Club in Leicester, UK, has chosen Eyes For East Africa as charity of the year. The year got off to a great start with a balloon drop on New Years Eve. Thank you to all at Rothley Golf Club for your support!



### CHILDREN AFTER SURGERY

This year started with a bang at the Eye Centre, with lots of eye surgeries taking place. The photos show some of the children who have recently undergone surgery. On the photo on the left they are posing with their parents. 3 of the children had eye trauma which is incredibly frequent in Kenya (much more so than in the UK.) 3 of the children were completely blind due to cataract before we operated on them, and one had a cancer of the conjunctiva (the skin covering the front of the eye) which was removed.



The struggle is getting enough money to perform these expensive surgeries. We ask the parents to contribute as much as they can, but it is thanks to our donors we can continue to carry out this work. Have a look at our 'support us' page for details on how to help.

### MR. AND MRS. LOMMEL SUPPORT THE EYE CENTRE

Every year, Mr. and Mrs. Lommel visit Kenya on their holidays. Throughout the year, they work hard fundraising for the Eye Centre, and are great supporters of ours. It was lovely to see them again during their recent trip.

The photo shows Mrs. Lommel with Dr. Helen.





## COMMUNITY BASED WORKERS GET NEW KIT

Our community based workers continue to be really important people at the Eye Centre. We are not just a clinic, but are out there in the community, and our community based workers co-ordinate everyone with whom we work. They provide the link between the school children we have taught, teachers and parents of children with visual challenges, community health units, women's groups, and local chiefs (to name a few!)

As our Community based workers become more skilled at diagnosing eye diseases, they need better kit. We have recently given them rather smart looking satchels to carry their equipment, and have upgraded their phones to smart phones so they can send photos of eyes back to the Eye clinic.



## IN MEMORY OF DR EVAN SOICHER

To mark the milestone of the first anniversary of the sad, untimely passing of ophthalmologist Dr Evan Soicher, his family decided to raise money for Kwale Eye Centre. The response has been overwhelming, and they have raised over \$18,000 Australian dollars. The Eye Centre plans to do 5 outreaches with the funds, and may also be able to buy some ophthalmic equipment.

Below are some photos of Dr. Soicher, along with photos of a recent outreach paid for by the fundraising. Have a look at the fundraising page [here](#).



## UK DOCTORS VISIT THE EYE CENTRE

Sarah Lucie Watson, Imran Yusuf, and Bruce James came again this year totally at their own expense to help at the Eye Centre. We enjoyed making a fuss of Sarah Lucie with a cake on her birthday, but more importantly they did some really valuable teaching. Bruce James is a glaucoma specialist, and in the photo he is teaching Eye Centre staff about visual fields.





## NEWS - FEBRUARY 2017

### IN MEMORY OF DR EVAN SOICHER

As we reported in our January news, an incredible amount of money was donated to the Eye Centre in memory of Dr. Evan Soicher. In fact, twice as much as we were expecting. So far 500 people have been screened and 50 life changing cataract surgeries have been done. We will continue to reach people as Dr. Evan's legacy.



Some people who can see again after attending a screening in memory of Dr. Soicher

### CHILDREN'S EYE CARE

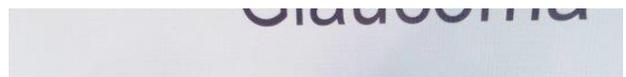
It is so important that children have access to eye care. Some eye conditions, like squints and lazy eyes, can only be treated if caught before the age of 7. If a child cannot see well, their education will suffer. The Eye Centre treat a large number of children each year, and below are some photos of our younger patients!



Patience, seen with her mum and in the operating theatre, had an operation to correct a squint. This will help her visual system develop normally.



Fi is a paediatric ophthalmologist and visited the Eye Centre to train staff on examination techniques.





Mustafa plays with his favourite toy at the Eye Centre now that he can see out of both eyes!



John's life changes with a pair of spectacles. "I can see the leaves on the trees!" he exclaimed.

## CLIMBING MOUNT KENYA

Stuart Kinloch and a group of friends climbed mount Kenya this month, and raised £400 for the Eye Centre! A big thank you to all involved. You can still sponsor Stuart until 12/05/17 - [click here](#).



## UK DOCTORS VISIT THE EYE CENTRE

We reported last month that Sarah Lucie Watson, Imran Yusuf, and Bruce James came again this year totally at their own expense to help at the Eye Centre. Here are some more photos of their visit. The staff at the Eye Centre benefitted greatly from their teaching.



Dr Sarah Lucie shows off our fundus camera!



Dr Sarah Lucie poses with a patient during one of our government screenings



Staff pose with Dr Sarah Lucie, Dr Imran and Dr Bruce.



## NEWS - MARCH 2017

### THE IMPORTANCE OF ACCESSIBLE EYE CARE

Accidents do happen, and if an eye is injured quick treatment can save sight. It is so important that people have quick access to affordable eye care when they need it. Poor 5 year old Umazi was hurt when her brother accidentally caught her eye with a sharp pencil. Staff at the eye centre were able to remove the resulting cataract, and stitch her eye therefore saving the sight in that eye.



### RAISING AWARENESS

Eye checks are important as they can pick up eye conditions before any symptoms occur, many of which, like glaucoma, are treatable if found early enough. Our community based worker Robert does a great job of educating our local communities on eye health. Here he is talking to the community about why everyone should have an eye check.



## A BUSY MONTH AT THE EYE CENTRE

It has been a busy month with our focus on children, both surgery and teaching wise. We were honored to have Jane Tapley visit us for the 3rd time and teach the staff on children's vision testing. Her expertise is amazing, and our new vision therapist really benefitted.

Children's surgery continues to provide a service, without which these children would lose the sight in their injured eyes or those born with cataract would remain totally blind.



Jane Tapley with our vision therapist

## NEWS - APRIL 2017

### WEDDING BELLS

Everyone at Eyes For East Africa would like to say a massive congratulations Francisca, the administrator at Kwale Eye Centre, on her recent wedding. She met her new husband Bonniface 2 years ago, and they were wed at the local church. Below are some photos of their wedding day. The photo on the right the couple pose with Francisca's sister Felistus.



### RESTORING SIGHT IN CHILDREN

We like to bring you success stories to show you that your donations and support really do make a big difference! Six year old Mwangomba visited the Eye Centre as he was completely blinded by cataracts. The surgeons at Kwale Eye Centre were able to operate on his eyes to remove the cataracts, and now he can see! He will still need regular, ongoing follow up and spectacles.



Immediately after surgery



Two weeks after surgery and seeing much more clearly!

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## NEW EQUIPMENT FOR THE EYE CENTRE

Upgrading our equipment allows us to offer more treatments to our patients, and allows us to consistently offer high quality, safe care. Recently the Eye Centre received a new anaesthetic machine, donated by Ping Bordier. The photo on the right shows it in use!



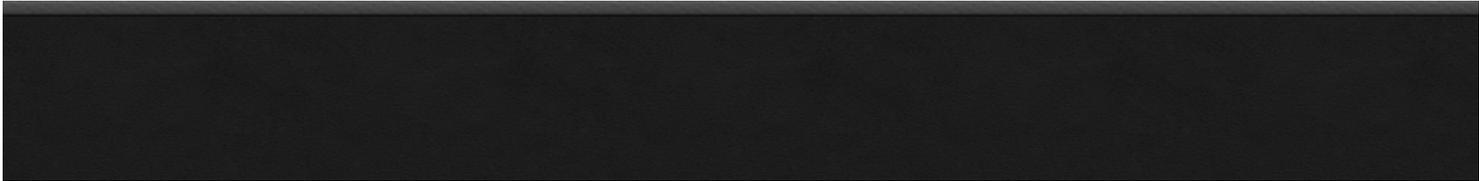
We also have two new visual acuity charts. We measure visual acuity on every patient that visits the Eye Centre. The photo to the right shows the charts being used side by side during a busy clinic. Now that we have 2 it really speeds things up!



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## ROOF REPAIRS

The Eye Centre's corrugated iron roof was getting a bit rusty and was starting to leak. The Bataleur foundation kindly donated funds to get it fixed. Some sheets needed replacing, whereas others just needed a coat of paint. The new roof looks nice and tidy, and most importantly is now waterproof!



## NEWS - JUNE 2017

### SCHOOL SCREENINGS SPONSORED BY JEANNOT SCHEID OF KENIA FRENN

Kwale Eye Centre carried out a screening at Ukunda Baptist High School, thanks to sponsorship from Jeannot Scheid of Kenia Frenn in Luxembourg. The screening event began with an awareness talk by Chaka our ophthalmic nurse and Nyere, our Community Based Worker about eye disease, how to take care and protect eyes from avoidable blindness. 110 students and teachers were screened. 48 pairs of spectacles were dispensed, and 2 students with severe cataract were identified.



Fred, our optician, dispenses spectacles to a student



Donations of spectacles from Kenia Frenn are received



Jeannot from Kenia Frenn poses with Vera, our administrator and Dr Helen

### SEEING IS BELIEVING

Seeing is believing supports surgery and follow up in children with cataracts. The photos show Shaban our community based worker and Dr. Susan from Seeing is Believing visiting little Hassan who has had cataract surgery. Albert from the eye centre also assists.



## ALMASI VISITS THE NETHERLANDS!

Almasi is our Low Vision Therapist. Recently he visited The Netherlands to give a presentation on Low Vision in Kenya at a Low Vision Conference in Amsterdam. Whilst there, he was shown around Amsterdam by Carla and Hermien - nurses from The Netherlands who have previously visited the Eye Centre.



## NEWS - JULY 2017

### THE RIGHT TO SIGHT

In the big picture, training new Eye Care Professionals is by far the most important thing we do! Surgeons cannot learn without patients, and they can get a lot of experience at the Eye Centre. The photos below show some of the new generation of eye surgeons learning new skills!



### THE SCHOOL SCREENING AND AWARENESS PROGRAM

The school screening and awareness program is sponsored by someone who wishes to remain anonymous. The program started 6 years ago. As well as screening children's eyes, we also teach the children about eye health, how to identify someone who may have an eye problem, and what to do. It works really well as the children are so keen to learn. They are the first generation to go to school, so are looked up to. The children bring a lot of patients to the Eye Centre!



Children at Shimba Hills Primary School with Naomi our Community Based Worker



Mabcheni Kinango Eye Care Club learns about eye health from our Community Based Worker



The children learn how to test vision, and call us in when someone can't see properly.

## SCREENING IN THE COMMUNITY

Screening in various locations allows us to continue to break down the barriers which prevent people reaching eye care.



Our work involves going the extra mile and travelling to remote areas. Here we provide eye care to those who would not otherwise be able to reach us. The photograph shows patients waiting to be seen at a recent screening event.



Morris tests the vision of a young child in a screening program in Mtongwe - a settlement on the South Kenyan Coast.



Hamadi, our community based worker, dispenses drops and glasses to a patient during a screening at a government hospital. Collaboration with government is key.



A typical busy eye screening! You can see Albert takes a history about a child from his mother.

## NEWS - AUGUST 2017

### OUR COMMUNITY BASED WORKERS KEEP ON LEARNING

Our 6 community based workers do a great job. They find patients who need our help, and provide follow up and care after treatment. They also get involved with schools, help children with low vision, organise awareness meetings in the community, maintain communication with our child to child vision peers (see [July 2017](#) news for more info) and much, much more...

They learnt a bit more about the eye so they can now carry out their own basic eye exam in the field, and refer those that need it to the Eye Centre. This saves the cost of a vehicle and a medic travelling out to do a screening.



The photos show senior staff members at the Eye Centre checking up on the Community Based Workers skills, teaching them a bit more, and giving them the confidence to do a basic eye exam.

### THE COLLEGE OF OPHTHALMOLOGY CONFERENCE

The College of Ophthalmology for East, Central, and Southern Africa this year held their conference in Kampala, Uganda. Both Dr. Helen and Robert attended this year, and made presentations on glaucoma research. About 300 people working in ophthalmology in Africa, Europe, Canada and the US attend this annual event.



### LILIAN GOES TO INDIA

Our surgeon Lilian recently went to India for 2 days of training focused on glaucoma. Lilian loved her trip and learnt a lot, she really added to her surgical skills and knowledge. Both the staff and patients of the Eye Centre will greatly benefit from this new knowledge. We thank the health care company Novartis who funded Lilian's trip.



## OPTOMETRY TRAINEES

The Eye Centre trains about 6 optometry students per year. We take training very seriously - it is one of the most important things we do, and we try to instil passion and responsibility into the students! Optometrists and optometry students are very valuable staff, they are experts in spectacles and can carry out a comprehensive eye health check.



Rapson, an optometrist, receives his recommendation letter after a 1 month placement at Kwale Eye Centre.

## NEWS - SEPTEMBER 2017

### DR VOGEL VISITS THE EYE CENTRE

Dr. Stefan Vogel is an ophthalmologist from Germany who visits the Eye Centre every year at his own expense. He gets involved with everything from theatre systems to fieldwork strategy. He is invaluable as he knows the Eye Centre so well and has a logical approach.



Dr Vogel and Eye Centre staff



### COMMUNITY SCREENING

Suni Muslims Anjuman is an organisation which has partnered with us for years to reach out to the community. On the 17th September, we partnered once more to organise a screening in a small fishing village called Msambweni. The community rely on farming, fishing, weaving mats, and small scale business, so the economy is poor. This makes it difficult for local people to access eye care, so although the Eye Centre has worked in this area for 24 years there are still many more people we need to reach! During this recent screening, we saw 237 patients. 25 people needed cataract surgery and 3 had glaucoma.



Shaban our Community Based Worker creating awareness



Happy after surgery!

## STAFF TRAINING

The Eye Centre staff have a meeting every quarter to explain what they are doing and what has been achieved. It also allows them to ensure everyone is working together efficiently. With so many health care workers meeting, they can share ideas on how to improve the local health sector.





## NEWS - OCTOBER 2017

### RIGHT TO SIGHT

**Right to Sight** sponsored Anne Jervell, an optometrist from Norway, to visit the Eye Centre for 10 days before she attended a friends wedding in Kenya. Anne fitted into the team immediately, and spent her time helping our staff improve their refraction skills.

Believe it or not, but refractive error (that is, being short-sighted or long-sighted and needing spectacles) is one of the main causes of visual impairment and even blindness!! So the Eye Centre needs to be able to meet this need. In Kenya, more and more people are needing spectacles as they spend years studying at school and university, use computers, and drive at night. There is a great need to train up more people who can do eye tests and dispense glasses.



Anne Jervell refracts a patient



Some of our team who received training from Anne

### LOW VISION IN THE COMMUNITY

Unfortunately not all eye conditions can be cured, and in these cases we try to help the patient use whatever little vision they have left to maintain independence. For children with low vision, we want them to still be able to have an education, play with their friends, be an active part of the community, and have as bright a future as their sighted peers. We hold meetings for parents of children with low vision who really benefit from meeting each other, and learn from the Eye Centre staff on how to best enable their children.



## MIRACLE WEEK

Many patients exclaim 'It's a Miracle!' when they can suddenly see again after years of darkness, and that is how it must seem! The charity [CBM](#) sponsored us to do 25 sight restoring operations, 15 of which were on children, to celebrate world sight day in October! We've termed the week 'miracle week.'



## JIM VISITS THE EYE CENTRE

Kwale Eye Centre was honoured by a visit from Jim Crow and his lovely partner Greer. Jim has worked incredibly hard for the Eye Centre for the last 20 years as chairman of Eyes For East Africa. We jokingly refer to Jim as the CEO (retired), a title well deserved, as without Jim's support we would not be where we are today.

Thank you Jim.



From left: Jim, Greer, Vera and Amos.



## NEWS - NOVEMBER 2017

### NURSES CONFERENCE

In November, 67 nurses from all over Kenya attended a 2 day conference in Mombasa. The photo below shows George, our head nurse, making a presentation about the work of Kwale Eye Centre.



### OPHTHALMIC CLINICAL OFFICER CONFERENCE

November was a month for conferences! Another conference was held in Nairobi, and was attended by ophthalmic nurses, ophthalmic clinical officers and ophthalmologists. Lilian and Albert (2 of our cataract surgeons) attended from Kwale Eye Centre.

Lilian made a presentation about glaucoma management, and shared the knowledge she gained from recent training in India.

It is fantastic to be able to attend these conferences and share the work the Eye Centre does with other Eye Care Professionals in Kenya.



Lilian giving her presentation

### CHILDRENS EYE CARE

Juma Hamadi Mwadzuya is a one year old boy. He is the youngest of 5, and unfortunately was born with eye problems. His vision was getting progressively worse.

Juma lives only a few kilometres from the Eye Centre, so his mother brought him for a check up. He was diagnosed with congenital cataract, and underwent surgery on both eyes. Juma has a brother called Hamisi who also underwent cataract surgery when he was 11 months old. Hamisi is now 11 years old and performing well at school. Both boys now have a bright future ahead of them!



Juma Hamadi before surgery



With his grandmother immediately after surgery



With his mum after surgery. Now he can see!

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## NAIROBI MARATHON

The Standard Chartered Marathon is an event held in Nairobi, Kenya every year. It is held by the charity Christian Blind Mission, in conjunction with Standard Chartered Bank. It's main aim is to raise funds to tackle avoidable blindness. To date, they have raised in excess of 1 million dollars, and have sponsored cataract, glaucoma, and trauma related surgeries for children under the age of 9 at five hospitals throughout Kenya.

The photo shows Eye Centre staff who participated in the marathon. From left: Kimanzi, Francisca, Bakari, and Nsanite.



## NEWS - DECEMBER 2017

### STAFF WEDDINGS

November and December were months of celebrations at the Eye Centre, as we had 2 weddings! Lillian our Clinical Officer wed anaesthetist Bernard on 25th November. Staff from the Eye Centre travelled to Narok, a town west of Nairobi, to celebrate with the happy couple. Our new Low Vision Therapist Morris also recently wed his beautiful bride Mwapenzi. Congratulations to both couples!



Lillian and Bernard



Morris and Mwapenzi

### TRAINING AT THE EYE CENTRE

Congratulations to Mealli, who after 3 months of hard work received her distinction certificate in ophthalmic training. The photo shows Mealli and Eye Centre staff celebrating with her.



## TEAM BUILDING

Recently staff at the Eye Centre attended a team building event. They relaxed together, played sports and learnt a lot about each other.

