



le chéile AFRICA

"Le Chéile Twasonga Mbele - Together We Move Forward"

July - Oct 1st
2018

Issue 2

TYPE TAGLINE HERE

IN THIS ISSUE

Le Cheile Africa Newsletter July to Oct 1st

Le Cheile Africa was established as a Non-Profit Organization late last year 2017 which is now a registered CLG in Ireland overseen by board members here in Ireland and also by a Board in Kenya. We operate as a Non-Profit Organization here in Ireland and have achieved NGO status in Kenya Registration number OP .218/051/17-250 ,

Our Mission is working towards a better tomorrow, whose purpose is working, learning together and moving forward with local communities.

Our four thronged purpose is as Follows

- 1/ Encourage Community Participation
- 2/ Build Healthier Lives by enhancing the dignity and quality of life.
- 3/ Identify projects, resources and assist in their coordination
- 4/ Enable self-sustainability to all we assist

We Offer a variety of Services to meet the needs of those we serve

Our Programs Include

*Provision Of Quality healthcare through our Medical clinic/Out reaches. Mental health clinics, Physical and Occupational therapy, wellness programs, Mother and Child care, Immunizations & HIV / AIDS support .WASH programs

*Education for disadvantaged and vulnerable children

*Disability Care Programs, Physio and therapy services, Social groups Home visits and training programs

*Elderly Care program, Monthly socials .weekly home visits and Healthcare

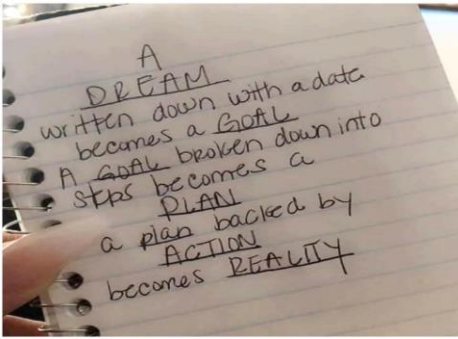
*Community Development projects Like Environment Conservation, Agriculture Programs, Community sports activities, Peer Education and mentorship programs for children

*Volunteer Programs

*Homestay Services

<https://www.facebook.com/lecheileafrika/> or www.lecheileafrika.org





Free u5 Health Care Initiative

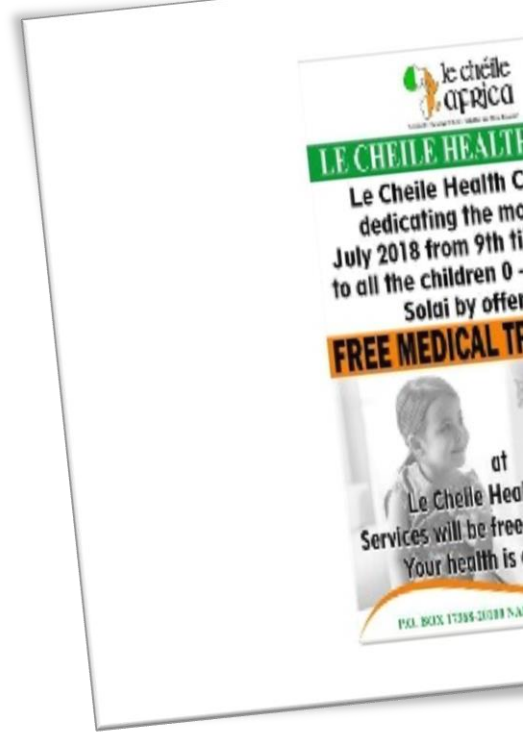
Le Cheile Free Healthcare Initiative

A mother rushes to our clinic with her child presenting very high temps of 39.8°C, sick looking and distress in breathing. Our doctors are quick to respond to the child to stabilize the temps and nebulize the child. In situations like this the mothers are always panicking not knowing what's gonna be next for their child. As we counsel and encourage the mother to be strong, the doctors are busy giving the best care to the child. This is a story of many others most presenting at the clinic....

The free healthcare to children under the age of 5 Initiative proved to be one of our best health campaigns that had such tremendous impact on the lives of children in Solai. After a devastating period following the Dam Disaster affecting mainly children we are proud to note that

the #freehealthcare campaign reached #244 children under the age of 5 from the 9th July to 31st July. Now that's a number that's too big to just wish away like that. That's 244 families whose children's lives were impacted in a tremendous way, #HealthyChildren

It's the joy of every parent to see their families healthy and able to receive quality healthcare with no prejudice and discrimination. This campaign brought good news to families in Solai as many parents couldn't believe the quality care they were getting and above all free of charge. We are proud to see many families seeking treatment and even giving heads up to other parents from as far as 30kms from the clinic to bring their children for treatment to avail of our Free U5 Health Care Initiative



Disability Program Update

Our Disability program now has in excess of 70 plus members and growing from strength to strength where now we hold social next to Clinic so members can see doctors more freely, people with disability receiving health education. We are also delighted to announce our newly funded program called Disability Empower. The program will enable people living with disability receive skill training, seed capital for various entrepreneurial projects and follow up

support to ensure that every person living with disability



is economically empowered enhancing a sense of independence and inclusion among this vulnerable group. We are glad to see this group have now elected their own committee to help them tap into Kenyan Government support for persons with disability. The committee

were elected in the presence of Mrs Ndirangu - CDA Subukia Sub County who supervised the election process as well as give insight on how the group will benefit from the funds set aside for persons with disability. We are so glad at the progression of this group and will continue to support members and

Thank you also to The Pollination Project

For the wonderful opportunity to continually spread compassion and kindness to people living with Disabilities through skill training. We are truly honored and grateful

<https://thepollinationproject.org/.../le-cheile-africa-mary-.../>

facilitate there socials and oversee the group as a whole...

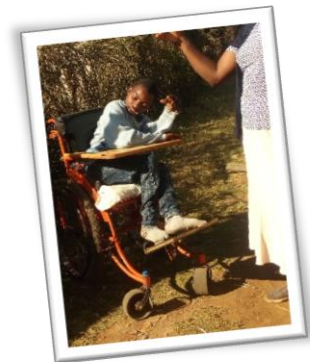
Mental illness affects our lives in many ways. When these wonderful families whose loved ones need to be on treatment share their stories and their joy, happily knowing that their journey to recovery has begun. This began with a decision that life must improve and a desire to see their loved ones live a satisfying life.... We know it's not a straight steady road rather there are ups and downs, new discoveries and setbacks. But each time they reach a milestone they see they have recovered a piece of their lives and draw new strength from it. It is vital they receive support to get there... To these families it's a new beginning a new chapter in their lives. Thank you for supporting these recovery journeys. #mentalhealth #recovery #makeadifference #mentalhealthawareness

#letstalk





Just a few
Photos of
One of Le
Cheile
Disability
Social
days



Thank you Home Care International

Solai. #Support#HomeCareInternational
#Compassion #Generosity

HOME CARE INTERNATIONAL

In rural communities in Kenya, accessing the nearest health center is a significant challenge more so now when the cost of living is shockingly high in Kenya. In Solai Nakuru County, families must walk long hours to reach a health facility. This distance can be particularly burdensome with an extremely ill child or for a pregnant woman in labor. Yesterday we launched our new program Mobile Home Health-Connect #AfyaMashinani program that saw us attending to 60 patients and over 200 children being dewormed yesterday and today at two villages namely Costa Rica and Gatune. This is a door to door grassroots health initiative that's committed to bringing quality healthcare to communities without access to quality healthcare through #MobileHealth, #WellnessClinics and #Laboratories. The Mobile Home Health-Connect Clinic program brings affordable and quality healthcare services directly to those who need it most, eliminating barriers to access and improving the health and lives of rural folks in Solai and its environs.

Our #MobileHomeHealthConnect program provides door to door mobile treatment & laboratories, #MobileHIVTesting, #SRHR#ChronicDiseaseManagementClinic, #DeWorming, #DiabeticScreening#HygieneAndSanitation. Our priority as an organization is to ensure the quality of life of Solaians has improved and continues to do so.

for your massive support and the medical supplies donated this evening. We are really touched by your generosity and compassion towards humanity. We value and treasure the work you do. Huge thanks once again for your donations and support. Its not about



making a donation, its about making a difference. You have made a huge difference to our organization and the people of



Solai Dam Disaster



Worth A View (See Link Below)
 Lovely Piece Here about Mary on Citizen TV , On How the Solai Dam Disaster unfolded .
 Giving us a a better insight into the events of that Tragic Night
 Really shows how this Disaster just took people Lives / Lively hoods away in a Blink of an eye ,
 The Local People are still trying to rebuild their lives one day at a time and we continue support them in every way possible we can
<https://youtu.be/-erBhf-Jm8c>



Le Cheile Fundraisers over the last few months

Old Kenmare Rd Hike in aid of Le Cheile Africa

What a day it turned out to be .18 off us took off on this 32k hike along the old Kenmare Rd, Passing Old Famine Building's along this track which included a Boardwalk, Forest Trail .and well set out Old trail across this valley What, Amazing Scenery on a Beautiful Sunny Day

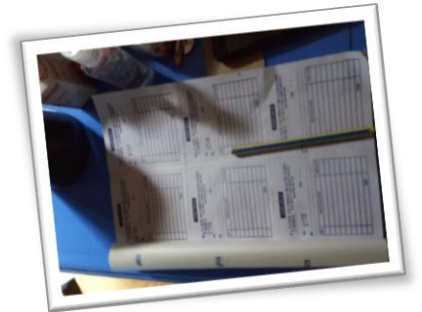


Charity Gig for Le Cheile Africa and Alana Butterfly Life

In The long Room O Mahony's of Watergrasshill

This was a beautiful Gig with some amazing artist's /Musicians. Wow some unreal talent A big thank you to Malcom For Organizing same and to the Following For Putting on a Great show The Lost Gecko .The High Hopes Choir .Cathal O Sullivan .Rev Wayne Mc Sweeney (Next Gig up in this Series Sunday Oct 7th at 2.00pm to 5.30pm in The Oliver Plunket in Cork City





Up Coming Fundraisers as Follows

- **Oct 14th Charity Gig** in The Oliver Plunkett Cork City 2 to 5.30pm In aid Of Le Cheile Africa and Alana's Butterfly Life

- **New Year's Day Charity Soccer Match** In Conduction with Watergrasshill United Time etc. TBC

- **Help Fill Our Container Initiative**

Which we aim to Ship to Kenya in Jan 19
List Of Items we are looking For as Follow's,

Education Program

- Computers RE Our Education/After School study Programs
- Office Furniture
- Books
- Medical Supplies re Maternity Unit
- Cooker
- Fridge. Freezer
- Washing Machine
- Bed Clothes
- Medical Supplies
- Clothes –Shoes e
- Kids toys etc

- **Our Online Fundraising campaign re land For Maternity Unit – Community Centre**

About 21 pregnant women die every day in Kenya due to complications from childbirth. That's equivalent to two 10 seated commuter micro minibuses known as matatus crashing everyday with the loss of all the passengers on board. Pregnant women in Kenya die because they either do not receive appropriate care during pregnancy or are unable to deliver with the help of skilled health attendants. WHO recommends four antenatal visits and skilled care during and immediately



after delivery? It also recommends obstetric care in cases of complications as key to reducing maternal and neonatal deaths. Kenya has introduced a maternity fee waiver making this service accessible to all. Despite the increase of women (rich and middle class) giving birth in hospitals poor women from the urban and rural areas still shun giving birth at a health facility due to a lack of trust in public health system thereby leading to women preferring to give birth in private facilities where the care is of utmost quality, shorter waiting periods and skilled workers being compassionate to the woman during the delivery time.

In rural Solai there is only one maternity which is a public maternity hospital and many women are opting to give birth at home with the help of a traditional birth attendant which most times is risky as there is no skilled personnel supervising the birth process and the rate of mortality is high , This is where we aim to help via our Maternity Unit Provide all the necessary Quality care to All in Solai and Surrounding Communities

Our Commuinity Centre will be a Simple structure that will allow us offer the Following

- After School study room to local School Kids (most locals can't afford Electricity or Solar)
- Disability workshops and Socials ,
- Computer Training Programs
- Day Care Unit



To wrap up our 2nd Newsletter

It's been amazing –tough few months, yes it's a Struggle to keep the show on the road but one we are so so glad we are on

We were really are now part of the Solai Community. A lot of sadness hardship along the way for the community of Solai Following the Dam Disaster, where family's lost their lives in a blink of an eye , But Glad we are there on the ground to help thanks to All your ongoing support , Physically people are getting better slowly , But Mentally it is going to take a lot longer to heal

Our Disability Program is progressing nicely with over 70 plus members where now we let them run its themselves overseen and Supported by Le Cheile We continue to support the Monthly socials which all love to attend which we now run next to Clinic so all heave easy access to our Doctors

With the Help of TPP support which has allowed us start a few Training – Education programs for suitable member in the Disability Group

We also continue to help people with a lot of their basis needs as our funds allow From Food /Clothes /Education Fees /Helping them set up sustainable projects but being a private transition we can't really disclose who benefits here.



So once again THANK you all for your Ongoing Support From your Monthly Donation's / Supporting Our Fundraising efforts / events we really do appreciate same and without it we would not be where we are today. Do check out for weekly updates via our Facebook Page <https://www.facebook.com/lecheileafrika/> Or Website www.lecheileafrika.org