



Focus on Africa

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A Haverhill based charity seeking to make life a little better for those in need of support in Kisumu, Western Kenya

Opening of the Focus on Africa Harmony Clinic



We have opened the doors at our New Clinic

After three years of hard work we have opened the doors at our New Clinic

How amazing, when we arrived in January to see the progress of the clinic. All direction and communications have been done from the UK via email. It was almost completed and ready for the move from the rented building in the village to taking up residence in to the new building. There is still more to do but the building is ready to accept patients for treatment. Patients who had visited the old clinic the day before were very happy and surprised at the change in facilities.

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FOCUS ON AFRICA'S HARMONY CLINIC – A Tribute to Peter Plumb

It was so good to see the progress of the building. There were lots of things needing refinement to the standards needed but mostly minor things plus a few additional items. The straightening of the gutters, the upgrading of the water storage tanks, the reciting of the tool store. Most were done or in the process of being done for the blessing of the clinic.



The clinic is sited next to the local Catholic Church and a great many of the congregation and local people came to the blessing held in the clinic. The singing was beautiful and prayers were said by Father Felix and Pastor Paul, seen below. And afterwards food was served





Inside the clinic -
And some of the
new equipment



Our Bra Swopshop

Last year our bra swop shop proved so popular that we decided to do it again this year. Many friends and ladies from the Saffron Walden Lionesses collected unwanted bra's and donated them to us to take to Kenya.

It was an easy task to organise last year as the swop was held in a local school where I have left clothes and bra's before. We invited female teachers and mums to school for the occasion and most spoke English so it was easy to explain. This time was different, as this time we held the swop in the rural (countryside) where not so many ladies spoke English, so we had to have a lady who understood what was going to happen who could translate to the ladies.

We took over the waiting room of the clinic and through the interpreter and a bit of English thrown in, explained to the ladies what was going to happen – well, just like last year, the frowns changed to smiles and laughter as the ladies found suitable bra's for themselves or their neighbours and were quite happy to have their pictures taken. So thank you all the ladies who donated – it is so nice that these garments are just not thrown away – they are very important to the ladies but also very far down on their priority list if it's a choice between feeding their family or purchasing new undergarments.

I have started collecting Bras
for next year already!



J Sainsbury plc

TESCO

Waitrose



Enter a competition? Supermarkets offer prizes for the lucky winner all the time, but do you know anyone who has won? Well we do!

We needed to purchase a fridge and a cooker to be used in the clinic. It was important to us that no charcoal cooking be done in the building or close to the building to ensure no smoke drifted into the clinic.

We asked the hotel owner where we stay to recommend somewhere to purchase relatively expensive kitchen equipment. He recommended Nakumatt a large and expensive supermarket as he said that purchasing from them we would receive a guarantee where from smaller outlets there would be no guarantee.

Some of the team went to both branches of Nakumatt to check out their stock but we couldn't agree on whether to get an electric cooker or a gas (bottled gas) cooker.

Some argued that obtaining a large gas cylinder and having to transport so far without a vehicle could be difficult.

The other view was that the electric supply wasn't very reliable and could be cut off for a day at a time.

A compromise was made to look for a dual supply cooker and Chris Piper discovered a really nice one, which was more expensive than the ones we had looked at. Chris offered to pay the difference between the basic cooker and the expensive one.

We arranged to meet Juliana from the clinic, at the Supermarket to let her have the final say in choice and she totally approved of the cooker and chose a fridge to be used for storing the drugs. Having made the choices, Chris agreed to return to the Supermarket the following morning to pay for the items.

During our stay in Kisumu in January, Nakumatt had a promotion running that every 50th customer would get his or her groceries half price!

So at the till, while Chris was paying for the cooker and fridge 'ding' Yes, he was the 50th customer and wow, we received a voucher for half the price of the cooker and fridge.

So thank you Nakumatt – with the voucher we were able to purchase a pair of bunk beds, mattresses, sheets and a huge bag of rice. (The till didn't 'ding' with this purchase but I bet they speak to their computer programmer to put a limit on the prizewinners purchase!!)



This Year's team - This was moving day so we took advantage of furniture



This year's team from front left Pastor Paul Turner, Chris Hearn, Mike Monks holding Mary, Chris Piper, and John Martin. Back row, Jackson's brother Nicholas, Wendy Turner, Juliana Mraga, Gill Martin, Jackson Mraga, Jackson's Mother Wilkister, Mick and Brian Boltwood

All costs for the trip for the team including airfares and accommodation are borne by the individuals

Jack & Gill Nursery School

This is Ben. Ben is an orphan and is training to be a teacher at Jack and Gill School. When we were in Kenya in 2015 Ben was hit by a truck and left unconscious. Phoebe and Maurice who run the Jack and Gill School came to us at the hotel, as there was no money for Ben to be admitted to hospital. The team had a whip round and produced the money for Ben to be admitted into hospital where he was unconscious for several days. We raised a Justgiving page and called on all our facebook friends and we were able to raise the money for Ben's treatment and to replace Ben's teeth that were knocked out in the accident. As you can see, Ben is fully recovered and continues his training to become a teacher.



Mama N'Gina's Orphanage

Top Row are all sponsored children at Mama N'Gina's



Middle row – babies at the orphanage, bottom row, and the girl's dormitories before and after Mosquito Nets were bought.

