

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

Peter Plumb Harmony Clinic

It was great to see the clinic again this year, especially as it's being so well maintained by our medical team; Jack & Julianna. Feedback from the local residents makes it obvious that it's performing a much needed and welcome service within the community.

Continuity of service has been improved over the past year through a monthly funds transfer to the clinic allowing vital medical supplies to always be available.

During this visit we have installed a television in the waiting area to show educational films to provide information on health issues and self-help disease/infection prevention methods.

When health information is not being shown we display the images from the newly installed cctv cameras (courtesy of Brian), which is a subtle way of saying 'burglars beware'.



We are now planning Phase II of our clinic.

Having run the clinic for some time now we understand that to operate at our full potential we need to upgrade our services through the provision of another building to accommodate more patients and perform more complex analysis of health issues on site rather than having to wait for test results from off-site services. We have the space, we have the design, we just need the money!

Our Latest Project



Artistic view from front gate

Whilst there we discussed plans and costs for a 2nd building with our builder Julius Okola who produced the above artist impression of what it would look like.

The separate building will provide significant benefits including separation of maternity care from infection/trauma patients, removal of dependency on outside agencies for sample analysis and separation of the staff living quarters from the clinic itself.

Our initial target to put up the building shell with roof is £28,500. A lot of money but a fraction of the cost it would be to create a similar building in the UK. The easiest way for those wishing to contribute to the project is by bank transfer to Sort Code: 40-23-31, Account No.: 01359312 (HSBC).

Anyone donating £500 or more will have their name listed on the Role of Honour in the clinic's reception area.

Out and About Around Kisumu



Getting around in Kisumu is relatively easy, if slow due to the number of speed bumps. The main highways between major cities aren't too bad, but once you venture into the countryside then it's a different story. Lack of tarmac leads to major potholes during the rainy season and mini dust storms when it's dry. Using a standard family car proved to be a false economy in an area where 4 wheel drive vehicles really are the order of the day.

One of the pleasures on our trips is to take some of our sponsored children and friends to 'World Cuisine' restaurants as a treat and a break from their normal diets. Kisumu is expanding and now offers a variety of cooking styles. In addition to quality Asian food there are European staples like Burger Bars, Pizza Houses, Chinese & Mexican restaurants. And you would never guess it from looking at the cattle, some of the best steaks I've ever had (I think they must be imported).



Our Fantastic BRA BAZAAR



We like the clinic to be fully involved with the community and provide little extras to help improve lives locally, especially for women who have to manage the household budget and tend to go without things we in the UK take for granted. Bras are a case in point; if it come to a choice between food and underwear then food always comes first. Many ladies in Kenya may only have 1 bra, if they have any at all. Our bra bazaar in the grounds of the clinic has become an annual, and much anticipated, community event.

Our Fantastic BRA BAZAAR



Due to the continued generosity of the Saffron Walden Lioness club, who have been supporting us for many years, and a new sponsor, Office Space in Town, we were able to help many more ladies than usual. In fact, we were able to organise a second Bra Bazaar at a place called Manyatta, one of the poorest districts in the area.

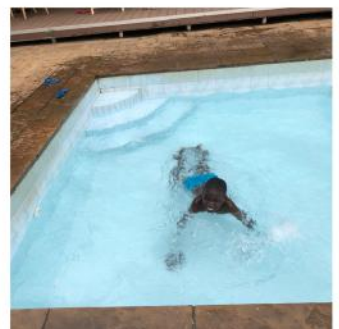
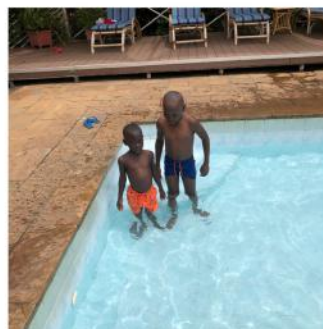
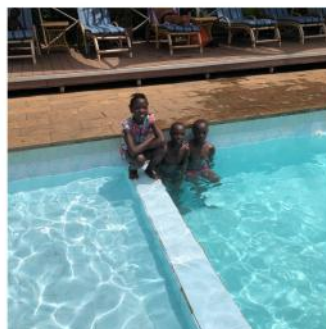
Here we took advantage of our long term relationship with the English run Simon Newbury School and held the bazaar in their grounds for the women living close by, not just the parents of the school children there. At first the ladies weren't sure of what was happening, but by the end of the day we'd made a lot of people very happy.

Our Fantastic SWIMWEAR Give-away



An unexpected bonus from our new relationship with Office Space in Town was a collection of swimwear. Girls around the area learn to swim, without costumes, in nearby Lake Victoria from a very early age; but as they get older they find it too embarrassing to swim without swimwear. This year's give-away will allow them to enjoy healthy exercise once again.

Some of our many friends and sponsored children



Here are just some of our many friends that we have helped over the years. We do this via a combination of sponsorship to support their living/education costs and by grant to help them establish a businesses of their own. Mercy (in the spotted top in the first photo) is a typical example as she is pictured here at her new clothes shop. The middle row shows some of those we are currently sponsoring in their basic/further education. The young lady in the white top in the 3rd picture is Irene who is being sponsored and is now in her final year of training as a theatre nurse.

Bottom left is Phoebe and Maurice who run the Jack & Gill Nursery School which we also provide ad hoc support to when necessary. Lastly some of the kids that like visit us at the hotel and take advantage of the facilities on offer.

Some of our Great Sponsors & Supporters



ANDREW MANAHAN



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