

Ghana Homeopathy Project Newsletter

Issue 3

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STOP PRESS!

We are pleased to inform you that we were entered into the Central Register of Charities on the 22nd of September 2008. Details of the main charity, Homeopathy in Africa (registered number 1125981) of which the Ghana Homeopathy Project is part can be viewed on the Charity Commission's website www.charitycommission.gov.uk. All our trustees share a special interest in homeopathy and the fulfilment of our objectives in Ghana.



Patients at Seva Clinic

Akwaaba!

A report by Angie Metzger – team member and volunteer

Akwaaba! What a warm welcome I received on my return to Ghana this summer.

I arrived in Accra laden with remedies, homeopathic creams and books, kindly donated by members of the homeopathic community. Our clinics in Accra and in Mafi Seva are now well stocked with the basics.

My schedule this time was busy and varied. I travelled to our outreach clinics in Accra with Mel Duprès, our long term volunteer. We saw many patients and also took time to evaluate our work in the various locations, deciding that we should focus on those clinics that are best attended. As we see mostly acute presentations, patient education is becoming more and more part of our role and patients are starting to understand that follow up visits are necessary for long term benefit and health care.

Part of my time, was spent away from bustling Accra in Mafi Seva in the Volta region where Emperor, a local health and community worker, is using homeopathy with great success. The clinic is becoming a much used facility for the local communities. Often patients arrive in the middle of the night with acute problems: this time, a lady with severe abdominal pains, vomiting and diarrhoea walked into the clinic at 4 a.m. supported by two relatives.

Patient care can sometimes mean closely assessing a patient for a whole day or night

After a physical examination we took her case and prescribed Nux vomica as the remedy most closely matching her symptoms. Over the next few hours she was made comfortable and given a mattress to lie on. We watched her and prescribed as her symptoms changed. By the afternoon she was well enough to leave and walk home to her village - one happy lady!

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Profiling Kumasi

Kumasi is Ghana's second city. Situated 250 km north-west of Accra, it takes between five and seven hours on the bus to get there, through rolling, forested countryside, past villages and small fields half-hidden amongst the trees. It is the capital of the Ashanti region and the home of the Ashanti royal family.

The streets are wider than in Accra and many are tree-lined, giving rise to the title 'The Garden City'. It is still a bustling, traditional African city though, not *at all* like our own Welwyn or Letchworth! Our coordinator and host in Kumasi is Bonsu Boaten who manages a large Montessori School on the outskirts of town where he lives with his family. Clinics are held in the school library, where the patients are teachers, tuck shop owners and cooks at the school, and also at a GP's surgery in the centre of town, kindly lent to us by Bonsu's aunt, Dr Jemima Hayfron Benjamin. These are not low cost clinics as in Accra but patients pay about £2.50 for their follow-up consultations, including remedies. Reception and translating duties are undertaken by Mame Takyiaw who is a student nurse now also studying homeopathy with the help of Bonsu.



Bonsu Boaten

Bonsu, himself, lived in the UK for twenty years and was educated here, discovering homeopathy while he was in London and was experiencing some health problems. He writes:

"I consulted a homeopath, who gave me Lycopodium. The very next day all the eczema I'd had as a child returned. The eczema remained for ten days, and after that all my health problems improved. It made me feel that this homeopathy is wonderful. I began to read more and studied at the College of Homeopathy in London for one year. I thought 'If you can take a bottle of the mother tincture and supply a whole country, then that is the medicine I want to take to Ghana!'

I met Mel Duprès (Ghana Homeopathy Project volunteer) as a patient after seeing an advertisement for the GHP Clinic in Accra. My son had been having bad attacks of asthma and after Mel gave him Pulsatilla he became completely better. I then invited Mel to Kumasi. I said I'd organise a clinic and I put an advertisement on the radio and informed friends. Twenty people came that weekend and many of them had good improvements as a result of their treatment. I share the Ghana Homeopathy Project vision that homeopathy can become accessible to all in Ghana.

Those of us on the ground who are interested in establishing homeopathy here need some help, especially in the level of expertise. Any investment made now, financially or in training opportunities, will bear very good fruits. This is an opportune time to bring homeopathy to Ghana because people at governmental and on personal levels are appreciating the need for a gentle, cost-effective means of treatment"☼

Meeting at the Ministry of Health, Accra

In October, Linda Shannon and Sheila Ryan were invited to the Traditional and Alternative Medicine Directorate, a sub-directorate of the Department of Health, to participate in a discussion about the development of homeopathic training and education in Ghana. They gave a presentation about homeopathy and GHP's work and vision for education that had been prepared in collaboration with Dr Julius Berdie, a Ghanaian homeopath. Several of his colleagues attended the meeting, all interested in working together to provide training to the highest professional standard☼



Mr Peter Arhin (Director of TAMd,) Ms Salimata Abdul Salam (Acting Chief Director of the Ministry of Health), Dr Julius Berdie, and Dr Nana Yaw Eturu (homeopaths), Sheila Ryan (Team Member GHP)

VOLUNTEERING IN GHANA – A WORTHWHILE EXPERIENCE

- Make a real difference by helping people in Ghana with homeopathy
- Visit our outreach clinics in Accra and Kumasi, as well as in rural areas of Ghana
- Gain hands-on experience in treating both acute and chronic conditions
- Meet local people and experience the Ghanaian way of life
- Enjoy sight-seeing – or just a day at the beach

We are looking for experienced practitioners to help with clinics, clinical training and the continuing professional development of Ghanaian homeopaths. We also offer supervision to students and newly qualified practitioners.

As the Ghana Homeopathy Project is a small charity relying on donations, we seek to cover our costs by asking volunteers to pay a contributory fee for participation in the programme. Previous volunteers have commented that they felt enriched and inspired by their experience, on a professional and personal level. Placements can be arranged for the duration of two weeks or more and the project will also continue to need long-term volunteers. The GHP team will be offering recruitment and induction sessions in the course of the year.

If you would like to find out more, please contact Angie Metzger or Linda Shannon for a preliminary chat. We are looking forward to hearing from you!

metzang@aol.com
linda.m.shannon@gmail.com

Whilst in Seva clinic, this patient was not only given remedies but was looked after and given fluids to replenish her. Patient care can sometimes mean closely assessing a patient for a whole day or night, cleaning a wound or providing a place to rest. Working at 'grass roots' level where there are few other options but homeopathy and seeing it work rapidly is a truly amazing experience.

Teaching was also part of my role in Ghana and I held a lecture attended by local homeopaths and health practitioners in Accra as well as giving tutorials tailored to the needs of our local students. Questions arose from real life experiences of prescribing situations and we were able to discuss and teach the underpinning theory. This is work-based learning indeed.



Angie and Mel at the Kumasi Clinic

Towards the end of my stay, I travelled to Kumasi, in the Ashanti region of Ghana, to hold a clinic and meet with our contact Bonsu, an advanced student of homeopathy. Mel and I were warmly welcomed. Fruitful discussions followed and we now hold regular homeopathy clinics in Kumasi (see page 2).

I returned from Ghana encouraged and inspired to see that once a seed is sown in the right soil and nurtured it will grow, and full of enthusiasm at being part of this dynamic project. Thank you all. ☺

Supervisors and video editors wanted!

We are also looking for experienced homeopaths and supervisors who can offer support for our UK volunteers in Ghana and people with the time and skills to help us edit our case videos.

Fundraising

By Grace DaSilva-Hill, Treasurer

As I write this on a sunny autumn afternoon in south London, listening to the radio at the end of another week of financial doom and gloom, I am reminded of how lucky we are in the West.

Mary is a street trader in Accra, selling sobolo drink which she makes herself. She came to our clinic after a complicated labour led to cessation of her periods.

She was terrified of another pregnancy, which was affecting her marriage. Tears quietly rolled down her cheeks as she started to describe, mainly in English but with some help from the translator, how things had become so difficult for her and her family. Mary had to be persuaded to come to the clinic as she felt she could not afford to pay two cedis (approx. £1.00) to see the homeopath. You can read more about Mary on our website: www.ghanahomeopathy.org

Visiting my homeopath in the UK, I can pay the full fee and on the way there I may meet with a friend for a coffee and cake. How much is coffee and cake? There is probably not much change out of a fiver. £5.00 is the cost of homeopathic treatment for Mary, her husband and their three children for one month.

We receive half of our income from monthly standing orders and direct debits. The other half comes from one-off donations. As a registered UK charity, also registered with HMRC to receive Gift Aid, anyone in the world can donate directly to us through www.justgiving.com



One homeopath did just that in October, when he ran a marathon and nominated our charity to receive donations from his supporters. Another supporter kindly asked her birthday guests to donate to the project, rather than giving her presents.

If you would like your family and friends to hear about our project we will be happy to give a presentation, which was what happened in Guernsey recently - and what a successful evening it was! Thank you to all those wonderful people. You may have other fundraising ideas, or wish to volunteer some of your time: we need people who can spare a couple of hours of their time once or twice a year to help with the accounts, for example.

And we have not given up the idea of getting a London black cab to use in Accra as a mobile clinic. Please email me with your ideas on graceshealing@btinternet.com ☀

Meet the Trustees

The trustees of the newly-formed charity, Homeopathy in Africa, are Paige Allen, Geoff Britton, Grace Da Silva-Hill and Anne Simpson. In each issue of the GHP Newsletter we will be profiling one of them.

Anne Simpson

Anne is a Kent based homoeopath and healer of over ten years with a long standing passion for Africa where she spent her formative years. Her homeopathic and healing practice is complemented by facilitating healing and meditation workshops. Details of how she works can be found on her website www.backtothesource.co.uk.



Anne Simpson

Before becoming involved with healing, her career evolved from secretarial support to event management and fund raising, and then on to research and writing. Over the years she has been involved with various committees on a voluntary basis. All of this experience contributes enormously to her homeopathic practice as do her other interests which include meditation, travel, writing, hiking, and gardening. "For me homeopathy is more than a gentle system of healing; it is also empowering, sustainable, and transformative. I am delighted to be part of Homeopathy in Africa, and intend to contribute all I can to its continued success and development. I hope too that the project model in Ghana is looked at favourably and even adopted by other African countries" ☀

News from Seva

By Sheila Ryan, *Seva Coordinator*

A big thank-you to everyone for your donations to the Ghana Homeopathy Project. In Seva this means we were able to provide a motorbike for the clinic. Emperor and the team can now easily visit the 25 surrounding villages to see patients. Before this, the old truck would break down daily on roads either washed away by the rains or else hard baked into ruts and pits. Fuel costs are down too!



Midwives celebrate the arrival of the new bike

There are now five homeopaths in training at Seva. They learn together through clinical practice under the supervision of volunteers and supported by weekly phone calls from the UK. I call Emperor at about 7am and hear the cockerels in the background as we decide how best to help the patients.

The clinics are now 50% homeopathic which means that the allopathic drug bill is halved and so the Seva project is on its way to becoming financially sustainable. People already come from many miles away to see the team and patient fees, small as they are, will also help to make the clinics self-supporting.

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Meanwhile, the four trainees working with Emperor work to keep the clinics open 24/7! When I visited for three weeks in October, we studied and saw patients every day from dawn to dusk and often through the night too.

Homeopathy also helps midwives to help mother and child in labour; it helps with retained placentas, with

breathing difficulties at birth, bleeding after labour and much more.



School children at Mafi Seva

Truly, everyday miracles are being worked by the team who are valued and necessary workers in the local communities.

There is no NHS, no safety net, nowhere else to go. The Seva clinics are a life line. The team works tirelessly to do their best for the people who come to them. It is inspiring to be with them.

As the work in Seva and the surrounding areas is expanding, so are the costs. We would like increase our funding for Seva to £100 a month to cover all the costs, such as fuel, remedies, phone bills for supervision and to give more financial support to our trainees who really deserve it! Please spread the word and consider making a standing order or donation.

So little to do so much ☀

The Ghana Homeopathy Project would like to thank:-

Ainsworths Pharmacy for the donation of remedies and creams
The Alliance of Registered Homeopaths for another generous donation
Alternative Training & The School of Homeopathy for bursaries
Dr Kalyan Bhattacharyea of Kolkata for providing free training
Mike Bridger and the College of Contemporary Homeopathy who have supported us from the beginning
Ellen Kramer & Tim Lloyd at CPH for their generous support
Neal's Yard Pharmacy for the donation of remedies
Dada Pramananda without whom we could never have begun
Primrose Matheson & family for hosting a wonderful fundraiser
Sheaf Trust for a welcome donation
Zheal Pty Ltd, Tasmania for designating us as their charity
Theresa Partington and Angie Metzger for, respectively, editing and distributing this newsletter

....and to the many others who have given funding, books, remedies, supplies, their skills and their time, without whom this work would not be possible.

DONATIONS TO GHANA HOMEOPATHY PROJECT

Send all cheques and Standing Order/Gift Aid forms to:

Ghana Homeopathy Project c/o Grace Da Silva-Hill, 10 Grovelands Close, London SE5 8JN

Cheques to be made payable to: Ghana Homeopathy Project

Standing Order Form

To the Bank Manager: _____

(Full address of _____

your bank) _____

Please pay to:

Co-operative Bank

P.O. Box 250 Skelmersdale, Lancs. WN8 6WT

to the account of the **Ghana Homeopathy Project**

(SORT CODE 08-92-99, ACCOUNT NUMBER 65318708)

the sum of £ on* and thereafter £..... monthly/annually on
until further notice.

Account Number Sort Code - -

Account Name:

Signature:

Date:

*Please insert date of first payment

I want the enclosed donation of £_____ to be Gift Aid

*I want all donations I make to **Ghana Homeopathy Project or Homeopathy in Africa** to be Gift Aid until I notify you otherwise.*

I would like to receive regular information about the Project

(Please delete as appropriate)

Name: _____

Address: _____

Ghana Homeopathy Project is a project of Homeopathy in Africa: Regd Charity No. 1125981

Affiliated with registered charities, Abha Light Foundation (Kenya) and Amurt/Amurtel (Ghana)