



# Ghana Homeopathy Newsletter

Issue 5 'Working in Partnership with Homeopaths without Borders (Netherlands)'

2011

## THE GHANA HOMEOPATHY PROJECT CELEBRATES ITS 5<sup>TH</sup> BIRTHDAY

By Angie Metzger

We are celebrating the Project's 5<sup>th</sup> birthday this year. Initially offering simple first aid in a small rural village we have developed and grown into a teaching and clinical project led by initiatives of our Ghanaian partners. The generosity of volunteers has inspired us; we receive many enquiries from all over the world and during the past year we recruited six volunteers to support our work in Ghana. These experienced homeopaths generously donated their time and funds to travel to Ghana and work there with our local partners in promoting homeopathy as an affordable and sustainable model of healing. Volunteers have come back with many stories to tell and a deep experience of sharing between cultures. We have included some of our volunteers' reports here and also on our website.

### ACCRA – education for the future



*The class of 2010 with Julius Berdie (Principal) at the rear*

In Accra we have been concentrating on the continuation of the educational programme initiated by Richard Pitt who left Ghana last autumn after a year of volunteering. Angie Metzger visited Ghana last October and had a meeting at the Ministry for Traditional and Alternative Medicine to discuss the development of

homeopathy in Ghana and the role of the Ghana Homeopathy Project in offering professional education programmes together with our local partner Julius Berdie and Homeopaths Without Borders. The response has been very encouraging and we are working towards fulfilling the required criteria. In the meantime we have thirteen students enrolled on a two year certificate course, now in their second year after passing their exams before Christmas. We are planning to bring together theory and practice by organising field trips for our students to the rural clinics as part of our clinical training programme. We have had to find new premises and are now situated in Kasoa, a satellite town of Accra. To establish the School and to comply with government regulations we are depending on the continuous support of our donors.

Linda Shannon, as the representative of the Ghana team here in the UK and abroad, received an Outstanding Achievement Award from the Society of Homeopaths earlier this year—a great honour.

A big thank you, also, to all trustees, supporters and donors for contributing to the dynamic development of our vision for homeopathy in Ghana☺

*"It has always been my dream to have a homeopathic school here in Ghana and now that dream is being realised. We are very happy that the Contemporary College of Homeopathy UK has agreed to become our 'mentor institution', supporting curriculum planning and quality assurance. To become an accredited tertiary education institute in Ghana, a mentor institution is required for a period of 5 years during which time the Ghana National Accreditation Board oversees the process of moving towards full accreditation. As there are no other homeopathic colleges in Ghana, or indeed in West Africa, it has been agreed that a UK-recognised college can mentor us. With the help we are getting from the Ghana Homeopathy Project we should be able to achieve our goal of establishing a high standard of homeopathic education. We would like homeopathy to become a household word here in Ghana!" Julius Berdie, Principal of PISHAM*

Continued on page 2

## MAFI SEVA – our rural project

We are supporting clinics within an integrated health care centre managed by Clinical Director 'Emperor' in the rural area of the lower Volta region. Patients come to the clinic asking for homeopathy specifically as our reputation spreads by word of mouth. We also run outreach clinics in surrounding villages on a regular basis so that follow-up can be provided for long-term patients. With the support of our donors, Emperor



*Pastor John and Angie Metzger with a young patient at Pastor John's clinic in Ehi*

went on a further training course to Kolkata to enhance his prescribing skills; he is engaged in regular supervision with Sheila Ryan in the UK. We are also supporting trainee homeopath Pastor John with supervision by UK homeopath Ingrid Daniels and a small financial donation to help with local expenses in providing clinics for patients on low incomes. (see Ingrid's report on page 4).

## KUMASI – a new resource

In Kumasi we still run our centre providing resources to local alternative health practitioners and students of homeopathy. The clinic lease expired this year and we were generously offered accommodation at low cost in the central business district of Kumasi. The move took place this spring and our partner Bonsu Boaten is getting the centre ready as a resource library for the alternative health community and clinic. Our intention is to open for patients there as well as starting courses in homeopathy for interested health workers. Last autumn we shipped to Ghana more than 1000 books generously donated by homeopaths from all over the world. ☀



*Bonsu spent many hours with the UK team in Portland packing up books to be freighted to Ghana*

'How can I help?'

## We need:-

- 1) Donations and standing orders – the lifeblood of our work
- 2) Experienced homeopaths, teachers and supervisors to be involved in the training programme. This would involve a two-week trip, teaching in Accra, Kumasi and Mafi Seva
- 3) Longer term volunteers to maintain the clinics, organise the programme and continue government level discussions. Ideally you will have at least five years practice experience. Kumasi, especially, needs you!
- 4) Less experienced homeopaths to help with specific tasks – minimum three weeks.
- 5) Donations of books, remedies and electronic items such as laptops, video cameras and mobile phones. We are specifically looking for laptops to create an internet learning centre in Kumasi and the Accra school library.
- 6) Help in the UK. Do you have some time or skills to share? We are looking for mentors, supervisors, IT people, video editors, a film maker, a UK volunteer co-ordinator, and an experienced fundraiser.
- 7) Trustees. We are looking for trustees to join the existing team.
- 8) Fundraising: Can you organise a fundraising event, charity run etc?

Or perhaps you have some ideas or contacts that could lead to any of the above .....



## From Jennie's Photo Album & Casebook

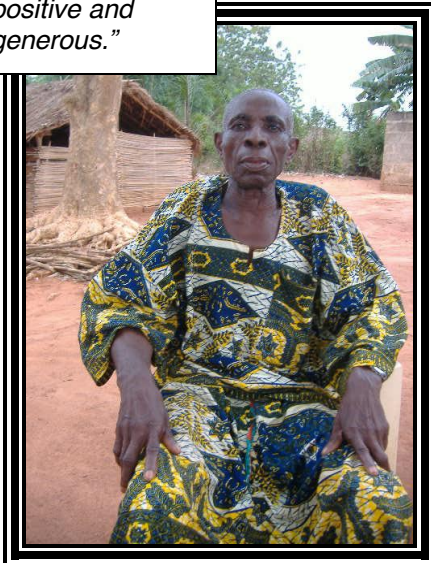
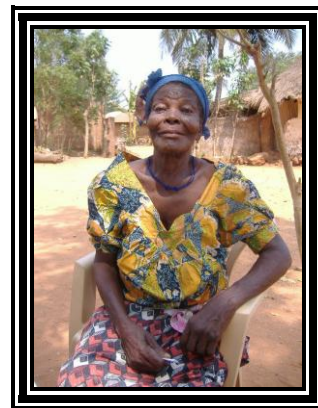
In 2010 Jennie Swan volunteered to work with us for three months in the School in Accra, in Mafi Seva, in Kumasi and also with Pastor John in Ehi, near the Togo border.

*"I will never forget the people - time and time again I found myself in awe of their vibrant personalities, open and welcoming attitude and their beautiful colourful dress. So many of them are so poor by our standards but so frequently positive and generous."*



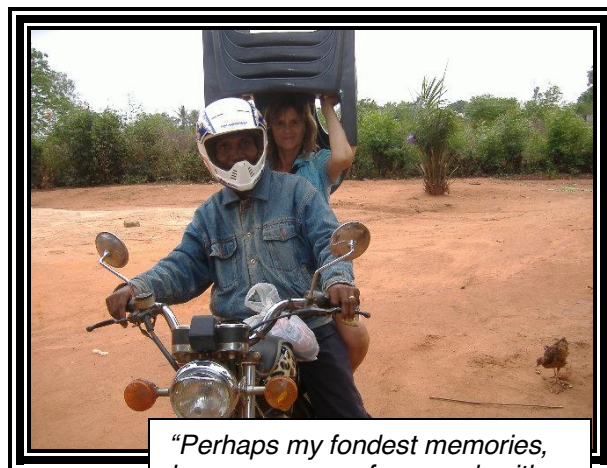
### Case No. 1

The highly physical lifestyle here accounted for many of the aches, pains and serious injuries I saw, but frequently deeper questioning revealed a constitutional case. One instance was a young woman who had suffered for six years with dizziness, headaches and various body pains, after her husband had left her three months pregnant. Both she and her six-year-old daughter responded well to *Pulsatilla*.



### Case No.2

A man in his 50s came in with abdominal pain; the sensations occurred in waves, during which he writhed in agony. One clear symptom was the relief brought by bending forwards from a seated position, and in this case a few doses of *Colocynthis* helped him.



*"Perhaps my fondest memories, however, were of my week with Pastor John and his family. We would travel out to villages on his motorbike, and then find a shaded spot to set up clinic. Patients would wait patiently on benches, before seeking treatment for a widely varied spectrum of complaints: epilepsy, impotence, schizophrenia, high blood pressure, eczema and menopausal symptoms were all presented."*



### Case No. 3

A young female farm-worker arrived following a miscarriage brought on by hard physical work; high potency *Arnica*, repeated, brought her fast and welcomed relief.

## MY JOURNEY WITH PASTOR JOHN

By Ingrid Daniels,

In December 2010 I was asked to support and act as supervisor to Pastor John in his homeopathic work in Ehi. Angie Metzger introduced us by email and we exchanged photographs. At our weekly phone-ins Pastor John will ask questions about prescribing and homeopathic philosophy which demonstrate a good understanding and show that he is learning all the time, so even when he has no patients in a particular week, we benefit from this contact.

I have been incredibly impressed with his knowledge and skill at finding an appropriate homeopathic remedy for the many different cases he has seen. These range from urinary problems, hernias, severe joint and back pains, cataracts, digestive problems and problems related to diabetes to pains after various head and eye injuries and epilepsy.



Some of the people who come to him live a long way from his village and, lacking transport, cannot visit regularly. It can therefore take a long time for him to receive feedback on the progress of these patients but he also visits several outlying villages himself. GHP volunteer Jennie Swan who went out to work with him in February accompanied him on these trips.

And what dedication to the care of his patients Pastor John demonstrates when he does not have a remedy in stock! On one occasion he drove for 2 ½ hours on his motor bike to collect one from Emperor who was travelling 'near' his area and then drove 2 ½ hours back!

A helicopter would be a useful vehicle for him to have on hand, or failing that, a small car so that he can keep the remedies dry....

I am looking forward to my continued contact with Pastor John and maybe even meeting him in the future☀

## SHARING A PASSION FOR HOMEOPATHY

By Jemima Kallas, our first volunteer to teach at the new premises



Accra's first intake of student homeopaths entered their second year in January in new premises and with a bang: six days full on teaching. After a year devoted mostly to the relatively simple topic of homeopathy and

acute disease, it was the deeper subject of chronic disease that this smiling and welcoming group of students faced as they gathered for the first week of their new term.



*Some students live well outside Accra. They have to leave home at 5 a.m. and yet they are always first to be there for 9 o'clock.*

The new premises in the Accra suburb of Kasoa are freshly painted and furnished, a haven of peace compared to the previous city centre ones. There is a whiteboard, new desks and flooring, teas and coffees, a photocopier nearby – and a little library of homeopathic books. Every day, the students help themselves to a copy of the 19th century Kent's Repertory of Homeopathic Materia Medica. The Project fortunately has enough copies in the library for classroom studies but in an ideal world, the students would have not only their own Kent's Repertory but also a modern one, a basic Materia Medica and homeopathic philosophy books - all essential for their future work as homeopathic practitioners. Without a full set of books for each student home study is impossible and they are keen to do as much homework as possible.

Our students all have day jobs. They have to take time off to attend college and, in a country where poverty pervades, the loss of income this represents is hard. Nothing of this comes over during class. What the lecturer experiences is warmth and welcome. Like so many Ghanaians, our students are enormously open and positive – a joy to teach.☀

*"I was originally a student of herbal medicine, apprenticed to a herbalist. Whilst there I noticed that he used some homeopathic medicines which I had never seen before. He told me that I could study homeopathy with the Ghana Homeopathy Project programme in Accra, run by Ghanaian homeopath Julius Berdie. The more I found out about homeopathy, the more I wanted to study it to the highest level. One of the special things about homeopathy is that it treats the whole person, not just the pathology. Now, to pay for my homeopathic studies and to sit in on clinics, I am working as an Administrator for the new school. We would like to invite homeopaths to come and teach us, and welcome all support. I have started a Facebook page called Homeopathic Medical Students Association Ghana see HOMSAG Ghana." Frederick Agblor (student homeopath).*

## Trustee Profile: Soroush Ebrahimi



Last year we welcomed Soroush Ebrahimi to the Board of Trustees. Born in Iran, Soroush has a degree in Paper Science and a post-graduate Diploma in Production management; since 1982 he has owned

his own company. In the 1990s he trained as a homeopath and qualified from the London College of Classical Homœopathy.

He continues his studies by attending lectures whenever possible, especially Sheila Ryan's Master Classes. He is well known as the monitor for the international online homeopathic forum, Minutus and often contributes to it.

He says he will do anything to promote homeopathy which he sees as offering effective and – importantly – cheap medicine in Ghana. So when the opportunity arose to assist with the Ghana Homeopathy Project he pledged his full support! ☀

### GHP would like to thank:-

Drs Kalyan and Kalishankar Bhattacharyea of Kolkata

Mike Bridger, Nicky Gibney and the College of Contemporary Homeopathy

Lyn Clark (fundraiser)

Darsh Shah at Adler Shine Accountants

Dada Pramananda and Dada Daneshananda of AMURT Ghana

Grace DaSilva-Hill (former trustee and team member)

Helios Pharmacy

Homeopathy Action Trust

Homeopathic Supply Company

Peter Jadinge

Kent Homeopathic Associates

Theresa Partington (newsletter editor)

SHARE Homeopathy Group

The Sheaf Trust

Frederick Schroyens and Radar

Supervisors: Ingrid Daniels and Joseph Zarfaty

The Tanner Trust

Volunteers: Jemima Kallas, Jennie Swan, Primrose

Matheson, Ralf Jeutter, Jessica Sykes and Richard Pitt

*....and the many others who have given funding, books, remedies and supplies, their skills and time.*

## The Ghana Homeopathy Team



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Julius Berdie: Accra Coordinator  
and Principal of the Premier  
International School of  
Homeopathy and Alternative  
Medicine (PISHAM)



Samuel K Tsamenyi ('Emperor'):  
Director of Mafi Seva Primary  
Health Care Centre and  
Homeopathic Clinic



Bonsu Boaten: Principal of  
Maria Montessori School,  
Manager of Resource Centre  
and Kumasi Coordinator

## The Trustees of Homeopathy in Africa

Paige Allan

Geoff Britton

Soroush Ebrahimi

Samantha Gladden

Anne Simpson

(See our website for more details)



# DONATIONS TO GHANA HOMEOPATHY PROJECT

Homeopathy in Africa - UK Registered Charity No 1125981

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

**Ghana Homeopathy Project, c/o Linda Shannon, 45 Straits, Easton,  
PORTLAND, Dorset DT5 1HG**

Cheques to be made payable to: **Ghana Homeopathy Project**

## Standing Order Form

To the Manager of: (Full address of bank or building society) \_\_\_\_\_

Please pay to: Co-Operative Bank plc  
P.O. Box 250, Skelmersdale, Lancs. WN8 6WT  
to account Homeopathy in Africa – Ghana Homeopathy Project  
SORT CODE 08-92-99 - ACCOUNT NUMBER 65318708

the sum of £ ..... on ..... \* and thereafter £..... monthly/annually on .....  
until further notice. (\*Please insert date of first payment)

Name of account: \_\_\_\_\_

Sort Code: \_\_\_\_\_ Bank Account number: \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

## Gift Aid Declaration for charity *Homeopathy in Africa*

Your Details (Block letters please)

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**I am a UK taxpayer and I would like tax to be reclaimed on this and future donations through the gift-aid scheme. I note that I must have paid an amount of tax that at least equals the tax reclaimed on this donation.**

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