



## GHANA HOMEOPATHY PROJECT

**Welcome to our first newsletter of 2018!**

**March 2018**

I'm delighted to have been invited to be editor of the newsletter and I'm looking forward to sharing everything to come in 2018. Last year was wonderfully productive for GHP and this year has already got off to an energetic start. I'm excited to have joined the project's field team in January after my first trip to Ghana at the end of last year. I was one of the lucky volunteers to benefit from the new volunteer grant scheme, recently introduced by the project.

*GHP is currently offering volunteers, who can offer 6 weeks or more of their time, £700 towards their flights and expenses whilst in Ghana. Whether you want to be immersed in our fully-operational rural clinic or spend time teaching in multiple settings on any of our certificate or diploma courses, volunteering with us offers an incredible opportunity to experience homeopathy first hand in a country that has embraced the practice with remarkable results. If you are interested, please find more details on our website [www.ghanahomeopathy.org](http://www.ghanahomeopathy.org), and don't hesitate to get in touch with any questions.*

We have so much to report and thought no better way than for it to come first hand from the field team and volunteers who have all spent recent time in Ghana. Below you will find insightful reports from the new GHP coordinator, Lyn Clark; recently retired coordinator, Jacqueline Smith; as well as myself. Thanks also to dedicate volunteers to Jeri Russell and Julian Jonas.

Thank you to you for your continued support. Please have a look at our Facebook page for all the recent updates and if you like what you see then join our group – we'd love to see you there.

Hope you enjoy the read!

Louise Ainsworth

Newsletter Editor & Communications, GHP Field Team

***From the new GHP coordinator: Lyn Clark***

*Homeopathy is continuing to expand in Ghana  
building on the great work of all those who have gone before.*

What an enjoyable and fruitful trip I had last Autumn 2017. I was joined, for parts of it, by Louise Ainsworth and Jacqueline Smith. We each visited all three branches of the project: PISHAM College in Accra; Hope Clinic and Hope Study Group in Mafi Kumase, Volta Region; and Kumasi Study Group in Kumasi City, Ashanti Region. And now we have a new branch opening in Kasoa, Accra (West side).



Next month (March 2018), we will start the one-year certificate course again. We have run one each year for the last three years. This year, we will run it in three different regions simultaneously for the first time: Kumasi, Mafi Kumase, and Kasoa, Accra.

It will be taught locally by Certificate graduates, with a monthly webinar broadcast from the UK.

Last year we took 17 kits out for our latest graduates, kindly donated by Helios Pharmacy.

It was a joy to award these, along with the certificate and a book to each student graduating from Mafi Kumase (10 graduates) and Kumasi (7 students).



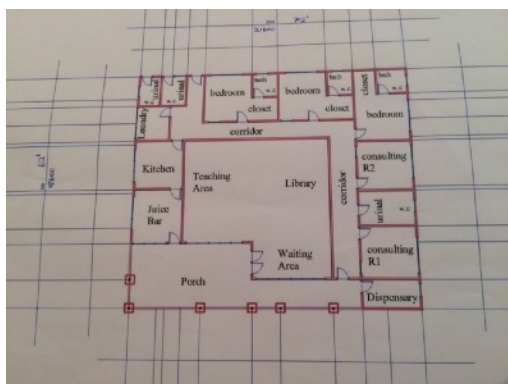
Inspiringly, all the graduates expressed an interest in going on to do the diploma course (to run next year, probably in Accra).



**In Kumasi**, the KHSB students (Kumasi Homeopathy Study Group) are on track to complete the diploma course next August/September 2018.

This means, in addition to the two graduates from PISHAM College, we will have 7 more diploma graduates launching themselves into practice in Kumasi.

We are building the Kumasi Homeopathy Clinic this year, to launch with the students as they graduate. We decided to wait to build this year to be ready for the graduates becoming practitioners. We have the architectural plans and a project manager and are now looking for land. The more funds we can attract, the more centrally we can place the clinic.



We are now keenly looking for a plot of land and raising funds to complete this project by late Autumn this year

**In Mafi Kumase**, the Hope clinic thrives to provide homeopathic health-care locally, under the great work of Emperor. Their building is impressive, now incorporating the clinic and the Hope Health Centre and training space. Lovely to catch up with Emperor and all that he is up to in Mafi Kumase. He now has a group of certificate graduates who can work at assistant level in the clinic to support him. In time, these graduates will become practitioners to carry on his great work over the last twelve years for the surrounding and local community.





**In Accra**, PISHAM has said goodbye to Grace Rhomes. We wish her very well in all her endeavors and are grateful for the work she has given to the college over the years. The college, a project independent from GHP, continues in the hands of Julius Berdie, Principal.

So many changes in Ghana Homeopathy Project.

We welcome the new editor of our Newsletter, Louise Ainsworth; and two new trustees, Moira Houston and Jo Morgan, who have taken on the valuable roles of secretary and fund-raiser, respectively.

For myself, I am pleased to have accepted the role of GHP Co-ordinator. I hope to continue to forward homeopathy in Ghana and to work with the project team in as creative and dynamic a way as I am able.



A patient of Emperor's who he has been treating for fertility. She is currently pregnant hence the laughter and smiles!

## **Ghana Report December 4<sup>th</sup> -24<sup>th</sup> 2017**

Jacqueline A. Smith

I would like to begin this report by thanking the trustees for their support in agreeing to sponsor me to make this trip. It was important not only for the review of exam results as proposed but as a necessary completion and consolidation of relationships made and developed over my three years as coordinator. There was disappointment and sadness about my decision to resign by many in Ghana but the opportunity to reduce anxiety and reassure people was invaluable on both a personal level and professionally on behalf of the project. It was an 'Au revoir' rather than a 'Goodbye'.

I began my first week in Kumasi city and joined Lyn at the Marigold Lodge where over the five days, I observed several 3-4th year students taking cases and when requested, offering questions or pointers where appropriate. The Kumasi students are showing developing case-taking skills as they move into their final year of study and remain engaged with the teaching offered by Lyn and supported by me while there. The recent fast track CC group were also well engaged with their lessons, being very inquisitive and which was reflected in their performance at exam in mid December.



I arrived on the tro tro at Mafi Kumase in my second week to a warm welcome from Emperor, Precious, Eli and Anita. Here I also finally met the newest GHP volunteer Louise, who was feeling very at home with the rhythm of HHHC, having been there for some weeks already and reportedly loving the environment.

Much has changed at the clinic by way of improvements to the building inside and out. The block housing the flushing toilet, shower (with overhead pipe) and kitchen is completed and has external lighting. Lino has been laid on most floors and fans on most ceilings in the central accommodation building. With a three-piece suite and colour TV, the main 'lecture room' is very homely and well used even when no lectures are taking place.



The ceremony to award the Course Completion certificates was held the day after I arrived and we had a great time acknowledging the students' excellent performances in the September exam followed by the hard work of Anita and Precious; to prepare, cook and serve the delicious meal of kenke, which was very much appreciated. We also made sure to celebrate with much reggae dancing until after 7pm.



Clinics were as usual every day from around 7am until early afternoon. Louise dealt with returns for previous patients seen in the weeks before I arrived and I then dealt with new patients. We did observe some of each other's cases. I noticed a greater than ever before incidence of cases of fever. Perhaps that time of year being the rainy season contributed, with much of the rain occurring before I came. Already the Harmattan was beginning, the air misted with sand and dryness of eyes and skin apparent.

My final week was spent in Accra, primarily at PISHAM where I again seen many external improvements (shown in Louise's emailed photos from November.)

Julius was friendly and accommodating and apparently busy with the clinic. A few patients were seen on at least two of my three days there. Three 2<sup>nd</sup> year students were present for the predominantly exam revision sessions: Cynthia (heavily pregnant), Edem and Samuel (fast tracked to 2<sup>nd</sup> year based on previous experience as a cardio-massage therapist)

We covered translating the patients' symptoms into the language of the repertory.

I advised investing in a Thesaurus to aid this important process and to be very observant of patient mannerisms, tone of voice and specific descriptions of symptoms.

We also discussed the significance of hierarchy of importance attributed to specific symptoms being considered for repertorisation and prescription choice and reviewed the definitions of each. We did various T/F and multiple-choice quizzes based on the CC exam papers to test and review their general knowledge of philosophy and materia medica.



Treated initially by Lyn with follow ups by Louise & Emperor. Presented with epilepsy (convulsions and fainting every 4-5 days) as well as profuse & painful periods. Responded well to Sepia 200. She came back after 14 days having had no more fits, and returned the following week - still with no fits and a normal period with no pain. Her name is Emeyfa.



Little girl treated by Emperor and Louise for slow development, especially with her walking. Responded really well to Calc Carb 200 - when she returned after 14 days she had gained strength in her legs and was slowly beginning to walk without assistance from her mother.

I spent the day before leaving, with a visit to Amanfrom in Kasoa. I met with Phillips, Mr. Emmanuel, the lab technician and nurse before Noble arrived. I was very impressed with the changes and development that have happened with the building since I was last in Kasoa. There is now a lab, consulting rooms, ward with 5/6 beds, pharmacy and space for teaching rooms on the upper floors. There are even 20 new student all-in-one desk/chairs. All the floors and tiling are completed and a new main entrance created.

Outstanding completion is still required to provide windows and doors on the 1<sup>st</sup> floor; toilet bowls to be installed and painting throughout, but particularly on the 1<sup>st</sup> floor.

There is now a beautiful garden space at the back of the building.

I see so much potential in Phillips's creation and development of the building. He is clearly committed to advancing Homeopathy in Ghana and ably supported by Noble who is willing to teach the Materia Medica sections of the Certificate course, having some experience after supporting me with monthly teaching visits to Mafi Kumase following webinars. They are very keen to get started advertising the proposed CC course and I helped design/edit their existing poster draft while there. I would encourage support and investment here as a valuable resource for advancement of the HIA charities objects. Especially where there is such innovation, enthusiasm and commitment as is very evident at Kasoa.

Many Thanks once more.

Best of luck for all the developments in 2018!

Jacqueline x



## **Volunteering with Ghana Homeopathy Project**

**29th October – 17th December 2017**

Report by Louise Hall

We landed late on Sunday 29th October and jumped in a cab straight to Hotel Adodo. It was great to have joined forces with GHP coordinator, Lyn Clark, who knew the Ghana ways well – bargaining a good cab fare is one of her fortes!

Monday 30th October – Wednesday 1st November  
Teaching at PISHAM (Premier International School of  
Homeopathy & Alternative Medicine), Accra

Being thrown straight into the teaching environment was a fantastic way to start the trip. On Monday morning I met Samuel, Edem and Cynthia – the current students of PISHAM – a lovely and enthusiastic group. Having graduated myself 3.5 years ago, I could identify with the kinds of questions they were asking – being able to support Lyn's teaching worked really well; writing diagrams on the board and sharing some of my own clinical/pharmacy experience.

I understand PISHAM itself is going through a transition at the moment and it is a shame that it isn't thriving with both students for the course and clients for Dr. Berdie's clinic. Tucked away from the hustle and bustle of Accra, the site has a very tranquil feel and was an enjoyable place to teach.



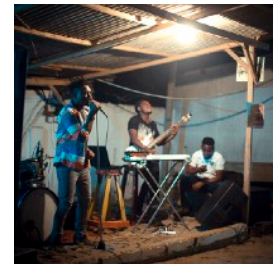
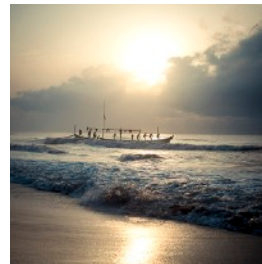
Friday 3rd – Sunday 5th November  
Big Millie's Backyard, Kokrobite Beach

Before heading to Kumasi, we took a couple of days out to enjoy the coast and popular Kokrobite beach. I was very happy to be able to swim in the sea – though it's pretty rough so more like fighting the waves than serious swimming.

Big Millie's is a vibrant place to stay and has some great entertainment - from Culture Night on Fridays to live reggae throughout the weekend. Dancing with Grace (who was involved with



GHP until recently) during a 4hr downpour to live reggae was a particular highlight! I'd recommend getting up to see the sunrise and fishing boats heading out to sea. It's also a great place to try some of the local Ghanaian dishes - red red & fried plantain remains a firm favourite.

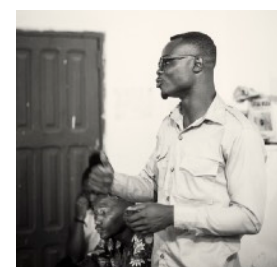
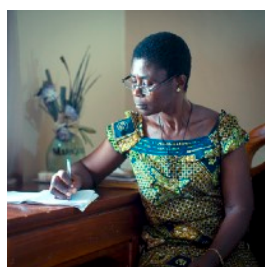


### Monday 6th – Wednesday 15th November Kumasi Homeopathy Study Group

In Kumasi we stayed at the Marigold Lodge – a short walk from the Maria Montessori School, where teaching of both the Certificate course & Diploma course take place. Due to the schedules of the students, classes are in the evenings, leaving the days free for seeing patients and a bit of exploring.

Marigold Lodge is very comfortable and also accommodating for Lyn & students to see patients in Lyn's room.

Kumasi was the place where I really got to observe Lyn's case-taking skills and get my head stuck in to the repertory and materia medica on a daily basis. We had some fascinating cases, which were great learning for the students and fantastic preparation for the next phase of the trip at Hope Homeopathy Clinic. The Kumasi part of the project will really come into its own once the new clinic is built in 2018 and it was really encouraging to see the diploma students teaching on the Certificate course. Exciting times!



Case taking at the Kumasi clinic: The young boy on the left was unable to stand, showing no interest in playing with his brothers and sister. After a split dose of SILICA 30 he was able to begin standing and was engaging with his siblings.

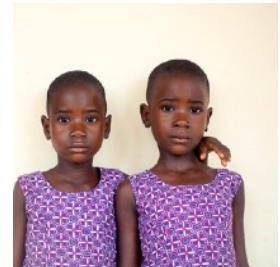
Thursday 16th November - Thursday 17th December

### Hope Homeopathy Clinic, Mafi Kumase

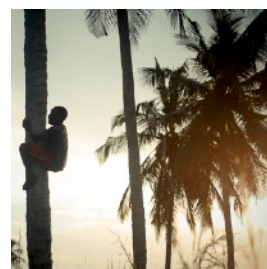
Lyn, Bonsu and I travelled by car from Kumasi to the Volta region and the village of Mafi Kumase – home of the amazing Hope Homeopathy Clinic. We were warmly welcomed by Emperor, his family, Precious and Eli. The weekend saw all 10 Certificate course students of the Hope Homeopathy Study Group receive their Helios kits - a special day of celebrations. Then from Monday morning, once Lyn and Bonsu returned to Kumasi, I was in the practitioner hot seat!

Days in Ghana start soon after the first cockerel crows – as early as 4am. I was getting up around 5.30am and showering as the sun rose looking out over palm trees. Breakfast is served early, as patients can start arriving almost as soon as the sun is up. In the four weeks I was at the clinic, it ranged from 7 patients on quieter days to 33 on our busiest day! We saw everything from injuries to epilepsy, from babies right up to patients in their nineties.

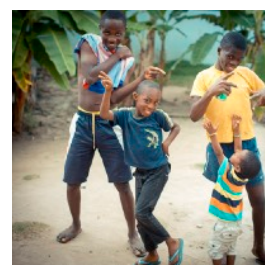
The learning was incredible and I was putting into practice things I never dreamed of when I was studying remedies at college. The clinic has an extensive library and plenty of repertories and materia medicas – a necessity as the students regularly sit in on the consultations to assist with the translation and repertorisation. Alongside Precious, Rudolf spends most of his spare time at the clinic and both were increasingly valuable assistants.



I like to exercise and, luckily, Richard, Francis & Kafui (the kids living with Emperor and his two sisters) became my regular afternoon excursion buddies. We ventured into town, climbed many of the local rocks to see beautiful views and sunsets over Mafi Kumase. On other afternoons I would borrow one of the bikes to cycle around the local area and nearby villages. I also did a bit of teaching with the kids, as they're keen to improve their English & Maths. In return they taught me a little basic Ewe, the local language – my accent caused many fits of laughter. We also had lots of fun with my old camera – they took some pretty spectacular photos!



At weekends I was taken to funerals, weddings, a festival and felt completely embraced into the local way of life. It was where I saw my first dead body – as Ghanaian funerals are usually open casket – a humbling and unexpectedly peaceful experience. Anita, Emperor's niece, lives at the clinic and is in charge of the daily housekeeping, cooking etc. I grew to love the local dishes and have been missing banku since returning to the UK. I might have to seek some out in London! Anita, like everyone at the clinic, is a joy to be around and, as she speaks little English, and I even less Ewe, we mainly communicated in silly dance and laughter - there is a lot of laughter in Ghana! Most Mondays I accompanied Precious (Emperor's live-in clinic assistant & homeopathy student) to the local market. Definitely a worthwhile experience - I bought a variety of fabrics and had a few outfits made by one of the local seamstresses – much helped by Precious's translation skills.



And of course Emperor – a 64yr old reggae lover, laughter spreader, talented homeopath and an absolute joy with whom to work. I loved my days at Hope Homeopathy clinic and for me the more patients the merrier! It was an amazing experience to be treating around 100 patients a week, with many diligently coming back for the requested follow ups so we could see the remedies working their magic.

Volunteering with GHP was really wonderful and exceeded many expectations. I had the opportunity to work alongside highly experienced homeopaths, teach willing, enthusiastic and very promising students, co-head an incredibly busy and successful rural clinic and, in total, treat around 450 patients. I also found myself fully immersed in the Ghanaian culture and the fabric of their daily lives.

I am extremely thankful to Lyn, Angie, Jacqueline, Emperor, Eli and everyone on the GHP team who welcomed me on to the project. I genuinely can't wait to go back!

