

Dear all,

It has been over a year since the last newsletter so our apologies for not being more in touch. Our only excuse has been that we have been so busy and that SO much has happened for the school in the last year. It is hard to know where to begin, but really the most important thing has been the project with the European Union and the Ministry of Health, Kwale County, which began in February 2015.

Marie Magré and the 4Kenya team,




### OUR FIVE-YEAR PROJECT SPONSORED BY THE EUROPEAN UNION

At the end of 2014 we were so fortunate to be granted a five-year grant through the European Union, entitled **Supporting the Kwale County Government Through The Provision of Integrated Medicine**, which is part of a world-wide public health initiative by the EU. Our major partner is the local Ministry of Health in Kwale County and the goal is to improve health-care outcomes in the county. Kwale County has some of the most challenging health issues in the country and is a particularly poor part of the country and so the health care system needs support. Our vision which the EU chose to support is to bring the benefits of an integrated approach to medicine to the county and to support the counties existing initiatives in improving access to healthcare. We are supporting the development of community health units, working with health information systems, supporting and organizing health and education campaigns, especially in more remote parts of the county. We are planning to open six integrated medical clinics at community level in the county and from there we will have 36 mobile health centres offering homeopathy, nutrition and other health care needs to the surrounding communities. We are also embarking on a number of research projects together with our partner HHA in the county to assess areas of possible utilization of homeopathy and we have finished a baseline study in the county to evaluate attitudes and health care needs for the population.

We have also initiated a post-graduate training program for medical personnel in Kinango and Ukunda, training a number of doctors, clinical officers, nurses and others into the fundamentals of homeopathy. All participants have taken the primary health care exam in the second week of December 2015 offered through the Faculty of Homeopathy, in the UK, our partner for many years. Thanks to Dr Noel Thomas and Alina Ascari for coming to help us during this exciting time!



Our project has allowed us to employ a new Principal, Esther Gitahi, who has over 20 years experience as a Principal of a school in Kenya and a General Administrator, Judah Mbillah that has greatly added to the existing team. We are also very fortunate to have employed a new accountant, Stella Matheka who is doing a superb job. We have also employed an Educational Director, Richard Pitt, from the USA. Richard has worked with us since 2012 and previously was the Director of a homeopathy school in San Francisco, USA and is an experienced educator and author as well as a practicing homeopath. This new team has given us the necessary skills and people power to take our institution to a new level and also to allow us to embrace the challenge of the EU project.

It needs to be emphasized what an opportunity this partnership with the EU is. We were one of only eight projects out of 192 applicants accepted world-wide and the fact that they chose to embrace the concept of an integrated approach to health care has given us a huge opportunity to show the impact we can have in Kwale County working closely with the local Ministry of Health. Part of the larger vision of the project is to seek to influence the integration of Complementary and Alternative Medicine (CAM) on a national level so that homeopathy and other CAM therapies are fully accepted and part of the Kenyan Health Care System. This is a great opportunity and we are working very hard now at implementing the project. Our first year anniversary is coming up at the end of January 2016.



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Programme co-funded by the  
EUROPEAN UNION

## OTHER PARTNERS



We have also been partnering over the last 2 and half years with Terre Des Hommes The Netherlands. They have been supporting our project and allowed us to expand our homeopathy and nutrition outreach programs, so we have been able to reach over 4,500 patients over this time mothers and children below 5 years. They have also helped in sponsoring student tuition and given great practical and moral support over the years. “Wilde Ganzen” from the Netherlands have also given us generous support, which is allowing us to develop our infrastructure and to do very necessary improvements. We would like to thank again our friends from “Stichting Lelystad voor Kenya” and Stichting Middelbusker for their continuing support! Many thanks to all our partners!

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## OUR NEW PROGRAMS

We have also made huge changes in the programs we are offering. Last year in May we began a new Community Health and HIV/AIDS Management one-year certification program, partnering with the Kenya Institute of Social Work and Community Development (KISWCD). This concentrated program gives our students a thorough introduction into these subjects and the opportunity to move directly into jobs in the local ministry. All of our students passed for their theoretical exams and are now out for their 2 months attachment in local hospitals and clinics. On May 16<sup>th</sup> we are beginning a new academic year whereby 143 students have already applied for our Community Health Course!



We also give our students a certification in homeopathy and a 1<sup>st</sup> Aid program, so they are given a thorough initiation into health care in one year. Some of these students will then stay and join our 4-year homeopathy diploma program, this counting as their first year of training.

They will do two concentrated years in homeopathic study as well as medical sciences and other public health programs before embarking on a one year clinical internship program to complete their training.

We are also continuing to offer a two-year nutrition certification program so our whole education program is as broad as possible. Since May 2015 we also have 19 new nutrition students, with now a total of over 90 students in the campus, tripling the number of students. On July 30<sup>th</sup> 2016 we will be graduating one existing nutrition program and 13 students will be doing the homeopathy diploma exam as well as the Faculty Certification exam. We will also be continuing to offer new post-graduate programs for medical personnel in various parts of the county.

### INFRASTRUCTURE CHANGES

We have created two new classrooms, a new clinic, pharmacy and library this year. We remodeled one of the female dormitories in the upper campus, which allowed us to create some beautiful new rooms. The new library is large and occupies a central space in the whole campus, ideal for quiet study and contemplation. Thanks to our colleague and good friend Annelie Smits who put so much care and attention into our new library! It also allowed us to expand the IT room (which used to double as a library), giving more space for computers and also freed up one room in the administration block that used to function as a clinic.



The new clinic and pharmacy are now in a quiet, secluded part of the campus, ideal for homeopathic case taking. The new classrooms are also ideal for our growing number of students. During this transition we have taken the opportunity to begin to remove the old makuti (traditional thatch) roofs that were now longer holding all the water out!

We also renovated a building on the lower campus into a beautiful conference hall, which we are now renting out to private customers in order to achieve a greater level of financial sustainability for the school. We already have an onsite cafeteria/restaurant for students and staff which is also open to the public and so we are able to service the conferences and offer an appealing place for organizations to hold conferences in Kwale County.

Our beautiful grounds continue to be improved and much work has recently gone into our large vegetable garden (Shamba). We have planted many tomato plants, okra, eggplant and the stable sukumawiki (kale) and spinach. We are renovating the support beams for our passion fruit and rebuilt our seed beds. We plan to build a larger shade unit to protect plants from bugs and too much sun. We have also built a new water irrigation system, using the roof of our large hostel to distribute rain water into a large tank to give water to our garden. We are also planning to purchase inverters and batteries for our offices and classrooms so we can get guaranteed electricity. As of now, the power supply here is rather intermittent, creating some frustrating situations at times. We are also planning to renovate our basketball court so students will be able play basketball and 5 aside football and we would like to have more competitions here on campus.

## ACTIVITIES

We sponsored a football competition in Kwale, bringing together 11 local football teams. The focus was also on health education, focusing on the prevention and testing of HIV/AIDS/STI's, blood donations and domestic abuse, as well as an opportunity to socialize and to bring our school to a wider audience in the community. It was co-ordinated by our own students, working with the administration and the local community and was a great success.

On the 16<sup>th</sup>-17<sup>th</sup> December 2015, all staff participated in an educational program organized by Terre Des Hommes The Netherlands that focussed on the exploitation of young women across the world, especially focusing on the sexual exploitation of young people. This is a very important subject that everybody needs to be familiar with and is a central part of TDH NL work.





## PUBLICITY AND SUPPORT

We are putting the final touches to a new website for the 4kenya trust, which will highlight all the changes that have happened in the last year, especially given the significance of the EU project. We also have two facebook sites, one for the school and the other for the trust. Do check us out on [www.facebook.com/kenyaschoolforintegratedmedicine](https://www.facebook.com/kenyaschoolforintegratedmedicine) and [www.facebook.com/4kenyatrust](https://www.facebook.com/4kenyatrust) as well as our existing website at [www.kenya.org](http://www.kenya.org)

Thanks to one and all for all the support given over the last year. It has truly been a monumental year. Without listing all our other supporters and sponsors we simply want to say THANKS SO MUCH.

Even though we have been given this great opportunity through the European Union we do still have to maintain our portion of the financial responsibility for the project, which is crucial in order for us to maintain the viability of the project and to show the EU that we are able to fully support the project.

This requires us to raise a significant amount of money each year. As one can imagine our overheads to support 30 staff, and maintain the whole operation as well as supporting the local Ministry of Health with our various projects together is quite a challenge. So please do consider supporting us in any way you can over the next year. Everything is appreciated. Details on how to support us are on the website [www.4kenya.org](http://www.4kenya.org) or simply email us at [info@4kenya.org](mailto:info@4kenya.org)

