



GHANA HOMEOPATHY PROJECT

Issue 14 **SPRING-SUMMER NEWSLETTER** 2017



Nkyinkyim (twists and turns)

'We may not be aware of life's impending challenges, but let us not resign them to fate, but to seek help to use one's own will and sheer determination to succeed'
-Akan proverb

KASAPA (Good Talk)
Course leader - Grace Rhoomes
Principal –Julius Berdie

Many twists and turns in the journey of PISHAM life over the last six months. We began the new term with students experiencing personal changes e.g. bereavement, ill health, financial crises; all impacting on their ability to study effectively.

Some decided to defer their course or take time out due to ill health, and so at PISHAM we decided to slow down the pace of the training to accommodate student struggles with keeping up-to-date with course schedules.

As a result, our student numbers dropped from six to three, but we have a philosophy at PISHAM: even if we have only one student, we will teach one student. One successful homeopathic graduate has the potential to treat thousands of people to good health.

So on that note, we have celebrated the graduation of two students completing their Diploma training.

See more on Pg. 2



So far on the KHS course, students have taken cases under the observation of their mentor. From now on, students (having successfully completed this part of their course) can take their own cases under the supervision of their mentor and teachers.

By next summer (2018), students will be fully qualified practitioners running their own clinic. Mentors will likely become long-term colleagues and still be there to lend their experience and support occasionally.



We are soon to start our next Certificate Course (KHCC2). Three of the graduates from the first Course (KHCC1) will support as peers, the new students. They will have an opportunity to revisit the content of the course too.

A monthly webinar with a UK teacher (Lyn to start with) will happen, which any student from across the Project, anywhere in Ghana, is welcome to join.

Read more on Pg.4...

 HOMEOPATHY IN AFRICA

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Since Spring time, having added a motor trike with trailer to the fifteen bikes they now have for the head traders' use, this is proving to be of even greater benefit for carrying heavy loads to and from



field to market.

HHHC has been a resounding success in that, many people are able to access treatment far easier and because of that, this has highlighted the need for an ambulance to transport seriously ill patients to the nearest hospital. In recognition of these efforts, Emperor, the clinic director, has now received a letter from TAMD notifying him that HHHC is one of 10 registered clinics in Ghana and that apprentices in clinic will be recognised as trainees.



Jeri Russell,

from USA, the most recent international VOLUNTEER to be at Mafi Kumase from March to April this Spring, was inspired on returning home to Chicago to begin fundraising for the much needed ambulance. **Report on Pg. 3...**

Presentation of Diploma Certificates

Phillips Kpogo and Noble Kpogo, were presented with their Diploma certificates during the visit of Lyn Clark - Ghana GHP Co-ordinator, in May. Students and one of our trustees Bonsu Boaten, attended the presentation. Phillips and Noble demonstrating the reality that a Diploma with PISHAM is achievable. A warm sense of satisfaction personally and professionally that we have been able to support students to graduation. Well done Phillips and Noble, we all know what it took to get you to graduation: the challenges, the frustrations, the sheer determination. I learned from you both too. You've both earned your certificates, now go forth and be good homeopaths promoting homeopathy across Ghana with confidence and competence. We wish you the very best, stay in touch.



Phillips and Noble Kpogo, a father and son duo... Ayeeko! In the spirit of community: Congratulations to us all, your success is our success.

At the request of the Ministry of Health I wrote a two year curriculum for all basic healthcare courses that include a homeopathic module. So we're hoping that the ministry will adopt this curriculum as the minimum standard for homeopathic education across Ghana. They did ask us after all!

In March, we ended a 12 month homeopathic project with 40 students from a youth training project in the central region. We provided homeopathic treatment for students aged 7-25yrs with a range of physical and emotional conditions. The project will be written up and the model can be used for similar work and to seek funding in the future. Students from this organisation can continue treatment with us at a reduced cost.

The profile of our school community clinic needs a boost, in order that the wider community is aware of our service. I will visit a community leader of a neighboring area to discuss the potential to set up an outreach clinic. The aim is to treat local people, raise the profile of the school and clinic and provide additional 'live' clinical experiences for our students.

Lyn Clark joined us to teach our students and for general support. Thank you very much Lyn!

That feels like the gist of the twists and turns of the last six months, the versatility, creativity and dynamism of the work, and its flexibility in continuing to meet the needs of our students to help them in their quest to complete their training. It is a homeopathic journey, isn't it?

So now the voice of Cynthia, our Year 2 student...



**Cynthia Larteley-Young
PISHAM Year 2**

Since year one until now, the journey of my training at PISHAM has been a wonderful experience. The teachers are good and do their best.

The co-ordination between the teachers and me has been good. The teaching aspect is also okay except I find the Anatomy & Physiology lessons difficult. It requires a lot of studying and time, which is hard for me.

I am a married woman, a working woman and a student as well. So I am managing all three roles, and at times it becomes very difficult. I have to report to work before and after school.

However, I do try to find time to study a little before going to bed every night. Sometimes I become very tired and sleepy during my study after a hard day's work. But I still try to study everyday.

However, the experience at PISHAM is so wonderful, supportive and motivating, that I am determined I will finish with good grades.



Jeri Russell with Emperor at HHHC in Mafi Kumase

Three weeks in Ghana flew by, working in a very busy clinic where patients started our day off by arriving at 7 a.m. The case load was different to the types of illnesses I have seen in Southern African clinics - malaria being prevalent in Ghana and not seen in the areas I had previously volunteered. There had been more sexually transmitted diseases in Southern Africa, deeper illnesses it seemed.

I put this down to life being like the Garden of Eden in Ghana! Healthy fresh foods, less stress, more water and clean air. I saw more wounds and infections in Ghana and the newer bane in Africa, high blood pressure, was of about the same prevalence.

Of course, in a physically hard-working society the same amount of arthritic complaints and back pain were noticed. The reverse of that, of course, is that with a physically active life we saw fit and healthy priests from the nearby Catholic Church – aged from 76-90 years! Each was healthy in mind and in body.

My biggest surprise was the gift I received from an elderly woman a few days after her treatment - she came to the clinic with a guinea fowl! The guinea fowl landed in the pot that very night, in a tasty stew made by Emperor's gracious sisters.

Eli (a Hope Homeopathy Study Group student) was with us so often, and helped me so much e.g. driving, taking me to market, taking me to a local funeral and the funeral lunch afterward. Precious helped me with everything during my stay too - kind and gracious in every way. Emperor's sisters prepared lovely meals each night. Sadly, I had some tummy troubles after I was WAAAY too greedy with watermelon on a hot day! I was more careful after that.

I loved teaching the HHSG students, a really bright and enthusiastic group who are excited about the topics at hand and are all very keen learners.

I spent the most time with Precious, Rudolph and Eli. I was delighted to work alongside Precious (she is learning so much, so quickly!) and Emperor. We worked together very well and very efficiently - he and Precious were both translating at different times.

I seemed to know how Emperor would prescribe, and vice-versa. It was a very rich working experience. I loved hearing about his time in India, and learned so much from him.

Of course, the heart and soul of Mafi Kumase was and is Emperor. When I asked a long-ago volunteer about the Ghana Homeopathy Project, she wrote me back and said, 'Ah, the amazing Emperor'. I think that is a perfect description of his work, his home, his family and his life ethos. The amazing Emperor: caring so much for his friends, family, community and Ghana.

At the end of my stay Emperor asked if I could help get donations to buy an ambulance for the clinic. Well, at first it was a daunting challenge, but once I found that the price was 1/20th of what I expected - I thought, 'I will find a way'.

Rather than taking years asking friends for twenty dollars here and there, I realised that I had a ready-made solution. We had lived in South Africa a few years ago and had hoped to sell beautiful ostrich tote bags to the game reserves. I had numerous sample bags and decided to sell those. When people heard that it was for an ambulance in remote Ghana, friends and 'friends-of-friends' leapt aboard the ambulance train. In a few weeks, we had the funds, and the donators had stunning, forever tote bags whose cost went to a wonderful cause.



I learned so very much during this time, and enjoyed every minute of learning and teaching in the caring and supportive environment of Emperor's home and clinic in Mafi Kumase.

I am grateful for this rewarding experience working with a wonderful team at GHP.

To those thinking about **volunteering**, it is a wonderful way to learn, study, give and receive homeopathic knowledge, as well as seeing a successful, easy-to-manage business model. Newly graduated homeopaths? This could be just the 'kick-start' you need for your new practice - or as a boost to established practices. If THIS much can be achieved in remote Ghana, think how your own practice would flourish after such an experience.

Thank you.
Jeri Russell



Akosua Afriyie Duku - 3rd Year Student
Kumasi Homeopathy Study Group (KHSg)

My experience in studying homeopathy and being mentored by very experienced homeopaths on my diploma course has given me an opportunity to understand the oneness that exists between humans and the environment. We are all connected and depend on each other. Everything we see around, whether edible or not, have something to offer humankind.

Who would have thought that poison ivy, venom of poisonous snake, bee stings or disease substances would have something good to offer? Through homeopathic dilution, succussion and trituration, they become useful.

Through the study of homeopathy, I have learned that there is a balancing mechanism (the vital force) that keeps us in health. When imbalanced there is disease and in its absence, there is death. Homeopathic remedies boost this mechanism to correct the imbalance.

Through my clinical practice with our lead mentors, a 15 year old girl who had skin disease for ten years is healed. An 83 year old man with asthma for 21 years is doing very well. My children and I have also benefited immensely from homeopathy.

I have come to understand that situations make people change and the changes can only be seen through their actions, thoughts, ideas and their affirmations. As a student homeopath, listening to people's cases and practising case-taking, with the help of our dear experienced mentors and volunteer teachers, has helped me personally to work on my limitations. Homeopathy has helped me to appreciate everything and everyone.

When one pours water on a group of people, their reactions will never be the same. One may cry, one may run and hide, one may express anger and one may laugh and welcome the splash of water. If we were to treat these people, different remedies would be given to each one of them. This makes homeopathy unique. I am entreating all student homeopaths, especially the Kumasi Homeopathy Study Group, to take homeopathy to the highest level. We need our health and it can be found in HOMEOPATHY.

Thank you.

Kumasi Homeopathy Study Group is ready to start its permanent student clinic!



KUMASI HOMEOPATHY HEALTH CENTRE

[BONSU AND AKOSUA STANDING ON THE STEPS]

The clinic will be launched in November this year during Lyn's next trip to Ghana. A dedicated building will be created to house the clinic, the library, the pharmacy and training.

And it looks like a building has been found!!

Requiring a bit of TLC and a lot of decoration, the building was previously an allopathic clinic but has stood empty for 7 years. In June, Bonsu, Akosua and Lyn opened the front doors, after 2 years of not having been opened at all, amongst all the cobwebs and dust. A great moment.

It is a beautiful space right in the centre of the city so the greatest diversity of people will pass the door daily. This is what we all want. To make homeopathy available for everyone.

The building's very central position makes it a great launching place to put homeopathy firmly on the map in Kumasi.

On stepping in to the building you enter an atrium leading to at least two consultation rooms, another room large enough to hold training and the library and a tiny room that can be dedicated to the pharmacy.

The atrium will allow us to open a small juice bar and sell a few remedies and a few other products. The veranda will be a great place for people to sit and sip their juice. We will secure the building for 3 years, during that time we can plan how to continue moving forward.

Everyone in Kumasi is excited about this next phase and about their finally becoming homeopathic practitioners.

Upstairs there is an apartment where we can host volunteers and visitors. It really is a building that can meet all our needs.

Out & About with GHP

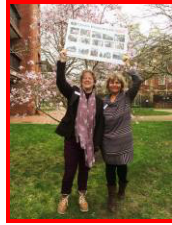


Springtime in Paris to link with,

The Humanitarian Homeopathic Organisation; for its inaugural meeting of more than twelve international homeopathy projects and, of course, Jacqueline couldn't not go to visit the grave of the great man himself, **Samuel Hahnemann**, at Pere Lachaise.



May brought the Society of Homeopaths AGM and our presence was noted here too, with Lyn and Linda letting everyone know why they should...



VOLUNTEER with GHP!



Into Summer, and June was the occasion of the 3rd International Homeopathic Research Institute Conference, this time in Malta, where GHP had the honour of participating to present our own research results poster from Mafi Seva entitled: **'Homeopathy reduces service users' self-reported emotional distress in a charity partnered rural community clinic in Ghana'**

So we've been busy & hope to remain so, helping other **homeopaths like YOU, to VOLUNTEER for a trip to Ghana** to continue being inspired and experience **c**ontinuing **p**ractice **d**evelopment.

We need an experienced homeopath to **Volunteer for a funded six month stay** to support Emperor at Hope Homeopathic Health Clinic

INTERESTED ??

Please contact us a.s.a.p. at:
admin@ghanahomeopathy.org

Our thanks to ...

Ainsworths Homeopathic Pharmacy;
Dr. An Debyser; Barbara MacIntosh; Dr Julie Smith (Research Mentor) Angelina Moseley (Research statistics) ; Drs Kalyan and Kalishankar Bhattacharyea (Kolkata); Erroll Bowyer; Helios Homeopathic Pharmacy; Homeopathy Action Trust; Julian Jonas (Volunteer); Jeri Russell (Volunteer); Pat McCrae; Homeopathy Research Institute; Homeopathic Humanitarian Organisation; Society of Homeopaths; Sheilagh Creasy; Sheila Ryan; Jane Parkin; Paul Potheary; Isabelle Mazille; Sarah Gilpin; Francis Treuherz; Hans Willem Steensma; The Tanner Trust; Gillian Chang; Linda Bernard; Mary Krizka; Dawn Price; Anne Loades; KHSG Mentors: Mandy Larkin-Jones; Glenis Paulette; Soroush Ebrahimi; Jacqueline Smith; Jo Morgan; Susan Brooke; Vinciane Ollington; Donna Draper...and the many other supporters who have given funding, books, remedies and supplies

The Trustees of Homeopathy in Africa

Peter Jadinge: Chair
Soroush Ebrahimi: Treasurer
Olga Lawrence-Jones
Bonsu Boaten

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 HOMEOPATHY IN AFRICA

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DONATIONS TO GHANA HOMEOPATHY PROJECT



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

Ghana Homeopathy Project, c/o Soroush Ebrahimi, Foxgloves, The Ridge, Little Baddow, CM3 4SA

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