



Winter Newsletter 2019

It's been a fantastically expanding and active year for GHP. We are excited to share our latest news with you.

We gratefully rely on the generosity and good hearts of volunteers for donations of books, remedies and funding which enables us to do all that we are doing together at this time.

We have supported volunteers to visit Ghana for the last 7 months continuously, since September 2018 and continue to have volunteers making plans to go out and work in the clinics and also to teach. Our next volunteer is scheduled to go out in March, with others scheduled for the rest of the year.

We welcome volunteers and are always hugely appreciative of what they bring in skills and dedication. We now have a funding scheme to offer financial support to volunteers.

We have two pieces of very latest news.

We are about to launch a second diploma course in Classical Homeopathy in Accra. Students from the first diploma course are ready to graduate in Kumasi. The establishment of the diploma course reflects the growing interest Ghana has in using Homeopathy as an effective and financially viable way to create and maintain the good health of Ghanaians.

The way the course has been designed encourages peer support. It gives students opportunities to create a learning hub where they can continue to support and learn together after gaining their qualification. In this way, they can support each other forwarding homeopathy to flourish in Ghana, to be practiced by local people for the healthcare of local people. All the people we work with talk about how they see a great future for homeopathy in Ghana and they are motivated to create a complementary healthcare system.

We are please to announce that we are continuing to offer our two funding schemes:

A) clinical volunteers and B) course teachers to visit Ghana.

We are able to offer £700 to support people in their trips.

Contact us for more information - message our GHP coordinator, Lyn Clark,

lynclark@gmail.com 07974 88785

Our second piece of news is that we are building a further clinic in the Volta Region to house our growing library and create a dispensary. The whole structure is built and the roof was completed in the last week of February.

On the top floor will be two ensuite volunteer rooms and a kitchenette, where volunteers can come, relax and be comfortable in between working in the busy clinic below.



Clinic building by end of February 2019

As well as bustling clinics, thriving and continuing to reach the wide community healthcare needs, the education activities of GHP have been growing at an astounding rate. We had 29 certificate course graduates graduating in Autumn 2018, across 4 regions, as well as 9 diploma students who sat their finals after 4 years dedicated study in Kumasi.

We thought no better way to kick off our winter newsletter than with a first-hand account of life at the Hope Homeopathy clinic (Volta Region) from Wendy Scrase, GHP volunteer who recently visited Ghana for the first time. Following Wendy's report, you will find a report from Miryam Clough's trip to Volta Region, as well as further news and photos about our diploma and certificate courses.

Thank you for your continued support. It is with deep gratitude we are enabled to do our collaborative homeopathic work with local Ghanaians and support local clinics.

Please take 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. [fb/Ghana Homeopathy Project]

You can also find us at the Society of Homeopaths conference. Come and talk to one of us about how an experience in Ghana might suit you.

Hope you enjoy the read!

Louise Ainsworth [Newsletter Editor & Communications, GHP Field Team]

Lyn Clark [GHP coordinator]



Emperor (Far right) with willing young helpers at the start of building (see above) in the Volta Region. This will accommodate the expanding clinical activities and the newly qualifying homeopaths at the Hope Clinic. This is due to Emperor's hard work and commitment in action. The build is supported by GHP financially and with increasing educational activities co-ordinated by Lyn Clark and other volunteers.

A piece by Wendy Scrase written during her recent visit to Hope Homeopathy Health Clinic, 29th November 2018

Less than 2 weeks to go until the flight home so here is a brief description of some of the rich, varied experiences at Hope Clinic, Mafi-Kumase. I really want to tell our steadfast community of homeopaths back in the west that this is a golden opportunity to gain clinical experience in Ghana.

Ask Lyn Clark about the 6-week minimum stay financial support towards your flight or living costs. This is what enabled me to come and stay for 7 weeks..

But there should be a health warning: you will eat well... too well! I've enjoyed the speciality dishes of banku and kenkey, and indulged in endless fruit, avocados and fish. Be careful of the delicious palm wine - its effects can last more than 12 hours! As a result of all the above, I am sure I've put on at least 5kg.



View of Hope Homeopathy clinic from the new clinic



Banku & fish soup



Chatting outside the clinic with Hoese & Precious

It's been a time of contrast to the UK in so many ways. From the very hot days of 32°C to the experience of seeing more than 20 patients on many days. Thankfully today is cooler – the Harmattan has arrived and with it, some dust. Emperor tells me that we are so close to the coast that it is mild. The dry warm winds are a relief and then yesterday afternoon, we had a sudden quick heavy shower of rain – the drops were the size of grapes and they release a scent from the dusty ground that makes me not want to leave Africa ... Pray that I get to come back here.



CPD session with the students on the veranda



Anita, Emperor, Eli & Kafui during a visit to Keta on the coast



Looking over Mafi Kumase while early morning rock climbing with the kids

I have recorded many patient cases, along with a screen print of my repertorisation, imagining that in my small North Wales practice, I will go back and remember or at least try to learn from these. The 6 weeks makes it possible to see follow ups – a wonderful chance to see the remedies at work. Emperor is a very experienced homeopath with an excellent reputation, which extends far and wide.

Will I return? Yes, for sure. The clinical practice is the best part of the whole experience.



Under the shady palms with Eli, Hoese & Worlako



Busy repertorising in the clinic



Sharing some laughs with Emperor



On the veranda with Anita

First weeks in Ghana by recent volunteer, Myriam Clough

I arrived in Ghana on September 10th in the evening. After a long, hot wait in the airport arrivals queue, it was lovely to be met by Eli, Precious and Hoese and we soon drove off through the bustle of Accra listening to jazz on the car radio. After a long and fascinating drive, we arrived at the Hope Homeopathy Clinic in Mafi Kumase shortly before midnight. Emperor got up especially to welcome me and I soon settled into the big new room that they had worked hard to get ready for my arrival . I fell asleep listening to the crickets singing outside and the rain pelting down on the tin roof.

The day starts early. The cockerels began crowing at 3.30am, and by 4 I could hear someone sweeping outside my room. At 7.30am, Emperor, Precious, Hoese and I were in clinic with a fairly

steady stream of patients, and Eli and other students dropped in to say hello, help with consultations and get my phone working. Emperor and I did some more consultations after supper. At 2am we were wakened and back in the clinic to see a patient presenting with severe abdominal pain and diarrhoea.



Young traders visit the clinic



Young patient deep in thought



Stirring the banku with Kafui & Josephine

Homeopathy in Ghana is full of surprises. Mobile phones ring and are answered and people wander in and out during consultations. We manage to prescribe successfully, often on very few symptoms and sometimes with a lot of gesticulating and pointing where there is no one available to interpret. After their consultation, it is not uncommon for people to go and lie down for a while so we can observe their response to the remedy given. Then we generally see an improvement by the time they are ready to leave.



Patients arriving at the clinic

Many of the patients present with physical symptoms such as back and joint pain from years of hard work farming or carrying heavy loads on their heads as market and street traders. Many women have had multiple pregnancies often with the loss of one or more children. Other conditions include gynaecological; heart issues and hypertension; or infections of any kind. Many people came having been to hospital first, with little success,.

It was a joy to see people responding so quickly to remedies; to work in an environment where homeopathy is valued and trusted; and to treat so many patients of all ages and from various walks of life. It was also a huge learning experience to be prescribing for conditions that are usually seen by medics in the UK and I was very pleased to be able to work collaboratively with Emperor who has so much experience.

It was necessary to work flexibly, to do the consultation anywhere; or to make a home call if the patient was very infirm; or to work by torch light during 'lights off' (power cuts),. Some consultations took place on the clinic veranda, including during the night. For me, it was not unusual to return sweltering hot from a long walk after a trip to the market, or a stint shovelling sand with the kids as they worked hard to fill the foundations for the new building. Then to be called to the clinic for the next patient who had just arrived.

The students arranged two outreach clinics, one in a welcome breeze under a tree in a village some 20 minutes' drive away; the other in a room at the bustling station in Sogakope on the Lower Volta Region. On both occasions, patients were waiting to see us when we arrived, and the consultations followed in quick succession.



Precious & I taking a break at the outreach clinic



The students chatting with patients, who were retired teachers, at the outreach clinic



Hoese & Worlako making a remedy

It was a delight to get to know the students in Hope Clinic, Volta, and to spend time working with Noble, who visited from Accra. They are all very dedicated. Precious and Hoese work full-time in the clinic, six days a week. Most of the other students teach at the local secondary school and give up their time to come in and gain experience in the clinic, help with interpreting, and join me for some classes. The students are a strong testament to the benefits of gaining early clinical experience. I was as impressed by their competence as I was by their dedication and enthusiasm.

It is important to mention the role of interpreter. This role should not be underestimated. For the first few days volunteering in both a new clinical situation and a different culture, my head was in a whirl. Indeed, it is only since settling at home again, that certain things are really falling into place. There were numerous occasions when I didn't have a clue what was going on. Without Emperor, Precious, Hoese and the other students, I would have been totally at sea. Being an interpreter is a job that takes a lot of skill and an equal amount of patience, especially as one tries to get to grips with the nuances and peculiarities of a homeopathic consultation, and again I think the students are to be congratulated on how they manage this.

For anyone considering volunteering, it is an experience not to be missed on so many levels. Emperor is great fun to work with. I was so well looked after by Anita, his niece, and by Eli, Precious, Hoese and the students. The young ones, Richard (18) and Kafui (8) tried to teach me to speak Ewe and took me on some fantastic walks around the area. Ghanaian people are incredibly welcoming and friendly and there were many lovely encounters.



Chilies drying in the sun



Misty morning during early morning rock climb



Fresh produce

Now, having been home for three weeks, I'm still missing Anita's excellent cooking, the fascinating early morning walks, the camaraderie in the clinic, the patients, the challenge of learning a new language, listening to reggae music and watching the world go by with Emperor, Mawuli and others at the roadside, and most of all, my Ghana family. I hope I'll be back there before too long!

Here is one of my case examples:

VB: 40, female, married, 2 children.

Came at 8pm. Looked pained and was scratching her abdomen aggressively.

Itchy skin all over for 12 months. < when perspiring. < eating sugary things. Itch precedes eruption – when she scratches many blisters form.

Urination delayed and comes in drops with bearing down sensation.

Cramping pain in abdomen – has to hold abdomen when she urinates. Feels something will come out, so she must hold it.

Pain in vagina, as if something will fall out.

Constant urge to urinate but urine is scanty and must strain.

Biting sensation in breasts for 6 months.

Rx: Sulphur 30 2 doses and Sepia 200

VB came to report back next morning:

Itch >>>

Urge to urinate less frequent.

Still has to strain to pee and has some pain after urinating but bearing down sensation reducing.

Vaginal pain reducing.

Biting sensation in breasts >>>

RX: Continue Sepia and review in one week.



*Another patient, AA and her husband with Miryam and Emperor either side.
(The couple were happy to be photographed for the newsletter)*

Kumasi students and teachers visit Hope Homeopathy Health Clinic

In July, three of our Kumasi diploma students (Akwasi, Aziz and Serwaa) visited the Hope clinic in Volta Region in order to gain practical experience as part of their clinical placement for their final year's diploma study. The team reported that it was an amazing and valuable experience – a learning that they will continue to build upon and will remain with them forever.

There are many photos of the various clinics on our facebook page
<https://www.facebook.com/groups/GhanaHomeopathyProject/>



Emperor, Aziz, Serwaa, Eli and Akwasi enjoying their time together in the clinic

Training the next generation of Ghanaian homeopaths & teachers

Last month, GHP were thrilled to have 29 students simultaneously sitting their certificate course exams across multiple regions. All are keen to go on to become fully qualified practitioners and are already gaining clinic experience.

We also have over 40 students enrolled on the new Accra Diploma Course, who all want to go on to start their own clinics when they qualify in 3 years' time. This is an amazing result for local communities across Ghana.



Students sitting exams in Volta



Students sitting exams in Tema



Students sitting exams in Kasoa



From the left: Noble (teacher in Kasoa),
Emmanuel (teacher in Tema)
Eli (teacher in MAfi Kumase, Volta)
Bonsu (teacher in Kumasi)
Filling boxes a year ago, with donated
homeopathy books, in order to create libraries
in their respective regional clinics.

Kumasi Clinic update

The new building project outlined in the last newsletter has been put on hold for now. The graduates are going ahead with their own practices and gaining experience. They are busy supporting the launch of the Accra Diploma course starting Saturday 23rd March.

Look out for our update about the new course once its launched and up and running. We will send news and pictures!



Very sadly on Saturday 6th October, we received news that dearest Akosua had died in a fire at her home in Kumasi, Ghana.

She was headmistress of Maria Montessori school in Santasi, Kumasi; a newly qualified diploma graduate in homeopathy with Kumasi Homeopathy Study Group; a proud mother of five and a recent grandmother. She has left a huge space in the world and in our hearts.

Akosua's husband also passed away in hospital after the fire. One of their daughters, Serwaa (also a homeopathy diploma student about to graduate) was treated in hospital for severe burns and smoke inhalation. Thankfully, with much help of homeopathic remedies, she is making a good recovery.

Late October marked the funeral of Akosua and her husband. Our coordinator, Lyn Clark, travelled to Ghana to join the bereaved children, the extended family and wider community in Kumasi to celebrate the life of a truly wonderful woman. Though hearts were heavy, the weekend was full of joyful remembrance, music and positivity.



Rest in peace dearest Akosua, Madam Afriyie Duku.

Acknowledgements

We would like to extend a big thank you to all our sponsors, donors and volunteers. Many have donated time, books, remedies, expertise and funds. This project only exists because of the generosity of our supporters.



Louise Ainsworth
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