

DOWN to EARTH

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Sue and Ineke's South Coast Challenge

The Participants

Ineke Varcoe



Ineke is an alumni to EI and also the wife of Dave Varcoe, Chairman of the EIUK board. She raised funds for the Rural Island Community Health project on Kome Island in the Mwanza District, Tanzania.

Sue Fallon



Sue is the General Manager of Emmanuel International UK. She raised funds for the Pads Ministry project in Pader, Uganda.

Ineke and Sue set themselves the target of walking the 100 km non-stop, through the night, aiming for 24 hours to completion!

The Challenge



The South Coast Challenge is 100 km over very beautiful, but very challenging terrain. Starting in Eastbourne, the path takes participants to Beachy Head, over the Seven Sisters and along the south Downs way to Brighton (mid-point) and on to Devil's Dyke, with several more ups and downs before reaching historic Arundel.

The Walk



Sue and Ineke set off early on Saturday 26 August 2017 to Eastbourne, to be ready for their appointed 9 am start time.

The start point was certainly a buzz of activity as people were doing the final registration, collecting maps, bib numbers and timing chips so everyone was clearly identified and could be tracked through each of the check points.



Sue and Ineke at the starting point...

Every half hour another group would gather and after a short warm-up and a few last minute safety announcements, would set off on their walk. The 9 am group started right on time with Sue and Ineke ready to go.



At the 70 km mark with the Sharpes and Mongers

Andy and Angela Sharpe and Tim and Rachel, with their daughter Louisa, met with Sue and Ineke at 2 am at the 70km mark. It was a great encouragement to

them as they still had a good number of hours' walk ahead of them.

They finished the 100km walk in 24 hours and 53 minutes, a brilliant achievement!



At the end point, with their medals and a well-deserved glass of bubbly!

The Result

Ineke and Sue have jointly raised **more than £5 400!**



They could not have done this without your help! Thank you so much for your words and acts of encouragement and for your generosity in sponsoring them! This has not gone unnoticed and is very much appreciated by both of them, and by us. Your gifts will make a difference to the people who are being helped in the projects they raised funds for.

Thank You!

The Projects

Rural Island Community Health project



Kome Island is the second largest island in the Sengerema District in Lake Victoria, 114 km from Mwanza, Tanzania. It is home to 54,500 people, the large majority from the Wazinza tribe. There are limited welfare services and infrastructure on the island, one government health facility, a small car ferry and one passenger ferry providing irregular access to the mainland daily. Mains electric power is available, but no paved roads. The smaller islands lack even these facilities.

Knowledge of nutrition, child rights and basic health seeking practices is limited and the islands' isolation has created suspicion and fear of those from outside with the use of traditional healers being commonplace. The majority of the population is at risk of HIV infection, sexually transmitted diseases, malaria, bilharzia and malnutrition.

We work with Dr. Bernard Makori who is the Director of Rural Island Community Health Initiative, (RICHI) an NGO devoted to providing medical care and health education for the people on

islands on Lake Victoria. He is a member of Mwanza International Community Church, a true servant in the Kingdom of God. With him we share a passion to see the people of rural and remote islands in Lake Victoria, Tanzania transformed - physically and also spiritually!

Dr Makori's clinic is in Ntama village on Kome Island and he uses this as a base for mobile clinics to surrounding areas and other more remote islands. Working out of Kome, in partnership with EI, local churches and RICHI, we are working to engage with the local community, offering basic health education and training of local health workers. With an emphasis on Maternal and child health, we want to engage in preventative and primary healthcare on the islands through mobile clinics.



Ntama village main street

Victoria Ewing and her husband Simon joined the EI team in Mwanza in 2017 as Community Health Coordinator for this Rural Island Health Project.

We are grateful for all that has and is being accomplished through RICHI. We look forward to hearing further developments and progress with the mobile clinics, etc.

Pads Ministry project



Talking to the girls at school

Uganda aims to provide free primary education for all children. However, maturing girls in particular are disadvantaged because around 30% of girls drop out of school when they start their periods. For many families this is the first generation that has had access to school and the parents are ill prepared for the many new challenges faced by their children. Menstruation is something that is simply not talked about and girls can be completely unprepared for its onset. Even if the girl is not 'caught out' at school, her mother may simply advise staying at home because that is what she has always done herself. Sanitary pads are available and in western terms are cheap, but relative to Ugandan incomes are simply not affordable, about a day's wage. Girls do not have any money of their own and are normally embarrassed to ask their father or mother for money. As a result, girls have a need to learn about menstrual hygiene and have the materials to manage it.

EI is working in the Pader District in Northern Uganda (a largely rural area that is poor, with the majority of the population being subsistence farmers) to teach and help girls of primary school age. The project includes:

- Teaching and discussion with appropriate age girl groups in schools
- Sourcing of materials and manufacture of reusable sanitary pads
- Distribution of pads packs to support the teaching programme
- Post visits monitoring and evaluation of impact on school attendance

The girls are being encouraged to know that they are valued as people in their own right, as they are taught about menstrual hygiene and how to manage it. Each girl is provided with 4 washable sanitary pads and 4 pairs of knickers. This should last them about a year, with reasonable care. It costs, depending on the exchange rate, about £2.50 to help each girl.



This project aims to decrease the number of girls who are dropping out of education prematurely when they start their periods and help them stay at school to continue their education into the future.

Dates for your diary

Board Meeting: 27 October 2017 at Trinity Church, Harrow

EIUK Conference and AGM: Saturday 27 January 2018. Venue to be confirmed.