



Ghana Homeopathy Project

Newsletter

Issue 8

2014

The Project Grows

By Linda Shannon

The Ghana Homeopathy Project is now in its 10th year. All the dedication, hard work and team building have yielded great results and the Project is thriving. We are now a committed network of homeopaths and students, based in Ghana and the UK, united by a passion for homeopathy and the vision of it becoming available to all in Ghana.

Mafi Seva Community Clinic

Every day at the Mafi Seva community clinic villagers come from near and far to receive homeopathic treatment and integrated health care. Emperor Tsamenyi, homeopath and clinical director, began his homeopathic journey as a clinic translator. Within months, fascinated by the results, he began to study homeopathy in depth. Now he is an experienced prescriber at a busy clinic. With little alternative healthcare readily available in the rural Lower Volta region, Mafi Seva clinic is an invaluable resource, relatively low maintenance to support, and a great example of learning from practice under supervision.

New Directions in Training and Education

The Project has three centres of clinical training in Ghana: Mafi Seva, Accra and Kumasi. In each centre different models of homeopathic education are being pioneered and developed: an apprentice model in Mafi Seva, traditional college education in Accra and an IT supported homeopathy study group in Kumasi.

Mafi Seva

"Homeopathic education at Seva is largely case based with support from GHP volunteers, the Indian

Drs Bhattacharyea and regular phone supervision from the UK," says Sheila Ryan, Emperor's long-term homeopathic mentor. "There is relatively little classroom training here. Instead, from early morning and on through the day and night, 52 weeks a year, patients arrive looking for help with everything from emergency first aid to acutes to chronic illness, birthing and dying. Issues arising from practice are brought to the clinic table under the Neem tree for discussion, often after supper or in the relative cool of morning after the early patients have been seen. It's a case of 'in at the deep end with a hand to hold' - and much reading and study late at night too. As so many patients are seen and the results are so good, Mafi Seva can offer a rewarding learning experience to international students as well as those within Ghana."



Accra

In Accra The Premier School of Homeopathy and Alternative Medicine (PISHAM) has a core group of students and staff. As the PISHAM students approach the completion of their training, the next phase is to support them to establish successful clinics within the community. Meanwhile the students gain clinical experience in PISHAM's dedicated urban clinic and Mafi Seva village.

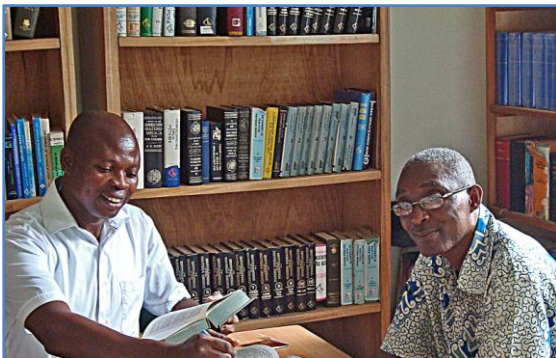
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Kumasi

We are all excited by the launch of a new training programme in Kumasi. Called the Kumasi Homeopathy Study Group; this is the brainchild of Kumasi partner Bonsu Boaten, who spent much of his childhood in the UK, and Lyn Clark, a UK-based homeopath who spent her childhood in Kumasi. Here the advantages of modern technology are to be combined with the cultural understanding needed to transfer knowledge and clinical skills effectively. The plan is to take a group of about 15 students through a 4-year Diploma course. The course will be delivered using volunteer teachers in Ghana, Skype mentoring and webinars. Based in a 1,000 pupil strong Montessori school, managed by Bonsu, there is an IT suite in place and all the resources needed. This new project is ready to go! Would you like to mentor a Ghanaian student or teach via webinars and Skype? The team would like to expand to involve more homeopaths in this endeavour.

Libraries, Land and Lavatories

The new, rented, PISHAM building is almost complete! This houses the library, classroom and clinic on the ground floor; the second floor, to be used for additional classrooms, now has windows and plastered walls. There are now comprehensive homeopathic libraries and remedy-filled cabinets at Mafi Seva, PISHAM and Kumasi, all donated by the GHP and its supporters. In the last newsletter I wrote about the acquisition of 20 acres of land. Step by step Dr Julius Berdie, Principle of PISHAM, is closer to completing all the legal requirements for PISHAM to have this land on a 99-year lease. Building can then begin toward the realisation of Julius' vision of a dynamic independent centre for homeopathic learning and treatment. Meanwhile, thanks to some generous donations, Mafi Seva community clinic will soon have a compost toilet. Local builders are being trained to build the toilet at a nearby charitable enterprise called 'DreamBigGhana'. Everyone who works at Mafi Seva community clinic will welcome this development!



Dr Berdie and student Martin Gbafa in the PISHAM library, stocked with books generously donated by Project supporters in the UK.

Volunteers

We have continued with a steady flow of volunteers: eight volunteers travelled to Ghana over the last year. We have been fortunate to run a second training programme with Indian homeopaths Drs Kalyan and Kalishankar Bhattacharyea, organised by team member Angie Metzger. Angie writes more on page 4.

Glenis Paulette, experienced midwife and homeopath, has been based in Ghana for some months and has generously offered her time to teach Ghanaian students more about homeopathy for pregnancy and birth, as well as training Traditional Birth Attendants in midwifery skills, and working with Emperor in Mafi Seva.

As the Ghana trainee homeopaths become skilled practitioners, there has been a genuine exchange of knowledge and clinical skills.

Mental Health Research

The Homeopathy Action Trust has awarded some funding to the GHP to conduct research into the value of homeopathy in mental illness. The Indian Drs Kalyan and Dilip Bhattacharyea run a dedicated homeopathic clinic in a poor area outside Kolkata for those with mental health issues. They were able to offer training to the Ghanaian homeopaths and treatment to villagers at Mafi Seva. Over the course of the last year we have conducted an audit concerning the reasons why people come for homeopathic treatment, with a special focus on mental health. As a result of the audit, and local knowledge, we plan to establish a dedicated mental health clinic at Mafi Seva community clinic. This will also be the basis of our main research project. In this way we can offer a service to the local community alongside the research.

Donations

We have been very fortunate to receive some generous donations of books and remedies that have now – to the delight of the Ghana partners – arrived in Ghana. We have been able to give students the basic books for their studies. This is very important, as there are no homeopathic books and remedies available in Ghana.

In Conclusion

To make a difference one needs to commit to the long haul. An undertaking such as the Ghana Homeopathy Project, whose goal is to share knowledge and education in homeopathy, takes time to mature. There are many hurdles along the way – issues of government regulation, cultural differences, and financial challenges to name but a few. A lot has been achieved in the last year. Hundreds of people, in both village and urban clinics, have received responsible homeopathic treatment. This is what it is all about. Bonsu Boaten, our Kumasi co-coordinator in Ghana, wrote, “I am willing that in a hundred years from now even if all of our names and efforts are forgotten, the fruits will still be there to be picked”☀

Volunteer report

By Michelle Shine



Michelle is an experienced homeopath and author of best-selling homeopathic textbook, 'What about the Potency?'

I was going to Ghana. I had a heavy suitcase full of books and a return ticket in hand. Over the last four years I'd travelled on my own to a handful of faraway places, each one a step forward on my own healing path - but on this trip I was to give something back. I was to teach potency, susceptibility and chronic diseases to homeopathy students, take cases and prescribe in the little village of Mafi Seva (Mafi is the old tribal prefix) in the Volta region, and also in outreach clinics.

I began my stay with a day relaxing at Langma Beach before two days of teaching at the homeopathy school in Kasoa, a suburb of Accra. The first day was the most fruitful: it was certainly the best attended. At one point, I had nine students in the class. My lecture on potency inspired a lively debate and food for thought - especially when I introduced ideas such as that the 'gentlest' potency is not necessarily the lowest potency, but the potency most homeopathic to the case ...

At lunchtime I was introduced to the delights of roast plantain cooked on a barbecue by the roadside and sweet, juicy mango, warm and ripe. The second day was a little more challenging. My remit was to talk about 'susceptibility', a huge topic that can be interpreted in many ways. My students were all in different years and I desperately wanted to pitch it so they all learned something new.

At the end of that day I travelled over the Volta River into the countryside to Mafi Seva where the clinic director, Emperor, is an extremely charitable, softly spoken, hard working and jovial man. I was immediately put to work as people come to the clinic at all hours of the day and night from all over Ghana.

The people who visit the clinic as patients are predominantly poor and all desire more money, mainly so they can pay for the orthodox medical treatment that has already drained their financial resources to no avail.

Judging by the cases we saw, AIDS does not seem to be quite as rife in Ghana as it is in other African countries, but malaria is very prevalent. There is a lot of high blood pressure, obesity and diabetes; also headaches (probably caused by the heavy loads that people carry on their heads) backaches and joint problems. Many problems follow a dream about a witch or some such supernatural cause. It was impossible not to

notice the awful effects on the female reproductive system of the contraceptive injection, Deepo-Provera.

I understand that all the cases I prescribed for have improved, but the most dramatic result was that of a young woman who was brought to the clinic in an unconscious state. Her symptoms were lack of vital heat, perspiration, pale skin, weak pulse; the lifting of her eyelids revealed only the whites of her eyes. I prescribed *Veratrum album 200c*. Within a short period of time her irises were visible through her semi-closed lids and her forehead was warmer. We repeated the remedy after twenty minutes and she very quickly had the wherewithal to turn herself onto her side. Within an hour she was sitting up, and able to answer a few questions. She complained of chest pains. Once she was able to walk we sent her home with some more of the remedy in case her chest pains persisted.

Throughout the rest of my stay I kept asking Emperor if he'd heard from the *Veratrum album* woman, to which he always replied in the negative, assuring me that with a response like that she was definitely okay.



Mafi Seva and its surrounding villages house a farming community growing corn, chili and cassava, amongst other crops.

After six days in Mafi Seva I returned to Kasoa for another day of teaching - on Chronic Diseases. I used miasms as a gateway. The students' interest peaked when we discussed cancer and the link with hormone treatments.

The next day was spent in an outreach clinic. The students acted as my translators; and then it was back to Mafi Seva for four more days of continuous patients and fresh organic foods prepared for us by the nurses and midwives at Mafi Seva. During this time Emperor was able to tell me that he had seen the brother of our *Veratrum album* lady and was informed that she had completely recovered. I was invited to attend two births on this visit. The first was very joyful, a young first time mother who gave birth to a healthy baby. The second was a stillbirth, which left me saddened. Both babies were born in the early hours.

Which brings me to the end of my trip: I think I must have seen around 60 patients. Before going home I returned to the beach for a few days of relaxation, to a place called Big Milly's, owned by a British woman who is neither big nor called Milly. It was the perfect place to reflect on a wonderful and satisfying experience☼

NEVER A DULL MOMENT

Homeopathic Studies in Ghana

By Angie Metzger

A group of UK homeopaths, joined by students from the Premier School of Homeopathy and Alternative Medicine in Accra, met at Mafi-Seva, a small village in the lower Volta region, to hold daily clinics and learn from each other in a cross-cultural context. The group was facilitated by Drs. Kalyan and Kalishankar Bhattachareya from Kolkata, two renowned homeopaths, diagnosticians and teachers with more than 35 years of clinical experience. They kindly volunteered their time to support the Project.

Our host, Emperor Tsamenyi, who is clinical Director of the Integrated Health Community Centre welcomed the group with his warm smile - and many patients waiting.

An early morning start and a full day busy with patients and lectures, was followed by an exciting night, when a woman in labour was brought in on a motorcycle to give birth to a lovely baby boy in the early hours. This set the pace for the next two weeks, with outreach clinics to the neighbouring communities treating nearly 200 patients. Some interesting pathologies presented, such as a hydrocele in a young boy; a patient with pyoderma; keloid scarring in a female patient and typhoid fever in a 95 year old woman, who was all too eager to return to farming the fields.

The GHP, represented by Trustee Yolande Diver provided bursaries to the students from PISHAM. They fully engaged in the learning experience and also supported the team with translation and dispensing. The lectures given by Kalyan and Kalishankar were practice based, widening our horizons and sharpening our prescribing skills. Advanced Materia Medica studies and applied homeopathic philosophy were integrated with medical sciences.

Our experience was enriched by learning about the local culture, visiting a school and the AMURT water project, donating gifts at a nearby village and travelling to a local market with all the wonderful colours and scents of the produce and handicrafts on offer.



This study trip also served as a fundraiser for the community clinics and after all our costs had covered we were happy to present a substantial amount in support of the work done locally

We also visited GHP trainee Pastor John at Ehi, a good three hours drive away, where we held clinics. There were so many patients lined up for treatment that Ingrid Daniels returned to Ehi after the course to supervise Pastor John and hold yet more clinics.

The last day was spent in Accra, with all its hustle and bustle, for last minute souvenir shopping at the Arts Centre. As the course participants left, I stayed on with the Indian doctors to teach at PISHAM and carry out other GHP-related work.

Course participant Claire Hewison said in her reflection on the trip: "I am so grateful to have had the opportunity to experience this extraordinary and humbling challenge. There is a powerful and accurate sense that homeopathy is playing such an important role in the community and providing a vital service to the local people."

As the group returned to the UK the memories of this enriching journey have stayed with them and they can all honestly say 'there was never a dull moment'. The GHP will organise another study trip in autumn 2015, please indicate your interest to Angie Metzger at metzang@aol.com ☀

"Please help us by setting up a standing order or give a donation"

The project needs ongoing:

Fundraisers: Can you organise a fundraising event, charity run etc?

Experienced homeopaths, teachers and supervisors to be involved in the training programme. This would involve a two-week trip teaching in Accra, Kumasi and Mafi Seva. Could you be a mentor in our new Kumasi on-line programme?

Longer-term volunteers to maintain the clinics, organise the programme and continue government level discussions. Ideally you will have at least five years practice experience

Less experienced homeopaths to help with specific tasks

Donations of books, remedies, IT equipment and electronic items

Help in the UK

Do you have some time and skills to share? We are looking for a fundraiser, administration support, volunteers' guide and video editor.

Jacqueline Smith's Whistle Stop Tour of the Project

Chaperoned on the hot, sweaty and crammed 'tro tro' by PISHAM students Noble and Wisdom, we eventually made it to Mafi Seva, passing village after village of mud and breezeblock dwellings. The inhabitants busy washing clothes or pounding cassava as we passed always stopped to wave, smile and offer a 'Good morning!' or an 'Akwaaba.'

Clinic was in process when we arrived and after the warm welcome of a hug from Janet (a Project midwife and excellent cook) we joined volunteer midwife/homeopath Glenis Paulette and Emperor who were treating a year-old boy with febrile convulsions. Having been given a remedy, it was now 'watch and wait' time. Soon the locked jaw loosened and he was able to take a little water.

A truly committed convert to homeopathy, what Emperor is inspired by is the Homeopathy Project's ability to help poor and vulnerable people in society. Since the early days of homeopathy's inclusion in the clinic, he has seen many villagers being treated and cured of chronic illnesses.



'Homeopathy will surely grow and continue to grow because we started small and now it is all over Ghana.' Emperor

Each day brought some new and some returning patients from nearby villages, traversing on foot beneath the canopy of forest greenery or sped in on motorbike through the red dust.

All ages from babies to grandparents came to share their various ailments with hope that the power of the homeopathic medicine that they'd heard about from a neighbour or a local nurse would help heal their illnesses too.

Emperor translated for us and Noble and Wisdom helped greatly, while receiving live experience of cases and the opportunity to try out some interviewing techniques themselves on the many patients who arrived from early morning until late evening.

An opportunity for a chat with Glenis, who extolled the virtues of the Project, made me aware of the often life-saving work done by both the project midwives and Traditional Birth

Attendants. Glenis had recently helped resuscitate a newborn baby whose recovery was completed with appropriate remedies. She mentioned how the midwives and TBAs had taken to using particular remedies, able to see the great difference they could make to both mothers and children in ensuring safer births and healthier post-birth recovery. Glenis' input has been a great boon to their training and development and hers. Admittedly, she says "It can be a little scary working in that situation with little back-up." But the availability of quick-acting homeopathic remedies has helped with that.

Providing us with three excellent meals a day, Janet contributes to the illusion that she is just 'the cook'. Not so. She is also a midwife on the Project and so looks after pregnant and birthing mothers, too. She has taken part in the homeopathic training and enjoyed it.



'You have come from far away to help us and I am also happy to do something for you. I see that the Project will be great in the future and I want to learn more and help, as well as cooking.' Janet

In Kumasi, exciting new project initiatives are afoot and I was happy to meet their instigator, Bonsu Boaten, who presently heads the Kumasi Study Group. I was escorted by Solomon - an Accident & Emergency nurse in the local hospital - who is, like Bonsu and the other members of the group, keen to know as much about homeopathy as possible and to put it into practice with the patients he sees on a daily basis. Courses that will be offered there in the near future will help.

I gave a talk to the Ghana Homeopathic Society, who were surprised at the present UK/European state of affairs but glad to be made aware of the advantages of practising in Ghana at this time. The next day I gave an Introduction to Homeopathy to enthusiastic 'would-be' students.



Bonsu Boaten, Kumasi Coordinator and Resources Manager plays a key role in arranging for the transport and organisation of the many books donated.

Continued on Page 6

Onto PISHAM, in Kasoa, where I was happy to re-engage with the students who had been at Mafi Seva. I was delighted to meet again with Julius Berdie and for the first time, with Grace Rhoomes, both committed individuals working to further the building of a community clinic on the land we have acquired, whilst overseeing the expansion of the school in new premises.



'It's a very good course. One of the finest trainings anyone can have.' Noble .

'Julius and Grace work very hard dedicating and devoting themselves to us and taking extra time for us when we don't understand.' Wisdom.

Each of the students offered good ideas to help enrol more students next year and all sang the praises of the importance of their time in Mafi Seva, working with volunteer homeopaths.

I concluded my whistle stop tour around the Project with hot fresh coffee and char-grilled lobster kebabs at Barbara's - all to the sound of white horses rushing to the shore and the feel of ribbons of silky sand between my toes☀

Our thanks to ...

Ainsworths Homeopathic Pharmacy; Dr An Debyser; Barbara MacIntosh; Dr Clare Relton (Research Mentor); Dada Daneshananda and Dada Pramananda of AMURT Ghana; Darsh Shah of Adler Shine Accountants; Drs Kalyan and Kalishankar Bhattacharyea of Kolkata; Erroll Bowyer; Glenis Paulette; Helios Homeopathic Pharmacy; Homeopathy Action Trust; Ingrid Daniels (Volunteer and Mentor); Joseph Zarfaty; Peter Jadinge; Claire Hewison (Volunteer); Yolande Diver (Volunteer); Gillian Chang (Volunteer); Jacqueline Smith (Volunteer); Ralf Jeutter (Volunteer); Sheilagh Creasy; Hans Willem Steensma; Anne Simpson (ex-Chair); Michelle Shine (Volunteer); Francis Treuherz; The Tanner Trust; Theresa Partington (newsletter editor).

...and the many other supporters who have given funding, books, remedies and supplies

Trustee Profile: Dr Gillian Chang

Gillian is a psychiatrist who first came across homeopathy 16 years ago when her daughter had severe eczema and she wanted an alternative to treatment with steroids. She was immediately convinced by the efficacy of homeopathic treatment and its capacity to treat holistically without harmful side-effects.

Having been invited to join the board of Trustees to give advice on the mental health research initiative, Gillian went to Ghana in September 2013, to give lectures on mental health symptoms to the PISHAM students, and to visit the Kasoa and Mafi Seva clinics, to inform the planning for the research.

"I found the students to be interested and thoughtful. I was impressed by the work of the Project in bringing affordable homeopathic treatment to ordinary people in Ghana. I was so fortunate to meet the eminent Drs Kalyan and Kalishankar Bhattacharyea who were teaching, and consulting at clinics for the Project at that time"☀

The Trustees of Homeopathy in Africa

Veda Alberti: Chair

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Yolande Diver: Social Media

**Gillian Chang: Mental Health
Research Advisor**

Karen Irving: Administration

**Theresa Partington: Media and
general support**

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DONATIONS TO GHANA HOMEOPATHY PROJECT

Homeopathy in Africa - UK Registered Charity No 1125981

Send all cheques and Standing Order/Gift Aid forms to: Ghana Homeopathy Project, c/o Linda Shannon, 45 Straits,

PORTLAND, Dorset DT5 1HG

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The GHP team (UK) works in partnership in Ghana to develop Ghanaian Homeopathy through low cost clinics, education and clinical training

<http://www.ghanahomeopathy.org>