

COLINTON PARISH CHURCH SUPPORTING ... COMMUNITY GROUPS

CHRISTIAN AID

Give a Gift with a Real Meaning

www.charity-gifts.christianaid.org.uk

One of Christian Aid's partners in Kenya is Transmara Rural Development Programme (TRDP). Mobile health clinics, set up by TRDP, can reach mothers and children living in places without hospitals or health centres. Through these mobile clinics, mothers can get antenatal check-ups while babies and young children can get their all-important immunisations.

Supporting a Mobile Health Clinic in Kenya costs £115, but there are much smaller gifts to buy, including Antibiotics for a Mobile Clinic for £9



Fridah's story

"You hold your soul and I hold mine." – Maasai saying

This is the first thing a mother says to her child, at the moment the umbilical cord is cut. It means that mother and baby are no longer one being.

Feeling alone

For Fridah Mwari, her first experience of childbirth was scary – nobody told her what it would be like. Her first pregnancy was difficult; she gave birth at home without medical care, meaning daughter Amanda was underweight and frequently ill.

To make matters worse, in the village where she and her husband Gerald Kimai live, pregnancy and childbirth weren't openly discussed. Feeling

frustrated and alone, Gerald had no-one to turn to for advice; he pushed his family away, barely speaking to Fridah.

A second chance



When Fridah fell pregnant for a second time, Nurse Alice Karoki suggested she join a mother-to-mother support group, started by our partner the Anglican Development Service Mount Kenya East.

Meanwhile, Gerald was invited to a father's support group. He told us that "the father-to-father group helped me a lot because before I didn't know things about the family, about taking care of my children and loving my wife and providing for them. It's very nice to be close to my children."

Fridah attended regular antenatal check-ups at the mobile health clinic. She discovered she had pre-eclampsia. Then she went into labour four weeks early.

In mid-2013, Steve was delivered by Caesarean section, and spent his first month in an incubator.

A difficult delivery could have had a tragic outcome if it wasn't for having access to the health clinic.

A happy, healthy and united family

Little Steve is thriving; Gerald relates much better to Fridah, Amanda and Steve.

Fridah supports her family with the vegetables she grows and the chickens she keeps in her kitchen garden – all thanks to the mothers' group. She's very thankful for their support, and for the support of Nurse Alice.

For his part, Gerald will pass on some fatherly wisdom to Steve: "When he grows up, I will sit down with him and

tell him what I was taught. I will tell him: love your children and love your wife. It's your choice."

UPROOTED! Christian Aid Photo Exhibition

19 November- 17 December

St Mary's Cathedral, Palmerston Place

Uprooted! is a powerful new international photo exhibition, part of a UK nationwide tour, telling the story of people forced from their homes in Nigeria, Kenya and Iraq. Not many people know about the struggles of the millions of people forced from their homes, but who remain in their own countries. We need to raise awareness of their struggle, and this is a great way to share their stories. **Free entry.**

CAROL SINGING



Monday 17 December 7 - 8pm

Can you sing? Could you collect?

Meet at the junction of Bonaly Crescent and Bonaly Rise at 6.55pm. Bring a torch.

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