Update 3 live from Kenya 31/12/2010

Today is a very busy one as we want to get all the painting of the accommodation finished and we still have 2 rooms that need floor paint The neighbour who is helping looks the picture of good health as with most African men well defined muscles the arms and abdomen,as you all see in the many sports programmes on TV featuring Kenyan athletes. Sadly appearances are deceptive he had trouble after only 15 mins: of painting, fatigue! At first my thoughts were as they would be in Europe he was trying to get out of doing the work. This is not the case he has been plagued with multiple bouts of Malaria, typhoid and TB Why do I mention this, well he as six children he is trying to care for and my fear is they will suffer the same fate unless something is done to help. I am limited as to what I can do as quite literally I have no more spare cash at the moment all I can do is take one of his children to the doctor and get him treatment as he is covered in "ringworm" Being 7 years old he no longer qualifies for free medical treatment While to us the cost is not high ca;£4 to a poor Kenyan family this can represent a week's food for the family

How can I explain without causing offence that his home hygiene is in part to blame for the many sores and coughs etc to which his children succumb? How can he afford the disinfectant neded to remove an accumulation of bugs?

All we can at present do is let them see how the things we do in our accommodation work and how the children looked after under our supervision, health improves

The things that happen here where health and safety at work are unheard of where people take risks daily that in Europe or USA etc would have an employer being prosecuted where products that Have been banned or deemed dangerous are sold without even the label showing the risks even if people could read it would not dare to ask for the proscribed safety equipment less they be sacked and another would take the job within seconds

Even we nearly got caught out when buying the recommended paint I am a stickler for reading labels and it said not for use on internal surfaces when I pointed this out I was told "but everyone uses it as it is strong and cheap"

So we had to drive 30 miles to find a safe floor paint ,the man I mentioned is still amused hat we insist he wears a mask and has all doors and windows open but i told him it is an English tradition so he is complying(as long as I am there)

Outside our twins are creating a terrific fuss screaming and running discovering how their voice works full of energy and so inquisitive it makes it all worth while

A group under the old mango tree is using the age old mortar and pestle to crack maize to make flour just as they did in the old movies of the 1960s it is amazing to see this still being used in the 21st century

So when you look at all the news footage of Prime ministers and Presidents visiting Africa and talking of progress while having lunch in a luxury hotel with golf course the Blue Indian Ocean breaking on shining white beaches think of t as a film set a small film lot behind whose facade is a great deal of r abject poverty and despair, behind the genuinely smiling faces and twinkling eyes are some very empty bellies maybe just maybe then your own food may lose a little of its taste

Again I ask you and will continue to do so, to look into your hearts or conscience or anywhere else you care to look

WE DESPARATELLY NEED SPONSERS AND HELP!

At the same time many thanks to those who have helped in the past and continue to do so in the present

At midnight on the 31st December e will light a candle in memory of all those men women and children we have met over the last 5 years TOO MANY who are no longer with us and hope that we don't lose any more good people

WE LIVE IN HOPE

Addendum

As it has taken longer than perceived to get an internet connection I can say New Year despite all the shouting and gospel music of the night brought no bright new dawn people are either once again going to church where they will put the last few coins they have into a collection plate or box and going home tired from boisterous singing and revelations to empty food containers

I discovered the one family I thought or appeared to be doing OK as they seemed to sit and drink tea outside are actually drinking what in England used to be called the SWEEPINGS that is all the powder left on the floor after the tea has been sorted It makes a to me foul bitter brew that leaves the mouth tasting of dry dust even if there was milk or sugar to add, It does I am told stem hunger pains I must admit to me I think I would prefer the hunger pains as after only half a cup 4 hours later it is still making my mouth feel like I swallowed the SAHARA desert