

## Dear adoptive parents, dear supporters and friends of the Centrum Narovinu,

we greet you at the beginning of summer and wish you happy holidays, vacations, travels and we are looking forward to summer gatherings, perhaps as part of Festival Africa at Dvůr Králové nad Labem on the weekend of 27-28 July. And what will you find in this issue? We will share feedback from a school that has decided to support the children at the children's home of the Island of Hope and the experience of an adoptive parent who went to Kenya to visit his sponsored little girl... And of

course there is information on the long distance Adoption and Fair Trade shop. Thank you to everyone who's already supporting us and we will be very happy if the rest of you decide to support the education of a schoolchild or contribute to the education of the children of the Island of Hope by buying gifts from our Fair Trade Shop. Supporting education is worth it!

On behalf of Centrum Narovinu

**Simona Heřtusová**

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## The 16th year of health insurance has just begun

**Thank you to all adoptive parents who have insured their children, students and their family members from June 2024. A total of 474 children and students and 26 of their relatives are now insured.**

The Narovinu Centre's health insurance programme is unique in that it does not fall under any of the private insurance companies, which are very expensive in Kenya, or the national insurance company NHIF.

The national system is very unclear, constantly changing and has frequent outages. Only some clinics and hospitals are covered by the NHIF, between which are large differences in qual-

ity and price. It is very difficult to get up-to-date information on which clinic is currently involved and what is currently covered. We work with people from very poor areas, many children's parents have not even been through primary school, have no access to the internet etc., so getting this up-to-date information is almost impossible for them.

Clinics often abuse this opaque system and it happens that the patient thinks that his treatment will be covered, but in the end he finds out that it is not and that he has incurred a large debt that he and his family cannot pay. In Kenya, health care is very expensive and therefore unaffordable for the families of the children involved in the Adoption.

Similarly, paying for NHIF insurance each month for one or more members of the household is challenging for them. The situation is such that families do not go to the doctor even with serious illnesses because they are afraid that they will not be able to pay for care. And hospitals in Kenya refuse to treat even acute cases unless they are sure that the treatment will be paid for. Insured persons enrolled in our program are covered for a complete preventive check-up, which they usually undergo during August. At this time, those who have a health problem are identified and can receive the necessary and adequate care. Special care is required not only for common diseases such as malaria, typhoid and upper respiratory tract infections, but especially for

**THANK YOU to the hospitals in Havířov and Frýdek-Místek for donating medical equipment and supplies. They are already helping patients at the Island of Hope clinic in Kenya.**





chronic diseases such as HIV/AIDS, epilepsy, asthma and sickle cell anaemia, which is quite common in Kenya. The screening also includes blood tests for HIV and follow-up of a positive child with the provision of medication and necessary information. Ambulant care, i.e. the cost of doctor's appointments and medicines, is covered up to KES 12,000 per year and includes dental and eye examinations. In the case of hospitalization, this year's maximum is set at KES 50,000.

The way the project works is that when an insured child falls ill, the parent or guardian first calls the Kenya Health Insurance Coordinator, who is available on the phone 24/7, and she will promptly advise which health facility near their home to contact, and also advise on what to say to get them treated. They then deal with the hospital on financial matters as the money is sent directly there. Over the past 15 years of the program, we have a lot of experience and we know which clinics are good, we know the current prices of individual treatments. We'll keep an eye out if a clinic gets worse.

The clinics also already know us and know that we pay on time and without problems (which unfortunately is not the case with NHIF), so they have no problem treating our insurers. We do the best we can for the insured children and their relatives and we are always trying to adapt to the current conditions and look for the most advantageous solution.

And we are very happy for every child who has been cured and helped by health insurance. During the past insurance period, an average of 42 cases were dealt with each month. Our colleague from the Nairobi office and coordinator of the health insurance

project - Maren Awuondo Olwa, remembers these in particular: Hydrianka Adhiambo (ID 52352) was playing in a tree and fell down. She broke both her arms. The fracture was open and very complicated as both her radius and ulna were broken. If the difficult surgery hadn't been performed in time, she could have lost both her hands. The girl was hospitalized for 9 days and then attended regular check-ups. Both her hands healed fine. Juliet Achieng Okello (ID 4081) completed her certification course at the college in 2016 and her adoptive parent is still supporting her and her son who suffers from sickle cell anaemia through health insurance. This is a disease where the red blood cells change shape from "dented sponge" to "stretched sickles" resulting in many different health complications, many of which are life threatening. When Juliet's son has a sickle crisis, he needs immediate treatment or he will die.

Fortunately, he is insured and gets the care he needs in a timely manner. If you are interested in insuring your "adopted" child and did not make the May deadline, payment can still be sent in by July 28, 2024. The children will then be insured from August 2024 to the end of May 2025. How to do it? Send the amount of 1500 CZK to the account: 19-1460510217/0100, in case of parents from Slovakia the amount of 60 EUR SK13 75000000004001055909, BIC: CEKOSK BX. The variable symbol of the payment is 6 + child ID. Those who would like to support our health care program but do not have an "adopted" child can purchase a gift certificate for medical treatment, which can be found in our online fair shop. Thank you, it really makes a big difference to the children.

Lenka Čumpeliková

## Supporting education makes sense!



We would like to introduce you to the boy Chris Jayden from the Island of Hope, for whom we are looking for an adoptive parent.

Chris Jayden George (52893) is the second born in a family of 3 children. His father is a fisherman and his mother is a homemaker. The family has a very low income (2540 KSH per month EUR per school term (7,200 CZK/300 EUR for the whole school year). If you are interested

in supporting the boy, please contact the coordinator Jitka by email: jitka.balouskova@adopceafrika.cz or by phone at +420721643832. Any help is welcome and can be a turning point in the lives of these children. Thank you for your kindness and support. (onh - about 650 CZK) which barely covers their basic needs.

The family lives in their own four-room house, gets water from the lake, cooks on the fireplace and uses solar energy to keep

the lights on. Jayden is very fond of football. In January 2024, Chris started 2nd grade at Rusinga Island Primary School, his support is 2,400 CZK/10

Hana Jodasová

### Friends of Adoption Club

**Do you like the project of supporting children's education in Kenya, but your current situation does not allow you to adopt any of the children remotely?**

**Would you still like to support them financially?**

**Support the Adoption Friends Club!**

**You can send a one-time amount, or send regular or irregular amounts throughout the year. The collection account number is 107-6829480277/0100, Prague 5.**

**The variable symbol of the Friends Club is 800.**

**Thank you in advance for supporting the education of children in Kenya.**

## Trip to Kenya... a visit to a sponsored girl

In May 2024, we made a trip to Kenya - two dads from families and their two teenage boys - to visit a sponsored girl, Siprine, living on Rusinga Island. Our intention was simple: we travel a lot and wanted to pass on our travel experiences to our own children to carry them into adulthood.

In the beginning was a gift for a friend's 40th birthday. What to choose for the anniversary of a long-time friend? The idea of giving the gift of long-distance adoption immediately appealed to a whole group of desperate congratulators who were tackling the same topic. So we picked a little girl named Siprine in Kenya (the birthday boy had always talked about his intention to sponsor a baby boy in Tibet), and the congratulators chipped in and paid for the first year, with the understanding that the birthday boy would then be responsible for paying for the next few years of the little girl's education.



After six years of long-distance adoption, regular correspondence, and rejoicing in the educational success of our sponsored girl, we set out, duly laden with gifts to Siprine's family and the community. Our journey took us to Safari in the Masai Mara. The opportunity to observe animals in their natural habitat was an experience that is hard to convey. This was followed by meeting the Masai in their village and learning about their way of life. The boys learned how to make fire just by rubbing wood with their hands, and we adults were then welcomed by the village chief. We spent three days on Lake Victoria on Rusinga Island, during which we visited the school and hospital. We watched in amazement the unique fishing on the lake in which a large part of the local community participated. We took a trip in a typical boat to the Bat Islands, where we watched herons and giant lizards that could perhaps have been a prequel to Capek's War with the Salamanders. Accompanied by a young guide, we climbed to the highest peak of the island, rented motorbikes and drove around the island in two hours. Since we were passing through Kenya just as the unprecedented floods were receding, the journey was much more adventurous.

Many of the roads were impassable and the circuitous routes took us to areas where the average traveller rarely strays, such as the tea plantations in the mountains north of Jebilat... The flip side of the floods was the government's action to suspend all schooling. We were unable to participate in the classes and assess the teaching itself and had to make do with a tour of



the school and related facilities (canteen, kitchen, library, computer lab, orphanage, nursery, fish farm...). The boys were also strongly impressed by the visit to the hospital adjacent to the school campus, the HIV drug store, and a few sentences exchanged with malaria patients. As a surprise for the boys, at the end of their stay we organized a guided tour of Kibera, the largest African slum in Nairobi.

This final tour was probably the one that most resonated with our teenage boys' values. It was a very powerful learning experience for us to see how the systematic work of the Centrum Narovinu is reflected in the lives of the Rusinga Island community, how the locals speak respectfully about the education and healthcare that local children receive from this organization, and how friendly the locals are to us tourists. Their cry of "Jambo-Jambo" still rings in our ears... The Centrum Narovinu helped us organize the whole adventure: from tons of advice and recommendations (thanks Dana), to taking care of us Europeans on Rusinga (Jack), organizing excursions (Joash) and escorting us to the airport in Kisumu, to the friendly welcome and arranging accommodation in Nairobi (John + Peter) to the actual tour of Kibera (Ben). Care like a charm!

Centrum Narovinu, we bow to the work you have created!

Marek Hřebíček a Petr Němec





## Primary school U OBORY helps



We have been working on preparing a fundraiser for a school in Kenya since February. We have been creating projects, bulletin boards, going through chronicles, looking for information, writing letters and drawing pictures. We prepared a greeting card for the school in Kenya, that also sent us one. The fundraiser focused on school and art supplies. A lot of items were collected and are now heading to Kenya. This fundraiser was held as part of our school's 90th anniversary. At the same time you

could buy coffee, tea, bracelets and other small items from Kenya. A incredible 15,963 CZK was collected which is going to Kenya so that the children can go to school there. Thank you so much to everyone who contributed, either financially or with art supplies!!

*Hanička Bolková, žákyně 9. třídy ZŠ U Obory*

## Fair Trade Shop Centrum Narovinu

### Why?

Fair Trade has been operating since the end of 2015 as a secondary economic activity and a great support for our projects in Kenya so that our activities are not only dependent on donors and adoptive parents. We send all 100% of the proceeds to the Island of Hope project. Through the shop we also support small Kenyan entrepreneurs who produce the goods.

### Where do we sell?

Wherever possible. We like to go to different markets, festivals and fairs. At these events, we make almost 36% of sales. In affiliated schools where the shop is part of Project programmes Africa, or at schools selling goods independently on consignment as part of school events, we have made just under 20%. Sales of soapstone hearts and animals in the cafes have also been popular, where we offer merchandise twice a year and sales account for 5% of sales. Approximately 13% of our sales were through the e-shop. We filled 95 orders and look forward to more!

### When do we sell?

As usual, most sales are made before Christmas, last year we made approximately 59% during November and December. But of course it is possible to shop all year round, and if there are no events scheduled, you can always use the e-shop or come and see us and shop at our offices in Oldřichova Street No. 21 in Prague Nusle.

### What do we sell?

The evergreen of our shop is soapstone goods – especially animals. We sold the most elephants - 580 pieces. We are happy that you still like Kenyan coffee and tea, last year we sold about 103 kg of coffee and 38 kg of tea.

### How much?

In 2023, our fair trade sales increased by 33% to 570 000 CZK. We hope that you and your loved ones enjoyed all the gifts you bought from us, the children at Rusinga certainly did!

*Petra Augustová*

