



PPRC Newsletter
Volume 19 – August 2022

Dear Friends,
I hope this newsletter finds you well. We are pleased to provide updates on what's been happening in PPRC in 2022. It's hard to believe we are already into the year's third quarter.

We've been very fortunate with our recent volunteers and the skills and experience they've shared with us. We also enjoyed a recent visit from two music therapists from the University of Limerick (UL) for a skills-sharing initiative. This visit has prompted us to develop a sustainable music-therapy programme for our clients in St Elizabeth's and St Clare's. We plan to work with the University of Limerick, University of Cape Coast, and University of Education Winneba in a skills-sharing initiative with the hope of appointing someone full-time for PPRC.

encourage independent living and reduced dependency.

Ghana is experiencing many hardships, including exceptionally high fuel and food prices. Ghana's inflation in June was 29.8%. At a recent meeting with the Friends of Ahotokurom UK, we agreed to produce a list of sponsorship opportunities to facilitate fundraising. These are outlined in the attached newsletter. Please contact us if you are interested in sponsoring any of the listed activities.

We have updates on St. Elizabeth's, St. Clare's, St. Joseph's, Enyinndakurom, the Quads, the Twins, volunteers, fundraising, our projects, and plenty of lovely photos.

Yours Sincerely,

Dr Mark Mantey, CEO



Greetings from Ahoto

We strive to achieve international standards in the services we provide to our clients. We focus on helping them to be the best they can be, and we strongly



Soursop Fruit – medicinal compound -
grown in Ahoto





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1. St Elizabeth's Day Care

The past few months have seen diverse exceptionalities, gifts, and talents. Some children are very good at mathematics, others are great with colours, while others are good at music and dance. They are responding very well to music as therapy.

We've seen many improvements in daily living skills, computer literacy, and other abilities. We remain grateful to Sr Lisa from the USA and our intern students, Rashid and Portia.

A new staff member started working for St Elizabeth's on July 1st.

2. St Joseph's Family Support

St Joseph's has transitioned to providing outreach services only, which means that the residential aspect of our service has now ceased. Our outreach service focuses on community-based support for disadvantaged/vulnerable children and their families. Our goal is to achieve the best possible outcome for each client within our financial and workforce constraints.



Winneba University Intern Students





With outreach, we believe that the outcomes for our clients will be better, and it will also be more cost-effective – a win-win! However, this transition has not been easy, either emotionally or logistically.

We currently have twenty clients in outreach, including the Quads and the Twins. We are using the child sponsorship funds for the outreach services and are sponsoring eight children. Learning how to optimise our service provision is ongoing.

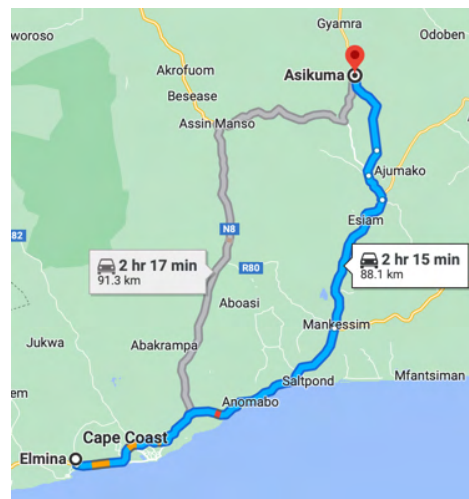
The Twins (Michael & Miguel) have relocated to live with their extended family in Asikuma, located about 90km (2 hours drive) northeast of Ahoto (see map below).

Our intern students have been using the St Joseph's residential facilities, and we plan to renovate part of the facility for use by National Service Personnel.

The seven Winneba University intern students recently completed their stay with us. They were a wonderful group of young people, gifted and diligent, and they will be sorely missed.



Michael & Miguel visiting Ahoto (March)



Elmina to Asikuma



Michael & Miguel in Asikuma (June)



Quad's House - newly painted



3. Quad's House

The Quad's House in Moree is almost finished and looks great! Much effort and expense has been invested in this project, funded by the DMJ and PPRC and supervised by Mr. Alex Oppon and Mark Mantey. The interior is finished to a high standard with extensive tiling throughout. It has four identical corner bedrooms and a large, shared reception area. One small problem remains the lack of a mains electricity connection. We've been working closely with ECG, but progress is very slow. We're now considering an interim solar-power solution.



Quads House – Bedroom



Quad's House – Reception Area

4. St Clare's Residential Home

There are 16 residents in St Clare's, of which 11 are Leprosy related. All the residents recently received their ECOWAS Card (aka "Ghana Card"). This is an all-in-one identity, travel, residency, and employment permit for the ECOWAS (Economic Community of West African States) common area.

We are also pleased to report that on Saturdays, the residents regularly engage in simple exercises, providing them an opportunity to have fun. We sincerely thank our intern students (Sandra, Ama, & Isaac) for their fantastic initiatives.

5. Enyinndakurom Village

The intern students were very successful in engaging the young people in the village. Three times weekly, they helped them with their homework and taught them other subjects.



St. Clare's residents enjoying exercise

Sr Lisa, a US volunteer, is running a project to provide IT classes for the young people. The project is going well, and we expect it will provide additional skills. We are also planning to conduct the 2022 census of the village sometime soon.

6. Sustainable Livelihoods

These projects are for PPRC clients that are capable of independent living. We recently audited our first three established projects (Gloria, Ama, and Agatha) and are happy to report that they are making excellent progress and are now at a sustainable stage.

Project #4 (Vida's) was set up on a pilot basis, but we are still not convinced it can be sustainable. We will continue to monitor this project closely.

We recently started a fifth project for Anita Arthur, a young woman aged 28 who wants to set up a store in Twifo Praso, located about 80km (90 minutes drive) north of Ahoto (see map below). We recently met with Anita and her family and were impressed with their progress. They've put in all the required effort and have secured a site for the project.



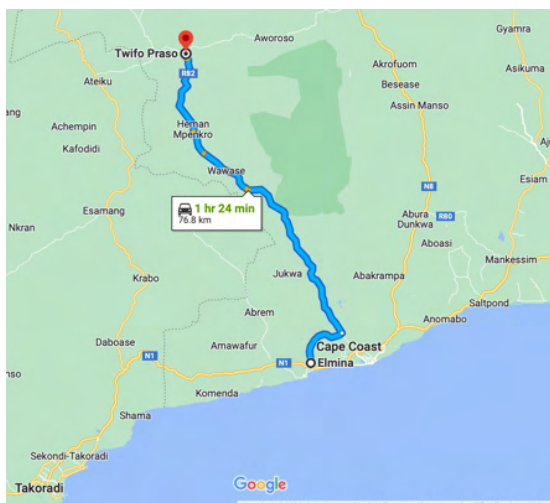
Anita's Family with PPRC staff

7. God's Time is the Best!

Gloria has been waiting patiently for a long time for a name sign for her shop. Two German volunteers (Julian & Josef Rack) discussed the requirements with Gloria and then hand-crafted a sign from wood found in Ahoto. Gloria chose the name and is delighted with the new sign.



Julian with the hand-crafted sign



Elmina to Twifo Praso

8. Rainham Scholarships

We have 15 young adults in the Scholarship Scheme at present: four are Leprosy related, nine are from disadvantaged/vulnerable backgrounds, and two are orphans.



Julian installing with Valentine assisting



Gloria's shop and new sign

9. Sheltered Work

Five young men are participating in this programme, and as a result, their skills and attitudes have greatly improved. Currently, the young adults need little or no supervision in executing various duties assigned to them on the compound. Many thanks to the Winneba team and the English volunteers for their efforts.

10. Archbishop's Visit

The archbishop made a visit to Ahoto to coincide with the DMJ Africa Leadership Team visit. The archbishop also met afterwards with Mark Mantey to discuss PPRC. The archbishop emphasised that he sees PPRC as one of his essential missions and wants this work to continue and prosper.

The archbishop recently appointed a priest to support PPRC. Fr Daniel now lives on the campus and is providing good support.



Edward – happy at work in Ahoto

11. AGM & Budget 2022

An AGM was held on March-29th to approve the 2020 and 2021 audited accounts for PPRC. On the same day, the Board of Advisors (BoA) approved the 2022 PPRC budget, including an increase of 20% for staff costs and 10% for other expenses.

Over the past six years, inflation in Ghana has averaged 11%, while the average annual increase in PPRC expenses has been about 5.5%, or 50% of the inflation rate. This points to good levels of expense



control but is unsustainable, considering the current inflation trends.

The 20% increase in staff costs will be the first pay increase for staff since 2018. The year-to-date Ghana inflation rate is 30%, causing hardship and concerns about the standard of living.

12. Water Project

We recently completed flow testing of our new borehole, supervised by our visiting 'project coordinator' Dick Keely.



Borehole Testing - Mr. Sylvester Nyarko

The good news is that our water expert, Mr. Appiah, confirmed that the borehole has the required capacity of 8,000 Litres/day, even in the dry season.

We are waiting for water quality test results and have agreed a plan with Mr. Appiah to integrate the borehole into our water distribution and storage network.

Our solar plant will power our on-site water extraction and distribution without additional investment. All of this brings us closer to becoming fully independent of 'Ghana Water', which is both expensive and unreliable.

13. Broadband Project

The broadband speeds in Ahotokurom have sunk to a new low, negatively impacting our day-to-day communications. Sr. Lisa has kindly offered us some funding, and we are urgently investigating two possible solutions: a phone signal booster system, or a Vodafone link, to give us a dedicated broadband service

We've also heard that MTN plans to install a new mobile phone tower in Kuful, but we don't have a specific date yet, and it could take a year or more.

14. Solar Project

In early May, a lightning strike damaged electrical equipment attached to our solar plant. Electricity Company Ghana (ECG) repaired their equipment but, in the process, mixed up the incoming electrical phases.

It took a long time to diagnose and repair the fault, resulting in the loss of about six weeks of power output. Thankfully, the issue was finally resolved with the help of Mr. Sam Nai of Naiko Engineering Ltd., and we've been producing power since June-20th.



Flow-Testing - Charles, Stephen & Mr. Appiah





15. Transport & School Bus

Our new Toyota Coaster bus is going well. Unfortunately, our roads are in a deplorable state due to recent heavy rains.

16. Hostel

All eight rooms are fully booked, with a total of 16 tenants. The facility is in great demand and is much appreciated by the students.

17. Friends of Ahotokurom UK

A meeting of the FoA-UK was held on June 18th, chaired by Trudy Kilcullen and attended remotely by Mark Mantey and Dick Keely. A significant amount of the details in this newsletter were reviewed and discussed at the FoA-UK meeting.

18. Irish Friends of Ahotokurom

Due to worldwide circumstances, 2021 was a quiet year. No University of Limerick (UL) volunteers have travelled to Ghana since 2019. However, the good news is that two UL music therapists travelled to Ghana in July 2022 to explore the use of music therapy with PPRC and the University of Cape Coast (UCC).

Also, a group from UCC visited UL in May 2022, and they were keen to further relationships with UL and PPRC. Meetings were attended by the UCC Registrar, Vice Provost, and representatives from Nursing & Midwifery and Mental Health. The central theme was working with children and adults with special needs and others with mental challenges.

It is good to see new shoots from earlier beginnings, as the pandemic made the relationship more difficult to maintain. IFoA had its AGM on May 19th, attended by Una Brosnan (Chair), Maebh Barry (Treasurer), Wynette Redington (Secretary), Fr. Pat Seaver, Sadhbh Cronin, and Katie Phelan.

Although there had been little activity, we now have three new members who've all spent time in Ahoto as volunteers. It's good to see new blood and hopefully continue links with previous volunteers.

Charities Regulations in Ireland are getting more prescriptive, which is good but requires more administration to get all policies and procedures up to date.

Our funding is dwindling, but we hope the new members will have ideas to inspire increased contributions. Donations are still received regularly, but it would be good to have more in the bank for future needs.



Music Therapy in St. Elizabeth's

19. Music-Therapy Project

Funded by Erasmus+ and supported by UL, two music therapists visited PPRC for a skills-sharing initiative. Bill & Lisa worked with the children in St. Elizabeth's, facilitating two group sessions





and assessing how music therapy could benefit the clients.

They also facilitated an adult music therapy group in St. Clare's. Instruments were provided thanks to a very generous donation from Professor Des Leddin, including a guitar, three ocean drums, three djembe drums, and a range of handheld percussion instruments which were gratefully received.

Time was also spent building relationships with the UCC Music Department, with a view to future collaboration, and they managed to attend the Bakatue Festival in Elmina.

For other donations, please use the IFoA account (see details below). IFoA is a registered charity with 'Tax Exemption Status,' which means your donations go even further.



Music Therapy in St. Clare's



Bill & Lisa in Ahoto

20. Fundraising & Donations:

We continue to search for new funding sources to avoid over-reliance on our existing generous donors. There are always more deserving cases than there are funds available. If you'd like to donate in the UK, please use this link: <https://www.ahoto.org/support>.



Musical Instruments Donation



21. Sponsorship Opportunities:

It was suggested by Barry at the recent FoA-UK meeting that PPRC should produce a list of projects/expenses that donors could sponsor. The list is outlined below. Please contact us if you are interested in sponsoring any of these activities.

Irish Friends of Ahotokurom (IFoA) - Bank Details

Bank	Bank of Ireland
Branch Address	University of Limerick
Sort Code (NSC)	90-59-50
Account No.	6638 9119
IBAN No.	IE31 BOFI 9059 5066 3891 19
BIC No.	IE31 BOFI
Registered Charity No.	2014 4869



Nana Eduakwa V, Chief of Atonkwa, at Bakatue

22. Bakatue Festival, Elmina

This festival, established at least as far back as 1847, is celebrated by the people and chiefs of Elmina on the first Tuesday in July every year. Nana Eduakwa V, Chief of Atonkwa and Chairman of the PPRC board, was one of the many chiefs participating in this year's festival.



Bakatue Festival, Elmina



Lisa, Bill & PPRC staff enjoying Bakatue

PPRC Sponsorship List - 2022 Estimates

#	Once-off Project/Expense Description	PPRC Service	Amount (GHS)	Amount (£)	Amount (€)
1	Refurbishment	St. Joseph's	20,000	1,923	2,299
2	Garden Tools	Farm/Grounds	8,000	769	920
3	Office Chairs	Admin/Office	7,500	721	862
4	Strimmer	Farm/Grounds	6,500	625	747
5	Staff training	St. Clare's	6,000	577	690
6	Staff Training	St. Elizabeth's	6,000	577	690
7	Staff Training	St. Joseph's	6,000	577	690
8	Office Printer	Admin/Office	5,000	481	575
9	Office Projector	Admin/Office	5,000	481	575
10	Washing Machine	St. Clare's	4,000	385	460
11	External Hard Disk Drive (2TB)	Admin/Office	3,600	346	414
12	Soft playing equipment set	St. Elizabeth's	2,000	192	230
13	Extension Leads (Outdoor / Durable)	Admin/Office	1,600	154	184
#	Recurring Expense Description	PPRC Service	Amount (GHS)	Amount (£)	Amount (€)
21	Auto - Fuel - All vehicles	Transport	50,400	4,846	5,793
22	Food/Supplies	St. Clare's	34,800	3,346	4,000
23	Building Maintenance - Salaries/Supplies	St. Clare's	32,400	3,115	3,724
24	Building Maintenance - Salaries/Supplies	St. Elizabeth's	32,400	3,115	3,724
25	Nursing Care Assistants X2	St. Clare's	28,800	2,769	3,310
26	Special Needs Assistants X2	St. Elizabeth's	28,800	2,769	3,310
27	Social Workers X2	St. Joseph's	28,800	2,769	3,310
28	New-Bus - Insurance & Maintenance	Transport	25,200	2,423	2,897
29	Nissan Pickup - Insurance & Maintenance	Transport	22,800	2,192	2,621
30	Prisoners Rehabilitation - Maintenance	Farm/Grounds	21,600	2,077	2,483
31	Mini-Bus - Insurance & Maintenance	Transport	20,400	1,962	2,345
32	Office Supplies	Admin/Office	18,000	1,731	2,069
33	Building Maintenance - Salaries/Supplies	St. Joseph's	16,200	1,558	1,862
34	Office Administrator	Admin/Office	14,400	1,385	1,655
35	Social Worker	Enyinnda	14,400	1,385	1,655
36	Gardener	Farm/Grounds	14,400	1,385	1,655
37	Wound Dressings	St. Clare's	14,400	1,385	1,655
38	Medication	St. Clare's	12,000	1,154	1,379