



Helping Kenyan children through the Langalanga charity

I was lucky enough to have a holiday in Kenya in 2006, travelling from one end of the country to the other. The scenery was stunning but roads were terrible, especially in the Rift Valley. Everywhere we went were lots of children (an average family has seven!). They were so bright and outgoing and all they wanted was pens and paper.

Education is vital

As we went through the Rift Valley I kept thinking – ‘How do these children progress?’ Getting out of their villages is almost impossible, and their education is quite often stopped, as they have to help on the farm. But if the children can get through the next stage of their education, they stand a much better chance of getting a job and pulling themselves out of poverty.

The Langalanga Charity

When I came home I discovered the Langalanga charity, which means ‘round and round’ in Swahili. This has been set up and is run by Col H Vialou- Clark and his wife Alison.

At 14, all the children in school take an exam. Those who do well are considered by the charity for sponsorship to put them through school for the next three years.

Those that are selected are given books, uniform, accommodation and, importantly, a medical test, and glasses if needed, so they can study to the best of their ability. If the children don’t keep their grades up their sponsorship is withdrawn.

Our sponsorship

The Park Lane Practice now sponsors two children, Dorcas and David, and we’re entering our third year. If the children want to go to university, the sponsorship can be extended. David wants to be a pilot; Dorcas wants to work in a bank.

In 2008 when the election riots occurred in Kenya, the Rift Valley was flooded with displaced people, and the schools’ classes rose to as many as 80 per class. The charity appealed for funds and was able to build more schools. The practice now also sponsors a teacher for one of the new schools.

I am very proud to be helping the children; I get regular letters from them and it is sobering to realise how grateful they are for something that we in this country take for granted.

If you are interested in sponsoring children or would like more information the Langalanga web address is

<http://www.langalanga.org.uk>

or email Col Harry Vialou Clark at

harry@vialouclark.co.uk

Carol Plumridge
Director
Park Lane Practice
70d Park Lane
Chippenham
Wiltshire SN15 1LW
Tel: 01249 655088
info@osteopathsinchippenham.co.uk