

AIDex Australia Newsletter Dec 2023.

Hi all, Merry Christmas to you and your families. thank you for your commitment to AIDex and our ministry in Kenya. We truly appreciate all those who have supported us financially and prayerfully. All donations are tax deductible. Our bank account is with Westpac. **Name AIDex Australia Inc. BSB 033254 ACC 687763**

During the year, with your help, we were able to continue to help some 1300 students, some widows and help the sick. Student help consisted of mentoring & counselling, uniforms, fee's for their schooling, bibles, hygiene kits and medical help. Widows help consisted of counselling, help with seeds etc. and land to grow crops to help themselves and their families and medical help. We ran a medical camp at the local hospital for the sick, we performed minor surgeries and financially supported the sick with free medicines. I truly believe, with Gods help, we are helping the vulnerable and helping them to rise out of their poverty. The ones we support are very grateful. AIDex will be 30 years old next year.
Thankyou Russell, Dianne & family



An update, a few years back we wanted to support these 366 vulnerable students shown in collage. I can't say definitely but believe we are now supporting most of them. We attempt to help most from grade 1 to year 12 and some onto university and technical studies.

Some of those we have sponsored are now on our Kenyan board and assisting us with the ongoing ministries. Others have gone on to help others vulnerable. Its been a blessing to see young children grow into wonderful adults. Below is a testimony of one of them Sefia Zadara.

Sefia Graduating as a teacher

We started helping Sefia in 2004. She writes to thank us after her bachelor of arts graduation majoring in Kiswahili & CRE: I would like to thank the AIDex foundation for everything they've offered me, the support they gave me and all the prayers offered on my behalf, thank you AIDex family for everything. Thank You so much sir Russell, your family and friends, may your doors always remain open so that you continue helping as many people out here, Thank You and may you be healthy always. Sefia Zahara. I met Sefia this year when she came to help mentor our current students and I met her again at one of the local primary schools when we were visiting our sponsored students. She was primary teaching there. It was so wonderful to see Sefia with work and helping others and willing to help AIDex's ongoing ministry.

We have a website for your perusal. We try and keep it up to date with the latest news as it comes to us. The link is <https://aidexaustralia.org.au/> We also did a blog of our recent missions trip. See it at <https://heart4africa.tumblr.com/> Please let me know if you don't want to get these newsletters.



Mark Oundo was one of the beneficiaries of this year's minor surgeries organised by AIDEX. He's so much appreciative and says he's doing well. According to him, he was initially told to go to Eldoret or Kakamega (between 100 & 200 kms away) for the operation which needed 35,000 KES (about A\$420). He didn't believe that he could be relieved of that problem without paying a cent. His picture after surgery on left & right. He was one of the 48 patients who were successfully operated on by our Doctor Kenny from Australia during the camp. Others of our medical camp team were nurse Kristen from Australia & Nurse Joseph & Paciphilia, Clinical officer Jedidah, Community health workers Erina & Samuel and lab doctor Frank all from Kenya. Together they saw and helped 473



Clinical officer Jedidah above at the medical camp. We sponsored Jedidah through her schooling and university studies. Now she helps others that were like her.



Typical lumps that Dr Kenny removed for free at the camp.



Dr Kenny and nurse Joseph working hard in a dim small very warm room that became his theatre for the camp.



Above Nurse Joseph, Dr Kenny, community health worker Samuel & nurse Kristen. Right, Dr Kenny getting some well deserved rest.



The visiting medical team from Australia worked collaboratively with the medical, nursing and peri-operative staff at the hospital. We enjoyed great support from other allied health staff in delivering general medical consultation, health education, laboratory investigations, supply of drugs, screening of patients for elective minor surgeries and in the safe and competent conduct of a total of 48 minor surgeries with follow up for those operated on in the first week and a plan for follow up for those in the second week by the local health staff. We are glad to be able to help as many as possible irrespective of tribe or religion or catchment area and I must add that Kenyan people are very appreciative and thankful. AIDEX is a small charity that is focused on helping the neediest in rural areas and has worked with local churches, local elders, widows and orphans. A number of students under AIDEX sponsorship have gone through primary, secondary and university education and some of them are coming back to help and support others and that is quite commendable. We organised a mentoring day on Saturday July 29th for a number of students from local schools and there was a great turn out and we are grateful that the School Principals allowed the boarding students and day students respectively to attend the program. We love Kenya and her people and I believe that together we can achieve more in the years ahead in the key areas of health and education. Yours sincerely, **Australian Team Member Dr Olusegun KEHINDE.**

The late Barry Hughes started this ministry around 1993-94 in the days when HIV-AIDS was rampant in western Kenya. He reported at the time a whole middle generation has been lost. Some others reported up to 40% with the AIDS. This left a lot of orphaned children and widows which he started to help through their education. He wanted to help these orphans costs so they could remain with extended families and not end up in institutions. We as a family have attempted to continue his ministry.

I'd like to thank all the donors to our ministry over the past 30 years. We could not have done what we have without your generous giving and without Gods help and blessings. I would like to point out one in particular whose support of AIDEX predates our families involvement and that is the Nhulunbuy Uniting church congregation in the Northern Territory. I can't think of a year that they have not given even though in distance, they are some 2800 km away kms away! Thankyou to your members there and you all. Thankyou to our team in Kenya. Ben, Benjamin and Erina particularly but other board members and all those that helped with our recent missions trip. We'd be lost without you.



It's that time of year...

It's almost Christmas! What an exciting time of year, a time that encourages giving and sharing joy and kindness. If you would like to give a special gift to a family member or friend this year that saves you the time of shopping and blesses them and someone in need we have gift cards available. You buy a card and AIDEX will use that money to bless someone in need as well as send you a beautifully crafted gift card to present to your family member or friend on Christmas day!

Our gift card options:

- \$10 Bible Gift Card: provides a bible for a student in Kenya
- \$20 School Uniform Gift Card: gives a brand new uniform to a student
- \$50 Medical Gift Card: provides healthcare to those in need
- \$100 School Fees Gift Card: provides school fees for a secondary student in Western Kenya

To order a gift card today contact Russell Marke via
Email: markefamily@bigpond.com
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