

Chuff: before joining Mary in Ho I had a few days on a friend's fruit farm, called Blue Skies, north of Accra, where they grow pineapple, mango, papaya and coconuts. They have a huge processing plant where they employ 2,000 Ghanaians in a happy family atmosphere. All the staff are looked after extremely well and the company supports the local community.

They make delicious juices for sale locally, and export tons of packaged fruit, flown out four times a week for sale in supermarkets such as Waitrose and Sainsbury in the UK and Europe. All their waste is recycled into compost and returned to the farms. I then travelled across the beautiful countryside past Lake Volta, to Ho.



Intensive growing of pineapple and mangoes



Pineapples, one of the daily arrivals of harvested fruit,



Fruit is cut up and packaged in extremely hygienic conditions. Container lorries make the daily trip to Accra airport from where fruit is shipped to Europe and the UK. It will be superstores by the next morning.



All waste from the processing factory is recycled. This machine breaks down the tough material. The result is fine compost which is returned to the fruit farms.



*On the beach near Accra
Chuff with Victoria who looked after her*



On Saturday we made a moving visit women in Ho's prison with gifts of food and essentials.



*Some of the prisoners were allowed to take the gifts into the prison – practical things such as rice, cooking oil, toilet paper, soap and yams are very much appreciated.
The sack on a prisoner's head was a 25kg bag of rice.*