

Friends of Londiani Harambee 2009 Report

Harambee 2009 was a huge success with 68 volunteers travelling to Kenya to partake in FOL's ongoing community development projects. The volunteers signed up with FOL in October 2008 and since then trained and prepared for the project over three training events.



Volunteers

FOL volunteers come from all walks of life and have one thing in common – to help FOL achieve its mission. Of the 68 volunteers, 20 were return volunteers and their assistance and support throughout the projects is particularly noteworthy. The first-time volunteers were excellent in undertaking the FOL approach to development and everyone involved gave 100%. The age group of the volunteers ranged from 18 years to 72 years with 67% under 40 years. The spread across the country included 13 counties and many different professions from students to retired people. 10 of the volunteers spent 6 weeks in Kenya, while most spent 3 weeks.

Locations

The first three week project took place in Londiani and Benditai and the second three week project took place in Londiani and Ndubusat villages. The groups camped in all three places and went without running water and electricity. During the project, trips to the local points of interest were included. This included a visit to the equator, a tea plantation, a flower farm and the local markets.

Communities

The communities were very receptive to the volunteers and the Health Surveys brought FOL to areas where they had never been before. This enabled FOL and the Ministry of Health to collect important information to feed into programme development but it also ensured that communities knew we were working in different villages. Most of the materials were locally bought and where possible FOL supported the hiring of local personnel. At the end of Harambee, FOL met with the community partners to evaluate the project and to reassess their needs. It was a very useful day's interaction and allows for two-way learning.



Tasks

The following tasks were completed during Harambee.

Water

- **Water tanks** – 8 new tanks were installed in Kahurura and a maintenance course is pending with CDN. Monitoring and evaluation visits of 2005 & 2007 tanks took place in Londiani. Visits to all 25 tanks in Benditai occurred with troughs being installed on the original 12 and the ferrous cement tank in Keychiat Primary. A maintenance course was also run in Benditai.
- **Bethel Borehole** – CDN are continuing to work on this.
- **Water in Ndubusat** – CDN are continuing to work on these installing tanks along the route and extending the system.
- **Protection of water sources** - the well in Masaita Secondary School was funded to become a protected source.



Education

- **Peer Education** – 300 people completed the courses in Londiani, Benditai, Sachangwan, Chebiibii, United, Chebewor, Nyairobi & Kibeneti. The trainers programme was finalised in August. Esther Korir from the Marafiki women's group has been asked to be coordinator. This will help relieve Anna also for other tasks. A Trainers course was also run for 34 trainers and a two level system was implemented to be monitored by Esther and Anna.
- **Summer Camps** was held in Bethel Home for the children and the staff children. 70 children attended and it went very well and included crafts, sports, reading activities and a visit to Finlay Flower Farm for all the children and volunteers. In Ndubusat the schools remained open to accommodate FOL and an excellent well organised summer camp was held for approximately 300 children with the assistance of the local teachers. The equipment was also used for a summer camp for children from Londiani Boys Primary the week after Harambee when the JLS volunteers ran it.
- **Literacy** - in Londiani, volunteers attended an adult literacy class ran by the adult education ministry in Furaha Primary School. In Benditai, 6 women were eager to learn basic skills and the literacy was run over 3



- days. In Ndubusat, a literacy group was established and supported by FOL volunteers.
- **Community Committees** - In Kamwingi 2 and Benditai, committee trainings were held for 80 people which focussed on business planning. This will be further developed during Health 09 project in October.
- **HECA clubs** were supported and/or established in 3 schools in each of the following areas – 3 in Benditai, 3 in Ndubusat, and 3 in Londiani. Each school has a student committee and the teachers have been trained in its implementation.
- **Variety Show** – this was another huge success. Three were held in total – Kamwingi 2, Ndubusat and Londiani with over 1000 attending in total with representation from over 20 schools. The Education Office worked with the schools to disseminate the information.
- **Essay competition** – this was held for secondary students on a public health topic and prizes were issued.
- **Sports tournament** – FOL supported a youth clubs volleyball and football tournament in Symbion near Benditai village. This was a very momentous occasion as it was the first time that these once-fighting groups came together.
- **School Construction** - In Ndubusat the community worked hard to almost complete the Secondary school ahead of time and so the group worked on the Primary school. A group also visited St. Kizitos Polytechnic in Londiani to carry out some maintenance work. Volunteers also worked on carpentry tasks in St. Kizitos new accommodation block.
- **Benditai Book Club** – There is still interest in continuing with this project and some books and storage facilities were provided for the person in charge who is a teacher in Keychiat and will store the books there.



Health

- **Public Health Field Days** – Five were held during the summer in Kamwingi 1, Kahurura, Ndubusat, Kapsenda and Lemotit for approx 3500 people. Weather was inclement by afternoon on most days and so numbers were lower than expected – on average 700 per site.
- **Health Surveys** took place in 12 different places throughout Harambee. Whilst it included a lot of physical input, the volunteers relished in it and enjoyed the scenery.
- **Maternal Health Courses** – A small team went to Mohoroney to work with Sr. Vincent on organising an EOC course. It was very successful and 10 health



professionals completed it. A training course was also held in Londiani the week after Harambee for traditional birth attendants and community health workers.

- **Safe Blood training** – was given to the staff of Londiani District Hospital.
- **Outreach from Ndubusat Clinic** – volunteers were involved in assisting the Clinic staff to visit outreach posts and promote public and clinical health.
- **EOC follow-up** – a small group of volunteers visited two clinics to ascertain how well the EOC information was being used around Ndubusat.
- **Female Genital Mutilation** – a group from near Eldoret met with FOL during the summer to investigate if we can support their programme of Tumndo na Neel which is an alternative coming of age ceremony for girls. Further investigations will be held to see how the two organisation can work together with a link to FOL's peer ed programme.
- **Latrines** – a joint project was held with HECA schools to install washrooms for girls and latrines in Benditai. 6 double latrines were built and 3 washrooms.



Bethel Faith Home

- **Dormitory** – A new dorm was constructed in Bethel for the children with Ruben Kirui as the fundi.
 - **Children** – Two of the older boys – Steven and Alfred – helped with Harambee and were excellent workers. Beatrice and Evaline are both due to graduate this autumn and Evaline spoke to the volunteers when she came home to visit in a very gracious yet inspiring way. One volunteer did a lot of physio work with the two boys with special needs and one of them now visits the physio twice a week. Overall the children's English skills have improved since 2007. Child assessments were held for all the children at home.
- **Playgroup** continues in Bethel Home and volunteers assisted Anesha in the operation of it.
 - **Bee keeping** – this group brought the hives in Bethel back to life. Volunteers also visited other apiaries and the volunteers were delighted to be part of the bee keeping which included planting over 200 trees. A bee-harvesting facility was started during the second project in Londiani and the construction work is almost complete. FOL will be forming a partnership with James from the Beekeeping association in the near future.



Thank you

Friends of Londiani would like to thank each volunteer for giving up their time and energy for the communities around Londiani. It is deeply appreciated by the people and the two-way cultural interaction is a special opportunity for all concerned.

Secondly we would like to thank the supporters and sponsors who have given generously to enable the projects to occur. Through your continued support FOL can strive to achieve its mission of enabling people to become the authors of their own development.