

Friends of Londiani Harambee 2010 Report

Harambee 2010 was a huge success with 26 volunteers travelling to Kenya to partake in FOL's ongoing health and community development projects. The volunteers signed up with FOL in February 2010 and since then trained and prepared for the project over two 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 26 volunteers, 10 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 25 years to 75 years. The spread across the country included 4 counties and many different professions from students to retired people. 15 of the volunteers spent 3 weeks in Kenya, while most spent between 10 days and 2 weeks. The FOL Volunteers worked alongside Kenyan volunteers during the 3 week project.



Communities

The communities were very receptive to the volunteers and the Village Health Surveys brought FOL to new areas again. This enabled FOL and the Ministry of Health to collect important information to feed into programme development but it also ensured that new communities became aware of the work of FOL. Most of the materials were locally bought and where possible FOL supported the hiring of local personnel. As part of this project evaluation FOL asked the various community partners to evaluate the projects at the end. This evaluation is a standard part of what FOL does, and ensures that the development programmes are kept updated and relevant.



Project Locations

The project was located in several different areas in Kipkelion District in North West Kenya. The team moved from location to location each week during the 3 weeks, they were located in Muhoroni, Kamasian and Londiani

During the project, trips to the local points of interest were included. This included a visit to the equator, a tea plantation and a model healthy village

Tasks

The following tasks were completed during the project

Lifeskills Course – 99 people completed the courses in the three divisions. Trainers were selected during the courses and they will be trained over the coming months and they in turn will teach the courses. The feedback was hugely positive, and FOL hopes that peer education will continue to grow in the District.

Public Health Field Days – Three Field Days were held during the project. Over 800 people attended the days.



Village Health Surveys took place in 10 different villages throughout the area. The conditions in this Division are very poor, and it was a challenge to the volunteers to witness this poverty. Volunteers completed surveys and mapped the areas using GPS. However, now FOL has a measure of the area and will work in partnership with the communities and the relevant ministries to implement projects there. The main needs from the surveys are water, pit latrines and malaria nets.

Maternal Health Courses – Three courses of Essential Obstetric & Neonatal Care were undertaken. These were held in the 3 main Health Facilities in the District – Fort Ternan Sub District Hospital, Kipkelion Sub District Hospital and Londiani District Hospital. Each course was run for the staff of the facility, who in turn trained Community Health Workers and Community Referral Assistants the following day. The teaching faculty consisted of 5 Irish and 4 Kenyans – a mixture of nurses, midwives and doctors. In total 220 people were trained in Maternal Health.



Outreach Clinics

The team assisted the Londiani Public Health office in running vaccination clinics in rural areas. These areas are very remote and so mothers have to travel long distances to reach vaccination clinics. The volunteers found this a worthwhile experience.

Business Training

Volunteers ran a business planning training with local communities groups in each of the 3 areas. This covered the basics of business planning, budgeting etc. The course was run for the members of the local community who were presently involved in some form of business life &/or entrepreneurial people who had business ideas for the future. The key objective of the course was to help the participants develop their own ideas / generate some new ones & formulate a business plan that could be used in acquiring capital and ultimately bringing the idea to life.

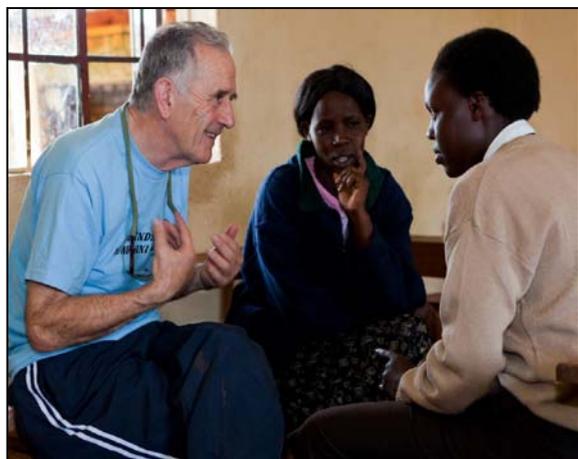
Interview Training Skills

This course was run for members of the local community that were presently seeking employment or currently in employment but seeking at some point in the future to further their careers. The key objective of the course was to pass on the basic skills required for attending an interview & alert the participant as to what a prospective employer will look for.

In doing so the instructors used role play techniques to create different scenarios in order to create real life like situations. The course covered the areas of how to prepare & behave before, during & after the interview. The most popular questions were discussed, answers critiqued & evaluated, feedback given.

Structure & time management principles were used throughout the day & active group participation was sought & encouraged especially in the Group break-out sessions.

The feedback on the course was positive with attendees given an opportunity for one-one tuition with the instructors for a time after the course if requested.



Bursary Interviews

A number of students who are currently receiving bursaries from FOL attended both Interview Skills training and Bursary Interviews. When FOL awards a bursary to a student it covers costs until they complete the course – Primary or Secondary school.

Students are interviewed annually to see how they are getting on in school, and what additional

Water Projects

Volunteers worked with communities and the Catholic Diocese of Nakuru Water Department to visit areas where project proposals had been received from. Assessments were made and the next step now is for FOL to begin working on the chosen projects.

Fuel Efficient Stoves

FOL is working with the Public Health Office in Londiani on introducing a new fuel efficient stove to the District. Meetings were held and Community Health Workers





trained on the new smokeless stove. The stove will be displayed at Field Days going forward and the Public Health Office will assess the benefits of the stoves built during Harambee over time.

Londiani District Hospital Partnership

FOL has a long standing relationship with Londiani District Hospital. During Harambee work was done in the hospital on running continuous medical education courses, computer training courses, painting the children's ward and working closely with the medical staff. The operating theatre is nearing completion and there is great positive feedback from the community on the partnership.

Video and photography

Volunteers spent time taking footage, both video and photographic of FOL's work and the communities in which it works. This will be used to promote the work, and generate awareness of the situation in Kenya.



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.