

# HARAMBEE 2012

The Harambee 2012 August project took place from August 5<sup>th</sup> to August 26<sup>th</sup>. There were 8 volunteers from Ireland involved along with staff and volunteers in Kenya who made up the Harambee team for 3 weeks. It was a very successful project based on two sites – Kipkelion and Londiani.



The main tasks undertaken with the communities were –

- Construction of a water tank
- Healthy School programme
- Lifeskills course
- Smokeless stoves
- Malaria prevention programme
- Maternal Health training
- Outreach clinic

## Water Tank

Kuleana is community day care centre in the town of Kipkelion run by an inspiring lady called Albina. The centre is a galvanised structure surrounded by a small shamba (farm) growing maize, beans and carrots grown to feed the children that come to the centre. There is no access to clean water on site and the Harambee team worked with the community and constructed a timber platform and installed a water tank to harvest rainwater from the roof of the centre. Now Albina and the children can have clean water which will help keep the children healthy and help in teaching them about hygiene and sanitation.



## Healthy Schools Programme

The Healthy Schools programme is an initiative devised by FOL and the Ministries for Health and Education in Kenya to provide a healthy, safe and clean environment for children when they are at school. During the Harambee Irish volunteers worked with Caroline Chelangat who works for FOL in Kenya in implementing the Healthy Schools programme. They worked in four different schools spending time with the HECA clubs in each school explaining the programme, doing a review of the school to determine which areas needed attention, forming an action plan to address the issues found and teaching about hygiene and sanitation challenges.



## Lifeskills courses

The peer education life skills courses run over 5 days and cover modules in communications, relationships, sexuality, HIV & AIDS, caring for the sick and maternal health. The volunteers worked on 3 separate lifeskills courses with members from the communities in Kipkelion and United Soi near Londiani town. There were approx. 50 participants in each course and the volunteers worked with Kenyan staff member Richard Kirui in facilitating the courses. As well as gaining information on various topics, it allows the participants to challenge their own views and opinions on various topics and gives them a space for group discussion on such topics. All participants graduated with a certificate at the end of each course.



## Smokeless Stoves

Part of the healthy village strategy that the communities in Kenya are implementing is to provide a smokeless cooking environment in homes and schools. Members of the community volunteer as community health workers to put the strategy in place and part of their role is to install a smokeless stove that FOL designed with representatives from the public health staff in Kenya. This stove has a chimney and is constructed from clay and bricks made by the householders.

The Irish volunteers got stuck in along with the community health workers in constructing these stoves in houses in the area and also looked after surveying the household and marking the site on a GPS system. The team also completed surveys of 22 households that have installed their own smokeless stoves in the past few months. These surveys form vital statistics to help measure the impact of the stoves over time.



## Malaria Prevention Programme

The volunteers assisted community health workers in fixing a mesh to the windows of houses where mothers and babies are sleeping. Malaria is a massive threat to under 5's and the older population. It is best prevented by lessening the risk of being bitten by mosquitos carrying the disease. Sleeping underneath a mosquito net is one way to avoid being bitten and preventing the mosquito's entering the house by blocking the windows with mesh reinforces this.

## Maternal Health Training

A course on Maternal Health was also held during the third week of the project. This course was primarily directed towards Community Health Workers and Community Referral Assistants. The team learned about the challenges the Community Health Workers and Community Referral Assistants are faced with on a daily basis. The program covered ante-natal risk factors, intra-partum, post-natal and new-born care.



## Outreach Clinic

The Ministry for Health organise Outreach clinics regularly to reach mothers and babies who would otherwise lack access to medical clinics. The babies and weighed and vaccinated and older siblings are given vitamin A and deworming tablets. The team assisted in an outreach clinic in Sachanwan on the third week of the project. It was the last day of the project and all of the team attended. Roles were varied between assisting with the clinic itself and setting up an information tent on FOL and it's role in the community. The team demonstrated how a tippy tappy is used for handwashing; explained how the smokeless stove operates; answered questions on the Girls for Girls programme and provided information on oral hygiene. There was still time at the end of this day before the rains came for 25 Kenyan children to challenge the team in a game of soccer!

## Brick making

The Harambee team also assisted the Genesis Youth Group in making bricks. The bricks are made using clay from a wet area of ground that is not used for agriculture. The bricks are fashioned by hand using a timber mould and left to dry in the sunlight. The youth group make them to sell and earn an income. Bricks are used in the area to build stoves, to line the pit of a latrine and in some cases to build houses.



## 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.

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