



FRIENDS OF LONDIANI  
MARAFIKI WA LONDIANI

CREATING BETTER FUTURES



## Harambee November 2014 Report

Harambee is a swahili word meaning 'working together'. Friends of Londiani have adopted this word as the name for their volunteer projects because their projects are all about people working together to create better futures. Teams of volunteers travel to Kenya each year as part of the Friends of Londiani volunteer programme.

This is the story of the November 2014 Harambee.



### Who are Friends of Londiani?

Friends of Londiani are an Irish registered charity (CHY16505) working in Londiani and Kipkelion, Kenya since 2002.

- We work with communities to create better futures by improving access to water, health and education.
- We are bringing people together to build a thriving economy and provide a safe, sustainable future for everyone.

### How do Friends of Londiani do what we do?

The work that Friends of Londiani does is based on the needs of the community as identified by members of the communities themselves. We act as a catalyst in making change happen and we focus on the following areas -

- **Water** - Access to clean water is a basic need and Friends of Londiani is working to improve health, sanitation and food security.
- **Health** – We are committed to increasing access to health care in the communities, focusing on girls and women and increasing healthy homesteads in the Londiani.
- **Education** – We are enabling children to stay at school for longer, improving the environment in which children learn and enhancing understanding of development through increased knowledge and partnerships.
- **Economic Empowerment** – We want to increase household income, providing economic empowerment reducing poverty and creating sustainable livelihoods.

### Some key facts & figures

- Kipkelion and Londiani are sub-counties in a remote region in North West Kenya. They are part of Kericho County.
- \*The population of Kericho County is 758,339 of which 50% are male and 50% female and 43.6% are under 14 years of age.
- \*The population in Londiani town is 43,152 and in Kipkelion town it is 46,760.
- \*In Kericho County, 56% of households have access to improved water, 11% have access to electricity, 13.8% of the county roads are paved.
- Health conditions in this area include malaria, TB, HIV/AIDS, typhoid, respiratory illness and water borne diseases. It is estimated there 1 nurse per 1,823 population and 1 doctor per 15,000 population in Kericho County.

*\*Kenya County Fact Sheets Dec 2011 based on 2009 Kenya Census*



## Harambee November 2014

### The November Harambee Team

The Harambee November 2014 team was made up of Claire Hallinan, Jane Stanley and Anne Healy and it was very successful. The volunteers travelled to Kenya to partake in Friends of Londiani's ongoing health and community development projects. The volunteers signed up in June 2014, and left behind a wet and bitterly cold Ireland on November 1<sup>st</sup> to arrive in the searing heat of Nairobi, eager to commence project works. The Harambee ran from November 1<sup>st</sup> to November 14<sup>th</sup>.

### Volunteers

Two of the team Claire Hallinan and Jane Stanley were first time volunteers who, from the off entered the ethos of the projects. Working alongside Friends of Londiani Kenya staff, the team engaged in the various projects Friends of Londiani support in the Kipkellion region.



### Project Site

The volunteers were welcomed in Nairobi by CEO Martin Ballanytne and Chairperson of Friends of Londiani Maria Kidney, we overnighted there and set off early the following morning for our final destination, St Kizito's Londiani. Under the gracious hospitality of Fr Martin Barry and Fr Con Ryan we stayed in dorms built in the grounds of St Kizitos and utilised the excellent facilities they have built for community use in the district.

For the two weeks of the Harambee, St Kizito's grounds was a hive of activity as it was the base for all project planning, along with courses being run in the Church hall. During the two Wilderness First Aid Courses, heavily bandaged casualties were seen to make miraculous recoveries around the site.

During the time of our stay there were also courses running alongside our projects, chiefly the Alternative Rites of Passage training spearheaded by Friends of Londiani, Kenya staff.



## Community

In basing the Harambee in Londiani, the goal of the project was to work more closely with the communities in this area. During our two weeks in Londiani we worked with and supported the Ministry of Health, District Medical Teams, the District Water Office, The District Officers, District commissioner, Divisional Officers, Chiefs, Public Health Officers, Community Health Workers, local volunteers, Schools, teachers and students amongst others. The overall guiding ambition of Friends of Londiani is Community Development and our close interaction with so many stakeholders in this area helped build a solid foundation for continuing projects.



## Harambee

Two busy weeks followed our arrival and tasks completed included assisting with House to House Polio Campaign, Sustainable stove surveys and installations and Wilderness First Aid Training. These are outlined on the following pages.

## House to House Polio Campaign

This was a national campaign run by the Ministry of Health in Kenya. In this District it was rolled out by the Ministry of Public Health and Sanitation Division of Disease Surveillance and Response. Parts of this location were sparsely populated necessitating climbing hills and down glens for up to 1-2 kilometres to vaccinate one child. The terrain was difficult and challenging. However the Volunteers had the opportunity to visit families in their homestead and really see a remote community and the challenges faced. During the course of two days more than 200 children were vaccinated by teams including FOL volunteers in these areas.

## Stove Surveys and Installations



Friends of Londiani is working with the Public Health Office in Londiani and in Kipkelion, to introduce a new fuel efficient stove to the District. This new stove has been built in almost 200 homes in the Londiani Area. These will have a major impact on the health of the entire family but especially on the mother (typical the cook in the household) and small children, either strapped to the mothers back or playing around near the old open fire. However the main point of delight for the new proud owners of these stoves is the fuel efficiency, the stoves need only one third of the fuel used by open fires. It costs about €12 to build one of these stoves, much of the cost is in the chimney but the benefits are huge.

During Harambee 2014 30 Stove Surveys were carried out and 10 new Stoves were installed with the assistance of FOL volunteers working alongside the local communities. The information gained in the carrying out of these surveys on the demographics and challenges these communities face play a vital role in planning Community Development and reaching Health targets for the District Public Health and for Friends of Londiani in supporting these programmes

## Wilderness First Aid

A major component of November 2014 Harambee incorporated the running of two Wilderness First Aid course, 52 Participants, over two courses, comprising Community Health Workers, Community Groups, Public Health Officers and FOL staff attended a 2 day Wilderness First Aid Course, held in St Kizitos in Londiani. The course provided basic emergency first aid and health training to support people working in very remote areas, where calling emergency services just is not an option. A Trainer for Trainers Day was held prior to the first course and those candidates who had excelled in previous courses were invited back to participate as instructors.



Having been out working on Stove surveys in rural areas the previous day it gave the Irish volunteers an appreciation of the challenges that face the community in accessing healthcare in a timely fashion and the importance of having trained Community Health workers who act as referral agents and provide correct immediate care to those injured in their region. Following the Ebola outbreak in North Western Africa, WHO and local Kenyan Public Health guidelines were explained and discussed with course participants as were dealing with a major incident in their region



Feedback from this course was very positive.

All participants were given a first aid pack so that they could, have vital materials to hand. These items locally sourced, with the exception of Irish made bags, ponchos and rescue masks are utilised by trained Community Health Workers.

Demand continues to be very high for this course. It is planned to continue rolling out this course in 2015.



## Sustainable Tourism

Anyone who has visited the Londiani Area and particularly areas like Ndubusat knows the beauty of the area. Trekking from village to village, as many volunteers have done is a delight and no one can come to the area and not wonder about its potential as a tourist magnet. However with no tourism infrastructure, the area is not in a position to attract tourism.



## Girls for Girls Programme

Girls in Londiani often miss school one week of every month when they have their period as they do not have access to affordable sanitary products. Additionally, the conditions of some of the toilets at school are very basic, unhygienic and without doors. This means girls do not go to school when they have their period due to the lack of facilities and embarrassment. FOL has together with members of WAGGGS (World Association of Girl Guides and Girl Scouts) devised a training programme that culminates in the provision of reusable sanitary wear for girls.

During our stay in St Kizitos Norah Sirma, Operations Manager FOLK and Caroline Chelangat Programme Manager, FOLK spoke to the volunteers on how this programme operates and the impact it has had in improving female attendance in schools and continuing education. The health promotion aspects and improved sanitary facilities in participating schools has also been noted to be a huge success and it is hoped for the continued role out of this programme going forward.



**Asante Sana ... Thank you**

Friends of Londiani would like to take this opportunity 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.

We would like to thank for Fr Martin Barry and Fr Con Ryan and the Parishioners of St Kizitos for their unfailing hospitality and warm welcome to all volunteers.

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

### Friends of Londiani Contact Details:

**Address:** No.4 The Crescent, Mill Road, Midleton, Co. Cork  
**Telephone:** ☎ 021 4621748  
**Email:** [info@friendsoflondiani.com](mailto:info@friendsoflondiani.com)  
**Website:** [www.friendsoflondiani.com](http://www.friendsoflondiani.com)  
**Facebook:** [www.facebook.com/londiani](https://www.facebook.com/londiani)  
**Blog:** <http://friendsoflondiani.com/chat/>  
**Twitter:** @londianicharity