Welcome to the first FOL Newsletter! Firstly we would like to THANK YOU all for your contributions to our ongoing projects in Kenya. We really appreciate your generosity and support.

This newsletter is been sent to all who have donated in some way to the projects in Kenya – through membership of Friends of Londiani, calendars, vouchers and donations. We promised to keep you up to date of the project progress and so here we are!

More updates and photos can be seen on our website (www.irishgirlguides.ie/kenya/index.htm)

Please feel free to copy and pass this newsletter onto anyone you know.

FRIENDS OF LONDIANI PLANNING TEAM:
Maria Kidney, Tel: 087/2805672
Deirdre Henley, Tel: 087/2385839
Hazel Murphy Tel: 087/2358578

CONTACT ADDRESS:
9 Cois Cuain, Mosestown, Whitegate, Co. Cork

CONTACT EMAIL:
friendsoflondiani@irishgirlguides.ie

Would you like to climb our 4 highest peaks in the 4 provinces in a weekend? Would you like to challenge yourself while raising money for the Kebeneti Hospital in Kenya?

We need volunteers to help us complete this challenge – walkers, drivers, members of a support team.

We will start in Wicklow by climbing Lugnaquilla and then work our way through Slieve Donard (Ulster), Slieve Mweelrea (Connaught), and Carrauntuohill (Munster).

Doing all 4 peaks not compulsory, feel free to join us 4 any of the 4 peaks – we can meet you in whatever peak suits you.

If you would like to be part of the support team (driver, catering) please contact us as well.

All are welcome to participate. Please send us your name and contacts before May 10th

Contact us on footprints@irishgirlguides.ie or any of the FOL planning team.
PROGRESS REPORT FROM KENYA – APRIL 2004

Bethel Medical Centre:
- All money raised from the Kenya calendars has been sent to Lucy for the medical centre in Kebeneti, where a lot of the children in the home come from. THANK YOU to all who contributed.
- Construction has began on the out patient building. Material for construction has been purchased and the foundation has been dug.
- The refrigerator was purchased and the immunisations will begin as soon as the drugs are available. This refrigerator was funded by money raised while Lucy was visiting Ireland.
- Members of the community in Kebeneti have begun digging trenches to bring water to the site of the medical centre.
- Work is continuing in Kebeneti on the hospital outpatient ward. The site was officially opened on the 14th March, and over 1000 people from the nearby villages attended, including Government Ministers, Chiefs, and Church Leaders

Bethel Faith Home and Training Centre:
- Two little girls Everlyne (5 years) and Lorinda (3½ years) have been admitted to the home. Their mother a single parent died of Malaria last October.
- Leland can walk around the table, and he is doing very well. Leland suffered from meningitis as a baby, and had very little movement and co-ordination when we were there in 2002.
- 3 girls from Bethel Home who are waiting to join institutions of higher learning.
  - Emily who is helping in the Library at Bethel School is assisting in the running of the Rainbow Program.
  - Beatrice is a Lab assistant at the secondary school and is a unit helper of the Brownie Flock.
  - Chemutai is a teacher at Bethel Primary School. She is running the Ranger Guide Unit attached to Girls Secondary. She is a Unit Helper of the Guide Company attached to the school where she is teaching.

Womens Groups
- Aids remain a major concern and the fight against AIDS is continuing by spreading awareness campaign to the nearby villages. The campaign is aimed at members within the group as well as organised groups.
- The number of women in the group has increased from 180 to 259. A new group has been established at Bethel to cater for workers and church women in the community.
- Leadership workshop for the group leaders together with other groups in the area is being planned to be held in the near future.
- Plans are underway to include income generating projects for the groups to improve the community standard of living the project to benefit them and the community.
FRIENDS OF LONDIANI (“Marafiki wa Londiani”)

MEMBERSHIP FORM 2004

The purpose of the group is as follows:

- To maintain the link with Londiani
- To keep updated with news from Londiani – how the children are doing etc.
- To raise funds for the home & education for the children.
- To organise awareness both within and outside of Guiding of the home, and encourage people to support it.
- To organise social gatherings.
- To help future service project groups going to Londiani.

So where do you come in?

If you are interested in becoming a member of Marafiki wa Londiani, and would like to support the home, please fill in the attached application form and send with €12 to Maria Kidney, 9 Cois Cuain, Mosestown, Whitegate, Co. Cork (Email: friendsoflondiani@irishgirlguides.ie). Please make cheques payable to “Friends of Londiani”. This application fee will entitle you to a newsletter every few months updating you with news from Londiani, and will help us support the children there. EVERYONE is welcome!

Please pass this information onto anyone who you think would be interested in joining the group.

Name: ____________________________________________________________________________________

Address: ____________________________________________________________________________________

Telephone No: ___________________ Email: ______________________

Amount Enclosed:

| Application Fee: | € | Donation: | € | Total: | € |

Friends of Londiani 3
## COSTS IN KENYA

<table>
<thead>
<tr>
<th>ITEM</th>
<th>COST (KSH)</th>
<th>COST (EUROS)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Small building to start hospital maternity ward – same size as double computer classroom built in 2003</td>
<td>536,144</td>
<td>5900</td>
</tr>
<tr>
<td>Solar Energy to power medical centre</td>
<td>5000 per panel (need 4) = 20,000</td>
<td>225</td>
</tr>
<tr>
<td>Blocks for building</td>
<td>8 per block</td>
<td>10c</td>
</tr>
<tr>
<td>Hospital Bed including mattress (Need 8 per ward)</td>
<td>15000</td>
<td>167</td>
</tr>
</tbody>
</table>

(1 euro is approximately 90 Kenyan schillings)

## SHIPPING TO KENYA

As can be seen from our accounts below, shipping to Kenya is very expensive. We have found a very good freight company now, and they will ship goods for approximately €3 per kilo.

If you have goods, books, clothes, medical supplies etc to ship to Kenya please let us know and we will do our best to ship them for you.

*If you can please fundraise for the shipping cost of these goods*

We are currently been charged for delivering the goods to the airport in Nairobi – there is import tax on them. At the moment there is no way around this, but we will keep you informed of any changes.

## COMPUTERS FOR KENYA

Thanks for Musgrave, Supervalu, Centra Ltd for supplying computers to the new classroom in the Bethel school in Londiani. These computers were shipped to Kenya at the start of April and have now arrived in Londiani.
KENYA 2005

The Friends of Londiani, Ireland hope to send a number of project teams to Kenya in 2005 (July, August and September) to complete the following tasks:

- Build a maternity hospital in Kebeneti working with members of the community
- Plaster the walls of the hospital
- Paint and decorate the school classrooms and the hospital
- Bring running water to both Kebeneti and Lelsohet
- Run a HIV/AIDS education course & complete the previous peer education course in Lelsohet.
- Organise a malaria campaign
- Set up an immunisation awareness campaign
- Set up a nutrition campaign in Kebeneti
- Work with the women’s groups in the area
- Gardening at the home, school and Kebeneti hospital
- Organise Guiding Trainings
- Organise and run a Summer camp for the children in the village.
- Organise and run a basic computer course for the children and adults in Lelsohet.

The Friends of Londiani will book all flights for the group as we can get group rates, and organise all transport, visas, food and accommodation in Kebeneti and Londiani.

You will have to organise your own travel insurance and medical vaccinations. Full training will be given to all those interested and a number of team meetings will be organised in advance of the project.

We have teamed up with an adventure travel company who will provide tours afterwards – safari, beach, mountains – at a reduced rate.

Details are currently being finalised so *WATCH THIS SPACE* for more information.

If you are interested in taking part in this project, please contact us on friendsoflondiani@irishgirlguides.ie or contact any of the Friends of Londiani planning team.
# Friends of Londiani, Ireland

**Income and Expenditure Account as at 12th February, 2004**

## Income:
- Kenya Harambee Badges: €17.00
- Christmas Vouchers 2002: €1,265.00
- Membership 2003: €395.00
- Christmas Vouchers 2003: €2,867.00
- Donations 2003: €4,906.62
- Profit on Calendars 2003: €3,440.00
- Donations to date 2004: €1,103.03
- Membership to date 2004: €240.00

**Total Income**: €14,233.65

## Expenditure:

### Postage:
- 23/02/2003 Postage: €12.18
- 26/05/2003 Postage of Invites to FOL evening: €14.76
- 16/11/2003 Postage of vouchers: €23.52
- 19/11/2003 Postage of calendars: €2.40
- 21/11/2003 Postage of vouchers: €2.88
- 10/12/2003 Postage of calendars: €2.40

**Total Postage**: €58.14

### Phonecalls:
- 23/02/2003 Phonecalls to Kenya re packages: €15.00
- 20/05/2003 Phonecalls to Kenya re visa 1: €70.00
- 01/10/2003 Phonecalls to Kenya re visa Appeal: €90.00

**Total Phonecalls**: €175.00

### Lucy’s Visit to Ireland:
- 14/11/2003 Lucy’s Trip to Ireland: €507.92
- 27/11/2003 Padlocks for bags going to Kenya: €15.00

**Total Lucy’s Visit to Ireland**: €522.92

### Bank Charges:
- 18/11/2003 Cheque Stamp Duty: €3.00
- 06/01/2004 Transfer to Lucy - Bank Charge: €31.50
- 12/02/2004 Transfer to Lucy - Bank Charge: €31.50

**Total Bank Charges**: €66.00

### Shipping:
- 01/12/2003 Shipping to Kenya - Elite Kamino: €465.00
- 27/01/2004 Shipping to Kenya - Allied Forwarding: €870.30

**Total Shipping**: €1,335.30

### Misc:
- 19/11/2003 Envelopes for vouchers: €5.00
- 08/02/2003 Receipt Book: €1.95

**Total Misc**: €6.95

### Donations to Lucy:
- Money given to Lucy while in Ireland: €686.95
- 06/01/2004 Money sent to Lucy: €5,447.00
- 12/02/2004 Money sent to Lucy: €4,174.50

**Total Donations to Lucy**: €12,770.68

**Balance at 12/2/04**: €1,462.97