

Friends of Londiani

Volume 1, Issue 11

November, 2007

WELCOME!!! KARIBUNI!!!

Welcome to the FOL Newsletter. This contains our latest updates from Kenya and details of our latest fundraising events.

Our website is www.friendsoflondiani.com and we will continue to update it with the latest photos and news.

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

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2007 – Another great year for FOL

Friends of Londiani has had another fantastic year!

We had numerous events, fundraisers, slide shows and project progress. The highlight was the project in Kenya this Summer when 86 volunteers travelled from Ireland to Kenya to work on Harambee '07. See the next page for details of the projects.

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Harambee 2007 – A Huge Success!

Harambee 2007 was a huge success with all teams completing many tasks between June and August. The weather was a common theme throughout the project as the long rains lasted longer this year, and so made transport of materials and people much more difficult. However the team worked hard in partnership with local communities to achieve all aims. The project was located in 3 main locations - Londiani which covered the villages of Lelsothet, Masita and Kapianga; Benditai and Ndubusat.

There were many tasks completed during the 3 month project.

Water Projects

Community water tanks were constructed in the villages of Lelsothet, Masita, Kapinaga, and Benditai. In total 36 tanks have been installed. The project was supervised by two local men from Lelsothet who had previously worked with the Harambee 2005 project. A Bore Hole was constructed in the grounds of the Bethel Children's Home.



Peer Education

During Harambee 2007 more than 800 men and women from all three project locations graduated from the Lifeskills Peer Education course. This course was run by members of the Harambee '07 team working with local trainers.

Medical/Health Project

- A medical project was run in Londiani and in Ndubusat during Harambee '07. It covered many areas.
- A Child Assessment of all the children in the Bethel Children's Home. This happened in June, and in total 67 children were assessed by the medical team.
- Several trainings were run in the area of Maternal Health. These were given at different levels in each community.
- Maternal Health training was given to all those who participated in the Peer Education Course.
- A study day on Maternal Health was held for Community Health Workers and Traditional Birth Attendants in Londiani and Ndubusat.
- In August a course was given in Essential Obstetrics Care to Health Professionals from Londiani, Kericho, and many other areas. In total 25 people attended this 3 day course.
- The Ndubusat Medical Clinic has been in operation now for a number of years, but this July saw the opening of the Maternity Unit of the Clinic. The first baby born in the unit was Patrick Kipchumba. This unit will provide an important service to the community of Ndubusast and beyond.
- Research was done on "Birth Preparedness in rural Kenya: A situational analysis". The aim is to explore birth preparedness from the perspective of both the health service providers and the indigenous women regarding the current maternal and newborn healthcare and support and traditional practices in Londiani



Public Health Field Days

Friends of Londiani in partnership with the Ministry of Health ran 5 Public Health Field Days during Harambee '07. The purpose of these days was to provide education and awareness in several health areas including malaria, nutrition, hygiene, HIV/AIDS, Oral Hygiene and Mother & Child Health. The Field Days were hugely successful with over 5,000 people attending in total from the different areas. They provided education in preventive health issues for everyone involved, as well as a cultural experience for all the members of the Harambee '07 team.



Summer Camp

Summer Camps were run in August for children in Londiani and in Ndubusat. The Londiani camp invited children from Benditai to participate for 2 days. The Summer Camps involved activities in all areas - sports, arts & crafts, drama, music, games, and singing. In Ndubusat over 500 children attended for 5 days, and in Londiani there was 70 children. Great fun was had by all in both sites!



Health Clubs & Variety Shows

During June and July several schools in the project areas were visited by members of the Harambee '07 teams. They ran classes on HIV/AIDS, Nutrition, Hygiene and Malaria. Each school was then invited to participate in a Variety Show on August 11th. The performance was to incorporate a theme based on the 4 themes of the Health Clubs. In August a variety show was held in Londiani and in Ndubusat. 7 schools attended the Londiani show, and 11 schools attended the Ndubusat show. All performances were fantastic and enjoyed by all who participated and the audiences.

Maintenance of Bethel Childrens Home

The Bethel Childrens Home is home to 69 children from the age of 1 month to 22 years. During the month of August the Harambee Team together with the older children in the home worked on painting and repairing the children's dorms. It was a big job! Great fun was had drawing murals on the smaller children's house, fixing light fittings, putting in new mattresses etc. A special ceremony took place to open the children's house. Work was also done on constructing a path to the dining hall. Due to the terrible weather conditions the grounds have become very swamped and difficult to get around on by the children.

Building

Several building projects took place during Harambee '07. In June work began on building a community centre in Lelsothet village. This centre will serve the communities of many villages - Masita, Lelsothet and Kapianga. It will have a kitchen, main hall, store and an office. Work is now continuing on the roof, and it is due for completion soon. In Ndubusat work began in July on building 2 classrooms for the secondary school as well as completing the secondary school dormitory. In July work began on building 2 new classrooms for the Benditai primary school.



Painting

Several painting projects were completed during Harambee '07. In June and August the Bethel Primary School was painted - all classrooms, and dining hall. In July the Ndubusat Bethel Medical Clinic was painted, particularly the new maternity unit. In August lots of painting was done in Bethel and in Ndubusat the Primary School was painted. The classrooms of the Primary School were completed during Harambee '05. A mural was painted in the maternity unit in August.



Literacy

Literacy programmes were run in Londiani and Benditai during June and July. In June 12 Literacy Trainers graduated and are running local literacy groups in their villages. In July a lot of literacy programmes were run in Benditai - both with adults and children. The highlight was a 92 year old man who wrote his name for the first time!

Thank You

Friends of Londiani would like to take this opportunity to thank all those who helped make Harambee '07 the success it was - Firstly to the volunteers who gave up their time and energy to be part of the team, and who worked hard throughout the project. Secondly to the local communities who worked hard before, during and after the project to ensure its success. Thirdly to all of you who supported the project in any way - through supporting the volunteers, through fundraising or contributing in any way.

Your support and help is very much appreciated.

Friends of Londiani Christmas Collection 2007

As part of our annual Christmas appeal we have calendars, Christmas vouchers and Christmas Cards available for sale.



Christmas Cards:

We have packs of 6 Christmas cards and envelopes available for sale at **€3.50** per pack. There are two different designs this year.

2008 Calendars

Our 2006 calendars are now available. They are a month per page, and contain coloured photos of our work in Kenya.



The cost per calendar is **€7.00**.

Christmas Vouchers

Our Christmas vouchers are printed in colour this year and can be purchased in several different amounts. These can be given to family and friends, and the type of voucher will be printed on it, as well as some information as to where the money will be spent. There are **6** different types of vouchers outlined below:



| NO | TYPE | AMOUNTS | NO | TYPE | AMOUNTS |
|----|---|----------------------|----|---|----------------------|
| 1 | Contribute towards the cost of Primary education in Kenya | €10,€20,€25,€50,€100 | 4 | Contribute towards the the cost of developing a hospital in Ndubusat, Kenya. | €10,€20,€25,€50,€100 |
| 2 | Contribute towards the cost of Secondary education in Kenya | €10,€20,€25,€50,€100 | 5 | Contribute towards the cost of HIV/AIDS Education Programmes in Kenya | €10,€20,€25,€50,€100 |
| 3 | Contribute towards the cost of Third Level Education in Kenya | €10,€20,€25,€50,€100 | 6 | Contribute towards the cost of a fresh, clean water supply in a village in Kenya. | €10,€20,€25,€50,€100 |

If you require any of our Christmas goods, please send details together with a cheque made payable to "Friends of Londiani", to 9 Cois Cuain, Mosestown, Whitegate, Co. Cork, Ireland.

Please include 20% postage costs for cards and calendars.

Alternatively check out our online shop at www.friendsoflondiani.com/shop.html

THANK YOU ALL VERY MUCH FOR CONTINUING TO SUPPORT OUR PROJECTS IN KENYA

Tax Relief Benefits

Since **April 1st 2007**, Friends of Londiani are eligible for the tax relief under the Designated Charities scheme. Under this scheme we will be able to obtain a refund on the tax paid by individuals who are taxed under the PAYE tax system. This means the value of your donation will be increased, for example if you donate at least **€250** (minimum qualifying amount) in the tax year and paid tax at a rate of **42%**, Friends of Londiani is entitled to a repayment of €181 making your total donation **€431**. Similarly the total value of a donation if you paid tax at a rate of **20%** is **€312.50**. This applies to all donations since 1st January 2007.

If you have donated at least €250 this year we will be in contact with you early in the new year re donating your tax relief to Friends of Londiani.

Thank you in advance for your support.

CSPE & School Visits

Friends of Londiani has many volunteers willing to visit schools and give a presentation of the work in Kenya. They will be equipped with a slideshow that is designed for the CSPE units of 'The Community ' and 'Ireland & the World' with an emphasis on the core concepts of Rights and Responsibilities, Human Dignity and Development. They will have travelled to Kenya and worked in the villages around Londiani and will have lots of first hand experience to share with the students.

If you would like the opportunity to introduce Friends of Londiani to your school and to raise awareness of development issues among your students, please contact our CSPE coordinator to arrange a presentation.

When you make contact with Friends of Londiani, you will receive the following by post:

1. Curriculum links between FOL & CSPE
2. A 6 minute DVD on the work of Friends of Londiani
3. Fact sheet on Kenya
4. Frequently Asked Questions about FOL
5. FOL promotional leaflet

Friends of Londiani CSPE Coordinator
Rose – ☎ 021 4630643 or email:
rosehennessy@friendsoflondiani.com

Outstanding Contribution to Society/Humanitarian Alumni Award

Helen Concannon, Vice Chairperson of FOL received an Alumni Award for her outstanding contribution to Society on Friday 19th October at the Alumni Award Ceremony in Limerick.

Helen has being on the path to make a difference to the lives of others, particularly those less fortunate since an early age. She has been involved in projects in Georgia and India, and now is Vice Chairperson of Friends of Londiani.

In the words of the Award presenter on Friday night "Helen's track record in sevice of others is both humbling and inspirational".

She received the Award at a lavish ceremony in the Hilton in Limerick where Michael O Muircheartaigh was the guest speaker.

Congratulations Helen!



Lyons Tea Charity Giveaway

Lyons Tea are giving away €120,000 to chairity. Every month a nominated charity will recieve €10,000. We would very much appreciate it if you would like to nominate Friends of Londiani to be considered.

The website for this nomination is **www.lyonscharitygiveaway.ie**.

The idea is to collect 20 tokens from lyons tea and nominate your charity of choice to receive €10,000 per month. You can nominate as many times as you wish so long as you have collected enough tokens.

Thank you in advance for your consideration.

New PR Leaflets and Posters now available.

If you are hosting an event or want to create awareness of FOL please contact us and we will send you or latest PR material.

Christmas Sales 2007

| Date | Venue |
|---|--------------------------------------|
| Saturday, 3 rd November | Douglas Court Shopping Centre, Cork |
| Monday, 19 th November | Debenhams, Mahon Point, Cork |
| Thurs 29th November - Saturday 1st December inclusive | Barry Collins Supervalu, Carrigaline |
| Saturday 1st December | Supervalu Charleville |
| Saturday 8th December | Douglas Shopping Centre, Cork |
| Saturday 15th December, Sunday 16th December | Douglas Court Shopping Centre, Cork |

Date for your diary!

Kenya Ball 2008

Saturday, 12th April 2008

Rochestown Park hotel, Cork

Promises to be a fantastic night!

Tickets on sale in January.

Mountain Challenge 2008

May 30th – June 2nd 2008

Footprints to Kenya - the Friends of Londiani Mountain Challenge will take place next year on the June Bank Holiday weekend.

For the last 4 years FOL has climbed the highest peaks in England, Ireland, Scotland and Wales. Next year it promises a new mountain challenge encompassing several mountain ranges over the June Bank Holiday weekend.

More details will be available in January 2008

Watch this space!

Please pass this on to anyone you know who may be interested in these events.

STANDING ORDERS

Many people have asked us to provide the opportunity to donate by Standing Order as it is easier for them than a once off payment. Please pass this onto anyone else you know who may be interested.

Welcome to the “Friends of Londiani, Ireland” Standing Order Appeal.

Since its inception in 2002, the mission of Friends of Londiani is to work in partnership with the people of Londiani, and its surrounding villages to develop and complete sustainable community projects to enable and empower the people to achieve an improved quality of life based on their values and become the authors of their own development. The Friends of Londiani will endeavour to achieve these goals in a spirit of co-operation and mutual respect with one another and with the people of the area. This partnership will enable members of Friends of Londiani to further develop skills and a deeper cultural understanding.

What will your money do?

There are many advantages to donating to the Friends of Londiani:

- It will allow us to continue to provide necessary funds for the education of the children in the Bethel Faith Home and Training Centre in Londiani.
- It will enable us to continue to work with communities in Kenya and provide essential medical care for them.
- It will allow us to continue to support Irish volunteers going to Kenya to work on projects there.

How much do you have to donate?

You can donate any amount of money on a monthly basis and **all donations are gratefully received.**

For example if you donate **€5 a month**, you will have paid for a child's educational fees.

If you donate **€21 a month**, you are actually giving much more as we can claim Tax Relief Benefits so your €21 a month could actually bring €431 to the charity (see below).

Tax Relief Benefits

Under the tax relief for Designated Charities scheme Friends of Londiani can obtain a refund on the tax paid by individuals who are taxed under the PAYE tax system.

This means the value of your donation will be increased, for example if you donate at least **€250** (minimum qualifying amount) in the tax year and paid tax at a rate of **42%**, Friends of Londiani is entitled to a repayment of €181 making your total donation **€431**. Similarly the total value of a donation if you paid tax at a rate of **20%** is **€312.50**.

The Revenue Commissioners have produced a **CHY2 Certificate** to fill out. This applies to individuals who are assessed for tax under PAYE. The CHY2 form is available at

<http://www.revenue.ie/doc/chy2.doc>

When completed, please send the standing order form to:
Friends of Londiani,
9 Cois Cuain,
Mosestown,
Whitegate,
Co. Cork

Instruction to your Bank to pay a Standing Order

I wish to pay *each month* the sum of:

€2 €5 €21 €50 Or my own amount of €

Date of commencement of standing order (DD/MM/YYYY):

To Debit my current account number:

Bank Sort Code:

TO THE MANAGER (Name of your Bank/Building Society):

Address of your branch:

Your account name:

To credit the following Friends of Londiani Ireland Account:

Bank Sort Code: 990701
Account Number: 84666541
Bank: Permanent TSB, Lapps Quay, Cork

I instruct you to pay a standing order from my account to the Friends of Londiani, Ireland account.

Signature: _____ Date: _____

Signature: _____ Date: _____
(for joint accounts)

Your mail address:

Your email address: