

# Friends of Londiani

Volume 1, Issue 12

March, 2008

## WELCOME!!! KARIBUNI!!!

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

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

### FRIENDS OF LONDIANI CONTACT DETAILS:

#### ADDRESS:

9 Cois Cuain, Mosestown, Whitegate, Co. Cork

#### EMAIL:

info@friendsoflondiani.com

#### TELEPHONE:

+353 21 4662730



## Difficult Times in Kenya

Kenya held Presidential Elections on 27<sup>th</sup> December 2007. The results were disputed and this led to violent unrest and civil disturbances in many parts of Kenya. Londiani and the surrounding Rift Valley were deeply affected and tribal divisions occurred. The Friends of Londiani were very concerned for the communities and local partners.

Friends of Londiani maintained constant communications with the staff and partners in Kenya. As a result of reports received, FOL launched an Emergency Appeal on the 7<sup>th</sup> January to help alleviate the suffering of the displaced people in and around Londiani. People have responded with an amazing generosity and FOL has been overwhelmed by the commitment shown by volunteers and supporters. See inside for further details.

Two of the Directors of FOL travelled to Kenya in early March to meet with partner organisations and discuss future projects. They have returned safely and provide a short report of their visit on page 3.

**Friends of Londiani is committed to continuing to work in partnership with the people of the Londiani area, irrespective of their ethnicity or tribe.**

*Regular updates can be found on the website.*

*www.friendsoflondiani.com*

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## News Updates from FOL Office

### Sad News from Bethel Home

Baby Brenda was only a few days old when she came to Bethel Home last June. She was very underweight, and malnourished. Her Mother died shortly after childbirth from meningitis. Sadly Brenda passed away on 23<sup>rd</sup> February from an infection. Our thoughts are with the staff and children of Bethel. May she rest in peace



### Christmas Sales Campaign 2007

Friends of Londiani would like to thank everyone who bought, sold and promoted the Christmas Cards and Calendars this year. In particular to the volunteers who came out in the cold weather and manned stalls at sales points in Cork and Dublin.

### New Leaflets, Banners and Posters

FOL has just produced new PR leaflets and posters. These are available to supporters and people organising events. There are also new banners, collection buckets & displays available for use should you require them.

### Thank You! ASANTE SANA JAYNE!

A special thank you to Jayne Crowley who volunteered to help FOL in the office and managed to do an amazing amount of work. Jayne recently returned from her travels and FOL appreciates her timely commitment and positive approach to FOL administration tasks.



### Tax Relief Benefits

Since April 1<sup>st</sup> 2007, Friends of Londiani was eligible for tax relief under the Designated Charities scheme. Under this scheme FOL has been able to obtain a refund on the tax paid by individuals who are taxed under the PAYE system and donated a minimum of €250 in the tax year. This means the value of a donation

could be increased, for example:

A donation of €250, at a tax rate of 42%, yields a tax refund of €181 making the total donation €431. Similarly the total value of that donation at a tax rate of 20% is €312.50.

*Should you have any questions about this, please email [info@friendsoflondiani.com](mailto:info@friendsoflondiani.com)*



### FOL Welcomes Kenyan Embassy to Dublin

The Kenyan Embassy in Ireland opened in Dublin in November 2007. Hitherto, Kenya did not have a mission in Ireland and all consular and diplomatic functions were carried out by the Kenyan High Commission in London. The aim of the Kenyan Embassy is to further enhance the good relations that Kenya enjoys with Europe and in particular, with Ireland and also to serve the many Kenyans residing in Ireland. The Ambassador is H.E. Ms Catherine Muigai Mwangi. FOL is delighted to welcome the Ambassador to Ireland and looks forward to her attendance at the Annual Kenya Ball in Cork.

### Lyons Tea Charity Giveaway

Lyons Tea is continuing to give away an amazing €10,000 a month to a nominated charity. If you collect 20 tokens from Lyons Tea packs and send them with your contact details and a description of how your favourite charity shows extraordinary qualities, FOL could be in with a chance to win one of these monthly amounts. FOL has some posters, collection boxes and starter tokens from Lyons Tea if you would like to take on this challenge. More details on the website [www.lyonscharitygiveaway.ie](http://www.lyonscharitygiveaway.ie)



## **Irish Directors Visit to Kenya**

**Maria Kidney and Martin Ballantyne travelled to Kenya on the 10<sup>th</sup> March to meet with FOL staff, local partners and communities.**

*This was a difficult trip because there has been so much devastation in many villages and towns. The people have been deeply affected by the fighting and unrest but with peace slowly being re-established, the Kenyan welcome was still heartfelt and warming. There were many mandazi's and cups of chai throughout the week!*

*We spent the week visiting all the communities that we work with and all our projects. We are delighted to confirm that FOL will continue to work with the communities and will support the work of the other non-governmental organisations (NGO's) in the town and villages. GOAL, Medecins Sans Frontieres and the Kenyan Red Cross are currently in Londiani to help with the crisis. As the emergency situation eases they will gradually withdraw their services.*

*Many people have fled their homes in fear and have sought refuge in temporary camps. There are five camps for displaced people in Londiani and they will soon be amalgamated into one central camp. GOAL have been working there putting in water and sanitation on site. There is a committee there that will manage the camp along with the Kenyan Red Cross. We met with the Chairman of this committee to establish a relationship ensuring we can work together into the future.*



*Following our week of meetings and visits, FOL have committed to the following projects:*

- 1. Provide rain water tanks, piping and installation for the main camp in Londiani town.*
- 2. Provide special care for the Love and Hope Group (HIV positive support group) in Londiani. This group has 30 adults and 2 children and some of our volunteers worked with them during Harambee 2007. Twenty-eight of the adults are now living in the church. This care will include the provision of multi vitamin tablets, special creams, etc.*
- 3. Provision of uniforms for all children who need them in the Central Primary School in Londiani. This school has new pupils from the camps, and has lost several pupils as they have become displaced.*
- 4. Provision of a salary for the 2 Nursery Teachers and 1 Cook in the Central Primary School. These teachers are normally paid by the parents of the children in class, but since most of these now come from the camp they haven't a schilling to spare.*
- 5. Provision of medical supplies for the camps in the area and the provision of underwear and sanitary towels for women in all camps.*
- 6. Provisions of powdered milk for children in the camps whose mothers are unable to breastfeed.*



*We spent some time with Fathers Martin, Con and Brian. They are doing amazing work and sincerely appreciate the financial support of the emergency appeal. We also met with representatives of the Ministry of Health and the Ministry of Education and our partnerships will continue.*

*The water project in Ndubusat continues and is being managed by the local authorities. The community centre in Londiani is almost complete and looks fantastic. We had meetings there for community groups and it is really serving its purpose. The school in Ndubusat is also looking fantastic and the Clinic is thriving and busy. Benditai is doing well and the schools are open.*

*All the communities send their wishes to Friends of Londiani in Ireland.*

## Kenyan Director Visits Ireland

FOL Ireland is delighted to welcome **Anna Mainek, the Director of FOL Kenya** to Ireland for a 2 week study and business development visit. Anna will hopefully be with us from the 7<sup>th</sup> to the 20<sup>th</sup> April.

During her time here she will visit many of FOL's supporters and attend business training courses. Anna will visit schools in Dublin, Kildare and Cork.



Anna will also take part in a lecture to be co-hosted by **The Centre for Sustainable Livelihoods, University College Cork**. Further details will be posted on the website.

Anna and her husband Wilson will be FOL's special guests at the Annual Kenya Ball.

## Medical Exchange – March & April 2008

As part of the partnership between Friends of Londiani, Ndubusat Bethel Medical Clinic and Irish Aid, FOL is delighted to welcome two employees from the Clinic to Ireland on a month long Medical Exchange. Ben Cheruiyot is a Laboratory Technician in the Clinic and Steven Cheruiyot is the Nurse-in-Charge. While here, they will work in

- Mayo General Hospital
- Mercy Hospital, Cork
- Cork University Hospital



**FOL is very appreciative of the help and support the Staff and Management of the Hospitals are providing.**

Steven and Ben will visit the Munster Regional Transfusion Centre in Cork and will also undertake courses in Kimmage Development Studies Centre in Dublin on Proposal Development and Grant Management. Ben and Steven will be interviewed on various provincial radio stations and in local and national media. They will also visit some of FOL's major supporters, companies, schools and community groups.

There will be some opportunities to meet with Steven and Ben throughout their visit and everyone is invited to come along to welcome them to Ireland. As well as attending the Annual Kenya Ball on 12<sup>th</sup> April, the following dates are noteworthy:

**6<sup>th</sup> April** – Both Ben and Steven are running the **Conemarathon** (all 26.2miles!!) on this Sunday. Come along and cheer them on! There are five other volunteers also taking part in this event so as much support as possible would be appreciated.

**7<sup>th</sup> April – World Health Day** will be commemorated by the Friends of Londiani in the Irish Aid Volunteering Centre on O'Connell Street, Dublin. Steven and Ben will speak about the Impact of Water on their Work in the Clinic. This event is open to the public and light refreshments will be provided. Friends and families welcome to attend.

# The FOL Ten Munro Challenge

*The Ten Munro Challenge is being organised this year in place of the FOL Four Peaks Challenge and was launched recently by Séan Óg Ó hÁilpín. FOL was delighted to have 3 fabulous models available to assist him with the launch!*

*Would you like to climb Ireland's highest mountains in a fun, relaxed and safe way?*



**Friends of Londiani** invites you to participate in the Ten Munro Challenge while raising much needed funds for our Water, Health and Education projects in Kenya.

The term 'munro' is an import from Scotland, and has come to indicate a mountain that is more than 3000ft (900m) in height. The name was coined in memory of Sir Hugh Munro, who completed a survey of all the Scottish peaks, and in 1891, published the first comprehensive list of Scottish mountain tops over 3000ft.

The ten munros are Carrauntohill(1039m), Ben Keeragh (1010m), Caher East (1001m), Caher West (983m), Knoc na Peasta (988m), Maolan Bui (973m), Mt Brandon (952m), Cnoc na Chuillin (958m), Big Gun (939m), Cruach Mor (932m).

The plan for the weekend is as follows:

- Friday - Meet in Dingle
  - Saturday - Climb Mt Brandon
  - Sunday - Climb the Reeks Ridge
  - Monday - Walk up Mangerton and relax!
- Places are limited so apply early!!

***Why not turn this challenge into a team-building exercise for your company?***

We are looking for corporate teams of 4 plus a driver to enter as part of their team building activities for 2008.

## **Families/Youth walks:**

**Friends of Londiani** will facilitate groups/families who would like to participate in day walks during this challenge weekend. We have organised walks on the Dingle and Kerry Peninsulas suitable for families or youth groups.

## **Costs:**

*Individuals* - We are asking each participant to raise **€700** for the event.

*Corporate Teams* – We are asking each team to raise **€3000** for the event.

This fee will cover your food, accommodation and transport for the weekend while all proceeds will go to our ongoing Health, Education and Water projects in Kenya.

*Families/Youth Groups* - We ask you to provide your own lunch and transport, and accommodation. We will provide a walk leader for the day. We would ask each individual to pay **€50** per person for the event.

## **So what do you do next?**

Contact **Friends of Londiani** for an application form and more information. Once we accept your application you will be given sponsorship cards, posters and publicity materials to allow you to reach the fundraising target.

**Friends of Londiani**, 9 Cois Cuain, Mosestown, Whitegate, Co. Cork  
Tel: 021/4662730 or Email: [mountainchallenge@friendsoflondiani.com](mailto:mountainchallenge@friendsoflondiani.com)

**Looking for a challenge ?  
Early Warning of Marathon Dates!**



**Bupa Run:** The Phoenix Park, Dublin. Sunday  
6th April, 2008

**Women's Mini Marathon – Dublin:** Monday  
June 2nd, 2008.

**Cork Full Marathon & Relay Event:** 2<sup>nd</sup> June  
2008

**Women's Mini Marathon – Cork:** Sept 2008

**Dublin Full Marathon:** Mon 28<sup>th</sup> October 2008

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

**Fancy a weekend in Galway??  
5<sup>th</sup> & 6<sup>th</sup> April**

**Come to Conemara to support the  
Friends of Londiani participants in the  
Conemarathon.**

**Join in the Pasta Party on the Saturday  
night in An Cruiscin Lan Hotel in An  
Spideal. Friends & families welcome.**

**For further details contact  
Helen on 086 8206365 or  
helenconcannon@friendsoflondiani.com**

**Help us to cheer on Ben and Steven!**

**The Annual Kenya Ball  
2008**

**Saturday, 12th April  
Rochestown Park Hotel,  
Cork**

Music by "The Boogie Band"  
**Tickets €90 each**

Price includes Drinks Reception,  
Dinner with wine, Band and DJ.

All proceeds will go to our  
Health, Education and Water  
Projects in Londiani, Kenya

**The ball is now sold out, but  
we have a waiting list.  
Contact us if you are  
interested and  
we will do our best to  
accommodate you.**

FOL is delighted to welcome the  
Kenyan Ambassador to Ireland  
to this year's Ball.

Also in attendance will be  
Special Guests from Kenya:  
Anna & Wilson Mainek  
Stephen Cheruiyot  
Ben Cheruiyot

The Lord Mayor of Cork and the  
CEO of Cork Chamber of  
Commerce will also attend.

A Special Thank You to all who  
have donated Gifts and Prizes  
for the Raffle.

*Well Done*

## Research Thesis for Friends of Londiani

Nicola Ballantyne is a volunteer with Friends of Londiani. She travelled to Kenya for the first time in 2005 as part of the Harambee 2005 project and she stayed in Kenya 9 weeks.

During this time she met a lot of women's groups and was taken by the plight of women in Kenya. In 2007 Nicola travelled back to Londiani to complete a thesis on "**A Situational Analysis of Birth-Preparedness in a rural area in Kenya**". She spent 6 weeks in Kenya researching the thesis, and further months at home completing the work.

The aim of the study was to explore birth-preparedness from the perspectives of both the Health Service Providers and the local women regarding the current maternal and newborn health care and support, and traditional practices in Londiani, with a view to informing future practice.

The objectives were:

- To assess the current status of functioning health care facilities and home birth facilities for the delivery of maternal and newborn health care and support in the Londiani area.
- To explore perceptions, attitudes, cultural beliefs and practices in relation to maternal and newborn health care and support in Londiani.
- To compare the current maternal and newborn health care and support in Londiani with the recommended international protocols and to identify deficits within the delivery of maternal and newborn health care and support in Londiani.

The study took place in the Londiani and Chilchila Division within the Kipkelion District.

FOL hope to use the results of this research in pursuing Millennium Development Goal 5 - To Improve Maternal Health. FOL congratulates Nicola who graduated in November 2007 with a first class honours in her Thesis.

## Other Research Opportunities

Friends of Londiani would be delighted to help any other students undertaking research projects. If you have a topic and would like to use it for your coursework, please contact the FOL office.

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## CSPE & School Visits in Ireland



**CSPE** stands for Civic, Social & Political Education and is a compulsory subject for all Junior Cert students in Ireland. FOL has reviewed this syllabus and is delighted to say that we can work together with our schools to assist students to fulfil the requirements of this course.

FOL has designed a CSPE pack for teachers to use with their classes which can gain them credits for their action project in CSPE.

Friends of Londiani also 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.

Friends of Londiani CSPE Coordinator  
Rose – ☎ 021 4630643 or email: [rosehennessy@friendsoflondiani.com](mailto:rosehennessy@friendsoflondiani.com)

## New Standing Order Appeal

As FOL continues to grow, regular funding becomes a vital part of the annual budget. It is crucial for small organisations to have a constant income and so FOL is launching a New Standing Order Appeal. Forms like this one are available from the usual address and will be available at upcoming events.

If you would like to take a few of these Standing Order forms with you to your workplace or local community group, FOL would be delighted to supply you with some. Posters and new leaflets are also available if you have the opportunity to set up a display at work or locally.

**FRIENDS OF LONDIANI IRELAND**  
*...working with Kenyan communities*

FOL Ireland is an Irish charity working with Kenyan communities in the development of health, education and water provisions.

**Here's 3 easy steps to help FOL Ireland to continue this valuable work:**

- 1** Fill in this form 
- 2** Seal the edges 
- 3** Post the form to Friends of Londiani 

[www.friendsoflondiani.com](http://www.friendsoflondiani.com)

- Instruction to create a Standing order**  
Complete the form below with your bank details, the amount you wish to donate and the frequency of your donation.
1. Complete the form below with your bank details, the amount you wish to donate and the frequency of your donation.
  2. Return the complete form to Friends of Londiani, who will forward the form to your bank for the Standing Order to be set up.

**Instructions to my bank**

I wish to pay each month the sum of:

€25  €35  €50  €\_\_\_\_\_ Own Amt

To credit the Friends of Londiani Ireland Account  
(Permanent TSB, Lapps Quay Cork  
Bank Sort Code: 990701, Account Number 84666541)

Date of commencement of standing order: \_\_\_\_/\_\_\_\_/\_\_\_\_

To The Manager

Name of Bank: \_\_\_\_\_

Address of Branch: \_\_\_\_\_

Account Name: \_\_\_\_\_

Current Account Number: \_\_\_\_\_

Bank Sort Code: \_\_\_\_\_

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

Signature: \_\_\_\_\_ Dated: \_\_\_\_\_

For joint accounts:

Signature: \_\_\_\_\_ Dated: \_\_\_\_\_

Please tick if you would like to be on our mailing list.

Your mail address:

Your e-mail address:

### What YOUR money can do ...

- Cost of providing food for a child in the Bethel Home for a month - €7
- Cost of a child's secondary education for a month - €10
- Cost of providing wages for a staff member of Bethel Home for a month - €40
- Cost of a course for HIV/AIDS education for 10 people - €80

**Or team together with colleagues, schoolmates or family members for larger projects:**

- Cost of running a Public Health Day for communities covering education on HIV/AIDS, Malaria, Water, Dental Hygiene, De-worming and Child Health - €600
- Cost of a rainwater collection tank for a family - €750

**"Every cent counts and FOL appreciates all donations received"**