

Friends of Londiani

Volume 1, Issue 2

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WELCOME!!!

Welcome to the FOL Newsletter! We promised to keep you up to date of the project progress and so here we are!

Lots has been happening in the Friends of Londiani, Ireland. We have now finalised our details for the Kenya 2005 service project, and are currently recruiting team members. More details are included in this newsletter.

Our Four Peaks challenge was a huge success and we raised over €5000 towards the hospital project. Thank you to all who took part, supported and fundraised for the weekend.

Our next fundraiser will be the Evening Echo Ladies Mini Marathon in Cork on September 19th. Please contact Hazel Murphy on 087/2358578 if you are interested in participating in the mini-marathon – walkers, runners ALL welcome – the more the merrier!!

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.

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NEWS FROM KENYA

Ciara Daly and Claire O' Leary are currently in Londiani. They are teaching in the Primary School for 6 weeks.

Here is a letter from the girls:

Jambo!

Greetings from Londiani, Ciara and Claire here. We have been here in Bethel Home two weeks now and we don't know where the time has gone. We're having a brilliant time. We'll share some news with ye about what's been happening while we've been here.

One of the twins, Robert, is recovering from Malaria. He had a very high one night last week and the nurse was called at 2am. Thankfully he was seen by a doctor the next day and is now well on the mend.

Unfortunately Baby Ishmael has been having some fits and the doctor diagnosed him with mild brain damage. He is on medication though, so hopefully he will improve!

On Wednesday last, 30th June, we went to visit Kebeneti and saw the beginnings of the new hospital. It is coming along great and will be invaluable to the people of Kebeneti and the surrounding areas. Aldready, on Friday 25th June, a baby boy was born there.

The glass for the new Church here in Bethel Home was put in last Saturday, 3rd July, in preparation for a thanksgiving on Sunday 11th June. We're preparing ourselves for numerous speeches and are looking forward to the celebration!

Everyone here sends their love and have not stopped talking about all their Irish friends.

Best Wishes,

Ciara and Claire

Footprints to Kenya



Colleen Clarke completed the "Four Peaks Challenge" as part of her GOLD GAISCE award on 5th/6th June 2004. The following is her account of the weekend:

The 'Four Peaks Challenge' started on Friday 4th of June. We all met in Ballinlea Youth Hostel in Donard, Co. Wicklow. After soup, tea and a bit of a chat we went to bed to get the couple of hours sleep that were left before we had to get up. After what felt like ten minutes sleep, the alarms started going off to tell us it was 5.00am and we had to get up. Some of us tried to convince ourselves it was just a bad dream, but our bubble was soon burst and we had to rise! We got all our gear ready and soon we were at the foot of Lugnaquilla. Kind of scary, it was only then that it really sunk in that we were really going to do this!

So we set off. Half way up we bumped into a very enthusiastic lone walker, which I found quite amusing. I sometimes find it hard to understand why people walk for fun but I really couldn't get my head around why someone would be out this early by choice! Shortly afterwards, we reached the top. One peak down, 3 to go! I couldn't believe it, this 4 Peaks thing might actually happen. We then made our way down to the bus through thick mist, which we kept trying to convince ourselves was going to lift and the sun would come out. Then back to the hostel to grab the rest of our gear and breakfast rolls (the start of a weekend of food by Rose and co. that any catering team will find hard to live up to) and we were back on the bus for the drive up North.

A few hours later we arrived in Newcastle, Co. Down and prepared for our next walk. While getting ready, the mountain rescue people arrived on the scene. I'm not quite sure what it was they were doing but it was impressive anyway. When they had finished their little display, we headed off up Slieve Donard. The sun had come out at this stage and it was a really warm and nice day. The mountain was full of people. When we got to the top the views were brilliant. After a few photos we started back down to the bus. 2 down 2 to go!



We then set off for Mayo, stopping off in Banbridge on the way for an amazing meal provided by Emily and her family, which really went down well with the team. When everyone was full and happy we continued on our journey to Mayo. The mood on the bus went from one extreme to another, randomly going from silence to everyone belting out songs but when we arrived in Delphi after 1.00am it was total silence and had been for quite a while. It was straight to bed in preparation for another 5.00am start the next morning.

It was a good walk into the mountain which included a bit of bog walking. We nearly lost a few team members here but fortunately managed to recover them before they were permanently stuck. We eventually got to the foot of Mweelrea and started uphill. Just before the last pull on the mountain we were surprised with 'Smoothies' and biscuits, left by Meabh and friends who had gotten there before us. After polishing them off we continued on to the top. 3 down 1 to go and everyone's still standing (some just about!). So it was back down, onto the bus and we were on our way to Kerry.

We eventually arrived in Kerry and headed straight up Carrauntoohil. On reaching the top there were celebrations all round. On the way down some witnessed a 'Brocken Spectre' which I believe was really special and an amazing end to the weekend. On arrival at the hostel there was a lovely dinner just waiting to be eaten. Everyone was tired but happy and looking forward to not having to get up at 5.00am the following morning! On the Monday, the bravest of the brave set off to do Carrauntoohil again to accompany those who did not make it on Sunday for different reasons. That was it, 4 Peak, 4 Provinces, 4 Kenya! 100% success rate!!!

Everyone left tired, some in pain, but I think everyone was happy. It did get hard at times but it was all worth it and everyone enjoyed themselves. I'd nearly say it was worth giving up those 'Brittany Spears' tickets for ('nearly!'). We couldn't have asked for a better team, they were fab. The support team were great, the food was great and the bus driver was super great! Everything was just great. It was a great experience and one that I don't think anyone will forget.

Check out <http://www.irishgirlguides.ie/kenya/fourpeaks.htm> for photos of the event. *Colleen Clarke*

ACCOUNTS FROM KENYA

The following are accounts received from Kenya for money given to the BETHEL HEALTH CENTRE since January 2004

INCOME:			
	Kshs Received		Euros Transferre d
8th January 2004	501,323.30		5447.00
16 - 1 - 2004	<u>391,165.75</u>	-	<u>4174.50</u>
Total received to date	<u>892,489.05</u>	-	<u>9621.50</u>
EXPENSES: BUILDING MATERIALS:			
	<u>Kshs</u>	<u>RATE</u>	<u>€'s</u>
Sand, Ballast, hard core	203000.00	92.76	2188.44
Stones 9" * 6"	9000.00	92.76	97.02
Cement 95 bags	48925.00	92.76	527.44
Transport	136000.00	92.76	1466.15
Iron Sheets	122000.00	92.76	1315.22
Card boards, block boards	74900.00	92.76	807.46
Timber	83810.00	92.76	903.51
Advance labour-contractor	20000.00	92.76	215.61
Cash balance at bank	<u>194854.05</u>	92.76	<u>2100.63</u>
TOTAL	<u>892489.05</u>		<u>9621.49</u>

RECENT PHOTOS FROM LONDIANI



KENYA 2005

**ARE YOU LOOKING FOR A CHALLENGE?
DO YOU LIKE WORKING AS A TEAM?
ARE YOU PREPARED TO GIVE YOUR TIME TO HELP OTHERS?**

KENYA 2005 is HERE for YOU!!

The Friends of Londiani, Ireland will send a number of project teams to Kenya in 2005.

PROJECT TASKS:

The following are the tasks that Friends of Londiani hope to carry out in 2005.

- Bring running water to both Kebeneti and Lelsothet
- 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
- Run a HIV/AIDS education course in Kebeneti & complete the previous peer education course in Lelsothet.
- Organise a malaria education and awareness campaign/ work with construction of mosquito nets in homes near the river in Kebeneti.
- Set up an immunisation awareness campaign
- Set up a nutrition education 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 Lelsothet.
- Water, Sanitation & Health Training

DATES OF PROJECT:

GROUP 1: June 25th – July 16th
GROUP 2: July 16th – August 6th
GROUP 3: August 6th – August 27th

Each project group will come to Kenya for a **3 week** period. We propose that participants would spend 2 weeks working on the project either in Kebeneti or Londiani, depending on the structure of the project, and are free then to stay with the project for longer or take the opportunity for holiday activity.

We have linked up with Adventure Alternative, a travel company that will provide safaris etc at a very good rate. More details will be given at the first training weekend/group meeting.

SIZE OF GROUP:

Group size will be between 15 and 20 people for each project. The maximum group size at any one time will be 20

COST OF PROJECT:

Each person will be asked to pay **€1650** each for the 3 week period. This cost covers the following:

- Flights to and from Kenya
- Food
- Accommodation
- 3 Training Weekends in Ireland before the project begins.
- Emergency Fund costs
- Project Administration
- Project Communication/Telephone costs

We have based these costs on figures received from travel agents etc for the current year. Flight costs may fluctuate slightly, but generally other costs should remain the same.

This cost does **NOT** include:

- Travel Insurance
- Visa Costs (approx €50)
- Travel Vaccinations
- Cost of 1 week holiday afterwards.

Each participant on the project will also be asked to fundraise **€800** towards the cost of the project itself – the buildings, materials, education, summer camp etc. This money can be raised through fundraising, sponsorship etc. More guidelines on fundraising will be given at our first training weekend.

TRAINING:

There will be several training & preparation days/weekends for the group going to Kenya covering subjects such as:

- Team building
- Culture
- Health & First Aid
- Team work
- Skills transfer
- Training Methods
- HIV/AIDS & Malaria
- Nutrition, Immunisation Programme training
- Equipment and goods needed

These trainings are a very important part of the project. Attendance at all 3 training/project structuring weekends is *vital* if you want to go to Kenya.

The dates for the first two training weekends are as follows:

- September 25th/26th, Cork
- November Venue & date to be decided
- Further weekend to be decided upon by group.

WHO CAN APPLY:

Anyone **over 18 years on 1st January 2005** can apply to be part of the Kenya 2005 team. You must complete the attached application form, and be available for interview

INTERESTED???

Contact any member of the FOL planning team for an application form.

Completed forms need to be submitted together with a **non-refundable** deposit of **€50** and an S.A.E to Maria Kidney, 9 Cois Cuain, Mosestown, Whitegate, Co. Cork

Closing date for receipt of applications is **September 10th, 2004**.

MORE INFORMATION:

Check out our website: www.irishgirlguides.ie/kenya/index.htm for more information on the Friends of Londiani and the Project in 2005.

If you have any questions please do not hesitate to contact us on friendsoflondiani@irishgirlguides.ie or the Friends of Londiani, 9 Cois Cuain, Mosestown, Whitegate, Co. Cork. Tel: 021/4662730

FRIENDS OF LONDIANI PRESENTATIONS/SLIDE SHOWS

For the past number of years we have done slide shows and presentations throughout the country – to Guiding groups, work groups, the ICA, schools and lots of interested people! If you or anyone you know would like a Kenya presentation in your workplace, school etc please do not hesitate to contact us. We are more than willing to spread the word!!!

MORE PHOTOS FROM LONDIANI

(taken by Ciara and Claire in Londiani)



Some of the older girls



The kids playing with Ciara and Claire's mobiles!



The babies taking a rest!



Some of the younger children



The choir