



FRIENDS OF LONDIANI  
MARAFIKI WA LONDIANI

# Impact Report

2015

8,800

attended our  
outreach clinics

9,500

students added to  
our healthy schools  
programme

2,000

girls join our  
Alternative to FGM  
programme

Creating better futures

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

# Friends of Londiani – our impact in 2015

Friends of Londiani's mission is to work in partnership with the people of the Kenyan community of Londiani, and its surrounding villages, to develop and complete sustainable community projects to enable the people to achieve an improved quality of life based on their values and become the authors of their own development.

We 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 enables members of Friends of Londiani to further develop skills and a deeper cultural understanding.

**This report summarises some of our key achievements in 2015.**



**Of the average households in Londiani:**

70%  
rely on  
subsistence  
farming

65%  
have no  
electricity

50%  
have no  
running water

50%  
live in  
traditional  
homesteads

2

## Creating better futures



### Better education

Bursaries, teacher training and support, lifelong learning opportunities for all



### Improved healthcare

Healthy villages, disease prevention, training, well-being, care for mothers and newborns



### Clean water

Rainwater collection, gravity schemes, sanitation for all, solar disinfection



### Thriving economy

Business training, access to capital, strengthened productivity



### Sustainable goals

Friends of Londiani is wholly aligned with the 17 Global Goals for Sustainable Development ratified by the UN in September 2015

## Get involved

- Become an ambassador
- Share our story
- Volunteer in Kenya
- Become a regular donor



## Conserving fuel, improving lives

In rural communities, gathering fuel is traditionally women's work and often involves long hours away from home. This prevents women and girls from participating in other productive, educational, or income generating activities. Cooking over open, indoor fires also has a negative impact on the health of women and children in particular.

Our smokeless stoves initiative is about encouraging the use of more fuel-efficient woodstoves as healthier alternatives to the traditional three stone fire. Each smokeless stove takes just hours to build using locally available materials and a manufactured metal chimney.

The traditional method of cooking on open fires represents a serious health hazard as smoke inhalation causes respiratory illnesses and eye problems. Some people go blind from prolonged exposure to the smoke. Women and children under five years are especially at risk as they are the people who spend much of their day in the kitchen – the risk of injury through burns on open fires is also huge. With fewer accidents, less coughing, less blockage and less respiratory disease, installation of one of these stoves has a direct health and safety impact on the household. In addition, individuals who work as trained stove installers create an income opportunity for themselves and their households.



“No smoke, no back problems, no eye or chest problems. No burn injuries.”

Rose Keoch, a Londiani resident, who has a small business cooking Mandazis (doughnuts). Income from her business has improved because the stove is more efficient and uses less fuel.

### COMMUNITY IMPACT

- **357** smokeless stoves were installed across the Londiani and Kipkelion regions.
- New stoves use **70% less** firewood than the traditional open fires, helping to save local forests as well as improving household health, economy and education.
- **92** community health workers trained as stove installers.
- Working with the Public Health Office in Londiani and in Kipkelion, **28** community units have been trained on the benefits of smokeless stoves.



# Bringing healthcare to rural communities

**Rural communities face significant challenges accessing healthcare services that are traditionally found in regional centres. If access to primary healthcare is truly a basic human right, then primary healthcare must be brought to rural communities.**

In 2015, in partnership with the Ministry for Health in Kenya, Friends of Londiani worked with 28 Community Units that are part of the bottom-up approach to community health. These local units comprise volunteers who train to become community health workers. We support their training, helping with building the capacity of the local committees that co-ordinate the health workers, and through the organisation of specific courses, such as remote emergency care and maternal healthcare.

To bring community healthcare to people living in remote areas far from existing health facilities, Community Health Workers support outreach clinics in churches and similar buildings taken over temporarily for the day. Large numbers of people turn up for medical assessment. As well as the vaccination and anti-natal programmes, Vitamin A supplements and de-worming tablets are provided, while children are monitored for growth and for nutritional deficiencies. The clinics also provide family planning and medical advice and referral.



**“Community Units support individuals in making their homes into ‘healthy homesteads’ which in the long run leads to healthier individuals and a stronger, healthier community.”**

## COMMUNITY IMPACT

- **4** new Community Units were rolled out across the region in 2015, covering approximately 1,000 households each, providing free access to health information and healthcare.
- We supported **81** monthly outreach clinics in 10 remote areas across the region.
- **8,878** people attended clinics, including 2,120 children under 5. The majority of the adults attending were women.
- 2 two-day rescue and emergency care courses were held, training **55** community health workers to equip them with the skills necessary to respond to emergency cases.



# Healthy schools

Over a million very young children die every year in Kenya due to lack of access to proper sanitation and safe water. Many schools in the Londiani and Kipkelion sub-counties do not have adequate sanitation and hygiene facilities. Our Healthy Schools initiative aims to change that.

The initiative aims to provide a safe, healthy environment for children where they live, learn and play – giving them access to clean water; improving their latrines and sanitation and creating a smokeless environment for school kitchens with smokeless stoves. The programme delivers training for teachers and support for schools to make improvements to toilets and clean water provision.

Students in each school form a Healthy Schools club; our staff and volunteers work with them to help increase awareness of hygiene and sanitation issues and encourage them to transfer their knowledge into positive action in the school, at home and in the wider community.

In 2015, the number of schools in the Healthy Schools programme increased to 168 and we supported 32 of these to be part of the Girls for Girls (G4G) programme. G4G is about enabling girls to stay in school during their monthly menstruation. By providing sanitary products, hygiene/health education, improved sanitation with better latrines/washrooms and economic empowerment, a girls' confidence increases and her right to education is not impacted on each month.



“ Our Healthy Schools initiative is based on the WHO Healthy Environment for Children’s Alliance.”

## COMMUNITY IMPACT

- **30** new schools comprising **9,530** students were added to the programme, bringing the total of schools to **168**.
- Girls for Girls has supported more than **1,700** girls in a programme of education around menstrual hygiene and with a school environment tailored to their needs with good latrines and washrooms dedicated to girls. Without this programme girls risk missing up to 1 week of school each month.
- **80** additional teachers were trained and each of the 30 new schools set up a HECA committee involving parents, school management and teachers and a HECA club involving the students and teachers.
- **5** new washrooms were constructed in 5 schools, **4** water tanks (30,000 litres) were constructed in 4 schools and **8** smokeless stoves were installed in 4 schools. All these infrastructure projects were implemented using cost sharing of up to 50% with the schools.



# Economic empowerment

**For many Kenyans, wages can be as low as a dollar a day and opportunities for economic advancement are limited, especially in rural areas. These communities have no shortage of talented or willing entrepreneurs, but people often lack the training or resources to build or expand their own businesses. That's why we have a strong focus on economic empowerment.**

Through our economic empowerment programme, we work with communities to develop business plans and income generation projects. These initiatives range from schemes linked directly with health education or safe water supply, to general business training and specific business development projects.

In 2015 we organised four new business training courses to share basic entrepreneurial skills with community members, as well as ramping up expertise within the community units that will help people improve existing businesses or set up new ones.

These courses educate, build self-esteem and break down barriers preventing communities from accessing finance. Our aim here is to help people to become less vulnerable, more resilient and better able to work their way out of poverty.

**“Our goal is to ensure that the people in the communities in which we work will have sustainable livelihoods and be economically empowered.”**

## COMMUNITY IMPACT

- We facilitated **4** business courses which took participants through the steps required to set up and manage a small business or income generating project, representing **90** communities.





## Safe water saves lives

The people in the Kunyak division currently have to drink polluted water from the river, and unsurprisingly this has led to fatal outbreaks of cholera and typhoid. Over the next couple of years, we aim to bring access to safe, clean water to more than 5,000 households.

Our collaboration with the Nduro Water Project committee started in 2011. The area in question is located in the Kunyak division and has a population of around 17,000 people. This remote upland area has multiple challenges, most of which relate to its isolation and overall poor access to services. The Nduro project is a gravity water fed scheme on a huge scale and one which is being developed as funding is available.

It involves installing pipework to bring water down from a spring high in the hills, and constructing masonry storage tanks to ensure that the local people always have access to clean water. The local community are strongly committed to this project and are keen to help in any way they can.



“Almost 900 million people around the world still lack access to safe drinking water.”

### COMMUNITY IMPACT

- In 2015, Phase 5 of the Nduro project involved the laying of up to **6km** of pipeline from the previously protected source all the way to Ngorimori Centre.
- The **900** 2 inch pipes have been laid at a depth of 2 feet below ground.
- The extended pipeline will eventually provide easy access to clean water for a further **10,000** people and storage capacity has been increased to **275,000** litres.

Left: Delivery of the pipes to Kunyak Secondary School, July 2015.

Right: Laying pipes at a depth of two feet to carry water from the source storage tank.



# Stronger women, stronger communities

**Londiani and surrounding Kenyan communities are remote, rural areas in which it's a common occurrence for a mother to lose her life during childbirth and for the child to die within their first two years of life.**

Women and girls in these communities are often relied on to collect water for family homes, with less than 50% of the population having access to clean and safe water. Alongside this, women and girls are expected to collect wood for fuelling the open fires that they use to cook food on.

At Friends of Londiani we focus on programmes that put in place interventions to protect girls and women during key moments in their lives from birth through to adulthood. These include:

- Improved maternal health
- Economic empowerment
- New born healthcare
- Alternative rite of passage to end FGM
- Healthy schools
- The role of girls and women in family life
- Girls for Girls
- Lifeskills peer education courses
- Education bursaries

Economic empowerment is also a key part of our Girls for Girls (G4G) programme which is about making sure that girls don't miss days of school each month during their menstruation. This programme supports the Global Goals for health, education, gender equality and clean water and sanitation by protecting a girls right to education after

puberty. By teaching girls that economic empowerment skills are part of lifeskills, we hope that schools themselves will help sustain the programme and extend economic empowerment into the broader community.

For example, in 2015 teachers and principals from 10 schools came

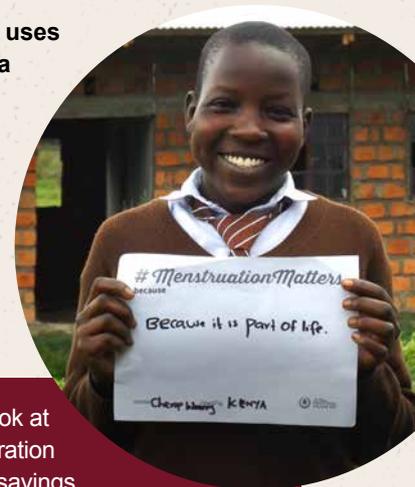
together to look at income generation projects and savings schemes which will enable them to sustain the provision of sanitary products in their schools. This supports our conviction that 'no girl should miss school because of lack of access to affordable sanitary products'.

**“ If we are going to see real development in the world then our best investment is women.”**

Desmond Tutu

## INVEST IN WOMEN PROGRAMME

Friends of Londiani uses this programme as a focus on providing women in Kenyan communities with protection, equal opportunity and a healthy lifestyle.





## Strengthening communities

Friends of Londiani believe that making communities stronger requires a holistic approach. This starts with the family and creating healthy homesteads through community units and working with the community health strategy. When families become healthier then the community becomes stronger.

At community level our Lifeskills peer education courses were rolled out in 19 locations across the region in 2015, with 858 participants. This programme focuses on HIV/AIDS awareness, treatment and prevention; relationships; maternal health and many other issues requested by the community. Lifeskills often leads to the formation of community groups who work together to bring change to their communities. One example of these groups is in the Alternative Rite of Passage.

To support a more effective healthcare system within in the community, our health programme includes Water and Sanitation as well as public and clinical health.

Pregnant women, new mothers and newborn babies are faced with some of the greatest threats to health, and the hospital partnership between Londiani Sub-county Hospital and Mayo University Hospital focuses on supporting maternal health with training and skills sharing. This link was strengthened during 2015 when Friends of Londiani was accredited with ESTHER Alliance Ireland, and plans were made to further develop communication links between both hospitals.

“ We are proud to report that in 2015 our **Alternative Rites of Passage programme gave more than 2,000 girls an alternative to female genital mutilation (FGM).** This programme is about providing girls and their communities with an alternative coming of age to FGM – but without losing their culture or traditions, and with the full support of their communities.”



# Our volunteering programme



## Harambee 2015

Harambee is a Swahili word which means 'working together' and our volunteer programme is all about the spirit of partnership and sharing skills and knowledge – on the ground within communities.

In November a team of six Irish, Australian, Portuguese and Kenyan volunteers took part in our Harambee project. They supported our community development programmes such as the Rescue and Emergency Care courses; smokeless stove building; business training courses, Lifeskills peer education and the sustainable tourism trekking route. The Kenyan volunteer stayed on after the project to volunteer at the Friends of Londiani office for the rest of the Year.

Local volunteers in Londiani and Kipkelion assist with facilitating Lifeskills, Rescue and Emergency Care, Alternative Rite of passage. Parents and teachers volunteer to support Healthy Schools and Girls for Girls, and the Community Health Workers are all local volunteers.

## VOLUNTEER IMPACT

- Several volunteers assisted with **administration, fundraising, training** and more in the Irish office
- Our Friends of Londiani Ambassador Programme provided support with **fundraising** such as the Mountain Challenge in August, the Christmas Craft Fairs in November and December, and the Irish Aid Comhlamh Volunteer Fair in Dublin in October
- **2 ambassador** evenings were hosted in October to tie in with the launch of the **Global Goals** and provide updates on our progress

We'd like to say a big **thank you** to all those who have supported us throughout 2015, including:

All our volunteers, supporters and donors; everyone who Climbed for Kenya at the Mountain Challenge; all those who supported our Christmas craft sales; Friends of Kipkelion; Irish Aid and the Irish Foundation for Co-operative Development; Cork and Bangor Soroptimists and Ulster Girl Guides.

# Events and milestones 2015

## JANUARY

To support the **European Year of Development**, we challenged people to make a real difference, starting with a New Year's resolution campaign to help build a better world **#NewYearNewWorld**

## FEBRUARY

Held a Teachers Economic Empowerment workshop looking at ways to support the sustainability of the **Girls for Girls** programme. Visit from our partners, **Friends of Kipkelion**.

## MARCH

**About the Girl** workshop.

**World Water Day** – marked with Irish Schools 'Walk for Water'.

**River of Change** – a US Girl Scout troop highlighted the lack of access to clean water and how our work helps to alleviate this.

**International Women's Day**

**HECA** schools survey.

## APRIL

**Healthy Schools** presentation, Gaelscoil Mainistir na Corann, Midleton.

Information stand at **Mayo General Hospital**.

**Western People's Mini Marathon**

**World Malaria Day**

**Young Social Innovators Day** – our stand challenged students to get involved in supporting the Girls for Girls programme.

## MAY

**Menstrual Hygiene Day** – marked by Irish and Kenyan volunteers as well as supporters through our social media via **#MenstruationMatters**

## JUNE

Entered the **Better Together** video competition.

## JULY

Trenches dug and pipes laid for the **Nduro Water Project**.

## AUGUST

**Mountain Challenge** – more than 60 people took to the hills in Ireland and in Kenya on a Climb For Kenya challenge to raise funds for community development programmes in Kenya.

Phase 5 of the **Nduro Water Project** starts, to bring water from the source storage tank to Ngorimori Centre.

Visit from the Deputy Head of Mission, **Embassy of Ireland, Nairobi**.

## SEPTEMBER

The **Global Goals for Sustainable Development** are launched by the UN.

**AGM**

## OCTOBER

**Global Handwashing Day** marked at local Kenyan schools and on our social media.

## NOVEMBER

**World Toilet Day** marked on our social media.

**Christmas Craft Fairs**

The campsite in Ndubusat developed as part of the **sustainable trekking route** welcomed its first guests.

Visit from our partners,

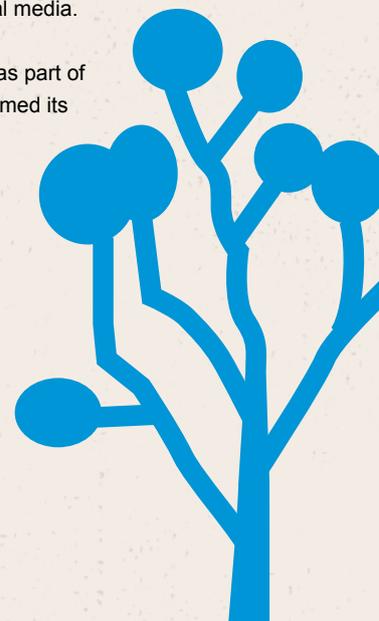
**Friends of Kipkelion**.

## DECEMBER

The highest number yet of girls, **2,127**, graduated from ARP courses in Londiani and Kipkelion.

**Christmas Craft Fairs**

Visit from the **Irish Foundation**.





## Our vision



Friends of Londiani is based in the town of Londiani, a rural community 220km northwest of Nairobi, in Londiani sub-county, Kericho County. We work across the sub-counties of Kipkelion and Londiani, a region with a total population of approximately 228,000 people of which 50% are women and 58% are under 25 years of age.

The vision of Friends of Londiani is for the people it works with in Kenya to have an improved quality of life based on Kenyan values. Our programmes are implemented through partnerships based on local communities' self-identified needs in the areas of health, education, water and economic empowerment.

Friends of Londiani has strong partnerships in Ireland and in Kenya. Our partners include the people that we work with in Kenya, our volunteers and supporters and our donors. We are members and signatories to many organisations whose aim is to support good governance among charities in Ireland, a development education approach to all that we do and a commitment to advocacy and good practice in working in the development sector.

Friends of Londiani is a registered charity in Ireland CHY16505; Charity Regulatory Authority Number CRA 20059583  
Friends of Londiani is a registered NGO in Kenya OP 218/051/2005/0295/3731



### Londiani & Kipkelion District



In September 2015, the UN ratified a new set of 17 Global Goals for Sustainable

Development. **We are wholly aligned with these goals** which it sees as a once-in-a-generation opportunity to set the global agenda. And that's exactly what we aim to do. As Ban Ki-moon says: **"Don't stand by. Don't stand back. Stand up. Stand for justice. Stand up for dignity. Stand up for a better world."**

## Keep in touch

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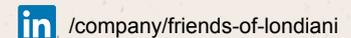
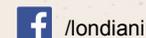
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