



Friends of Londiani Annual Report 2007



Front Page photo – Partnership 2007

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Directors of Friends of Londiani

Board of Directors

Ms. Maria Kidney, Chairperson

Ms. Helen Concannon, Vice Chairperson

Mrs. Hazel Murphy, Secretary

Mr. Martin Ballantyne, Treasurer

Mr. Joe Willis

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Mission of Friends of Londiani

The mission of Friends of Londiani is to work 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.

Friends of Londiani, Ireland works in partnership with a registered Non Governmental Organisation (NGO) in Kenya called Friends of Londiani, Kenya. In Ireland, Friends of Londiani is a registered charity (CHY 16505).

Friends of Londiani are involved in many community development projects in areas such as medical, health, HIV/AIDS, education and water and work jointly with the communities of Londiani's surrounding villages such as Lelsothet, Benditai, Masaita and Ndubusat.

FOL has strong partnerships with the Ministry of Health and the Ministry of Water.

Funding

Friends of Londiani received funding from the Department of Foreign Affairs through Irish Aid. In August Irish Aid representatives visited the projects in Londiani and Ndubusat. FOL was delighted to host Irish Aid and are pleased with the evaluation report.



Irish Aid is the Government of Ireland's programme of assistance to developing countries. This grant was specifically for Water, HIV/AIDS and Medical projects and will be used to part-fund these projects.

FOL gratefully acknowledges their support.

Message from the Chairperson

Friends of Londiani is committed to working in partnership with the people of Londiani and its surrounding villages. This year our partnerships with communities, government departments and other NGO's have grown stronger. FOL is now working with the Ministry of Health, Kipkelion District in the clinical and public health areas. FOL has a new partnership with the Ministry of Education in Londiani Division, and hopes to expand and develop this relationship in the years to come. 2007 saw FOL hold its first partnership seminar with the community groups that we work with in Kenya. This two day seminar in Naivasha will help shape our projects into the future.

The highlight of 2007 was the Harambee 2007 project where 86 volunteers from all over Ireland travelled to Kenya to complete several community development projects. Harambee projects are only possible due to the goodwill of people giving up their free time and fundraising. To everyone involved in Harambee 2007, FOL sincerely thanks you for making it a success.

Our partnership with the Kenyan Ministry of Health has gone from strength to strength this year, and August saw the launch of an Essential Obstetric Care course for medical professionals. The course was a huge success and a subsequent course was held in November. The aim is to train Kenyan professionals to become instructors on this course so that the programme can be rolled out throughout the district. Improvement of Maternal Health is one of the 8 Millennium Development Goals which FOL is committed to achieving. Towards the end of 2007 FOL formed a partnership with the Londiani District Hospital, and have committed to raising the standard of the hospital to that of a District Level. FOL have applied to Irish Aid for funding to enable this programme to begin.

Our commitment to HIV/AIDS prevention through education, and support for those affected and infected by the virus continues. This year another 3000 people attended courses run by FOL volunteers working in local communities. The Marmar group in Ndubusat deserves special mention as they were successful in securing grant aid from the National Aids Control Council (NACC) in Kenya.

FOL have another new partnership with the Catholic Diocese of Nakuru Water Department. This partnership will enable the local community to expand the Ndubusat water project during 2008. Water projects continue and 48 community water tanks were implemented this year.

FOL continues to support the maintenance of Bethel Children's Home in Londiani and supports the children through the provision of funding for their education.

FOL is deeply saddened by the events that took place in Kenya following the general election in December 2007. Events since then have had a profound effect on the people of Londiani. FOL has responded to their needs and will continue to work in partnership with the people of Londiani and its surrounding areas.

I would like to thank all those who made our work this year a possibility – the Directors of Friends of Londiani, our volunteers, our fundraisers and supporters.

Thank you for your time and commitment to the people of Kenya.

Maria Kidney,
Chairperson

Friends of Londiani Ireland 2007

The main focus of 2007 was the Harambee 07 project which involved 86 volunteers working in Kenya during the three summer months of June, July and August. But this was not the only activity in 2007!

The year included the following events and activities:



The Annual Kenya Ball was held in Cork on the 14th April and 340 guests celebrated the work of the charity. Guests of honour on the night were Deputy Lord Mayor Ciaran Lynch and his wife Bernadette, The Principal Councillor from the Kenyan High Commission in London Mr. John Tipis and The First Secretary from the Kenyan High Commission in London, Mr Leonard Boiyo. The event incorporated the launch of the FOL promotional DVD.

The Four Peaks Challenge took place over the June Bank Holiday weekend. The highest peaks in England, Ireland, Scotland and Wales were 'summitted' by Friends of Londiani supporters. This event was a successful fundraiser and much praise is due to both the climbers who partook and their support teams.



Marigold Madness

This year two schools undertook to grow and sell marigolds in aid of FOL. Many thanks to Hendrick for donating the seeds and materials. Asante sana to Colaiste Mhuire, Cobh, Co. Cork and Killinarden Community School, Tallaght, Dublin 24.



Christmas Cards and Calendars

Sales days were held in shopping centres around the country and over 1250 calendars were sold. Christmas cards were available in two formats this year and were a big success.

Media coverage - RTÉ appearance for Friends of Londiani

Following the presentation of an award for Humanitarian/Voluntary Leadership to Maria Kidney, Chairperson FOL in Seoul in November '06, RTÉ contacted the charity and compiled a report for their Nationwide programme. The show went out on RTÉ1 on Friday 23rd March and Maria did FOL proud.

CSPE is the Civic, Social and Political Education programme that is now compulsory for all secondary school students. Part of the Junior Certificate exams, it includes an action project. In September FOL launched CSPE resources for schools. Many schools invited volunteers to speak about their experiences in Kenya.



Research Thesis

During Harambee 05, one of the volunteers Nicola Ballantyne 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.



Awards

The work of FOL was acknowledged with awards twice this year. In October, Helen Concannon, Vice-Chairperson, was awarded an Alumni Award for Humanitarian work from the University of Limerick and later in the year it was announced that she would also receive a Galway Person of the Year Award. These awards are testimony to the work all the volunteers of Friends of Londiani.

Health Courses in Kenya

Due to the success of the Essential Obstetrics Course held during Harambee 2007, a small medical team returned to Kenya in November to repeat the course. This course provides vital skills and knowledge to those working in the area. FOL thanks all those involved who give of their time and skills.

FOL supporters also took part in the following events:

- Common Ground Exhibition, Cork
- Dublin Mini Marathon
- Cork Mini Marathon
- Bupa Run in Phoenix Park, Dublin
- Table Quizzes
- Leg Waxes & Head Shaves!
- Curvethons, Cork
- Golf & Fishing Event, Galway
- Development Futures Conference, NUIG
- A Night at the Dogs, Shelbourne Park, Dublin.
- Raffles, Cake sales, Car Boot Sales and lots lots more!



Harambee 2007 – A Huge Success

Harambee 2007 was a huge success with all teams completing many tasks between June and August. The wet 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 surpass all the aims of the projects. Harambee 07 was located in 3 main locations – Benditai; Ndubusat; and Londiani which included Lelsothet, Masaita and Kapianga villages.

Water Projects

Community water tanks were constructed in the villages of Lelsothet, Masaita, Kapianga, 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 and its expansion is being investigated.



Medical/Health Project

- A medical project was run in Londiani and in Ndubusat during Harambee '07 covering many areas.
- A Child Assessment of all the children in the Bethel Children's Home happened in June, and in total 67 children were assessed by the medical team.
- 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 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 and 18 schools participated. All performances were fantastic and enjoyed by all who participated and the audiences.



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.

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 is was difficult for the children to get around.



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 senior classes of a primary school in Benditai which will ensure all children can finish 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 built 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 now running local literacy groups in their villages. In July two literacy training programmes were run for men and women. Once graduated they helped run a literacy programme for others. The highlight was a 92 year old man who wrote his name for the first time! The Benditai Book Club was also set up and people can now rent books to read.

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 everyone who supported the project in any way - through supporting the volunteers, through fundraising or contributions.

Some Quotes from Harambee 2007



Asante Sana to FOL for the privilege of coming to Kenya for an enriching and hugely enjoyable experience



Really enjoyed the school visits. Great atmosphere in the classrooms, I learnt loads

I had a brilliant time – loved every minute. An amazing experience. I'll definitely be coming back.

Water project was brilliant, very worthwhile, you could see immediate results

Great community effort to see each family sharing the work on the water tanks. The immediate impact the water tank was going to have for families was very obvious.

Building was really good, I became great mates with the Kenyan builders and loved the work



I was impressed at how well the community (locals and Irish) all work together – excellent!

Literacy tutor course was great to be involved with local women. Then visited one of them and its great experience to see the work in action.

Peer Education – I was delighted that I got the opportunity to work on Peer Education, I felt like I got more out than I gave.

I really enjoyed the project – its fantastic to see how much that FOL has grown along with the communities we are working with

The project went superbly. We had a great team who worked really well together and with the locals. We got lots done and had great fun together.

The schools variety show was a great feel good factor. Everybody really enjoyed themselves too and it was informative on health issues.



Financial Report

Revenue Account For the Year Ended 31 December 2007

| | 2007 € | 2006 € |
|---|-----------|-----------|
| INCOME | | |
| Harambee Income | 227,731 | - |
| Fundraising Events | 371,144 | 109,115 |
| Irish Aid Funding | 59,521 | - |
| Donations | 40,082 | 33,280 |
| | 695,478 | 142,395 |
| INTEREST RECEIVABLE | | |
| Bank Interest receivable | 689 | 313 |
| EXPENDITURE | | |
| Ongoing Projects | 289,247 | 54,048 |
| Harambee Team Costs | 229,912 | - |
| Fundraising Costs | 68,401 | 59,640 |
| | 587,560 | 113,688 |
| SURPLUS FOR THE YEAR | 108,607 | 29,020 |
| Transfer to Educational Fund | 50,000 | |
| Surplus for the Year after Transfers | 58,607 | 29,020 |

Balance Sheet As at 31 December 2007

| | 2007 € | 2006 € |
|--|-----------------|------------------|
| CURRENT ASSETS | | |
| Debtors and prepayments | 4,574 | 55,501 |
| Cash at bank and in hand | 143,563 | 113,725 |
| Designated Bank Funds | <u>122,908</u> | <u>95,319</u> |
| | 271,045 | 264,545 |
| CREDITORS (Amounts falling due within one year) | <u>(85,290)</u> | <u>(187,397)</u> |
| NET CURRENT ASSETS | 185,755 | 77,148 |
| RESERVES | | |
| Revenue Account | 135,755 | 77,148 |
| Educational Fund | <u>50,000</u> | <u>-</u> |
| | 185,755 | 77,148 |

These Financial Statements were prepared by Deloitte & Touche on 08th May, 2008.