



# Friends of Londiani

# Annual Report 2008



*Front Page photo – Patients at Bethel Medical Clinic, Ndubusat, Kenya*

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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. Joe Willis, Treasurer

Mr. Gerard Murphy

Mrs. Deirdre Henley

### Executive Director

Mr. Martin Ballantyne

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## Mission of Friends of Londiani

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

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.

In Kenya, Friends of Londiani is involved in many community development projects in areas such as medical, health, HIV/AIDS, education and water. FOL works jointly with the communities of the Kipkelion District of Kenya through equitable partnerships. This includes the communities in the town of Londiani and its surrounding villages such as Lelsothet, Benditai, Masaita and Ndubusat. FOL has strong partnerships with the local representatives of the Ministry of Health, the Ministry of Water and the Ministry of Education and other NGOs. In Ireland, Friends of Londiani undertakes development education activities with volunteers, in schools, with community groups and other NGOs. This work helps to highlight the importance of global citizenship and creates an awareness of different cultures. FOL's education programme in Ireland includes activities from preschool through to fourth level research and incorporates both formal and informal education.

## Funding

Irish Aid is the Government of Ireland's programme of assistance to developing countries. Friends of Londiani received funding from the Department of Foreign Affairs through Irish Aid in 2008. This grant was specifically for Water, HIV/AIDS and Health projects and is being used to part-fund these projects.

FOL gratefully acknowledges their support.



## Message from the Chairperson

Friends of Londiani began as a small group of 'friends' seven years ago and it continues to grow and develop as a charitable organisation each year. This last year, 2008, has seen many positive steps in our organisation and many successes in our projects.

FOL was deeply saddened by the events that took place in Kenya following the disputed general election in December 2007. The resulting tribal conflicts spilled over into 2008 and had a profound effect on the work that FOL carries out. Whilst FOL is not an emergency relief organisation, we found ourselves in a unique position as we were already working on the ground and could assist in the short term until the relief agencies arrived. The Board of Directors launched an emergency appeal to which we had an amazing response. Much of this funding was funnelled directly to one of our partners – the Irish priests in St. Kizito's Church in Londiani. Along with them, FOL's own staff helped distribute blankets, milk, medications, sanitation products and school uniforms to those most in need as a result of the tribal clashes. FOL staff constructed water tanks in the Internally Displaced Peoples' (IDP) camp in Londiani and worked hard throughout the emergency, putting the people of Londiani before themselves, in spite of their own fears. During the conflict, the water tanks and buildings constructed by FOL were not damaged and the leadership and organisational skills gained from educational courses over the years helped those facing difficult challenges.

In May the Board of Directors of FOL began work on an organisational development process for the charity both here and in Kenya with a view to making it more sustainable for the future. We are grateful to our consultant Mr. Martin Dwan for all his assistance with this process. Friends of Londiani have since employed an Executive Director – Mr. Martin Ballantyne, who is based in our Cork office. The Board of Directors wish him every success in his new role and look forward to meeting the challenges ahead together. A key strength of FOL is the fantastic volunteers who work with the charity year in, year out. They are the backbone of this charity and their energy and enthusiasm is a great encouragement to the communities in Kenya.

In Kenya, our partnerships have grown from strength to strength in 2008, and now FOL has expanded outside Londiani townland to its administrative motherhood - the District of Kipkelion. FOL is a major stakeholder in the Kipkelion District which has a population of 206,000. We have strong partnerships with the relevant Kenyan Government

Departments and other NGO's and these partnerships continue to be key relationships that will ensure the sustainability of our joint projects.

FOL has continued to receive the support of Irish Aid through their Civil Society Fund. This funding has enabled FOL to partake in a Medical Exchange between Irish and Kenyan health professionals. This experience provided many opportunities, one of which was for representatives from Mayo General Hospital to visit Londiani District Hospital with a view to starting a partnership and a link project through Friends of Londiani.

FOL's HIV/AIDS Peer Education Lifeskills programme continues to grow and in 2008, 23 courses were run in the Kipkelion District. In the words of FOL's Kenyan Director, Mrs Anna Mainek: "Peer Education has been and will be the pillar in information so that men and women will be able to respond better to the impact of HIV/AIDS." The numbers who attend these courses speaks volumes for the programme but the real impact of the information gained and the lifestyle changes made on the basis of this information is far more extensive than the numbers alone can indicate.

FOL's Education Bursary Scheme has provided 1152 bursaries for students over the past 8 years and it continues to be a successful project throughout the District. In all cases, these students would otherwise not be able to attend primary, secondary or third level courses. Providing this essential opportunity to students is another way of enabling FOL to work towards the achievement of the Millennium Development Goals.

FOL also continues to support the maintenance of Bethel Children's Home in Londiani and supports the children through the provision of funding for their education, maintenance of the home and staffing. The Children's Home is striving to become more sustainable and has begun farming more land to enable it to sell its own produce.

2008 began with difficult times but has concluded with much hope for future. I would like to thank all those who made our work this year a possibility – the Directors of Friends of Londiani, the staff in Kenya, our volunteers here in Ireland and Kenya, our fundraisers and supporters.

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

Maria Kidney  
Chairperson

## Friends of Londiani Medical Exchange 2008

This two-way exchange was one of the highlights and successes of FOL's work in 2008. Friends of Londiani would like to acknowledge the support of Irish Aid who helped made this exchange possible.

### Part 1: Kenya to Ireland

As part of the partnership between Friends of Londiani, Ndubusat Bethel Medical Clinic and Irish Aid, FOL were delighted to welcome two employees from the Clinic to Ireland on a month long Medical Exchange in March 2008. Ben Cheruiyot is a Laboratory Technician in the Clinic and Stephen Cheruiyot is the Nurse-in-Charge. While here, they observed practices in Mayo General Hospital, Mercy Hospital, Cork & Cork University Hospital. FOL is very grateful for the help and support of the Staff and Management of the Hospitals who cooperated in a warm and welcoming manner.

*L to R: Wilson Mainek, Steven Cheruiyot, Anna Mainek and Ben Cheruiyot at the Irish Aid Volunteering Centre, O'Connell St, Dublin on World Health Day 2008.*



Ben also visited the Munster Regional Transfusion Centre in Cork, and both FOL employees completed a Project Management Course in Kimmage Development Studies Centre, Dublin. They also visited some of FOL's major supporters and were guest speakers in the Irish Aid Volunteering Centre on World Health Day, and again in UCC on a lecture on sustainability. As part of their visit Stephen and Ben completed all 26.2 miles of the Connemarathon - despite the hail, rain and snow that prevailed on the day!

### Part 2: Ireland to Kenya

In October and November 2008, a team of eight Irish volunteers travelled to Kenya as the reciprocal visit of the Medical Exchange. The first strand of FOL's maternal health programme focuses on the adoption of the RCOG/WHO Essential Obstetric Care – Life Saving Skills programme as its education syllabus for healthcare professionals for Maternal and Child Health. During the Exchange the Irish volunteers worked side by side with the Essential Obstetric Care Team in the District of Kipkelion in running 2 EOC

Courses in partnership with the Ministry of Health Kenya. This course is run as an academic and skills-based 3-day course for healthcare workers. Participants came from each of the 51 health dispensaries and clinics in the District, and the District Medical Officer of Health, Dr Brenda Makokha formally opened the course. The course instructors were both Irish and Kenyan, and FOL staff were trained in the course administration to enable future courses. As part of the Irish Aid funding, the EOC Team received excellent training equipment and supplies which will remain in Kenya for further training. The plan for the future is to have an EOC Team in the Kipkelion District co-ordinating and running all courses. This team will continue to be supported by FOL.

During the trip, FOL volunteers also organised Maternal Health courses for Traditional Birth Attendants and Community Health Workers in Londiani and Ndubusat. The volunteers also conducted health check-ups for the children in Bethel Home and attended a Field Day organised by local Public Health staff and volunteers.



Many thanks to all the volunteers who travelled to Kenya in October and November.

## **FOL Business Development Visit to Ireland 2008**

FOL Ireland was delighted to welcome **Anna Mainek, the Director of FOL Kenya** to Ireland for a 2 week study and business development visit. Anna was in Ireland from 7th - 20th April and was accompanied by her husband Wilson. During her time here she visited many of FOL's supporters and attended business training courses. Anna visited schools in



Dublin, Kildare and Cork to speak to students about Kenya and the work of FOL. Mrs. Mainek was one of the special guests at the Kenya Ball in Cork where she shared some of her experiences through a moving speech.

FOL would like to thank all who offered their time and hospitality during Anna and Wilson's visit.

*Photo shows Wilson and Anna explaining the symbolism of the Kenyan flag to secondary school students in Dublin.*

## Continuing Projects in Kenya

2008 was a busy year for the FOL office in Kenya with many projects to manage and coordinate. Some of the projects that began in Harambee 2007 came to a completion in 2008 and new projects began. Developing good partnerships with the local representatives of the various Ministries of the Government were integral parts of each project undertaken.



### Construction

Classrooms in Ndubusat Girls Secondary School were finished and now the school has students in Form 1 and Form 2. The two classrooms in Keychiat School in Benditai were also completed to a very good standard and now students at this school finally have enough rooms to complete their primary education to Standard 8. In Lelsothet, the community centre was finished and is now in use and available to hire.

### Bee Keeping

In 2008, bee keeping trainings were held with different interested groups and a link was formed with a local Agricultural college called Baraka. This college provides locally made equipment and is willing to sell honey from the Londiani area if the quality is up to standard. This project has a lot of potential as an income-generator for communities.

### Water Projects

The Borehole in Bethel was completed and now awaits phase II funding for the project. Rainwater collection tanks are now in place in 4 different villages around Londiani and training courses on maintenance occurred in 2008. The water gravity system in Ndubusat continues with the ownership of the project being passed to the local water committee.

### Health & Medical Projects

Apart from the Medical Exchange in 2008, other health activities continued throughout the year. Through FOL's support, the Public Health office in Londiani held 3 Public Health Field Days providing information on nutrition, malaria, HIV/AIDS, maternal and new born health to 7368 people from local communities.



The Community Health Workers in Londiani and Ndubusat had trainings on the implementation of the Community Health Strategy – the Kenyan Governments programme

for grassroots development of community healthcare. Following the training, the participants then brought the concept of a Healthy Village to the communities and initiated Community Health Committees to collect baseline data through household surveys. The data collected enables the District and Divisional offices to plan



the implementation of the strategy and to monitor results of the initiatives undertaken.

Ndubusat Medical Clinic continued to increase its patient numbers and introduced an outreach programme in the community.

Friends of Londiani also supported the Marmar committee in Ndubusat with its care of orphaned children with regard to their health and education needs.

### Education Projects

The Lifeskills HIV/AIDS Peer Education programme was another success of 2008 with more communities asking for the training to be introduced in their villages. This programme continues to grow and is amended from time to time as required.



Thanks to the generosity of Irish people, FOL continued to provide Education Bursaries for students. Primary focus in 2008 was on orphans and on those displaced by the post-election violence. The long lasting benefits of these bursaries emanate into the wider community and benefits more than just the recipient.

FOL began a partnership with the Area Education Office in Londiani in 2008. As part of this ongoing relationship, FOL supported a training seminar for Standard 8 teachers from the 39 primary schools in the District. The success of this training has enabled plans to be put in place for future such events.



Adult Literacy groups were disbanded for a short time during 2008 but some of them have reconvened and have requested further training in this area.

As part of the Public Health Strategy, schools in Kenya are being encouraged to undertake the Healthy Environments for Children Alliance (HECA) programme. FOL is happy to be supporting the implementation of this global programme in Londiani.

## Events in 2008

Friends of Londiani is fortunate to have resourceful enthusiastic volunteers who have organised numerous fundraising events throughout Ireland on behalf of the organisation. Rather than list every event FOL has selected a few to illustrate the generosity of the Irish people and the willingness of our volunteers to raise vital funds for the community projects in Kenya.

### Friends of Londiani Ten Munro Challenge

Footprints to Kenya is FOL's annual Mountain event and this years challenge was launched by FOL volunteers and Cork hurler Seán Ó hAilpín early in 2008 as a Ten Munro Challenge. Over 30 climbers took up the challenge and embraced the mountains on the June Bank Holiday Weekend in Kenya.



The climbing began on Saturday morning in Dingle climbing Mt Brandon and Brandon Peak. The day dawned bright and warm giving fantastic views along the way. Sunday morning dawned at 5.30am with breakfast before heading for the Reeks Ridge in Killarney - a test of endurance and strength for sure! But the spectacular views of the entire Reeks range could be seen from early on in the day. The day included more than 10 peaks for all participants - from Lough Eighter to Kate Kearney's in the Gap of Dunloe. The team spirit of the volunteers and supporters was high with teams finishing the ridge at 8pm that night - in high spirits and with a huge sense of achievement. Monday dawned a little later than Sunday and the teams headed out towards Muckross to climb Mangerton. It was fantastic to look over onto the Reeks to see the extent of the previous days challenge.



### Gaisce Hike Challenge

While the Ten Munro challenge was on the Reeks, another challenge was taking place with the students of Colaiste an Chroi Naofa, Carrignavar who spent the weekend in Killarney as part of their Bronze Gaisce challenge. They walked from Killarney to Kenmare on Saturday and joined the Ten Munro team on Sunday to climb to the top of Mangerton. Well done to the students and their teachers.

## Connemarathon

Volunteers from around the country travelled to Maam Cross in Connemara to take on the gruelling challenge of the Half and Full Marathon of 26.2 miles in wind, rain and sunshine in aid of Friends of Londiani. Volunteers were joined by two Kenyan staff here on the Medical Exchange as they walked, ran and completed both the half marathon and the full marathon. Congratulations to all involved.



## Annual Kenya Ball

Saturday, 12th April saw 330 people arrive in the Rochestown Hotel, Cork for the Friends of Londiani annual Kenya Ball. The night began with a VIP reception for our special Guests - The Lord Mayor and Mayoress of Cork - Councillor Donal Counihan and his wife, Mary; The Kenyan Ambassador to Ireland – Mrs. Catherine Muigai Mwangi and her husband; The Kenyan Director of FOL Kenya, Mrs. Anna Mainek and her husband Wilson; The CEO of Cork Chamber of Commerce, Mr. Conor Healy and his wife, Margaret; and Benjamin and Stephen Cheruiyot who work in the Ndubusat Medical Clinic, Kenya. There was a great atmosphere on the night and whilst the fundraising element was a vital component, the camaraderie of the evening prevailed.



## Christmas Cards and Calendars

FOL launched its 2009 Calendar in time for the annual Christmas Card sales. The calendar has fantastic photos of the work of FOL in Kenya and of the volunteers and communities who work both here and in Ireland. The Christmas Cards were sold throughout the country at various shopping centres, events and through the FOL website.

## Friends of Londiani Inaugural Golf Classic

This event was held in Charleville Golf Club on 15<sup>th</sup> August. Twenty-six teams played for the Friends of Londiani perpetual trophy and raised funds for our ongoing projects in Kenya. It was a very successful first Golf Classic and the enthusiasm of the participants ensures that this will become an annual event for Friends of Londiani. Many thanks to the staff of Charleville GC and to the volunteers who helped organise this event.

## Standing Order Campaign

Friends of Londiani launched a Standing Order campaign in 2008 sending out application forms to all our supporters and volunteers. The response was good and we would like to thank everyone who has undertaken to support Friends of Londiani on a regular basis in this way. It has also enabled FOL to claim tax relief on donations made over €250 in a year.

## Emergency Appeal

FOL was overwhelmed by the generosity of supporters and volunteers in 2008 during the Emergency Appeal. FOL undertook a needs analysis, working with committees in each of the distraught



communities. The support requested included provision of plastic sheeting, water tanks, blankets, sanitary products and baby food. Once the larger organisations arrived FOL then continued to support projects that were not funded by the emergency NGOs. One of these was to provide school uniforms for 271 children in the Central Primary School in Londiani. These children had fled their homes with their families during the clashes and so were without many items. The school uniforms were identified as a priority by the families so that they could send their children to school and regain some normal routine to their lives.



The Love and Hope group in Londiani was another community group affected by the clashes which FOL supported. This is a group of 43 local people who are HIV positive and who need specific medications and supplies which were not available due to the unrest. FOL assisted the group throughout the emergency period and has since then initiated a chicken-rearing project with

the group. The aim of this is to enable the group to become more sustainable through participation in an income-generating project.

The Genesis Youth Club, Londiani undertook peace and reconciliation activities for people of all tribes and their activities were also supported by Friends of Londiani in 2008.

The community groups in Lelsothet and Ndubusat villages organised themselves to conduct their own needs analysis, collated the information and provided materials to those most in need. FOL was very proud of the leadership and organisational skills shown by these committees in the distribution of emergency provisions at such a difficult time.

## Friends of Londiani & Research

### **Dóchas Research on Kenyan NGO's working with Irish NGO's**

Dóchas is the association of Irish Non-Governmental Development Organisations of which FOL is a member. Dóchas provides a forum for consultation and co-operation between its members. In 2008, they conducted research to get the views and feelings of a sample of Kenyan organisations about their experiences of partnering with Irish NGOs. This snapshot of experiences can serve as an input into Dóchas discussions about partnership models and practices. Friends of Londiani was delighted to partake in this research and are grateful to its partners in Kenya for agreeing to their participation.



### **Research on FOL**

During 2008, one of the Directors, Helen Concannon completed a thesis titled "An Irish Non-Governmental Organisation in the Midst of Civil Unrest in Kenya". This research chronicled the effect of the post-election violence on the work, identity and personnel of the NGO between late December 2007 and May 2008.

### **Research Conference**

In 2007, a FOL volunteer, Nicola Ballantyne completed a thesis called "*A Situational Analysis of Birth-Preparedness in a rural area in Kenya*". In October of 2008, Nicola presented her research at the Global Health Conference in UCC. FOL is delighted to have such excellent representation at health-related conferences and looks forward to similar opportunities in the future.

### **Dóchas Code of Conduct on Images and Messages**

FOL supports the Dóchas Code of Conduct on Images and Messages.

## Awards and Recognition of FOL

### **Appearance on TV Documentary**

Friends of Londiani was featured on the RTE documentary *Far Away Up Close* which aired in Ireland on 8<sup>th</sup> May 2008. At one of the local Internally Displaced Peoples (IDP) camps, Mrs. Anna Mainek, Director of Friends of Londiani Kenya was interviewed by Ms. Liz O'Donnell, former Minister of State at the Department of Foreign Affairs with responsibility for

Overseas Development Assistance (ODA) and Human Rights. The documentary highlighted both the destruction caused to the town of Londiani but also the hopes for a positive future which many of the locals were working towards.

### **Inheritance Award for FOL Director**

'Inheritance – Honouring the Cork Legacy' consists of a series of exhibitions of more than 300 specially commissioned portraits to honour and recognise the achievements of Cork people throughout the world. This year's Inheritance Exhibition contains 100 portraits of Cork people since the 1700s who have made a contribution to the world. A portrait of each person by artist Kevin Sanquest and accompanying biographies were displayed in the Cork Vision Centre. Friends of Londiani is proud that Maria Kidney, Chairperson of FOL was honoured in October 2008. Maria was nominated by the Kenyan Ambassador to Ireland, who attended the function in the Cork Vision Centre.



*Picture shows Maria with her mother Phyllis Kidney, the Lord Mayor Brian Bermingham and the Kenyan Ambassador Mrs. Catherine Muigai Mwangi.*

### **Kenyan Head of State Commendation**

The Manager of the Bethel Children's Home in Londiani, Mrs. Lucy Kirui was awarded the Head of State Commendation (HSC) in August 2008 for the help she gave to victims of post-election violence. In doing so she became the first woman from the Kipkelion District to earn the Head of State Commendation. The local District Commissioner Mr. Harakhe described her as a woman of great faith who should be emulated by all residents of



Kipkelion for restoring peace after the post-election violence earlier this year. Lucy dedicated the Medal, which is one of Kenya's highest national honours from the President, to all women and hopes it will encourage other women to play their role as peacemakers.

*Lucy is pictured here in traditional ceremonial attire Lucy being presented with the Medal by DC Harakhe on August 8th, 2008.*

## Development Education Activities

### Puppet Power for Schools in Ireland

Puppet Power is a development education programme for primary schools in Cork run by Aaron Towers and Penny Hancock and part-funded by Irish Aid. This year they teamed up with Kenyan Acrobat, Ali and expanded their programme to use acrobatics as a medium to teach children about global issues. They partnered with Friends of Londiani and together they worked with five primary schools over a 2 month period. In November, all five participating schools joined together to share their experiences and perform for each other. It was a very educationally worthwhile programme and our thanks to all involved.



### Common Ground 2008

FOL was delighted to participate at this year's event and to meet students, teachers and other NGO personnel. Interest from students in FOL's work is ever increasing and the opportunity to answer the students' questions is a welcome part of FOL's development education programme. It also provides an excellent opportunity for students to get ideas for the Civic, Social, Political Education (CSPE) action projects for their Junior Certificate.



### School Visits, Community Groups and Presentations

FOL was invited to numerous schools and youth and community groups this year to present the work that FOL does and to discuss development concerns and global issues. These events are very informative and are done in an informal, relaxed manner whilst still addressing important issues.

### Friends of Londiani Harambee Award for Schools

This Award is presented in two schools in Ireland to acknowledge final year secondary school students and their commitment to their communities and the spirit of 'working together'.

*Picture shows Ciaran Creighton of Killinarden Community School, Tallaght receiving his Harambee Award.*



## Financial Report

### Revenue Account For the Year Ended 31 December 2008

	2008 €	2007 €
<b>INCOME</b>		
Harambee Income	-	227,731
Fundraising Events	95,496	371,144
Irish Aid Funding	113,394	59,521
Donations	87,126	40,082
Emergency Appeal	91,848	-
	387,864	695,478
<b>INTEREST RECEIVABLE</b>		
Bank Interest receivable	4,471	689
<b>EXPENDITURE</b>		
Ongoing Projects	241,104	289,247
Harambee Team Costs	15,591	229,912
Fundraising Costs	44,772	53,350
General Admin Costs	20,147	12,476
Organisational Development Costs	17,452	
Emergency Funds	91,848	
Foreign Exchange Losses	8,212	2,578
	439,126	587,563
<b>SURPLUS/(DEFICIT) FOR THE YEAR</b>	(46,791)	108,607
Transfer to Educational Fund	-	50,000
<b>Surplus for the Year after Transfers</b>	(46,791)	58,607

### Balance Sheet As at 31 December 2008

	2008 €	2007 €
<b>CURRENT ASSETS</b>		
Stocks	9,350	
Debtors and prepayments	21,895	4,574
Cash at bank and in hand	300,546	143,563
Designated Bank Funds	<u>27,046</u>	<u>122,908</u>
	358,837	271,045
<b>CREDITORS (Amounts falling due within one year)</b>	<u>(219,873)</u>	<u>(85,290)</u>
<b>NET CURRENT ASSETS</b>	138,964	185,755
<b>RESERVES</b>		
Revenue Account	88,964	135,755
Educational Fund	<u>50,000</u>	<u>50,000</u>
	138,964	185,755

These Financial Statements were prepared by Deloitte & Touche on 22<sup>nd</sup> May, 2009. .