



Friends of Londiani Annual Report 2005



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Front Cover:
From Left to Right: Peer Education; Ndubusat Hospital; William & Saleem from Bethel Home; The water flows in Ndubusat.

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 conjunction 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 and Ndubusat.

Message from Chairperson

Friends of Londiani is committed to working with the people of Londiani and its surrounding villages. This year we have continued this commitment through our work in Lelsothet and Ndubusat. 2005 was a very special year for Friends of Londiani Ireland as it is our first year in existence as an independent charity. Harambee 2005 was the highlight of the year when 52 people from all over the Ireland travel to Kenya to work on water, health, building and education projects there. It was a privilege to have the opportunity to spend 3 months in Kenya working with people from all over Ireland, and from the communities in which our projects were based. The hard work and commitment shown by every member of the team was simply amazing and I would like to sincerely thank you for this commitment.

We have continued our work in HIV/AIDS peer education. We estimate that between 1500 and 2000 Kenyans have now graduated from our programme, and have gone on to develop peer education programmes in their own towns and villages. Ndubusat Maternity Hospital is almost complete and we hope that it will become a centre for this community for many years to come. The water projects have brought new life to the villages, and this is an area that we hope to continue to focus on in the future. Two of the girls in Bethel Faith Home have begun Third Level Education – one as a Teacher, and the other as a Nurse. The other children are continuing in education which has been made possible by the generosity of our supporters.

We have spend some time establishing ourselves as a charity and making links with development organisations in Ireland and Kenya. We have been successful in setting up our sister charity in Kenya – Friends of Londiani, Kenya.

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 Fundraising Activities in 2005

The Kenya Ball; 2nd April

The Kenya 2005 Ball was held in the Rochestown Park on Saturday, April 2nd. The Deputy Lord Mayor, Mrs Mary Shields and her husband Michael were the guests of honour. Music was provided by the Groove Orchestra. A fantastic night was had by all and the total amount raised for our projects in Kenya was € 7500. Thank you to all who attended the ball and to Rose O Driscoll who organised the evening.



Footprints to Kenya; 4th - 6th June

Footprints to Kenya - the Friends of Londiani Four Peaks challenge started in Wicklow on Saturday morning at 4.30am with breakfast! The weather was not great for the start of the challenge. We began climbing Lugnaquilla, the highest mountain in Leinster at 6.00am. Despite terrible weather conditions everyone summited around 8.00am. After Lugnaquilla we took the road north to Slieve Donard where we had a great walk, with great views. The top was clear and even Scotland could be seen! We travelled to Armagh where we were given a great dinner by members of Friends of Londiani in Northern Ireland. It was just amazing! We arrived at Delphi Outdoor Centre at 3.15am, and the breakfast was served at 5.00am before heading to Mweelrea. The climb was long, and misty fog came in to make navigation difficult. But the fresh fruit smoothies at the top were more than welcome!! We arrived in Killarney around 5pm on Sunday to climb Carrauntohill. Due to adverse weather conditions we decided not to climb until Monday morning. Another dawn rise, and a successful summit for all concerned. The total amount raised for Harambee 2005 was €4,600. Thank you to our support team, and all who participated in the challenge. Thank you to all who sponsored the team.



Mini-Marathons 2005

The Flora Womens Mini Marathon was held on Monday, 6th June 2005 and many thanks to all who completed the Mini Marathon around Dublin city.

The Evening Echo Ladies Mini Marathon was held in Cork on Sunday, September 18th 2005. Thank you to everyone who walked and ran in the mini marathon in aid of Friends of Londiani.



Christmas Card, Gift Voucher and Calendar Sales

2005 Calendars and Gift Vouchers

As part of ongoing fundraising efforts for the Bethel Faith Home and Training Centre in Londiani a calendar was produced for 2005. The calendar contained pictures of Kenyan safari animals as well as an account of the project, and some of the children in the Home. It cost €10 and was sold all around the country in late 2004 and early 2005.

Gift Vouchers were also available and the total profit amounted to €4752. This money went towards the water, hospital and education Harambee 2005 projects.

2006 Calendars, Cards and Vouchers

- **2006 Calendars**

The calendars for 2006 contained coloured photos of the people, places and projects in Londiani. The calendars sold for €7.00 and were very popular.

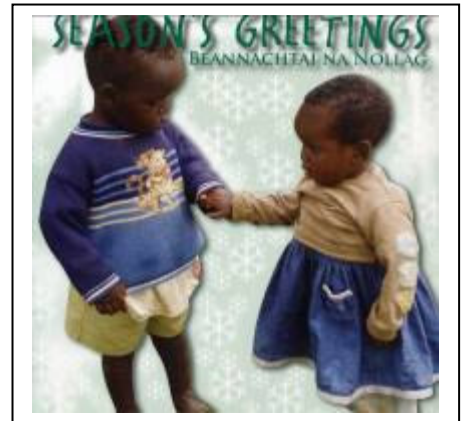
- **Christmas Cards**

For Christmas 2005, Christmas Cards were produced for the first time. Each pack of six Christmas cards sold for €3.50 and each card had a colour photo of the people and places in Kenya.

- **Christmas Gift Vouchers**

Friends of Londiani Gift Vouchers were printed in full colour in 2005 and could be purchased in several different amounts for six different development areas e.g. primary education, healthcare, water projects. They were ideal gifts for family and friends.

- **Thank you** to all those who contributed to the 2006 Christmas Cards, Vouchers and Calendar appeal especially all those who organised collections or helped in shopping centers. Between €12,000 and €13,000 was raised and this money will go towards education, water, hospital and peer education projects in Kenya.



Kinsale Sevens Rugby Weekend and Super Rugby Draw

- A Super Rugby Draw was held on Saturday May 1st during the Kinsale Sevens Rugby weekend in Cork. Prizes were donated by various rugby contacts, and we were also the nominated charity for the tournament which allowed us to collect during the 3 day event.
- This event gave us very good publicity in National Papers and on Nationwide.
- **Thank you** to Kinsale Sevens for making us their nominated charity for this event. The total amount raised was €5,000.

Other fundraising in brief

- There were many other fundraising events that our supporters organised around the country.
- Some members of the Harambee 2005 team participated in the Belfast Marathon.



- Some team members cycled from Dublin to Offaly and back.
- Some team members dressed in pink bear suits and gave people “bear hugs” on Grafton Street in Dublin.
- There were many other cake sales, collections, coffee mornings as well. Overall we had great fundraising support this year.

Thank You

- We would like to thank all those who organised so many fundraising events for us, and all those who supported these events. Your support is very much appreciated.

Friends of Londiani Project Activities 2005

Harambee 2005

Harambee 2005 took place between June and September. A team of 52 people from all over Ireland travelled to Kenya to complete many projects in Londiani, Lelsothet and Ndubusat. It was a great success with so many Irish and Kenyans working side by side to achieve a number of project goals:

- Bring running water to Ndubusat and water tanks to Lelsothet
- Build a maternity hospital in Ndubusat 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 Ndubusat & in Lelsothet.
- Organise a malaria education and awareness campaign
- Set up an immunisation awareness and nutrition education campaign in Ndubusat
- Work with the women and community groups in the area
- Gardening at the Bethel home, school and Ndubusat hospital
- Organise and run a Summer camp for the children in the two villages
- Organise and run a basic computer course for the children and adults in Lelsothet.
- Organise Water, Sanitation & Health Training

Should we mention project mission statement?

The following is a summary of the main tasks involved in Harambee 2005:

Ndubusat Hospital Project

A total of six wards have been built in the new hospital. It was a challenge transporting all the materials needed for the building to the site. The roads are just indescribable and so provided many challenges to the team on a daily basis! However, success was achieved! We are now looking to furnish the hospital with beds and equipment. The plan for the future is to continue with the development of the hospital. We hope to make the hospital a permanent testing centre for HIV in the near future. An immunization programme was organised by the medical members of our team during August. Many children were immunized which will help improve the health of the community. The Ministry of Health in Kenya supported our health projects throughout the summer.



Water Projects – Tanks and Pipes!

Twelve community water tanks were installed in Lelsothet village. . This involved building concrete platforms for the tanks, guttering houses and painting roofs. These tanks will be used to collect rain water. In Lelsothet the source of water was the local river, which is where the local animals feed, clothes washing is done etc. It is not clean water by any stretch of the imagination. These tanks will allow the community to have clean easily accessible water for many years to come. In Ndubusat, water pipes have now been brought 5km from the Tinderet forest (where a dam was constructed) to the village. Clean water is a basic right and will help prevent a lot of illness and improve the quality of life of the communities.



Education

Computer classes were held for the women and children of Bethel Home. Computers were donated by various firms in Ireland and shipped to Kenya before the project. Mini clinic education classes on HIV/Aids, Nutrition and Hygiene was organised and ran in several local schools in Londiani and Ndubusat. A literacy programme was run for some women and men who work in the Bethel Faith Home, but who did not know how to read or write English. This programme was very successful, and we hope to continue similar programmes in the future.



HIV/Aids Peer Education

Friends of Londiani have run peer education courses in Kenya since setting up in 2002. The course covers many topics relating to HIV/AIDS. This year was the first time we ran course for men and women together in both project areas. These men and women have begun educating others in their localities.

Children's Summer Camp

A Summer Camp was organised and ran for both the children in the Bethel Faith Home and Training Centre, and the children in Ndubusat Primary School. Various games, songs, crafts, music and sports were organised over 2 weeks for all the children. The camp ended with a concert for the local community involving all the children. A Youth Club was also run in the evenings for the older children in the home.



Topics covered included HIV/AIDS, Crafts, and Music. The club was a huge success and very popular with the older children.

Ndubusat Primary School

Ndubusat Primary School has 403 pupils and 7 teachers. Work began on building Ndubusat Primary School many years ago. Money ran out before floors, windows, doors, desks etc could be funded. FOL working with the local community began work on this school in July 2005. The transformation of the building is simply

amazing. All floors are now concrete, windows and doors have been put into the school. A veranda had been made on each building, and lots of plastering and painting has been done. The team also put guttering around the school buildings to capture rain water in large water tanks. Desks and cupboards are being made by a local carpenter. The pupils and teachers are very excited about their new school, and the hope is that the new environment will attract more teachers to this short staffed school. The children and teachers showed through their dedication and commitment to this project how they value education and learning. We hope to continue supporting this type of project for many years to come.

Malaria Nets

Malaria is a huge killer in Kenya. It can be prevented by education and the use of a malaria net. We purchased nets, treated them and distributed nets to over 600 homes. We showed people how to use them properly. We hope that this is only the start of this very worthwhile project.



Gardening

There is a tree nursery in the home in Londiani, and all teams spent time weeding the trees to allow them to grow. The Manageress of the home was very grateful for the work completed.

Painting

Lots of painting of the local school, home and its surroundings was completed by all teams throughout the summer – everything from fences, to windows, nursery school, classrooms, library and roofs were painted!

Friends of Londiani projects involved working with the local communities at all stages. The sense of community and togetherness was over whelming. It was an incredible sight to see hundreds of men, women and children all striving for the community in which they live.

Support of Bethel Home

Throughout 2005 we have continued to support the education of the children in the Bethel Faith Home and Training Centre in Londiani. We currently support two of the older children who are studying teaching and nursing in third level colleges, as well as Primary and Secondary school fees for the younger children.

This year we continued sending Christmas presents to the children of the home. We linked up Guide Units in Carrigaline and Midleton to send presents to the children.

Peer Education


The Peer Education project has continued since its inception in 2002. During 2005 we have continued to support the development of this project through the support of new women's groups, the provision of education materials and resources for the courses.

Bethel Medical Centre

Bethel Medical Centre was officially opened in November 2004 in Ndubusat. During 2005 we have supported the operation and maintenance of this clinic through the provision of financial assistance, materials and assistance. It is on the site of the Bethel Medical Centre that the Ndubusat Maternity Hospital was built during Harambee 2005.

Awareness Raising

During 2005 we have continued to raise awareness of our projects in Kenya, and the developments in the villages in which we work. We have given many talks and slide shows to groups interested around the country.



Financial Report

Revenue Account
For the Year Ended 31 December 2005

	2005 €	2004 €
INCOME		
Harambee 2005 Team Income	58,829	49,624
Fundraising Events	183,591	35,988
	242,420	85,612
EXPENDITURE		
Ongoing Projects	117,932	-
Harambee 2005 Team Costs	63,118	44,346
Fundraising Costs	45,439	10,532
	226,489	54,878
SURPLUS FOR THE YEAR	15,931 =====	30,734 =====

Balance Sheet
As at 31 December 2005

	2005 €	2004 €
CURRENT ASSETS		
Cash at bank and in hand	48,128	32,197
NET CURRENT ASSETS	48,128	32,197
RESERVES		
Revenue Account	48,128	32,197
	48,128	32,197

These Financial Statements were prepared by Deloitte & Touche on 31 May 2006.

Messages from Kenya

“On behalf of the parents, management committee, teachers and pupils of Ndubusat primary school, I take this opportunity to congratulate you and your entire team for the great work that you did at Ndubusat. This is a great boost to our living standard. We learnt a lot from you especially time management and total commitment to manual work. Our school is now glittering. Thanks to your great effort. May God bless you as you continue supporting us.”

Yours,

Charles Bii

(The Happiest Man in Kenya)

“On behalf of all the children and staff in Bethel Home we would like to thank you all for all your work, support and friendship this year. We are very grateful for the painting, tree gardening, women’s and men’s group and the Summer Camp. We hope that this friendship will continue into the future. I have visited Ndubusat since you left, and am amazed at the work there, and the impression you left on this community.

You are all working for the betterment of mankind, and I pray that you will all be rewarded.”

With love,

From Lucille Kirui,

(Bethel Faith Home and Training Centre)

“The people of Ndubusat are greeting you very much, they are extremely happy because the school is now in a different category just like a very good primary school in Kenya.

We are now busy preparing the std 8s for the National examinations.

Greet for us the team you came with and tell them that we really love them very much.”

Geoffry Tuni

(Deputy Headmaster)

Directors of Friends of Londiani

Board of Directors

Maria Kidney, Chairperson

Helen Concannon, Vice Chairperson

Hazel Murphy, Secretary

Martin Ballantyne, Treasurer

Joe Willis

Gerard Murphy

Deirdre Henley-Willis

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