

# Friends of Londiani

Volume 1, Issue 1

April, 2004

## WELCOME!!!

Welcome to the first FOL Newsletter! Firstly we would like to THANK YOU all for your contributions to our ongoing projects in Kenya. We really appreciate your generosity and support.

This newsletter is been sent to all who have donated in some way to the projects in Kenya – through membership of Friends of Londiani, calendars, vouchers and donations. We promised to keep you up to date of the project progress and so here we are!

More updates and photos can be seen on our website ([www.irishgirlguides.ie/kenya/index.htm](http://www.irishgirlguides.ie/kenya/index.htm))

Please feel free to copy and pass this newsletter onto anyone you know.

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# Footprints To Kenya

5<sup>th</sup>-6<sup>th</sup> JUNE '04

4

Peaks

4

Provinces

4

Kenya

Would you like to climb our 4 highest peaks in the 4 provinces in a weekend?

Would you like to challenge yourself while raising money 4 the Kebeneti Hospital in Kenya?

**We need volunteers to help us complete this challenge – walkers, drivers, members of a support team.**

We will start in Wicklow by climbing Lugnaquilla and then work our way through Slieve Donard (Ulster), Slieve Mweelrea (Connaught), and Carrauntuohill (Munster).

Doing all 4 peaks not compulsory, feel free to join us 4 any of the 4 peaks – we can meet you in whatever peak suits you.

If you would like to be part of the support team (driver, catering) please contact us as well.

**All are welcome to participate. Please send us your name and contacts before May 10th**

Contact us on [footprints@irishgirlguides.ie](mailto:footprints@irishgirlguides.ie) or any of the FOL planning team



Foundations for the new medical centre



Site of the new hospital



The new vaccinations fridge

## PROGRESS REPORT FROM KENYA – APRIL 2004

### Bethel Medical Centre:

- All money raised from the Kenya calendars has been sent to Lucy for the medical centre in Kebeneti, where a lot of the children in the home come from. THANK YOU to all who contributed.
- Construction has begun on the out patient building. Material for construction has been purchased and the foundation has been dug.
- The refrigerator was purchased and the immunisations will begin as soon as the drugs are available. This refrigerator was funded by money raised while Lucy was visiting Ireland.
- Members of the community in Kebeneti have begun digging trenches to bring water to the site of the medical centre.
- Work is continuing in Kebeneti on the hospital outpatient ward. The site was officially opened on the 14<sup>th</sup> March, and over 1000 people from the nearby villages attended, including Government Ministers, Chiefs, and Church Leaders

### Bethel Faith Home and Training Centre:

- Two little girls Everlyne(5 years) and Lorinda (3½ years) have been admitted to the home. Their mother a single parent died of Malaria last October.
- Leland can walk around the table, and he is doing very well. Leland suffered from meningitis as a baby, and had very little movement and co-ordination when we were there in 2002.
- 3 girls from Bethel Home who are waiting to join institutions of higher learning.
  - Emily who is helping in the Library at Bethel School is assisting in the running of the Rainbow Program.
  - Beatrice is a Lab assistant at the secondary school and is a unit helper of the Brownie Flock.
  - Chemutai is a teacher at Bethel Primary School. She is running the Ranger Guide Unit attached to Girls Secondary. She is a Unit Helper of the Guide Company attached to the school where she is teaching.

### Womens Groups

- Aids remain a major concern and the fight against AIDS is continuing by spreading awareness campaign to the nearby villages. The campaign is aimed at members within the group as well as organised groups.
- The number of women in the group has increased from 180 to 259. A new group has been established at Bethel to cater for workers and church women in the community.
- Leadership workshop for the group leaders together with other groups in the area is being planned to be held in the near future.
- Plans are underway to include income generating projects for the groups to improve the community standard of living the project to benefit them and the community.

# FRIENDS OF LONDIANI (“Marafiki wa Londiani”)

## MEMBERSHIP FORM 2004

The purpose of the group is as follows:

- To maintain the link with Londiani
- To keep updated with news from Londiani – how the children are doing etc.
- To raise funds for the home & education for the children.
- To organise awareness both within and outside of Guiding of the home, and encourage people to support it.
- To organise social gatherings.
- To help future service project groups going to Londiani.



So where do you come in?

If you are interested in becoming a member of Marafiki wa Londiani, and would like to support the home, please fill in the attached application form and send with €12 to Maria Kidney, 9 Cois Cuain, Mosestown, Whitegate, Co. Cork (Email: friendsoflondiani@irishgirlguides.ie). Please make cheques payable to “Friends of Londiani”. This application fee will entitle you to a newsletter every few months updating you with news from Londiani, and will help us support the children there. EVERYONE is welcome!

Please pass this information onto anyone who you think would be interested in joining the group.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone No: \_\_\_\_\_

Email: \_\_\_\_\_

Amount Enclosed:

Application Fee:

Donation:

Total:



## COSTS IN KENYA

ITEM	COST (KSH)	COST (EUROS)
Small building to start hospital maternity ward – same size as double computer classroom built in 2003	536,144	5900
Solar Energy to power medical centre	5000 per panel (need 4) = 20,000	225
Blocks for building	8 per block	10c
Hospital Bed including mattress (Need 8 per ward)	15000	167

*(1 euro is approximately 90 Kenyan shillings)*

## SHIPPING TO KENYA

As can be seen from our accounts below, shipping to Kenya is very expensive. We have found a very good freight company now, and they will ship goods for approximately €3 per kilo.

If you have goods, books, clothes, medical supplies etc to ship to Kenya please let us know and we will do our best to ship them for you.

***If you can please fundraise for the shipping cost of these goods***

We are currently been charged for delivering the goods to the airport in Nairobi – there is import tax on them. At the moment there is no way around this, but we will keep you informed of any changes.

## COMPUTERS FOR KENYA

Thanks for Musgrave, Supervalu, Centra Ltd for supplying computers to the new classroom in the Bethel school in Londiani. These computers were shipped to Kenya at the start of April and have now arrived in Londiani.

# KENYA 2005

The Friends of Londiani, Ireland hope to send a number of project teams to Kenya in 2005 (July, August and September) to complete the following tasks:

- 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
- Bring running water to both Kebeneti and Lelsothet
- Run a HIV/AIDS education course & complete the previous peer education course in Lelsothet.
- Organise a malaria campaign
- Set up an immunisation awareness campaign
- Set up a nutrition 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.

The Friends of Londiani will book all flights for the group as we can get group rates, and organise all transport, visas, food and accommodation in Kebeneti and Londiani.

You will have to organise your own travel insurance and medical vaccinations. Full training will be given to all those interested and a number of team meetings will be organised in advance of the project.

We have teamed up with an adventure travel company who will provide tours afterwards – safari, beach, mountains – at a reduced rate.

Details are currently been finalised so ***WATCH THIS SPACE*** for more information.

If you are interested in taking part in this project, please contact us on [friendsoflondiani@irishgirlguides.ie](mailto:friendsoflondiani@irishgirlguides.ie) or contact any of the Friends of Londiani planning team.

**Friends of Londiani, Ireland**  
**Income and Expenditure Account as at 12th February, 2004**

**Income:**

Kenya Harambee Badges		17.00	
Christmas Vouchers 2002		1265.00	
Membership 2003		395.00	
Christmas Vouchers 2003		2867.00	
Donations 2003		4906.62	
Profit on Calendars 2003		3440.00	
Donations to date 2004		1103.03	
Membership to date 2004		<u>240.00</u>	
<b>TOTAL INCOME</b>			<b>14233.65</b>

**Expenditure:**

**POSTAGE:**

23/02/2003	Postage	12.18	
26/05/2003	Postage of Invites to FOL evening	14.76	
16/11/2003	Postage of vouchers	23.52	
19/11/2003	Postage of calendars	2.40	
21/11/2003	Postage of vouchers	2.88	
10/12/2003	Postage of calendars	<u>2.40</u>	58.14

**PHONECALLS:**

23/02/2003	Phonecalls to Kenya re packages	15.00	
20/05/2003	Phonecalls to Kenya re visa 1	70.00	
01/10/2003	Phonecalls to Kenya re visa Appeal	<u>90.00</u>	175.00

**LUCY'S VISIT TO IRELAND:**

14/11/2003	Lucy's Trip to Ireland	507.92	
27/11/2003	Padlocks for bags going to Kenya	<u>15.00</u>	522.92

**BANK CHARGES:**

18/11/2003	Cheque Stamp Duty	3.00	
06/01/2004	Transfer to Lucy - Bank Charge	31.50	
12/02/2004	Transfer to Lucy - Bank Charge	<u>31.50</u>	66.00

**SHIPPING:**

01/12/2003	Shipping to Kenya - Elite Kamino	465.00	
27/01/2004	Shipping to Kenya - Allied Forwarding	<u>870.30</u>	1335.30

**MISC:**

19/11/2003	Envelopes for vouchers	5.00	
08/02/2003	Receipt Book	<u>1.95</u>	6.95

**Donations to Lucy:**

	Money given to Lucy while in Ireland	686.95	
27/11/2003	Digital Camera for Bethel Home	297.92	
06/01/2004	Money sent to Lucy	5,447.00	
12/02/2004	Money sent to Lucy	<u>4,174.50</u>	<u>10,606.37</u>

**BALANCE at 12/2/04** **1462.97**