

# Friends of Londiani

Volume 1, Issue 4

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## WELCOME!!!

Welcome to the FOL Newsletter. This contains our latest updates from Londiani, and details of our latest fundraising events.

Friends of Londiani has now formed its own company with charitable status called Friends of Londiani, Ireland. We are now independent of any other organisations.

Our website is [www.friendsoflondiani.com](http://www.friendsoflondiani.com) and we will continue to update it with the latest photos, news etc.

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

## FRIENDS OF LONDIANI CONTACTS:

### ADDRESS:

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### EMAIL:

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### TELEPHONE:

021/4662730



# Kenya Ball 2005

Saturday, April 2<sup>nd</sup>, 2005

Rochestown Park Hotel, Cork

Music by "The Groove Orchestra"

Tickets €70 per person, and all profits will go to the Harambee 2005 project.

Tickets available from Friends of Londiani members at the usual address. Numbers are limited to so please book your tickets asap!!

**GREAT NIGHT GUARANTEED!!!**



**PLEASE SUPPORT**

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## **HARAMBEE 2005**

Harambee 2005 is the name that we have given to the projects running in Kenya between June and August this year. Harambee is the Swahili word for “togetherness”, and for us it represents us and the local community in Kenya working together.

### **HARAMBEE 2005 Mission Statement**

The mission of Harambee 2005 is to work together with the people of Lelsothet, and Ndubusat to make positive changes in terms of health, education, water supply and food in their community, and to develop and enrich our own skills and cultural awareness. Through our aims and objectives we hope to fulfil this mission statement.

#### ***Harambee 2005 Aims:***

- To work in equal partnership with the people of Lelsothet and Ndubusat
- To improve the overall health and well being of the people in Ndubusat
- To improve the quality of life of the people and children in the area.
- To provide education in HIV/AIDS, Malaria, Nutrition and Immunisations for the community in Lelsothet and Ndubusat.
- To provide opportunities for relationships between Ireland and Kenya.

#### ***Harambee 2005 Objectives:***

- Build a maternity hospital in Ndubusat working with members of the community
- Bring running water to Ndubusat and Lelsothet
- Work with the women’s groups in the area
- Organise & run Summer Camps for children in Ndubusat and Lelsothet
- Run education programmes in HIV/AIDS, malaria, nutrition, and immunisations
- Run “mini-clinics” in Ndubusat schools and communities
- Run computer courses for the Lelsothet community.

Work has begun on the preparations for the trip to Kenya. Team members have been training to complete the tasks at hand. There are 52 people on the team, each giving up from 3-9 weeks to work on the projects. Everyone has given the project 100%, and we are delighted with the progress we are making.

### **OUR LATEST VISIT TO KENYA - THE HARAMBEE 2005 PLANNING TRIP**

Maria, Martin and Deirdre travelled to Kenya from Friday 12<sup>th</sup> November to Sunday, 21<sup>st</sup> November to make arrangements for Harambee 2005 project in June 2005.

FOL Ireland have teamed up with Adventure Alternative in organising this project, and met representatives from AA in Nairobi. These travelled with us to Londiani and Ndubusat.

During our visit to Kenya, the Bethel Medical Centre (built by Irish Funds) was officially opened. This medical centre is located in a village called Ndubusat which is about 3km uphill from Kebeneti. The road is very bad and even though it is about 35km from the home, it took nearly 3 hours to get there! The local MP has promised us better roads for next year, but we’ll wait and see!!

We arrived early on Sunday morning for the opening, and so the Chief, local politicians and teachers took us on a tour of the local primary school. The existing school is in very bad repair, and so about 5 years ago they began to build a new school with 8 classrooms. Due to lack of funds, the roof didn’t get completed until 4 years after the walls, and by that time lots of grass had grown in the classrooms!



*The local primary school in Ndubusat*

The opening of the medical centre started at 11am, and lasted until well after 3pm! Speeches were the order of the day, and everyone had to make one! It was very hot as well! Everyone in the village welcomed us and promised their support and commitment to the project. All the local Councillors and Politicians were present and also pledged support to the project. Of course we had to make a speech too! We assured them that we were coming next year to work *with* the community on a joint project. The district MP arrived towards the end of the ceremony, and committed some funds to the water project, and promised to take care of the legal and political paperwork for us. The medical centre was officially opened by the MP, and the singing and celebrations began! The children were so excited to see us and loved getting their photos taken!!



*Ndubusat Village*

We spent several days over and back from the Bethel Home to Ndubusat gathering information and making arrangements for the project. We went to the water source, and investigated the water project for the village. We were met by the Chief of the village, and the local Politicians as well. In fact the whole village walked the 5km with us to the water source! It was hilarious – all the people, some armed with machetes to clear the path through the forest for us! The water source is a fresh water stream in the forest. The men have done a lot of planning work for the water project already which is excellent. We met some representatives of DIGUNA. This is a German mission linked with the African Inland Church. They have completed many projects in the valley, and who could provide us with some transport and material costs. They have been based here for about 15 years and have many projects running in the area. We were welcomed and taken on a tour of the premises. We had a meeting with them and they gave us ideas and prices of the water project, as well as transport costs for bringing material to the site. It was a very useful meeting, and they committed to helping us with the transport, provided they get lots of notice!

Maria and Deirdre met the Bethel Women's Group, and Martin and the lads went to investigate the water project for Lelsothet. The Bethel Women's Group is made up of the women who work in the home. It is a new group. They want to have HIV/AIDS education, as well as computer classes next year. We also discussed income generating projects with them. Lucy has donated 2 acres of land belonging to the home to them, and we have committed to funding the planting of maize, and a possible chicken project. Friends of Londiani, Ireland will provide the capital for this project, but it is the women who will make it work. It was great to meet the women and hear their ideas and plans for the future!

Our second meeting was with the Lelsothet Women's group. This is a group of 10 women who each in turn co-ordinate their own women's group. These were some of the women who were part of the HIV/AIDS peer education course run in 2002. Since then they have been busy spreading the education among other women in other villages. They met us to discuss their progress and plans for the future. They are the main drivers behind the Lelsothet water project. We discussed the need for water in the project, and the conclusion they reached

was the use of water tanks in 10 or 12 places in the village to collect rain water and store it for the rest of the year. There is government supplied water available but the women felt that this was expensive and unreliable so opted for the water tank system. These are very popular in Kenya and so we visited a few to take pictures and figure out how they worked. The women also have some income generating plans, and again have discussed the concept of planting, and selling as well as setting up a centre in the village. They want to finish the HIV/AIDS course, and have agreed to help us in Ndubusat with running the course for women there.



*The Bethel Women's Group*



*The Lelsothet Women's Group*



*Martin and Wilson*

Martin met Wilson, who is the husband of one of the ladies in the group, and they discussed plans for a men's group and HIV/AIDS education next year. "Men's business" !!

We delivered all the Christmas presents from Ireland to children in the home, and great excitement was had by all on Christmas Day. Thank you to all who contributed to this project!

Leaving the home in Londiani is never easy, and this time was no different. It's just that sort of place

We spent some time in Nairobi shopping for text books and resources on AIDS/HIV, nutrition, immunisation and malaria. We finished our planning trip by taking all the AA staff who worked with us, Lucy and the local MP and Councillor out to dinner as a thank you for the support. It was a very enjoyable evening, and a good end to a successful trip!

## **FOL Mission Statement**

The mission of Friends of Londiani is to work in partnership 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.

## **FOL Values Statement**

- To work in a spirit of true partnership
- To work to the highest personal standards, to do our best and strive to improve quality in all that we do
- To be fully open and honest
- To be responsible and accountable both personally and as a team
- Finally, to work with courage in all that we do

# Footprints To Kenya

4<sup>th</sup>-5<sup>th</sup> JUNE '05

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 for the Harambee 2005 projects 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 at 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 [friendsoflondiani@eircom.net](mailto:friendsoflondiani@eircom.net)  
or any of the FOL planning team

## FOL Directors

The new FOL charity has 7 directors as follows:

Maria Kidney

Martin Ballantyne

Hazel Murphy

Ger Murphy

Deirdre Henely

Joe Willis

Helen Concannon.

All can be contacted at the FOL address.

## THANK YOU

Thank you to everyone who contributed to our Christmas vouchers. The vouchers raised €2617 which was sent to Kenya in January.

Primary Education - €260

Secondary Education - €702

University Education - €420

Food for a family - €230

Bethel Medical Centre - €360

Immunisation Costs - €260

Outreach Programme - €385

The calendar money is still coming in, so final figures will be given in the next newsletter.

## Charity Status

FOL Ireland is currently seeking charitable status for our organisation. Once we have charitable status we will be able to avail of the tax benefits of donations.

## FOL Year End Accounts

The accounts are currently being audited. All donations received for water, medical centre and Kenya 2005 fundraising will be used for the Harambee 2005 project costs. This money will be transferred to Kenya over the coming months for project materials. The total project budget is in the region of €60,000. This budget excludes participant costs which all participants are paying themselves.

**Friends of Londiani, Ireland Fundraising Account**  
**Income and Expenditure Account as at 31st December 2004**

<b>Income:</b>	<b>€</b>		
Balance b/f from 2003	1462.97		
Kenya Harambee Badges	579.00		
Membership 2004	156.00		
Christmas Vouchers 2004 to date	1945.00		
Donations 2004	10056.95		
Four Peaks Challenge (Medical Centre)	6164.52		
Calendars to date 2004 (Will offset cost of calendars)	3630.00		
Harambee 2005 Fundraising	13229.74		
Recouping fundraising costs to date	68.00		
Shipping/Postage	158.21		
<b>TOTAL INCOME</b>			37450.39
<b>Expenditure:</b>			
Transfer to Kenya	4081.95		
Fundraising Costs (Reimbursable –calendars, mini-marathon, t-shirts)	4200.22		
Fundraising Costs from Four Peaks Challenge	192.54		
Shipping/Postage	810.00		
Administration (See below for details)	1232.22		
<b>TOTAL EXPENDITURE</b>			<u>10516.93</u>
<b>BALANCE at 31/12/04</b>			<u>26933.46</u>
<b>NOTES:</b>			
<b>Administration Costs:</b>	<b>€</b>		
Envelopes for newsletter	3.99		
FOL Day in Ovens	44.41		
Postage of newsletters	48.00		
Cost of Transfer to Lucy	31.50		
Fundraising Handbook	29.79		
Ink Cartridges - newsletters etc	43.98		
FOL Meeting	8.45		
Receipt Books	4.70		
Photos for PR	42.50		
Postage	44.22		
Web Site set up Fee	98.88		
Photocopying	15.29		
Postage of calendars and newsletters	45.08		
FOL Expenses and Donations in Kenya	251.89		
Postage	42.42		
Registration Fee to Law Society for Charity	307.76		
Envelopes and Receipt Books	8.83		
PR Posters	115.20		
Telephone Costs - Web page	10.21		
Envelopes	1.99		
Postage - Statements and Calendars	33.12		
<b>TOTAL ADMINISTRATION COSTS</b>	<b>1232.22</b>		

## FOL Membership 2005

FOL Membership for 2005 is now due. Membership fees are €12 per year, and are used for the administration costs of FOL, and allow us to continue to produce a newsletter a few times a year.

Please fill in the form below and send to FOL Ireland at the usual address:

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

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

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

### Amount Enclosed:

Application Fee: €       Donation: €       Total: €



*Members of the Harambee 2005 met An Taoiseach when he was in Cork recently*

### Welcome to the “Friends of Londiani, Ireland” Direct Debit Appeal.

We have set up a direct debit mandate for people interested in donating on a regular basis. This can be set up by filling in the form on the next page and sending it to FOL Ireland, 9 Cois Cuain, Mosestown, Whitegate, Co. Cork. This money will be used for our ongoing projects in Kenya – Ndubusat Medical Centre, HIV/AIDS Training, Outreach Programme, and Education projects.

#### What can you do to help?

There are many advantages to the direct debit scheme for the Friends of Londiani.

- It will allow us to continue to provide necessary funds for the education of the children in the Bethel Faith Home and Training Centre.
- It will allow us to continue to work with rural communities in Kenya.
- It will allow us to continue to provide essential medical care for communities in Kenya.
- It will allow us to continue to support Irish volunteers going to Kenya to work on projects there.

# Instruction to your Bank to Pay Direct Debits

I wish to pay *each month* the sum of:

€15  €25  €35  €50

Or my own amount of €

And debit my current account number:

Bank Sort Code:

**TO THE MANAGER** (Name of your Bank/Building Society):

Address of your branch:

Your account name:

- I instruct you to pay direct debits from my account at the request of Friends of Londiani, Ireland.
- I understand that the amounts may be debited on various dates.
- I will inform the bank in writing if I wish to cancel this Instruction.
- I understand that if any direct debit is paid which breaks the terms of this Instruction, the Bank will make a refund.
- I understand that Friends of Londiani may change the amounts and dates only after giving me prior notice.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
(for joint accounts)

Your mail address:

Your email address: