

# Friends of Londiani

Volume 1, Issue 6

October, 2005

## WELCOME!!!

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

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:

9 Cois Cuain, Mosestown, Whitegate, Co. Cork

#### EMAIL:

[friendsoflondiani@eircom.net](mailto:friendsoflondiani@eircom.net)

#### TELEPHONE:

+353 21 4662730



## HARAMBEE 2005

The Harambee 2005 project ran from June to September, 2005. It was a very big success and we would like to thank everyone – the participants, the fundraisers, and all who helped with the project in any way for your endless support. It is very much appreciated.

Read an account of the project later in this newsletter.

## CHRISTMAS COLLECTION 2005

This year we are selling Christmas Cards for the first time, as well as Calendars and Vouchers. They are available now for sale from Friends of Londiani. If you think you could sell some for us, please contact us and we will supply you with as many as you need!

All profits raised from the calendars and cards will go to our ongoing projects in Kenya. Everything raised from the vouchers will go to the specified projects as outlined on the vouchers.

Read more later in this newsletter

## KENYA BALL 2006

Due to the huge success of last years event we will be organising another Kenya ball in 2006. Watch this space for more details. It will be held in April again, the date will be confirmed after Christmas.

## UPDATES FROM KENYA

We have received many progress reports from Kenya since returning home in September. The project has gone from strength to strength and the communities in Kenya say THANK YOU to all involved.

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**Thank you all for your continued support  
of our projects in Kenya.**

## HARAMBEE 2005

Harambee 2005 took place between June and September of this year. A team of 52 people from all over Ireland travelled to Kenya to complete many projects in both Londiani and Ndubusat. 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!

Our 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.



## FRIENDS OF LONDIANI CHRISTMAS APPEAL

As part of our annual Christmas appeal we have calendars, Christmas vouchers and Christmas Cards available for sale.

### Christmas Cards:

We have packs of 6 Christmas cards and envelopes available for sale at **€3.50** per pack. Each card is a coloured photo of the people and places in Kenya.

### 2006 Calendars

Our 2006 calendars are now available. They are a month per page, and contain coloured photos of the people, place and projects in Kenya. The cost per calendar is **€7.00**.

### Christmas Vouchers

Our Christmas vouchers are printed in colour this year and can be purchased in several different amounts. These can be given to family and friends, and the type of voucher will be printed on it, as well as some information as to where the money will be spent. There are **6** different types of vouchers outlined below:

NO	TYPE	AMOUNTS	NO	TYPE	AMOUNTS
1	Contribute towards the cost of Primary education in Kenya	€10,€20, €25,€50, €100	4	Contribute towards the the cost of developing a hospital in Ndubusat, Kenya.	€10,€20, €25,€50, €100
2	Contribute towards the cost of Secondary education in Kenya	€10,€20, €25,€50, €100	5	Contribute towards the cost of HIV/AIDS Education Programmes in Kenya	€10,€20, €25,€50, €100
3	Contribute towards the cost of Third Level Education in Kenya	€10,€20, €25,€50, €100	6	Contribute towards the cost of a fresh, clean water supply in a village in Kenya.	€10,€20, €25,€50, €100

If you require any of our Christmas goods, please fill in the following form and send together with a cheque made payable to "Friends of Londiani", to 9 Cois Cuain, Mosestown, Whitegate, Co. Cork, Ireland.

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### FRIENDS OF LONDIANI CHRISTMAS APPEAL

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

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

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

Item:	Quantity:	Amount:	Total Enclosed:
Calendars		€7 per calendar	€
Christmas Cards		€3.50 per pack	€
Voucher No. 1			€
Voucher No. 2			€
Voucher No. 3			€
Voucher No. 4			€
Voucher No. 5			€
Voucher No. 6			€
<b>Add Postage 20% of cost (calendars and cards only)</b>			€
<b>Total Amount Enclosed</b>			€

**THANK YOU ALL VERY MUCH FOR CONTINUING TO SUPPORT OUR PROJECTS IN KENYA**

## UDPATES FROM KENYA

Harambee 2005 was the start of many new and exciting projects in Kenya. We have received the following updates and photos since arriving home in September

### NDUBUSAT HOSPITAL

Work has continued on the hospital since we left and now it is almost complete. The electrician is working on bringing solar power to the building. The Ministry of Health in Kenya has approved the hospital and are currently advising on the next steps. A mortuary, kitchen and incinerator are the next buildings to be built. These are required by the Ministry of Health.



### NDUBUSAT PRIMARY SCHOOL

Ndubusat Primary School has continued to improve day by day. The children and teachers, and all the community are so excited about the school. Now there are doors, windows, and ceilings as well as painted walls. We are awaiting news of the new desks that a local carpenter is making. Work is continuing on the wooden classrooms. The children are now studying for their national examinations.



*Painting the roof of the school*

### NDUBUSAT WATER PROJECT

Work is continuing on the water project. The trenches have now being completed all the way to the forest. The dams and water tanks are work in progress.



*Plastering the classrooms*



*Children learning about HIV/AIDS*

### PEER EDUCATION

There are now 13 Peer Education groups, with many more applying to be trained. The Lelsothet Marafiki Women's group is co-ordinating the training and development of the groups.

### BETHEL CHILDREN'S HOME

Evelyn has now started college in Nakuru. She is training to be a Science teacher. A new baby arrived in the home recently. He was only 5 days old when he was brought to the home. His mother died in childbirth. Potential for future projects – huge. Currently we are going through all proposals given to us in Kenya, and will be focussing on particular ones for the coming year. More details closer to Christmas.

## EVENING ECHO CORK LADIES MINI MARATHON SUNDAY, SEPTEMBER 18<sup>th</sup> 2005

Thank you to everyone who walked and ran in the mini marathon to support us.

## Friends of Londiani Standing Order Appeal

By contributing to our standing order appeal you are helping us to achieve our goals in Kenya, and to continue working with communities in Kenya. Please fill in the form below and send to Friends of Londiani, 9 Cois Cuain, Mosestown, Whitegate, Co. Cork. Please feel free to give copies of this form to all those interested in the Friends of Londiani charity.

### Instruction to your Bank to pay a Standing Order

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

€15  €25  €35  €50

Or my own amount of €

To Debit my current account number:

Bank Sort Code:

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

Address of your branch:

Your account name:

To credit the following Friends of Londiani Ireland Account:

Bank Sort Code: 990701  
Account Number: 84666541  
Bank: Permanent TSB, Lapps Quay, Cork

I instruct you to pay a standing order from my account to the Friends of Londiani, Ireland account.

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

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

Your mail address:

Your email address: