

# Friends of Londiani

Volume 1, Issue 8

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## 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 who is interested.

## FRIENDS OF LONDIANI CONTACTS:

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## . KENYA 2005 BALL

The Kenya 2005 Ball was held in the Rochestown Park on Saturday, April 8th 2006. Guests of honour included the Deputy Lord Mayor, Mr Colm Burke and his wife Mary along with Principal Councillor Mr Abel Kenyoru and his wife Milka from the Kenyan High Commission in London. Music was by the Groove Orchestra. A fantastic night was had by all. The total amount raised for our projects in Kenya was €12600 approximately. Thank you to all who attended the ball. Thank you to Reidin Lynch who organised the evening. Looking forward to next year already!



*From Left: Martin Ballantyne, Reidin Lynch, Milka Nyamichaba, Maria Kidney, Abel Kenyoru*



*Left: Martin Ballantyne, Maria Kidney, Abel Kenyoru, Milka Nyamichaba, Colm and Mary Burke, Helen Concannon, Ger Murphy*

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## UPDATE FROM KENYA

- ★ Some of the Directors of Friends of Londiani visited Kenya in February to evaluate the projects of Harambee 2005, and further investigate projects for Harambee 2007.
- ★ The water tanks in the village of Lelsothet have proved very useful in the current drought in Kenya. The community are using them for drinking and cooking water, but are using the river water for washing etc as there is such a scarcity at the moment. The country is very dry and dusty right now and temperatures in Nairobi were about 38 degrees Celsius during the month of February.
- ★ The Ndubusat hospital is almost completed and looks simply fantastic. The community members are currently building the kitchen and finishing the plumbing of the toilets and showers.
- ★ The school in Ndubusat is now all plastered and ready for painting. The place looks transformed. The water tanks have been installed in the school as well.
- ★ The 5km of water pipes have been completed and in February we had the opportunity to see them turn on the water in the medical centre for the first time – it was just amazing to see the water flow into the tank. In fact it was the only place where we could shower during our visit there due to the scarcity of water! The children were so excited seeing the water that they emptied the school and washed all the classrooms from top to bottom. The excitement and joy that the water has brought to Ndubusat is just unreal. The community have installed taps along the water root, so no person has to travel more than 500m to collect water.
- ★ The peer education groups (women and men) are growing daily. There were several graduations during our visit in February (about 150 people in Lelsothet and 120 people in Ndubusat). This programme is an AIDS/HIV peer education programme. There are now 65 children in the Bethel Faith Home. The latest arrival is a 2 month old girl called Faith. She was with her Mam, Dad and brother when lightning struck. They were all killed except Faith who survived. Lightning is a problem in the areas surrounding Londiani, and we are currently investigating ways to help the community deal with it.
- ★ Project proposals were received from many communities in Kenya, and the Board of FOL are currently evaluated each proposal in conjunction with our contacts in Kenya to make decisions as to the next step for FOL.
- ★ The next project is Harambee 2007.....

*Charles in Ndubusat School*



*Faith and Samuel, the youngest in the home.*



*Ndubusat Hospital*



*The water flows in Ndubusat*



*At the water tap in Ndubusat*



*Reading the FOL Calendar!*



# Harambee 2007

**ARE YOU LOOKING FOR A CHALLENGE?  
DO YOU LIKE WORKING AS A TEAM?  
ARE YOU PREPARED TO GIVE YOUR TIME TO HELP OTHERS?**

**HARAMBEE 2007 could be the challenge for you!!!**

## **PROJECT TASKS WILL INCLUDE:**

- To build a community centre for the people of Lelsothet village in Londiani.
- To work with a community in the Benditai village. Here we hope to complete 2 classrooms, bring water to this village and work on HIV projects.
- To begin work on the Ndubusat Secondary School building
- To continue the HIV/AIDS Peer Education Projects.
- To run a medical project based in the Bethel Maternity Hospital and Clinic in Ndubusat.
- To run Summer camps and Youth Clubs for the children in the Bethel Children's Home and surrounding areas.
- To help with painting, repairs and maintenance in the Bethel Children's Home in Londiani.
- To work on community water schemes in local villages.
- To work with the self-help groups in the area.
- To set up education awareness programmes on various health issues.

## **DATES OF PROJECT:**

The project will run from June until September, 2007. Each project will be 3 weeks in duration, including a holiday at the end of the project work.

## **COST OF PROJECT:**

Each person will be asked to pay **€1850 each** for the 3 week period. This cost covers all your Flights, Food and Accommodation in Kenya, 3 Training Weekends in Ireland before the project begins, Emergency Fund costs, and Project Administration. We have based these costs on figures received from travel agents etc for the current year. Due to unstable fuel prices flight and transport costs may fluctuate slightly, but generally other costs should remain the same.

This cost does **not** include Travel Insurance, Travel Vaccinations and Cost of holiday afterwards.

Each participant on the project will also be asked to fundraise a minimum **€1000** towards the cost of the project itself – the buildings, materials, education, summer camp etc. This money can be raised through fundraising & sponsorship. Guidelines on fundraising will be given at our first training weekend.

## **WHO CAN APPLY:**

Anyone **over 18 years on 1<sup>st</sup> January 2007** can apply to be part of the Harambee 2007 team. You must complete the application form, and be available for interview. Ability to attend the Training Weekends is also important.

## **HOW TO APPLY:**

If you are interested in coming to Kenya in 2007 or would like to receive more information please contact

**Friends of Londiani at our usual address.**

**Email: [harambee2007@friendsoflondiani.com](mailto:harambee2007@friendsoflondiani.com)**

## FUNDRAISING EVENTS

### **Four Peaks Challenge 2006:**

Last June a group of very determined people set off very early one Saturday morning in Wicklow for the first Peak of their Four Peaks Challenge. The group raised important funds for the Harambee 2005 project and in doing so climbed the Four Highest Peaks in Ireland, all in one weekend.

This year the Four Peaks Challenge has been changed slightly! This year the Challenge is to climb the Four Highest Peaks in Four Different Countries, all in one weekend. An amazing challenge!

If you would like to get involved in supporting this group of wonderful (but crazy!!) people and help them achieve their goal, please contact us. All assistance with sponsorship and support along the way will help Friends of Londiani ongoing projects in Kenya.

### **Flora Dublin Ladies Mini Marathon**

This year's Flora Women's Mini Marathon takes place on Bank Holiday Monday 5th June 2006. This year we have a team running and walking to raise funds for Friends of Londiani. Thank you to all the members of this team and to all those who are supporting them.

### **Cork Evening Echo Ladies Mini Marathon:**

This year's Evening Echo Ladies Mini Marathon will take place on Sunday, September 24<sup>th</sup>, 2006. Sponsor cards are now available. T-shirts and information packs will be provided to all those who apply. Contact Friends of Londiani at the usual address, or email [minimarathon@friendsoflondiani.com](mailto:minimarathon@friendsoflondiani.com)

### **Marigold Madness:**

While most people spend their Saturday mornings lazing in bed some of our "mad" volunteers spent a very rainy Saturday in March sowing seeds for our latest venture. FOL is this year undertaking an experimental programme whereby we grow Marigolds and sell them directly to the public. This simple idea we hope will become an annual event that we hope will expand year on year. Marigolds are now on sale at €4 a tray. Please contact Friends of Londiani at the usual address or email [marigolds@friendsoflondiani.com](mailto:marigolds@friendsoflondiani.com) Thank you to Barbraanne O'Brien who organised this project.

## EXPRESSION OF INTEREST

Friends of Londiani is run by volunteers. From time to time we look for other volunteers to help us with the organisation of the charity. The list below outlines the types of people we are looking for at the moment. If you are interested and have some time to spare to contribute to the success of the charity, please fill in the attached form and send it to FOL at the usual address. The skills we are looking for include the following:

- ★ Fundraising – interested in organising a fundraising event
- ★ Fundraising – interested in becoming a member of the fundraising team.
- ★ Follow-up on funding letters by making phone-calls to various companies etc during the day
- ★ Auditor
- ★ Available at Christmas time to sell cards and calendars during working hours.
- ★ Available at Christmas time to sell cards and calendars after working hours.
- ★ Experience in filling out funding proposals
- ★ Experience in Art and Design – for PR Material
- ★ Expertise in water projects
- ★ Shipping Contacts
- ★ Have you got video editing skills? We have a lot of video footage from Kenya that needs editing.
- ★ If you have something else that you feel you could offer to FOL please put your name down, and what help you can give.

If you can give any time to Friends of Londiani please contact us at the usual address or email [interest@friendsoflondiani.com](mailto:interest@friendsoflondiani.com) and let us know what you would like to get involved in.

## STANDING ORDERS

Standing order forms are available from Friends of Londiani or downloadable from our website at <http://www.friendsoflondiani.com/donate.htm>

Thank you in advance for your support.