



# **Friends of Londiani Annual Report 2012**





Front Page photo – student taken during Harambee volunteer project in August

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## Message from the Chairperson

2012 has been a very special year for FOL as we celebrated 10 years of community partnership in Kenya. It gave us an opportunity to celebrate FOL's achievements to date, and to reflect on the impact of FOL's work. During 2012 FOL took the time to take what it has learnt, developed and experienced since 2002 and build on this foundation this for the next 10 years and beyond.

FOL and the community of Londiani have grown from strength to strength over the past 10 years. Over time FOL working with the community has designed a model of Community Development. We know this model works because there is change in the lives of individuals, of families and the communities. This model has many elements including:

FOL sees itself as a catalyst for development – we kick start things - we create opportunities in which development is allowed to flourish.

FOL believes that nothing can be achieved in isolation. Partnerships and working together – are the essence of Harambee. These partnerships can be seen throughout FOL's Health, Education and Water Programmes.

FOL believes in empowerment. Our whole approach is about listening, and helping communities to realise their dreams and become the authors of their own development.

FOL believes that the role of women is key to the development of a community. We have worked with the women of Londiani and beyond since our inception.

FOL believes that investment in education is an investment in the future of a community. Since 2002 FOL has assisted almost 2000 young people with access to education. FOL was the catalyst for these 2000 young people to have a different future through an education.

FOL believes in volunteerism and its benefits to communities far and wide. Since its inception in 2002 almost 400 volunteers from 20 countries have travelled to Kenya with FOL. They have worked with volunteers in local communities in the true spirit of togetherness. Harambee is the Swahili word for togetherness and this is what volunteering with FOL is all about. We all have different skills and talents, and a combination of these together makes a stronger contribution.

FOL believes ownership is another key component of its development model. Communities must own projects if they are to bring about real change.

People are key to the FOL model – people making choices about their own development based on their values. FOL's approach is based on values, human rights and trust. FOL builds up trust both with and within the communities in which it works. It is not an overnight process, it takes time and patience, but it is worth it.

FOL believes that economic empowerment is key to development and has run many business courses to assist community groups.

FOL's model of community development has been designed over time – it is constantly evolving and moving forward. We know it works, we know that FOL is making real change in real communities. Through 10 years of building relationships FOL is seen as key to development in the Districts of Kipkelion, Londiani and beyond.

The foundation has been laid down – as we look to the next 10 years we look to take the experience FOL has gained to reach more communities. During 2012 FOL began a Strategic Planning Process to look to the next 10 years.

FOL's essence remains, our core values remain. It is this essence, this strength that will bring us to the next stage. It is a time of reflection, consolidation and strengthening; a time to look forward; a time to embed the core values and essence of FOL into its strategy for the next 10 years; a time to look outward – at the world, the environment in which we live, and the community we work with. In lots of ways the journey has only begun

We invite you to continue the journey with us, to travel with us, to join us, and continue to bring real lasting change in Kenya and beyond.

Our Kenyan Country Director, Anna Mainek retired in 2012. I would express my sincere thanks to Anna for all she has done for FOL and the communities in which we work. Anna has being a true leader in her community and beyond; she has shown courage and commitment to the people of Kenya; Her wisdom and honesty is to be admired; She has a vision for the people in Kenya that is admirable, particularly the vulnerable, the downtrodden, the poor. She is also a true friend, companion and advisor and for all of this I would like to say thank you. Thank you for all you have done for FOL, for the people in Kenya and all involved in FOL.

I would also like to thank the Board of Directors in Ireland and in Kenya, The Management Team, The Chief Executive Officer, the staff, volunteers, supporters, family and friends.

I would like to take this opportunity to thank all these people for their passion, support and hard work since FOL's inception in 2002.

Looking forward to the journey ahead.....

Maria Kidney  
Chairperson



## FOL's 10 year journey

Celebrating  
**10**  
years  
of Community Partnership

2012



2011

Girls for Girls training held; Londiani District Hospital Operating Theatre completed; Sustainable tourism & micro finance projects began.



2010

Girls for Girls Campaign was launched; Worldwide Schools network link was formed between Irish & Kenyan schools; Mapping of the region began.

2009

New ambulance provided for Londiani District Hospital; Village health surveys continued; First Alternative Rite of Passage for girls took place; First WAGGGS volunteer team.



2007

Work began on Essential Obstetrics Neonatal Care programme; Education bursaries extended; First Field Day was held.



2008

FOL provided emergency support after post-election violence; Medical exchange project; Hospitals link with Mayo General & Londiani District; FOL began work with Ministry of Health Community Health Strategy.

2005

Healthy Schools Programme and Community Water Tanks project began; First mixed-gender Lifeskills Peer Education Course; Maternal Health Clinic was built.



2006

In Ndusuat, Gravity water fed scheme was turned on & Girls dormitory was added to their school; FOL received Irish Aid funding.

2004



Work began on the Ndubusat Gravity fed Water Scheme; Community Outreach programmes were initiated.

2003

FOL supported the opening of a medical clinic in Kebeneti; In Ireland word spread of the communities in Kenya.



2002

The seed was sown – first FOL volunteer team worked with Bethel Children's home; First Lifeskills Peer Education Course was held.

"Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has." **Margaret Mead**

## FOL's Programme of Activities

As FOL has marked its 10th year, it has been a time to reflect on the progress of our work in Kenya, to raise awareness and the profile of the organisation, and to focus on developing the next phase of our community development journey.

Alongside the 10 year celebrations in 2012, work continued in achieving the goals set out in the strategic plan for 2010 to 2013. These goals are based on supporting communities in recognising and addressing their own needs in order to improve their basic education and health care. The ultimate aim is to see a community thrive with reduced child and maternal deaths, increased education performance, improved health indicators and an increased capacity to sustain themselves economically as well.

In partnership with community groups and government ministries in the Kipkelion District of North West Kenya, FOL has supported Health, Water and Education projects in 2012.

### Health Programme

#### *Health Programme Objective:*

To consolidate the existing district & community level health services so that they best meet community needs; to consolidate the "Healthy Village" model in those villages where it has been introduced; to roll-out the "Healthy Village" model to the remaining villages as part of a coordinated approach to community healthcare in Londiani.

#### **Londiani District Hospital**

The Londiani District Hospital Operating Theatre is now fully operational. The community is delighted with the new theatre, and hopes it will contribute to improved health for their families and for many generations to come.

#### **Essential Obstetrics and Neonatal Care (EONC)**

Two **EONC courses** were run for medical professionals and among the trainers on the courses were previous participants who have become part of the EONC Instructors panel. An annual **skills**

**development refresher course** with 58 participants from the Health Centres across the District took place in April.

Trainings on **Maternal Health** were delivered through modules in the Lifeskills courses for members of the community and with training days for Community Referral Assistants (CRA) and Community Health Workers (CHW).

FOL in partnership with the Ministry of Public Health supported 22 **Public Health Field Days** reaching a total of 16,007 people. These days inform communities about issues pertaining to daily life and health risks such as malaria, HIV/AIDS, nutrition, dental health care, smokeless cooking etc. They also address any localised outbreaks of disease e.g. polio, measles or cholera.





46 **Lifeskills Peer Education Courses** for community groups of men, women and young adults were completed in 2012

**Smokeless stoves** are a core part of any healthy homestead. FOL, the Public Health Office and ERM (Environmental Resources Management) have worked in partnership to develop a stove which reduces smoke, and uses up to two thirds less fuel than traditional models. These stoves have significant positive health, social, environmental and financial impact on households. **Stove Construction Trainings** were held for public health officers, and community health workers.

**Stove Surveys** were completed in the areas where homes were visited who had previously installed stoves, and the effects were measured. FOL supported the installation of 54 **smokeless stoves** during the year.



44 **Outreach Clinics** were held across Londiani and Kipkelion Districts in 2012 reaching a total of 4,673 participants. These Outreach Clinics enable communities to access health services.

#### **Alternative Rite of Passage (ARP)**

The ARP is a programme that has evolved from the community to educate people about the issue of female circumcision. The programme is led by the communities to which those families belong – local women and men prepare the course, the materials and give the trainings. In December 2012, 41 courses with 1,716 participants were organised.



#### **District Health Management Team Partnership (DHMT)**

FOL continued its partnership with the Ministry of Health and the District Health Management Team in 2012. FOL assisted the DHMT with the preparation and development of its Annual Operational Plan and capacity building.

FOL supported the DHMT during the year with a range of **special days** including World Hand Washing Day; World AIDS Day; World Malaria Day; World Contraceptives Day and International Women's Day.

The DHMT are part of a **Maternal Health Task Force** which also includes FOL, the Marafiki Women's Group and Londiani District Hospital. The programme is designed to provide support to mothers, through peers in the community and includes information on nutrition, self-care during pregnancy and care for children. The emphasis of the programme is encouraging all mothers to use local health facilities before, during and after pregnancy so as to reduce maternal death and infant mortality rates in the district

#### **Wilderness First Aid Course**

The demand for First Aid skills amongst community groups, community health workers and health workers continues to grow. In 2012 3 local trainers were identified and they worked with an international team to deliver a 2 day course in November. This course includes basic trauma care and transferring patients, it provides real skills to community members and will also assist with overall health education.





**Hospital Link Project** with Londiani District Hospital and Mayo General Hospital – both of these hospitals continue to work together on continuous medical education programmes.

### Community Health strategy

The Ministry for Health Community Health Strategy is a bottom up approach to creating healthy communities with the support of village elders and chiefs, local volunteers, Ministry for Health workers and FOL staff & volunteers. Under this strategy FOL has completed a number of activities including:

- FOL began working with 5 new **Community Units** (CU) in 2012, with 21 people from each CU receiving 10 days training.
- A **Community Health Committee Training** was held for all Community Health Committees.
- FOL continues to work with **11 Village Health Committees** (VHCs) across 3 Divisions (Kamasian, Kipkelion and Chilchila).
- FOL have supported the establishment of **income generating projects** which are designed to fund the implementation of the community health strategy through establishing healthy homesteads.



## Water Programme

### Water Programme Objective:

To provide potable water to villages from secure sources with well-managed distribution systems consistent with the "Healthy Village" development plan.

The **Ndubusat gravity fed water scheme** has become a model for future water programmes in the District. The local water committee have completed the two water kiosks which have been fully operational throughout 2012. The Committee is now charging for water, in order to ensure sustainability of the project and they have now employed a plumber to maintain the system. FOL has assisted with capacity building of the Committee during 2012. This model over time is sustainable, with the community taking full ownership of their water scheme, its operation, expansion and any other challenges that they face.

During 2012, 7 **rain water harvesting tanks** were installed including two 33,000 litre ferrous cement tanks; four 10,000 litre plastic tanks and one 5000 litre tank. All tanks were installed using a **cost sharing** arrangement with the community.

Three **spring protection programmes** were run in 2012 which are largely designed to protect water sources through fencing off areas from livestock and public access.



### Water Quality Training

FOL supported a 2 day water training course in Kipkelion. It was attended by representatives from the Department of Water and the Public Health Office. The facilitators were from the Lake Victoria Water Service Board. The training focused on water quality analysis.

### Education Programme

#### **Education Programme Objective:**

To work at each level of Education where FOL works so as to ensure that everyone has an opportunity to receive at minimum a basic education to help the overall development of the communities.

FOL sees education as being of paramount importance alongside provision of health care and clean water. Education across the community from child to youth to adult with the aim of increasing individual and community capacity so that in the long run the community will be in a position to sustain the programmes they are working on themselves.



FOL supported 301 **Education Bursaries** in 2012. These bursaries were given to children in need and orphans with no alternative source of funding for their education

#### **Business courses**

Two 3 day business courses were held in Londiani and Kipkelion in 2012. The key objective of the course was to help the participants develop their own ideas / generate some new ones & formulate a business plan that could be used in acquiring capital and ultimately bringing the idea to life.



#### **Sustainable Tourism**

A workshop was held for the 11 villages involved in this project in November. The workshop was designed to assess progress over the past 12 months on both the healthy village scheme and income generation projects to fund these initiatives. This was followed by a **3 day pilot trek** through the villages involved in this project.

#### **Agricultural Capacity Building**

In April 2012, the 11 Village Health Committees in the Sustainable project were visited by an agricultural specialist in order to support their income generating activities. Offers of further assistance were made, facilitated by FOL. FOL supported 6 community representatives, selected by their communities, to attend short courses at the Baraka Agricultural College in livestock management, poultry rearing etc.





### Partnership Seminar

A partnership seminar for representatives from 34 community groups was held in October over a 2 day period. The seminar included a review of programmes and activities conducted to date, and identification of priorities for the future. Outputs from this seminar fed into the FOL Strategic Planning Process.

### FOL Youth Capacity Building Programmes

Several Youth Programme Groups were supported by FOL in 2012.

- Londiani Youth Central attended a 3- phase capacity building training for 60 young people focusing on Leadership, Civics Education and the Constitution. FOL assisted the group to establish an income generation project to make bricks.
- Damweb Youth Group participated in a HIV/AIDS awareness programme undertaken through a volleyball tournament in Kapcheplanga, in order to attract young people. They also participated in a peace workshop in August.
- During the visit of Irish students and teachers to the District, an 'international' volleyball tournament was held involving students from the 2 Irish schools and 3 Kenyan schools. FOL provided prizes for the participants and the event included cultural sharing activities
- Peace day - 4 youth groups based in schools were supported to participate in the Peace Torch Caravan as it passed through Kericho. This programme was designed to build peace ahead of the 2013 elections.
- Young people have been identified as a key group to engage as part of peaceful elections in 2013. There has been a history of political parties attracting young people to non-peaceful activities. FOL is supporting youth groups seeking to build peace between groups and provide alternatives for unemployed young people.



### Healthy Schools Programme

This programme is about schools taking on board a programme of developing their school into a healthy place for children to learn, play and socialise. In 2012, 36 new schools were added bringing to 77 the total number of schools in the programme. There were construction projects in 4 of the schools which provided a total of 10 blocks of pit latrines (2 with washrooms for girls) and 9 water tanks in schools.

### Girls for Girls (G4G)

Girls for Girls (G4G) works closely with the Healthy Schools programme. It was established in 2010 with the aim of enabling girls to go to school every day throughout the month. The G4G programme includes provision of sanitary towels through a self-supporting, cost effective scheme; support for schools to improve their sanitation by providing enough latrines and washing facilities for girls and an educational resource for schools in Kenya which teaches girls about hygiene, personal growth, life-skills, sanitation, puberty & sexual health and rural finance.



During 2012, 18 new schools were added to the programme along with the 4 pilot schools from 2011. All of those schools attended a facilitators training in March and 860 new girls were supported in their involvement with the programme.

### Teacher Training

A teacher's training was held in Social Studies and Christian and Religious Education (CRE) for primary schools in Londiani District in May with 25 participants. FOL supported the Ministry of Education during the prize-giving day by sponsoring the trophies for the top 3 schools in Londiani District.

During the visit of Irish students and teachers as part of their Worldwide School Partnerships, two peer-to-peer seminars were held:

- A seminar was held for 30 Kenyan & 10 Irish teachers on management and leadership, learning styles, literacy, and healthy schools.
- A seminar for 45 Kenyan students and 10 Irish students was held on the MDGs and each school present led activities on one of the MDGs.

### FOL's Worldwide Network Trip to Kenya

In April a group of 21 students and teachers from Moate and Killinarden Community Schools in Ireland travelled to Londiani to meet and work with their partner schools - Moi Sorget and Kapcheplanga respectively.

These school links form two-thirds of the Friends of Londiani Schools Network which is supported by Irish Aid through the Worldwide programme. Although not in the travel group, the third part of the network – Mountrath Community School & Londiani Girls Academy – were represented through a backpack of letters and books which were being exchanged.

There were many highlights to the trip including a teacher's seminar held for 40 teachers in Londiani on topics such as Management, Health Schools & Special Needs. The first ever Irish and Kenyan student seminar took place on **Millennium Development Goals** with 55 secondary school students taking part. This was a hugely inspiring day as the younger generation considered the world they live in.



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An Roinn Gnóthaí Eachtracha



## Volunteer Teams 2012

### Dublin Obstetric Visiting Society (DOVS)

In February a team of 12 Doctors and Friends from DOVS visited the Districts for 3 days. During their time there they visited different levels of health facilities in order for them to understand the Kenyan health system. They ran a training course in Londiani District Hospital on Essential Obstetric and Neo Natal care. They also worked with the staff in evaluating the training requirements of the hospital due to the new operating theatre.

### Girls for Girls Team

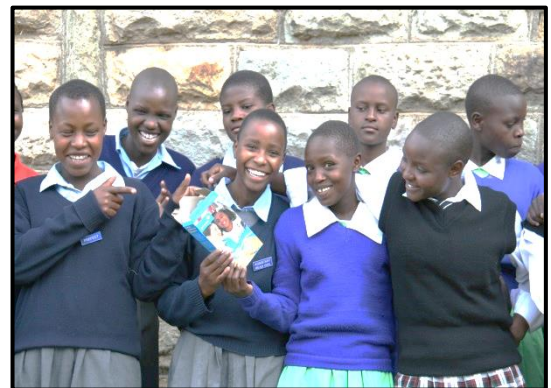
In March 2012 a team of 4 Girl Guide leaders from USA, Australia, Lebanon and Ireland travelled to Kenya to work on the Girls for Girls (G4G) Programme which had been piloted in 4 schools in 2011. Following on from the success of the pilot scheme, the volunteer team worked with a further 18 schools training them in the 3 main parts of the programme including hygiene/health education, infrastructure development and economic empowerment. The G4G programme ties in with the Healthy Schools Programme already supported by FOL and schools involved are signed up to both.



**Girls for Girls USA** is a new organisation set up in 2011 by members of Girl Scouts in America who were part of the first facilitators training in 2011. This is a US non-profit organisation dedicated to supporting the G4G programme. Their mission is to collaborate with global partners to advocate for and empower girls and women in developing countries to build healthy, sustainable and thriving communities.

### August Harambee 2012

The Harambee 2012 August project took place from August 5th to August 26th. There were 8 volunteers from Ireland involved along with staff and volunteers in Kenya who made up the Harambee team for 3 weeks. It was a very successful project based on two sites – Kipkelion and Londiani.



The main tasks undertaken with the communities were:

- Construction of a water tank
- Healthy Schools Programme
- Lifeskills courses
- Installation of Smokeless stoves
- Malaria prevention programme
- Maternal Health trainings
- Outreach clinics





### October Harambee 2012

The Harambee 2012 October project took place from October 27<sup>th</sup> to November 18<sup>th</sup>. There were 7 volunteers from Ireland who joined with FOL Kenya staff and community to work in the following areas –

- Education bursary interviews
- Facilitating business courses in the community
- Running a Wilderness first aid course
- Assisting the District Health Management Team with Outreach Clinics
- Facilitating on Maternal health courses
- Stove surveys and installation with Community Health Unit

The team was based in Londiani during the project.



### Mayo General Hospital Link Team

In November 2012 a team of 7 medical health professionals from Mayo General Hospital, Dublin and Australia spent 2 weeks in Londiani working with the staff of the Londiani District Hospital. They ran a training course for hospital staff and also performed some routine surgeries in the new operating theatre.



## Friends of Kipkelion Visit Kenya

The Friends of Kipkelion Charitable Trust is a UK registered charity (no. 1142476) which was set up in 2010. Their aim is to support basic healthcare and educational projects in the Kipkelion District of Kenya. Friends of Kipkelion have a partnership with FOL since 2011.

Two trustees from Friends of Kipkelion visited Londiani in October. During their time in country, they visited projects in Ndubusat and Kunyak that they are supporting in partnership with FOL and the local communities. Their feedback was extremely positive and they have committed to continuing their support in 2013 and propose to visit again in October 2013.



## FOL's Strategic Planning Process

In September 2012, FOL began working on its next Strategic Plan (2014 -2017). The development of this Plan will enable FOL to clearly set its direction for the next few years, and then seek support and resources to deliver its programs on the ground.

Linden Edgell, a volunteer from Australia began a 6 month sabbatical from her role as Global Sustainability Director in Environmental Resource Management (ERM) in September. Her role is to support FOL in developing its Strategic Plan.

FOL adopted the following approach to ensure a robust and thorough process, through engagement with key stakeholders, research into developing trends in Kipkelion & Londiani Districts, Kenya, the NGO sector, Ireland and other countries where FOL has supporters.



FOL began with a review of its current plan, measuring the impact of FOL's 10 years in the communities in which it works. From September to December FOL organised a series of stakeholder engagements in Kenya including all its partners in Kenya - communities, government Ministries, other NGOs etc. During these sessions FOL received feedback on its impact, and worked with its various stakeholders in defining their priorities for the future.



FOL is conducting research on trends in the district, and gathering the views of other organisations about what the future holds for the Districts, and for Kenya.

FOL will continue to shape its future direction in 2013.

## School & Community Group Visits

Friends of Londiani continued to join students in their classrooms to explore global issues and learn about Kenya. FOL also joined with many youth groups such as Girl Guides units to work on activities relating to global justice. Community groups have also invited FOL to local events. FOL is delighted to work with groups on development education topics. In 2012 FOL was invited to participate in an International Guide Camp organized by the Irish Girl Guides. CAMP 101 had a theme of "Together we can change our world" and was based on the Millennium Development Goals. During the week girls at camp communicated with girls in Londiani as part of the Girls for Girls programme.



## Advocacy and Volunteering Issues

Friends of Londiani has a strong ethos of volunteering and values the involvement of volunteers throughout the organisation. FOL has adopted the Comhlámh Code of Conduct for volunteer organisations and completes the Comhlámh Code of Good Practice Self Audit on an annual basis.

FOL is a member of Dochas – the Irish Association of Non-Governmental Development Organisations and subscribes to the principles contained in the Irish Development NGOs Code of Corporate Governance.

Friends of Londiani is a signatory of the Dochas Code of Conduct on Images and Messages and provides all volunteers with training on the Code.

### Commitment to Standards in Fundraising Practice

Friends of Londiani is committed to achieving the standards outlined in the Statement of Guiding Principles for Fundraising.

The statement provides Irish charities with good practice standards for fundraising. It was developed after extensive consultation with industry experts and stakeholders including charities, non-profit organisations, legal and financial advisors, donors and academics.

Friends of Londiani commits to doing this by:

- Maintaining good fundraising practice
- Providing high levels of accountability and transparency to our donors and prospective donors from the public
- Provide clarity and assurances to the public about how we spend your money



FOL remained committed to the Act Now on 2015 Campaign throughout 2012 to ensure Ireland keeps its promise and invests 0.7% of national income in overseas aid by 2015.

The Act Now campaign highlights the fact that aid works both overseas and in Ireland. However, it is not forever and ultimately economic growth is the solution to global poverty.

2013 is a key year to encourage this economic growth to become a reality as Ireland holds the presidency of the EU. This is the ideal platform to bolster Ireland's standing as a leader in development.

It offers the opportunity to provide leadership to the rest of the EU by speaking out for those in desperate poverty worldwide. By living up to its aid promises during the EU presidency, Ireland will fully embrace the spirit of its role as a leader in Europe and help to set the agenda for the years running up to the 2015 deadline.







## Celebrating 10 years of Community Partnerships

### Events in Ireland

FOL have established strong partnerships over the past 10 years with communities in Kenya, Ireland, and around the world. FOL has partnerships with other NGO's, Kenyan government ministries and volunteers and supporters in many other countries around the world. 2012, the 10<sup>th</sup> year of FOL, was a year to celebrate these partnerships and build on the relationships that have formed and are making a real difference to the lives of the people in Kenya.



### Office Opening

The events began in January with the official opening of the FOL office in Midleton, Co. Cork officiated by Ambassador Catherine Muigai Mwangi with the assistance of the Mayor of Midleton, Cllr. Mary Woods and the chairperson of FOL Maria Kidney. Guests on the day included volunteers of previous Harambees to Kenya, representatives of UCC Centre for Global Development and lots of friends & family.

### 2012 Kenya Ball

In April, at the 8<sup>th</sup> annual Kenya Ball, guests celebrated FOL's 10 year anniversary in style at the Maryborough House Hotel & Spa in Cork. Friends, families, supporters, donors and invited guests were welcomed to the ball by Cllr. Tony Fitzgerald, Deputy Lord Mayor of Cork who started off the evening with words of welcome and support for the work of FOL. The Kenyan Ambassador was represented by Ms. Kasiva Mbithi. Other guests included the FOL board of directors and representatives of Friends of Kipkelion, the UK based partner to FOL. FOL were delighted to have the Kenyan Country Director, Anna Mainek and her husband, Wilson Langat, attend the ball during a two week visit to FOL in Ireland. She and Maria Kidney, chairperson of FOL, spoke during the evening about FOL's model of community development and how FOL sees itself as a catalyst for development, creating opportunities in which development is allowed to flourish. They shared stories with the guests which illustrated real changes that have come about in the communities since FOL first began to work in Londiani. Anna spoke about her own experiences as a member of the first women's group that FOL met with in 2002 and how important empowerment and ownership are in helping communities to realize their dreams. Guests danced the night away to the music of She's Electric and DJ Niall Cloake.

### Fundraising Strategy

In January, FOL began a '**Clear out your Clobber**' campaign with a target of collecting 200 bags to convert into cash for FOL. Friends & supporters gathered 130 bags which were taken to Clearout.ie in exchange for cash.

In February, FOL launched its first Valentines Fundraising campaign entitled '**Honey, Bee my Valentine**'. Honey was sourced from Terry's Honey in East Cork, Ireland and specially decorated hampers were produced with 3 little pots of honey along with Lily O'Brien crispy heart chocolates. They sold online and amongst volunteers & supporters.

The **FOL Table Quiz pack** got its annual makeover and was available for groups to use as a fundraiser throughout the year. At the end of the year all of the table quiz packs from previous years were made available on the website as a resource for all to use and enjoy.



FOL challenged runners, walkers and joggers to run **10K for 10 years** and several volunteers and supporters took up the challenge. The **FOL merchandise** of keyrings, CD's, counter boxes, gift vouchers and notelets was promoted and available all year.



In June two teams of golfers took on the arduous challenge of playing a round of golf in each of the **4 provinces** of Ireland in one day. The event was launched by Brian Kennedy at the K Club. The teams began before dawn on June 21<sup>st</sup> and they were hosted by golf clubs in each province – Cavan Golf Club, Glasheen Golf Club in Athlone, Ballinasloe Golf Club and Roscrea Golf Club – and finished at sunset. Both teams lived to tell the tale – one from Dublin and one from East Cork.

In August FOL volunteers Colleen Clarke & Eoin Gannon launched the **FOL Wedding Favours** at their wedding. These are place name cards with a theme based on the Big Six safari animals in Kenya – elephant, lion, giraffe, buffalo, rhinoceros and leopard. They highlight six big projects by the communities in Londiani – maternal health, community health, education bursaries, clean water provision, smokeless stoves and business training. Colleen



& Eoin became engaged during a Harambee volunteer project in Kenya in 2011.



In November FOL launched sterling silver handcrafted **starfish jewellery** – pendants and bracelets – made by Don O Mahony, Master Engraver and Jeweller in Cork. The jewellery is inspired by the starfish story which is all about making a difference in people's lives. The FOL starfish story is a YouTube hit and the jewellery continues to sell through the website.

### Better Together Video

FOL entered the Better Together Video Competition in 2012. During the 2012 campaign (Sept-Nov) members of the public were encouraged to get involved by voting for and supporting their favourite causes' videos, as well as their local Charity Heroes. FOL submitted a short video on its 10 years of community partnerships. Thank you to all of you who voted for FOL in the competition. Your support is hugely appreciated!



Make a Difference to YOUR community

## Celebrating 10 years in Kenya

Celebrations which began early in 2012 in Ireland, continued throughout the year leading to a finale in Kenya on November 15th when the volunteer teams in country joined FOL Kenya staff representatives of the Ministries for Health, Education and Water & Sanitation and representatives from the communities working with FOL in a huge celebration of the past 10 years.

The day began with tree planting by the Guest of Honour, Mrs Honorine Kiplagat, Chairperson of Kenya Girl Guides Association. Community members spoke about the impact that FOL had in their communities and the differences that they had seen since they began working in partnership with FOL. Each guest spoke about how much FOL has impacted on the district and the changes that have come about to people lives during the past 10 years. Government Ministers spoke of how they value the partnerships they have formed with FOL over the years. Performers from all parts of the Londiani and Kipkelion Districts sang and danced celebrating ten years of community partnerships.

Anna Mainek, Country Director of FOL Kenya, and Maria Kidney, Chairperson of FOL Ireland gave a joint presentation on the highlights of ten years of community partnerships. It was an emotional time for FOLK Country Director Anna Mainek and her husband Wilson as Anna retired at the end of 2012 and moved away from Londiani to a new home.

The ceremony ended with the cutting and sharing of the special 10 year cake. After the ceremony guests were invited to a very special lunch in St Kizito's Catholic Church where they enjoyed traditional Kenyan food and drink.

The celebrations featured on Kenyan Television's Network (KTN) main news in Kenya!





## FOL Staff

Staff numbers in Kenya increased to 17 during 2012. There is now an Operations Manager and Projects Manager, 5 Field Officers, a Construction Supervisor, a Driver, 5 Security personnel and 3 Medical Staff based in the Ndubusat clinic.

Each Field Officer is responsible for a specific area of the programme – e.g. Health promotion; water; healthy schools; community health strategy.

The Operations Manager keeps an overview on all that is happening on the ground and directs the staff to ensure programmes are on target for completion. The staff have evolved into a dynamic team during 2012.

FOL in Ireland have 2 staff members – the CEO and an Office Manager. The Irish and Kenyan teams work very closely together.



## Retirement of Kenyan Country Director

Anna Mainek, FOL Kenya Country Director, retired at the end of 2012. Anna was a member of the first women's group that FOL worked with in 2002 – the Marafiki Women's Group. Through her involvement in the Marafiki Anna helped set up FOL in Kenya by becoming the first Country Director in 2005. Since then Anna has worked tirelessly for FOL encouraging staff and volunteers to work together for the betterment of their communities.

She was the main driver behind FOL's Lifeskills Peer Education programme, and has worked in this area since 2002. She has traveled the length and breadth of Kipkelion and Londiani working with community groups on this programme, and training others so that the knowledge is shared.

She is an advocate for those who are less well off, and strives to provide opportunities to all. She has represented FOL at many different events and meetings throughout her career. She has lead FOL in Kenya since its inception and has ensured that a strong foundation has been laid for the next ten years. Anna will remain on the board of FOL Kenya.



The boards of FOL Ireland and FOL Kenya would like to express their sincere thanks to Anna for all she has done for FOL and the communities in which we work.

Asante Sana!



## Funding

Friends of Londiani depends on national fundraising events, private donations, local fundraising by volunteers, business donations and grants. FOL is grateful to all those who have fundraised on FOL's behalf and on behalf of the communities in Kenya.

Irish Aid is the Government of Ireland's programme of assistance to developing countries. Friends of Londiani received funding from the Department of Foreign Affairs through Irish Aid in 2012. This grant was specifically for Water, HIV/AIDS and Health projects and will be used to part-fund these projects. FOL gratefully acknowledges their support.



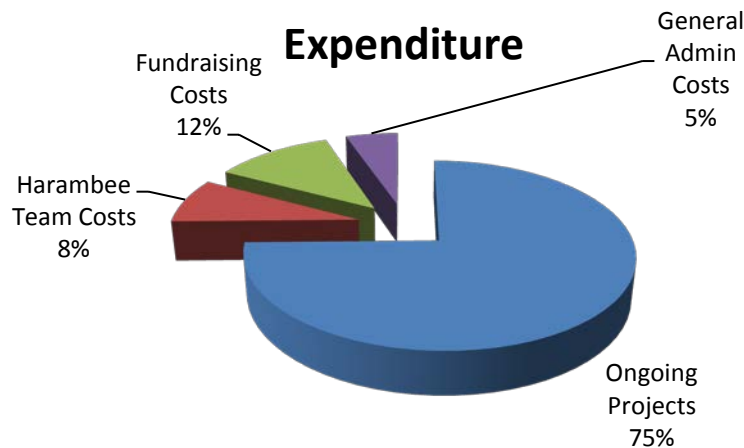
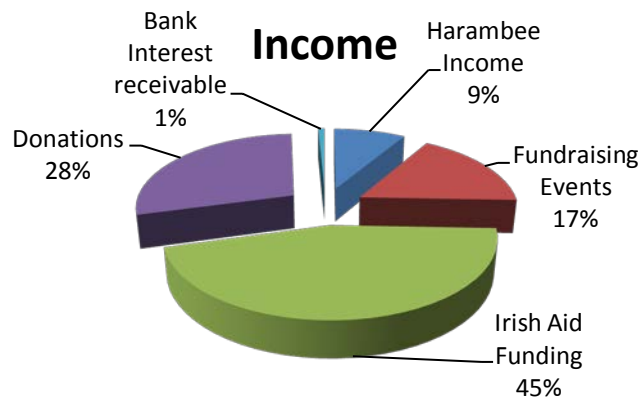
The FOL School Network was funded by Irish Aid through the WorldWise programme and was managed by Leargas.



Friends of Londiani would like to thank Musgrave Retail Partners Ireland for their support of Education Bursaries in Kenya in 2012. Their support gave children the opportunity to attend school. The bursaries form an integral part of FOL's work towards the Millennium Development Goals.



### 2012 Summary



## Financial Report 2012

### Statement of Financial Activities for the Year Ended 31 December 2012

	<u>2012</u> <u>Restricted</u>	<u>2012</u> <u>Unrestricted</u>	<u>2012 Total</u>	<u>2011</u>
<b>INCOME</b>				€
Harambee Income	33,853		33,853	91,108
Fundraising Events	3,334	63,639	66,973	135,250
Irish Aid Funding	177,972		177,972	166,094
Donations	67,960	44,382	112,342	108,049
	283,119	108,021	391,140	500,501
<b>INTEREST RECEIVABLE</b>				
Bank Interest receivable		3,034	3,034	6,483
<b>GROSS INCOME</b>	<u>283,119</u>	<u>111,055</u>	<u>394,174</u>	<u>506,984</u>
<b>EXPENDITURE</b>				
Ongoing Projects	249,214	62,774	311,988	366,846
Harambee Costs	33,905		33,905	91,684
Fundraising Costs		49,790	49,790	38,837
General Admin Costs		22,002	22,002	29,508
	283,119	134,566	417,685	526,875
Surplus/(Deficit) for the Year	0	(23,511)	(23,511)	(19,891)
	<u>0</u>	<u>(23,511)</u>	<u>(23,511)</u>	<u>(19,891)</u>

### Balance Sheet As at 31 December 2012

	<u>2012</u> €	<u>2011</u> €
<b>CURRENT ASSETS</b>		
Stocks	0	2,496
Debtors and prepayments	1,247	8,437
Cash at bank and in hand	176,424	170,201
Designated Bank Funds	3,402	10,234
	181,073	191,368
<b>CREDITORS</b>	-25,797	-12,581
<b>NET CURRENT ASSETS</b>	<u>155,276</u>	<u>178,787</u>
<b>FUNDS</b>		
Unrestricted Funds	115,276	158,787
Restricted Funds	40,000	20,000
	<u>155,276</u>	<u>178,787</u>

These Financial Statements were prepared by Deloitte & Touche

## Structure & Management of Friends of Londiani

### Mission

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 endeavor 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.

### Vision

The vision of Friends of Londiani is for the people of the Kipkelion and Londiani Districts of Kenya to have an improved quality of life based on Kenyan values. This development will occur through participation in community projects. The projects will be implemented through partnerships based on the local communities self-identified needs in the areas of health, education, water provisions and sanitation.

The importance of cooperation will be evident in the work of the charity and its sustainability will be apparent through the involvement of the communities and their ownership of the projects.

### Legal status

Friends of Londiani was founded in 2002 by a group of Irish volunteers who worked in partnership with the people of Londiani on community development projects. A Board of Directors was established in 2005 and the group was officially registered as an Irish Charity. FOL is recognised by the Revenue Commissioners as having registered charity status and the charity number is CHY16505. Friends of Londiani is a Limited Company registered with the Companies Office since February 2005 and the registered company number is 398094.

Friends of Londiani Ireland works in partnership with Friends of Londiani Kenya, a registered Non-Governmental Organisation in Kenya.

### Organisation

#### *Board of Directors and Management Team*

FOL is governed by the Board of Directors. The Board is composed of 10 Non-Executive Directors plus the Chief Executive Officer. The Board meet 6 times a year and has ultimate responsibility for directing the affairs of Friends of Londiani, ensuring it is solvent, well-run and delivering the outcomes for which it has been set up. The Board is responsible for the strategic direction of FOL, safeguards the ethos of FOL and is responsible for the audit and finance of Friends of Londiani including money, insurance and legalities. The Directors have responsibility for, and are aware of the risks associated with the operating activities of FOL. Adequate systems of internal control are in place which aim to ensure compliance with laws and policies, ensure efficient and effective use of resources, safeguard assets and maintain the integrity of financial information produced. Financial information is subject to detailed review at Board level.

In between Board meetings, the day-to-day management of the organisation is delegated to the Management Team. This team consists of the Chief Executive Officer and three members of the Board. They meet on a monthly basis and ensure the actions from Board meetings are carried out, organise national events and coordinate the organisation of volunteer projects.

#### *Focus Groups*

Friends of Londiani has Focus Groups that are run by individuals who volunteer their expertise and time to FOL across a number of key areas – both programme and organisation. They report directly to the Chief Executive Officer.

### Staff & Operations

Day to day operations are undertaken by the Chief Executive Officer, and the Office Manager. From time to time 3<sup>rd</sup> party services are provided to FOL and these are coordinated by the Chief Executive Officer. These include suppliers, auditors and solicitors.

### Volunteers

The Board of Directors wishes to gratefully acknowledge the work of Friends of Londiani volunteers around the world. FOL relies on its volunteers to participate in its development education programme and fundraising activities. Communities in Kenya depend on the spirit of volunteerism to achieve their desired project aims. FOL regularly runs Harambee volunteer projects which enable volunteers to experience the community development projects in Kenya.

### Programme Areas

The three programme areas are Health, Education and Water and are based on helping to achieve the Millennium Development Goals, implementing the Kenyan Ministry of Health Community Health Strategy and are in line with the Government of Kenya Kipkelion District Plan. The Development Education Programme is to deepen peoples understanding of global issues and encourage people to act to create a more just and equal world.

### Future Developments

FOL has a three-year strategic plan in place. This plan commits FOL to continue its work in the programme areas explained above through a community development methodology. FOL's ethos of volunteerism will continue to be an integral part of FOL's work and the key partnership with Friends of Londiani Kenya will continue to develop to ensure sustainability of the organisation.



## Organisation of Friends of Londiani

### Board of Directors

Ms Maria Kidney, Chairperson  
Ms Helen Concannon, Vice Chairperson  
Mr Martin Ballantyne, Secretary  
Mr John Spillane, Treasurer  
Ms Hazel Murphy  
Mr Gerard Murphy  
Ms Sally O' Neill  
Dr. Meabh Ní Bhuienneáin  
Mr John Spillane  
Ms Anita Layden  
Mr Michael Kelly  
*Mr. Joe Willis (retired)*  
*Ms. Deirdre Henley (retired)*

### Chief Executive Officer

Mr. Martin Ballantyne

### Focus Group Chairpersons

Education- Jenny Gannon  
Health - Laura Ahern  
Water - Anita Layden  
Fundraising - Various  
Marketing - Liam Kidney

### Management Team

Ms. Maria Kidney  
Ms. Helen Concannon  
Mrs. Hazel Murphy  
Mr. Martin Ballantyne

## Friends of Londiani Contact Details

### IRELAND

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### KENYA

#### Address:

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**Telephone:** +254 203547243

**Website:** [www.friendsoflondiani.com](http://www.friendsoflondiani.com)

**Facebook:** <http://www.facebook.com/londiani>

**Follow us on Twitter:** <http://twitter.com/#!/londianicharity>