



FRIENDS OF LONDIANI  
MARAFIKI WA LONDIANI



CREATING BETTER FUTURES



Annual Report 2013

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

*Front Page photo – Mother and child attending an outreach clinic for post-natal care; vaccinations and progress assessment. - November 2013.*



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## Message from the Chairperson

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2013 has been a very busy year for FOL as we implemented programmes in the areas of Health, Water and Education and we developed a new Strategic Plan in consultation with all our partners, stakeholders, volunteers and supporters.

The Strategic Planning Process began in 2012, and continued throughout 2013. During 2013 FOL took the time to take what it has learnt, developed and experienced since 2002 and build on this foundation for the next ten years and beyond.

Building on the strong foundations of the first ten years, a new Planning Framework was developed with extensive stakeholder engagement during 2013 to set the future direction for all the organisations in contributing to the work of Friends of Londiani. These Strategic Directions set the path for the future. They reflect the aspirations of the communities with whom FOL works and FOL's role in supporting the realisation of these aspirations.

The future direction of FOL will be focused on three main areas of work:

- **Creating an enabling environment for communities to realise change through:** creating connections; transferring knowledge and experience; focusing on innovative responses to opportunity and needs.
- **Continuing, in a partnership based approach, to deliver relevant programmes to meet the needs of communities and individuals, while building new programmes that:** focus on sustainable livelihoods (including agricultural diversity and productivity to increase household incomes); recognise the importance of a gender perspective as an important dimension of realising change; facilitate economic development; promote global solidarity and understanding.
- **Transitioning to a Kenyan led organisation in partnership with an expanded and strengthened FOL network by:** building the capacity and capability of governance and programme delivery in Kenya; reshaping the role of FOL Ireland as the key partner to FOL Kenya (FOLK); establishing and strengthening other FOL focused entities to achieve these strategic directions; focusing on financial sustainability to meet FOL's commitment in supporting the aspirations of the community.

FOL's operational plan from 2014 to 2017 is called '**Creating Better Futures**'. It will be focused around four main themes, which form the basis of the needs based programmes.

These include -

- **Better Education** - Increased access to strengthened formal and informal educational opportunities for communities
- **Improved Healthcare** - Improved health of community members together with increased coverage and effectiveness of health systems
- **Clean Water** - Access to clean water for communities
- **Thriving Economy** - Increased household income in the District

2013 presented many challenges to FOL. Deborah Muraran, FOL's Operations Manager in Kenya passed away suddenly in June. Deborah joined FOL in 2010 and was a true leader. She worked with passion, endless energy, commitment and love for the communities with whom we work. She had a vision for FOL and contributed wholeheartedly to FOL's new strategic plan. We will follow Deborah's vision to turn this plan into a reality in memory of Deborah. It will be her legacy to us. On behalf of FOL I would like to express my sincere sympathy to Deborah's husband Dominic, her daughter Abigael Cheptoo, her mother, brother, sisters, and family and friends.

In November 2013, Lucille Kirui, the Manager of Bethel Faith Home was killed tragically in a traffic accident. FOL began its work in Bethel Faith Home in 2002, and Lucille welcomed us with open arms. I would like to express my sincere sympathy to Lucille's family, friends and all the children in Bethel Faith Home.

FOL will continue to strive to work with communities to create better futures in Londiani and beyond. We invite you to travel this journey with us; to learn; to explore and continue to bring lasting change to our world.

I would like to thank FOL's volunteers, supporters, family and friends for your continued support during the year. I would also like to thank the Board of Directors in Ireland and in Kenya, The Executive Committee, The Chief Executive Officer, and the staff for your passion, support and hard work during 2013.

Looking forward to new beginnings in 2014,

Yours sincerely,

Maria Kidney

Chairperson

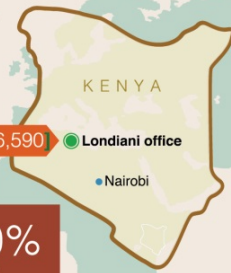
# FRIENDS OF LONDIANI

CHY16505

**Est. 2002**

Supporting rural communities in Kenya to make lasting changes and improvements to their lives

**Londiani & Kipkelion Districts** | population 206,590 | Londiani office



**70%**  
rely on subsistence farming

**65%**  
have no electricity

**50%**  
have no running water

**50%**  
live in traditional homesteads

€2.65 million + 409 + 10 = 100,000+  
RAISED VOLUNTEERS YEARS PEOPLE SUPPORTED

## Creating better futures

**Better education**  
Bursaries, teacher training & support, lifeskills & rights, new classrooms

**Improved healthcare**  
Healthy villages, disease prevention, training, new mothers & babies

**Clean water**  
Rainwater collection, gravity schemes, solar disinfection, hand pumps

**Thriving economy**  
Access to capital, business training, tourism, co-operatives

## Where we are going

- Creating an enabling environment for communities to realise change
- Working in partnerships to deliver relevant programmes and develop new programmes to meet the needs of communities and individuals
- Transitioning to a Kenyan-led organisation in partnership with an expanded and strengthened FOL network

## Some of our achievements

- 2265 education bursaries
- Essential obstetric & neonatal care training to 400+
- 1000 people on maternal health courses
- 87,000+ attending 100+ public health days
- 200+ smokeless stoves in homes
- 10+ smokeless stoves in public buildings
- 1350 households vaccinated against Polio
- 185 pit latrines built in 12 schools
- 28 school water projects for 5000+ students
- 110 community water tanks for 10,000+ people
- 20 hand water pumps
- 22 schools supporting Girls for Girls Programme
- Sustainable tourism for 15 villages
- £150,000 emergency aid post-election
- 409 overseas volunteers visiting Londiani
- 19 school classrooms built
- Gravity water system for 15,000+ people
- Alternative Rites Programme in 83 communities
- Healthy Schools Programme in 77 schools
- Outreach Clinics in 54 communities
- Schools Network – 3 Irish & 3 Kenyan schools



www.friendsoflondiani.com  
info@friendsoflondiani.com

Join us

FOL Infographic showing FOL's journey to date, and its strategic direction ahead.



## FOL's Programme of Activities

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During 2013 work continued in achieving the goals set out in its strategic plan 2010 – 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.

### Programme Areas

These programmes are based on helping to achieve the Millennium Development Goals and are in line with the Government of Kenya Kipkelion District Plan and the Kenyan Ministry of Health Community Health Strategy.

- The **Health Programme** includes public and clinical health and involves FOL working closely with the Ministry of Health to ensure consistency with mainstreaming opportunities and the Ministry of Health "Norms and standards for Health Service Delivery" document.
- The **Water Programme** looks at the sourcing, quality and security and distribution of water to the District. This includes management, metering and maintenance of the water supply and ensuring access for villages across the District.
- The **Education Programme** includes both formal and non-formal education and includes supporting the Kenyan education system and community education.
- The **Development Education Programme** aims to deepen peoples understanding of global issues and encourage people to act to create a more just and equal world.

In partnership with community groups and government ministries FOL has supported Health, Water and Education projects in 2013.



## Health Programme

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### **Health Programme Objective:**

To consolidate the existing district and 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 operating theatre in Londiani is fully operational with an increase of 535% on the number of procedures carried out since 2012.
- There is a marked change in the community's attitude to the hospital, and initial feedback indicates that the operating theatre has contributed to this change. There is greater use of the hospital facilities by the community since last year.
- Londiani District Hospital continued its partnership link with Mayo General Hospital in Castlebar.

## Maternal Health

- Two essential **Obstetrics and Neonatal Care courses** were run in 2013 with 30 participants on each course.
- As part of the Community Health Strategy rollout, maternal health trainings are included in all Community Unit (CU) trainings for Community Health Workers (CHWs). During the year four Maternal Health Courses were completed with 168 participants trained.
- The **Maternal Health Shelter Service** (MHS) is an integral component of the Maternal Health Task Force (MHTF). In 2013 the MHTF worked in three villages. Their tasks involved building awareness amongst community members on the importance of delivering in health facilities.
- Work began on constructing a **Maternal Health Shelter** in Londiani District Hospital. The work is due to be completed in the first quarter of 2014. This shelter will contribute to the safe delivery of babies and the health of mothers across the Districts.



*Women from the Maternal Health Task Force with their babies in Londiani*



*Mother and daughter during installation of a smokeless stove at their home.*

## Community Health

- FOL began working with four new **Community** Units (CU) in 2013, with 42 people from each CU receiving 11 days training. In addition, in these four areas there was Community Health Committee Training (26 people per committee) over seven days with a total of 104 people.
- The CU enables communities to access health information and health care. There is a greater understanding of health issues in these communities, and they have begun to look at ways of making their homesteads "healthy homesteads".
- **Smokeless stoves** are a core part of any ideal/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. They have significant positive health, social, environmental and financial impacts on households.
- In 2013, three stove construction trainings were held with 272 CHWs being trained on stove making and 12 stoves constructed. A further 51 stoves were installed during 2013.



*Norah Sirma (FOLK) demonstrating at the REC course in Londiani*



- The demand for **Remote Emergency Care** (REC) skills amongst community groups, community health workers and health workers increased during 2013. During the year a further three courses were run with 86 participants. These courses were delivered by five Kenyan Trainers working with a team of volunteers from Ireland.
- **Field Days** continue to be an effective method of reaching large numbers of people. Stations including de-worming, Vitamin A, Maternal and Child Health, Hygiene/Water/Sanitation, Alternative Rites to Female Genital Cutting, HIV/AIDS including voluntary counselling and testing (VCT) and Malaria Prevention were available at all events as well as any necessary stations if there was an outbreak at the time for example polio, measles cholera etc. In 2013 26 Field Days were held in Londiani and Kipkelion with a total of 16,652 people attending.
- In 2013 **Outreach clinics** (ORC) continued for communities who identified the difficulty of access to regular care as a major health challenge. The ORC are located in hard to reach areas served by poor roads and far from existing health facilities. In total 49 ORC were run with a total of 4,033 people attending.



## 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.

### **Ndubusat Water Project**

This gravity water fed scheme continues to grow and develop each year and in 2013, the Ndubusat Water Committee extended the project by four kilometres. A number of water meters were put in place to allow the committee to manage charging for the water more efficiently. FOL continue to support the management committee of this scheme through capacity development and technical advice.



*Ground preparation for pipework at the Kimologit Gravity Water Project*

### **Water Tanks**

In 2013 two 32,000 litre ferro-cement rain water harvesting tanks were installed in two schools and nine 2,000 litre rainwater harvesting tanks were installed in five schools throughout the District. During 2013, FOL in partnership with the community in this area built two protected intakes on springs - Nduro one and two. The distribution pipework on the Talai Farm scheme was completed and a water kiosk on this scheme was also completed.

### **Kimologit Gravity Water Project**

This project is a joint project with the District Water Office (DWO) and the community of Kimologit. In 2013 the intake and a 100 cubic metre storage tank were built. Six km of pipes from the remote intake to the storage tank were put in place.



*Volunteers on Harambee project at the Kimologit Water tank in November*



# Education Programme

## Education Programme Objective:

To work at each level of Education in Kipkelion so as to ensure that everyone has an opportunity to receive some level of education to help the overall development of the Communities.

## Lifeskills Programme

FOL have run peer-led Lifeskills courses since 2002. Participants follow a programme including modules on relationships, sexuality, HIV/AIDS, maternal health, caring for the sick, communications and stages of development. It is often the first point of contact between FOL and the community. In 2013 10 courses were conducted reaching 467 participants. In November the Life skills course was reviewed when 25 Trainers from across the District came together to evaluate the impact of the Life-skills Programme, and look to the future of the programme. These changes will be implemented in 2014.



Local man receiving his Lifeskills Certificate on completion of the Lifeskills Peer Education training

## 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. In December 2013 eight courses were held across the District and 261 girls attended.



Members of the ARP partnership seminar with FOLK Operations Manager Norah Sirma

## Healthy Schools Programme (HSP)

The Healthy Schools Programme takes its lead from the WHO Healthy Environment for Children's Alliance (HECA) and aims to create a healthy environment for children at school by working with the children to identify areas that need improvement and work with them to make those improvements. In 2013, 30 new schools were identified to be added to the HSP. This brings to 107 the total number of schools in the programme. There were construction projects in six HECA schools, resulting in three latrine blocks for boys; five latrine blocks for girls; four washroom blocks for girls; one washroom block for boys; two latrine blocks for preschools; nine water tanks and two ferrocement tanks.



Heading to School in Londiani

## Girls for Girls Programme (G4G)

The Girls for Girls programme aims to ensure that no girl will miss a day of school because of lack of access to sanitary products. The programme works in conjunction with the Healthy Schools Programme and has an educational element as well as infrastructure, re-usable sanitary pads and an income generating basis to make it sustainable. FOL continued to work with 22 schools on the programme throughout 2013. There are now 1200 girls on the programme.



*FOLK Staff members Norah Sirma, John Sawe and Josline putting sanitary packs together for the G4G schools.*

## Business Courses

Economic empowerment is what is required in the long run to lift a community out of poverty. The community have ideas for small businesses and the need to acquire the necessary skills to run their own business has emerged over the past couple of years. FOL ran three business courses where 116 people attended. FOL partnered with Kipkelion Table Banking and Kenya Commercial Bank for these courses.

## Sustainable Tourism

FOL began working on a sustainable tourism project in 2010 in response to requests from the leaders of local communities for economic development. In discussions with these leaders, a clear link emerged between the approach of developing Healthy Villages, and a community lead model of tourism. The goal of this project is to develop a community-based sustainable tourism project that provides employment and financial benefit to the local communities; that in turn raises the standard of living; encourages gender and social equality; and biodiversity conservation. Several pilot treks were held throughout 2013 in the area of the sustainable tourism project. The purpose of the trek included enabling participating villages to be familiar with the entire trekking route and learn about the features of each community and to encourage interaction between villages and within villages and to gain an insight into what visitors like and want so preparations can be made. FOL has partnered with the Irish Foundation for Cooperative Development for development of the pilot trek in 2014.



*Volunteers from the Harambee team in November on the trekking route*

## Partnership and Capacity Development

- FOL held several stakeholder meetings in 2013 as part of its strategic planning process. The purpose of these seminars was to look at the changes in the past year, and what next for the future.
- Capacity development amongst the youth continues to be a focus of FOL's across the District. In 2013 several capacity development courses were organised for young people including business training for young drivers and graduates, remote emergency care course, and alternative rites.



*Community members at the FOL Annual Partnership seminar*

- FOL's annual partnership seminar was held in November to engage with those who partnered with FOL during 2013 and gain feedback from them and explore their most significant change stories from the year.

### Education Bursary Programme

FOL operate an Education Bursary fund to assist students in the communities with schools fees. This has helped students from primary and secondary schools to nursing, pharmacy, carpentry and skills-based training. FOL continued to support 301 students on its bursary programme in 2013.

### Development Education

During 2013 FOL continued to work on its development education and advocacy programme in Ireland. Having a development education approach is important not just for the communities FOL partner but also for the volunteers and for raising awareness in Ireland of the issues facing communities in the global South. The FOL volunteer training programme, the FOL schools network and any awareness raising and advocacy events in 2013 continued to follow a Development Education approach creating a space for questioning, a greater awareness of the root causes of poverty and an enriching of cultural and social issues.



## FOL Schools Network Programme

Since 2009, Friends of Londiani have facilitated links between secondary schools in Ireland and Londiani and this has developed into a Schools Network made up of 10 schools –five in Ireland and five in Londiani.

The network is part funded by the Irish Aid WorldWide Global Schools programme - this aims to increase knowledge and understanding of global justice issues and increase engagement and action by students as active global citizens.

The theme taken on by the schools in 2013 was 'Beyond the MDG's' and the 10 schools focused on learning more about the MDG's and what may happen after 2015. This culminated in a schools workshop where the students led the workshops presenting on different MDG's. During the last quarter of 2013 with the support of the WorldWide Global Schools programme funded by Irish Aid, FOL had the opportunity to add four new secondary schools to the network – two Irish and two Kenyan.





## Volunteer Teams 2013

FOL have adopted the Swahili word 'Harambee' meaning 'working together' as the name for their Volunteer projects. These involve teams of volunteers travelling to Kenya to work with the communities for two or three weeks duration. During 2013 there were a number of Harambee's which took on a global dimension.

In September, eight volunteers from Australia and New Zealand travelled to Kenya on a Harambee project and they completed tasks working with the Healthy Schools Programme; with the medical team on outreach clinics and maternal health; they organised a Disabilities Seminar for the Community Unit and they helped facilitate courses in Wilderness First Aid.

In November, 22 volunteers from Ireland travelled to Kenya on a Harambee project. This team included a team of Doctors and Nurses who worked on the Mayo General Hospital/Londiani District Hospital partnership link completing trainings and sharing medical skills in Londiani. The Harambee participants also worked on the Lifeskills programme; Wilderness First Aid; Business training; Smokeless stoves; Sustainable tourism project and a Polio Campaign.



## Friends of Kipkelion Visit 2013

Friends of Kipkelion is a Charitable Trust based in the UK and is partnered with Friends of Londiani in Kenya. Kipkelion District is next door to Londiani District and FOL's work has extended into these neighbouring communities. Friends of Kipkelion are partnered with FOL and working with local communities on water, sanitation and healthcare projects. Michael Deriaz and Chris Bouchard visited the projects that Friends of Kipkelion are funding in September of 2013. During that visit they also took the opportunity to make some video footage of the projects they support. [www.friendsofkipkelion.com](http://www.friendsofkipkelion.com)



*Michael Deriaz and Chris Bouchard from Friends of Kipkelion with members of the Sacred Hills HECA Club*



## FOL Strategic Planning Process

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Friends of Londiani began the process of making a new strategic plan for 2014 and beyond during 2012 and during the Spring of 2013 completed the task of gathering input from all of FOL's partners, community members, supporters, volunteers and donors.

This was a very thorough process of listening and learning and the feedback from various stakeholders fed into FOL's next strategic plan.

Key feedback from this process included:

- What FOL does and the way it does its work.
- The communities that have benefitted from working with FOL are looking for even more ways to improve their livelihoods.
- The leaders from these communities are helping others.
- There are still many essential needs to be met in these communities.
- FOL in Kenya is getting stronger, and is ready to take on a greater role, supported by others in the FOL network.



*Community member at the strategic planning workshop*

In May 2013 the new strategic plan was launched. A new 'tag line' "Creating Better Futures" was adopted. FOL is an organisation built on integrity, passion and good governance, with a track record of success. Looking ahead to the future, FOL together with its partners aims to create a sustainable future for the next generation. FOL will be advocates for people who don't have a voice. FOL will continue to work in partnership with local people, officials, NGOs and the Kenyan Government. FOL will give people the tools to build on what they already have, and will take the traditional way of doing things to improve lives for everyone. FOL and its partners will work together to change the economic future for good.



## School and Community Group Visits

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FOL continued to work with local schools, youth and community groups giving talks and presentations on the programmes on the ground in Kenya. In February FOL facilitated workshops for the **Catholic Guides of Ireland** on Millennium Development Goals 4 and 5 reducing child mortality and improving maternal health. A new partnership emerged with the **Soroptimists International** in Cork and in Bangor Northern Ireland who are supporting the Girls for Girls programme. Presentations were made to both groups during the year and support for the programme is continuing from both groups. FOL was honoured to receive an **Africa Day Award** in May in recognition of FOL's continued sustainable development work which has a strong impact on the lives of the communities in Londiani and Kipkelion.





## Fundraising in Ireland

Supporters and donors to Friends of Londiani continued their generosity during 2013 and supported several main fundraising initiatives that took place –

- 'Be my Honey' campaign in conjunction with Valentine's Day in February sold mini pots of East Cork Honey. The main support for this event came from PepsiCo Ireland's 'Live Life Well' programme. This programme focuses on Nutrition and the health benefits of different foods and honey for Valentines provided an ideal gift opportunity for the workforce.
- FOL held its own Gathering event in April in the Clarion Hotel, Cork with a riverside drinks reception and entertainment on the board walk, followed by dinner and dancing till late.
- Volunteers in Charleville organised a Golf Classic in June attended by supporters and volunteers from around the country and hosted by the Charleville Golf Club.
- FOL volunteers took part in the Midleton Food Festival in September with a stall at the street market selling Kenyan crafts and handmade items.
- In September a joint fundraiser was organised in Ireland and Kenya at the same time – the FOL Kenya team climbed Mt Longonot in the Rift Valley while volunteers from Ireland climbed Carrauntoohil in Ireland. The event was organised by John Spillane, FOL Director to celebrate his 75<sup>th</sup> birthday. It was the first joint fundraising event and FOL hopes to continue this trend in 2014.
- The FOL online shop at Christmas expanded its range of craft items from the previous year and beautiful handmade nativity sets, angels, bags and Santa's were among the popular items for sale. In addition there were Christmas related fundraising activities including cash collections, sales of Christmas cards and our annual calendar.
- The Starfish Story continued to inspire sales of the Sterling Silver Starfish pendants and bracelets online.
- The FOL online shop sales of handmade bags and hand carved salad spoons from Kenya, vouchers supporting various programmes and other items, attracted customers throughout the year.
- FOL's Wedding Favours continue to be supported – name place cards based on the theme of the big six safari animals in Kenya – elephant, lion, giraffe, buffalo, rhinoceros and leopard.
- FOL continue to have coin collection boxes in retail outlets around the country.
- All volunteers who travelled with FOL in 2013, held various once off events in their communities such as Table Quizzes, Coffee mornings, sponsored walks, cake sales etc.



*Deputy Lord Mayor of Cork  
Emmet O Halloran with  
Chairperson of FOL, Maria Kidney*



*Members of the Polyphonics barber shop  
singers performing at the Gathering in  
April.*



## Compliance and Transparency

FOL has a strong volunteer base and values the support and commitment of its volunteers throughout Ireland and beyond to other parts of the world. FOL are signatories to the **Comhlámh Code of Conduct for volunteer sending organisations** and completes the Comhlámh Code of Good Practice Self-audit on an annual basis. This ensures that FOL continues to comply with Best Practice standards in looking after their volunteers.



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**. This code aims to strengthen the impact and quality of Development NGO work and enhance confidence in FOL and in the Development NGO sector.



FOL confirms that our organisation complies with **The Governance Code for the Community, Voluntary and Charitable Sector** in Ireland.



FOL is a signatory of the **Dóchas Code of Conduct on Images and Messages** (“the Code”) and commits to applying the Code’s principles for all their communications. FOL strives to support the Code’s implementation and to promote it across all members of staff, as well as partners, contractors and the wider NGO sector. By signing the Code, FOL commits to a set of principles, ensuring that it will avoid stereotypical or sensational images, respect the dignity and equality of all people portrayed and promote fairness, solidarity and justice through all its communications. FOL also agrees a number of commitments to ensure the Code’s principles are implemented throughout all activities of the organisation. All feedback and comments on FOLs compliance with the Code can be sent to FOL’s Code Champion Rose Hennessy: [rosehennessy@friendsoflondiani.com](mailto:rosehennessy@friendsoflondiani.com).



FOL remains committed to maintaining the standards outlined in the **Statement of Guiding Principles for Fundraising** supplied by ICTR, the organisation representing the interests of Irish charities. The statement aims to improve the way charities in Ireland raise their funds; promote accountability and transparency among charities; provide clarity and assurances to donors about the organisations they support. FOL 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 and providing clarity and assurances to you about how we spend your money. FOL’s Accounts comply with the **Statement of Recommended Practice (SORP)** standard in general and with the Dochas/Irish Aid guidelines on financial reporting. FOL publishes its Annual Accounts on line every year and these can be downloaded from its website.







## Advocacy

During 2013 FOL made use of its social media platforms of Facebook, Twitter and it's Blog to highlight various issues and bring focus to other organisations working to put the spot light on development – some examples are;

- The Irish presidency of the EU
- The Act Now 2015 Campaign
- The EU Aid Budget
- The Irish Aid Budget
- The Irish Aid 'One World, One Future' Policy on International Development
- The World We Want Campaign
- Dochas Best News Campaign

# Act Now on 2015

Deliver Ireland's Aid Promise



Various UN designated International days were acknowledged e.g. Day of the Girl; World Aids Day, World Water Day, International Volunteer Day.

### Better Together Video

FOL entered the Better Together Video Competition in 2013. During the 2013 campaign (Sept-Nov) members of the public were encouraged to get involved by voting for their favourite causes' videos. FOL submitted a short video on its Education Bursary scheme and was shortlisted in its category and attended the Better Together Awards Ceremony in December. Thank you to all of you who voted for FOL in the competition. Your support is hugely appreciated!



*Make a Difference to YOUR community*

### 36<sup>th</sup> Water Engineering and Development Centre (WEDC) Conference

The 36th WEDC International Conference took place at Egerton University, Nakuru, Kenya in June 2014. FOL submitted a paper on the Girls for Girls Programme, and lead a workshop at the conference. The feedback was very positive in the programme, and it was a great opportunity for FOL to showcase its programme to a wider audience.



*FOL staff Norah Sirma and Caroline Chelangat with FOL Board members Anita Layden and Maria Kidney at the WEDC conference*



# 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 2013. 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 WorldWide Global Schools programme.

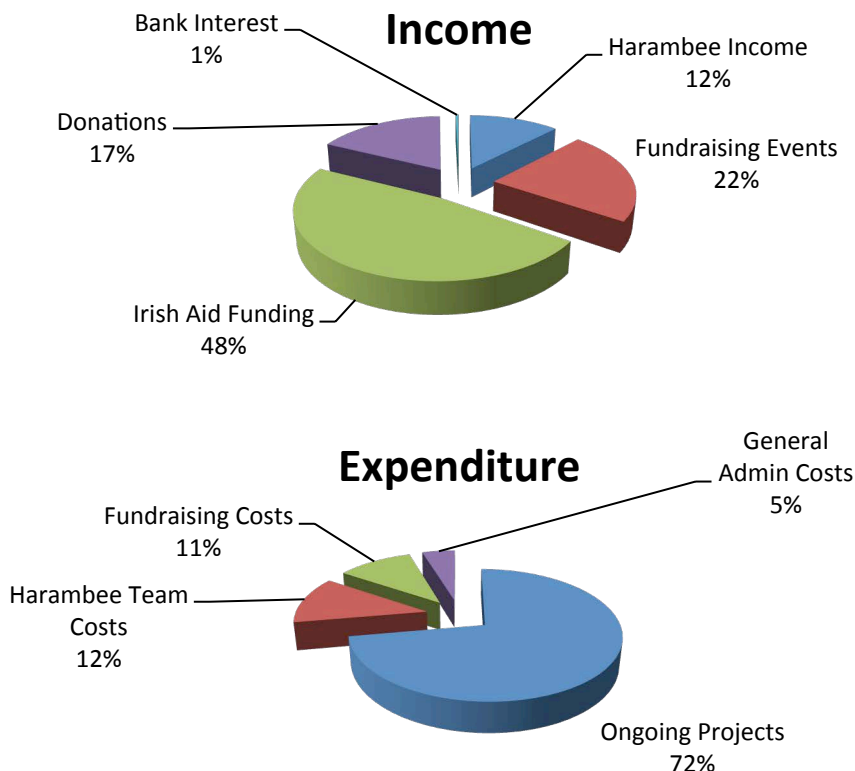
Friends of Londiani would like to thank Musgrave Retail Partners Ireland and Soroptimists International Cork and Bangor for their support of the Girls for Girls programme in Kenya in 2013. Their support enabled girls to remain in school throughout the District.



Friends of Londiani would like to thank the Irish Foundation for Co-operative Development for their support of its sustainable tourism project in 2013.



## 2013 Summary





# Financial Report 2013

## Statement of Financial Activities for the Year Ended 31 December 2013

	<u>2013</u> <u>Restricted</u>	<u>2013</u> <u>Unrestricted</u>	<u>2013 Total</u>	<u>2012</u>
<b>INCOME</b>				€
Harambee Income	44,084		44,084	33,853
Fundraising Events	14,999	65,753	80,752	66,973
Irish Aid Funding	172,714		172,714	177,972
Donations	31,932	30,543	62,475	112,342
	263,729	96,296	360,025	391,140
<b>INTEREST RECEIVABLE</b>				
Bank Interest receivable		1,488	1,488	3,034
<b>GROSS INCOME</b>	<u>263,729</u>	<u>97,784</u>	<u>361,513</u>	<u>394,174</u>
<b>EXPENDITURE</b>				
Ongoing Projects	216,604	63,829	280,433	311,988
Harambee Costs	47,125		47,125	33,905
Fundraising Costs		42,168	42,168	49,790
General Admin Costs		18,342	18,342	22,002
	263,729	124,339	388,068	417,685
Surplus/(Deficit) for the Year	0	(26,555)	(26,555)	(23,511)
	<u>0</u>	<u>(26,555)</u>	<u>(26,555)</u>	<u>(23,511)</u>

### Balance Sheet As at 31 December 2013

	<u>2013</u>	<u>2012</u>
<b>CURRENT ASSETS</b>	€	€
Debtors and prepayments	497	1,247
Cash at bank and in hand	172,292	176,424
Designated Bank Funds	25,082	3,402
	197,871	181,073
<b>CREDITORS</b>	-69,150	-25,797
<b>NET CURRENT ASSETS</b>	<u>128,721</u>	<u>155,276</u>
<b>FUNDS</b>		
Unrestricted Funds	103,721	130,276
Restricted Funds	25,000	25,000
	<u>128,721</u>	<u>155,276</u>



# Structure and Management

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## 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, economic empowerment, water provisions and sanitation.

## 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 Executive Committee

Friends of Londiani Ireland Limited (FOL) is governed by the Board of Directors. The Board is composed of ten 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 Chief Executive Officer and the Staff Team. The Executive Committee consists of the Chief Executive Officer, the Chairperson, Vice Chairperson and the Company Secretary. They meet at least once a month and deal with any urgent matters; they ensure that Board decisions are implemented; they deal with any Conflict of Interest, budgeting and authorise volunteer projects.

### **Focus Groups and Board Committees**

Friends of Londiani has five 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.

Friends of Londiani has a HR Committee which deals with any HR issues that may arise and ensures that FOL is compliant with Irish Labour Law.

### **Staff and Operations**

Day to day operations are undertaken by the Chief Executive Officer and the Officer Manager. From time to time 3rd 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**

FOLs new strategic plan will start in 2014 and continue until 2017 and beyond. This plan is based on FOLs Theory of Change which has as its goal "As authors of their own development, the people of Londiani lead healthier lives and apply their increased education and knowledge creating sustainable livelihoods and stronger communities". 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

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### Board of Directors

Ms Maria Kidney, Chairperson  
Ms Sally O'Neill, Vice Chairperson  
Ms Anita Layden, Company Secretary  
Mr Martin Ballantyne, Secretary  
Mr John Spillane, Treasurer  
Ms Hazel Murphy  
Dr Meabh Ní Bhuinneáin  
Ms Helen Concannon  
Mr Gerard Murphy (retired)  
Mr Michael Kelly (retired)

### Chief Executive Officer

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Mr Martin Ballantyne

### Focus Group Chairpersons

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

### Executive Committee

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Ms Maria Kidney  
Ms Sally O'Neill  
Ms Anita Layden  
Mr Martin Ballantyne



## Contact Details

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