

Friends of Londiani Health 2009 Report

Health 2009 was a huge success with 33 volunteers travelling to Kenya to partake in FOL's ongoing health and community development projects. The volunteers signed up with FOL in February 2009 and since then trained and prepared for the project over three training events.



Volunteers

FOL volunteers come from all walks of life and have one thing in common – to help FOL achieve its mission. Of the 34 volunteers, 10 were return volunteers and their assistance and support throughout the projects is particularly noteworthy. The first-time volunteers were excellent in undertaking the FOL approach to development and everyone involved gave 100%. The age group of the volunteers ranged from 18 years to 72 years. The spread across the country included 4 counties and many different health professions



from students to retired people. 10 of the volunteers spent 3 weeks in Kenya, while most spent 2 weeks. The FOL Volunteers worked alongside Kenyan volunteers during the 3 week project.

Locations

The project was located in several different areas in the Kericho and Kipkelion Districts in Kenya. A team was located in the Kamasian Division for the entire 3 weeks, there were medical education courses in Molo, and the Londiani Hospital and Mayo General Hospital Link team visited several hospitals in Nairobi, Nakuru and Eldoret.

During the project, trips to the local points of interest were included. This included a visit to the equator, an agricultural college, a model healthy village and the local markets.



Communities

The communities were very receptive to the volunteers and the Village Health Surveys brought FOL to the new areas of Kamasian where they had never been before. This enabled FOL and the Ministry of Health to collect important information to feed into programme development but it also ensured that communities knew we were working in different villages.

Most of the materials were locally bought and where possible FOL supported the hiring of local personnel. As part of the Health project evaluation FOL asked the various community partners to evaluate the projects at the end. This evaluation is a standard part of what FOL does, and ensures that the development programmes are kept updated and relevant.

Tasks

The following tasks were completed during the project

Peer Education – 90 people completed the courses in the Kamasian Division. These were the first courses to be run in this Division. Trainers were selected on the first course to assist with the running of the second and third courses. The feedback was hugely positive, and FOL hopes that peer education will continue in this Division.



Public Health Field Days – Two Field Days were held during the project in the Kamasian Division. This was the first time the Ministry of Health ran field days in this area. Attendance on both days was 400 people.



Village Health Surveys took place in 22 different villages throughout the Kamasian Division. The conditions in this Division are very poor, and it was a challenge to the volunteers to witness this poverty. However, now FOL has a measure of the area and will work in partnership with the communities and the relevant ministries to implement projects there. The main needs from the surveys are water, pit latrines and malaria nets.

Medical Education Courses – The course covered Essential Obstetric Care, Integrated Management of Childhood Health and Pre-Hospital Trauma. There was 29 participants on the course, and the teaching faculty consisted of 14 Irish and 9 Kenyans – a mixture of nurses, midwives and doctors. The feedback from the participants was very positive in relation to the combined syllabus and the teaching methods.



Medical Elective in Kericho District Hospital

- The purpose of the elective was to explore the secondary level service for reproductive health in the district. Two volunteers from FOL (Midwife and Obstetrician/Gynaecologist) spent a week in Kericho District Hospital working as part of the Maternity unit.

Londiani District Hospital & Mayo General Hospital Link

– The link between these two hospitals was agreed in February 2009. FOL is the facilitator of the link. The aims of this exploratory visit were to engage in cross-cultural exchange and to establish if both organisations could realistically work together in partnership. The team was made up of a team from Mayo General Hospital and a team from Londiani District Hospital. The first joint activity of the link teams was a 3 day tour of primary, secondary and tertiary public, parastatal and private healthcare facilities. The purpose of this visit was to allow both teams to be introduced and to engage in a neutral venue and to allow team-building on a joint activity. In addition, the tour allowed rapid immersion of the MGH team in the Kenyan health service as 4 members were on their first visit to Sub-Saharan Africa. The tour ended in Londiani District Hospital where both teams agreed the



partnership, the way forward and the initial parallel project – The WHO / Unicef Baby Friendly Hospital Initiative -a challenge for both teams!

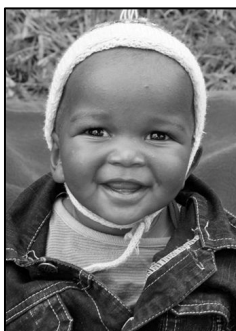


Outreach Clinics – The team assisted the local Mercy mobile clinic in running vaccination clinics in rural areas.

School Visits – Several schools were visited during the Village Health Surveys in the Kamasian Division, and a summer camp was run for 450 children in one school.

Business Training and Project Management Training

Volunteers ran a business planning training with local communities groups in Londiani. This covered the basics of business planning, budgeting etc. Volunteers also ran a Project Management Course for the FOL Kenya staff.



Thank you

Friends of Londiani would like to thank each volunteer for giving up their time and energy for the communities around Londiani. It is deeply appreciated by the people and the two-way cultural interaction is a special opportunity for all concerned.

Secondly we would like to thank the supporters and sponsors who have given generously to enable the projects to occur. Through your continued support FOL can strive to achieve its mission of enabling people to become the authors of their own development.