

Friends of Londiani

Volume 1, Issue 10

April, 2007

WELCOME!!! KARIBUNI!!!

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

Our website is www.friendsoflondiani.com and we will continue to update it with the latest photos and news.

Please feel free to copy and pass this newsletter onto anyone you know who is interested.

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2007 – Fantastic Fundraising

Friends of Londiani depends on its fundraising activities and for this our volunteers are vital. Since our last newsletter many events have been organised around the country and we would like to say a sincere **THANK YOU** or in Swahili 'Asante Sana' to everyone who has given their time and resources to help us with our fundraising target for 2007.

In the last six months Friends of Londiani has benefited from a wide range of events:

- Aerobathon, Silver Springs Cork
- Flower Show, Cork
- Bupa Run, Dublin
- Kenya Evenings /Presentations
- Circuit of Glendalough hike
- Lenten sponsorship
- Christmas Card Sales
- Backpacking
- 2007 Calendar Sales
- Christmas Collections
- Gift Vouchers
- Church gate collections
- Curveathon
- Head Shaves
- Parachute Jumps
- Race Nights
- Raffles
- Car Boot Sales
- Drama Nights
- Cake Sales
- Music Nights
- And of course the Kenya Ball!

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KENYA BALL '07



On Saturday 14th April at the Rochestown Park Hotel 340 friends and supports of the Cork based Charity Friends of Londiani gathered at their flagship event to celebrate the last five years of Friends of Londiani in style.



Guests of honour on the night were Deputy Lord Mayor Ciaran Lynch and his wife Bernadette, The Principal Councillor from the Kenyan High Commission in London Mr. John Tipis, The First Secretary from the Kenyan High Commission in London, Mr Leonard Boiyo. The event was also attended by Mr. Pat Cox, former President of the European Parliament whose wife Cathy is a member of the team going to Kenya for 6 weeks this summer to participate in Harambee 2007.

Guests were welcomed by the sound of African drumming from the "Londiani Drummers", and a champagne reception.

Deputy Lord Mayor Ciaran Lynch opened the evening by welcoming everyone to the Kenya Ball. He spoke of the mission of Friends of Londiani, and the latest Harambee project in June. "The Irish people can proudly claim to have a longstanding and proud record when it comes to providing Development Aid. And not just in times of today's prosperity but also when times were not so good."

He acknowledged the world of Friends of Londiani in improving the quality of life of the people of Kenya. "The work carried out by FOL through fundraising here in Ireland and in Kenya through the implementation of a vast range of projects has without question added to the quality of life of countless families and communities."

He also spoke of twinning places in Ireland with places in Kenya so there may be opportunities in the future for Londiani! He concluded by paying tribute to all the volunteers who will be contributing their time and expertise to the many projects that will be implemented this year.



The Principal Councillor, Mr John Tipis spoke of the welcome that the people of Londiani and of Kenya had for the Friends of Londiani. He acknowledged that the projects implemented by FOL were in line with the policies of the Kenyan Government in the areas of Health, Water, Education and HIV/AIDS. He commended FOL on contributing to the reduction of the prevalence of HIV/AIDS in the region through their education programme. Mr John Tipis presented Maria Kidney, Chairperson with a donation from the High Commissioner in London, Mr Joseph

Muchemi in recognition of the work done by Friends of Londiani. This acknowledgement was gratefully received by all present.

Maria Kidney, Chairperson and Martin Ballantyne Financial Director of Friends of Londiani gave a presentation on the last five years of Friends of Londiani and its major milestones. They also outlined the hopes of Harambee 2007, and acknowledged the support of all present in helping to fulfil these hopes. They spoke of the vision of Friends of Londiani for the next 5 years:

We will continue to work with the communities in the area of Londiani.

We will strive to complete sustainable community projects in these areas.

We will create a model of development which works in these areas and transfer this to the new areas in which we will work.

We will continue to align our goals with the Millennium Development Goals to ensure that the work we complete fits into the "bigger picture" of global development.

Maria described the development of Friends of Londiani as a snowball falling downhill, gaining momentum as it travels and gaining in size and strength. As the snowball travels it grows and joins with other

snowballs in the same way that Friends of Londiani has reached out to more and more people over the last 5 years, and will continue to reach out for as long as there is a need.

Maria and Martin concluded by thanking all present for their continued support and help with the work of Friends of Londiani. Guests were given the first viewing of the new DVD outlining the work of Friends of Londiani which is now available.

Music was provided by "The Boogie Band" and Ted Dunne, and the dancing continued into the night. The party atmosphere was fantastic and a great night was had by all.

The night also raised substantial money for the charity this was aided by the very generous sponsors of the Monster raffle they held. Friends of Londiani would like to acknowledge all sponsors of the event:



Clancy's Premier Event Catering

www.destinationkerry.com

Moran's Hotel Group

Bernard Hayes Travel

Shandon Travel

TRIL Recruitment Ltd

O'Malley InterSearch

Luigi Malones Restaurant

Rochestown Park Hotel



Fox's Flowers, Model Farm Road, Cork



Musgrave Group

CHM Limited

Frank Clarke Limited

Liam Kidney Photography

(www.liamkidney.com)



Gemini Designer Silver Jewellery

Keane's Jewellers

Supervalu Midleton

Stephen Pierce Pottery



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Tax Relief Benefits

Since **April 1st 2007**, Friends of Londiani are eligible for the tax relief under the Designated Charities scheme. Under this scheme we will be able to obtain a refund on the tax paid by individuals who are taxed under the PAYE tax system. This means the value of your donation will be increased, for example if you donate at least **€250** (minimum qualifying amount) in the tax year and paid tax at a rate of **42%**, Friends of Londiani is entitled to a repayment of €181 making your total donation **€431**. Similarly the total value of a donation if you paid tax at a rate of **20%** is **€312.50**. This applies to all donations since 1st January 2007.

Thank you in advance for your support.



Christmas Cards & 2007 Calendars

Peoples generosity knows no end and this Christmas people really showed their support for Friends of Londiani all around Ireland through the purchase of our packs of Christmas Cards and Calendars for 2007.

We had 'sales days' in many places thanks to our volunteer collectors. This year we had two versions of the Christmas cards available and seven different kinds of gift vouchers.

Total proceeds on cards and calendars = €11,500

Total from gift vouchers = €3,610

Total donations at Christmas = €13,000

**Together we sold
1265 calendars
and 3827 cards**



Friends of Londiani DVD Launch

The charity's first PR DVD was launched at the Kenya Ball recently. The DVD is over 6 minutes long and shows footage of all the FOL projects in Londiani and the surrounding villages.

It gives an overview of the history and development of the Friends of Londiani since its inception in 2002.

It is ideal for use with schools, youth or community groups.

Many thanks to those who filmed the footage.

Our sincere thanks to Grace Feeny for her help and guidance with this production.

Should you require a copy of the DVD for public relations reasons please contact us

Irish Aid Funding



Late last year, Friends of Londiani applied for and was granted funding from Irish Aid. Irish Aid is the Government of Ireland's programme of assistance to developing countries. This grant is specifically for our Water, HIV/AIDS and Medical projects and will be used to part-fund these projects. We gratefully acknowledge their support.

RTÉ appearance for Friends of Londiani

Following the presentation of an award for Humanitarian and/or Voluntary Leadership to Maria Kidney, Chairperson FOL in Seoul in November, RTÉ contacted the charity and compiled a report for their Nationwide programme.

The show went out on RTÉ1 on Friday 23rd March and is available for viewing online at www.rte.ie/news/2007/0323/nationwide.html

FOL Receives Vodafone "Passion of the World Around Us" Award

The aim of the Vodafone Passion for the World Around Us Awards is to acknowledge people who demonstrate a keen commitment to improving the world in which we live. The awards programme honours those people who have made a positive difference to their community.

Friends of Londiani has received this Award from Vodafone in conjunction with Cork Chamber of Commerce in recognition of the work that FOL is doing both in Ireland and in Kenya.



Photo shows from left: Niall Mc Carthy, Vodafone, Maria Kidney, Kathleen Cox who nominated Maria for the Award), Conor Healy, Chief Executive, Cork Chamber.

Latest Updates from Kenya ~ April 2007

Members of the Harambee 2007 planning team visited the projects in Londiani, Ndubusat and Benditai in February to make preparations for Harambee 2007 and also to monitor progress in the ongoing projects.

Bethel Children's Home

Two new children have arrived in the home since we visited in February. Kevin is one month old and Cephas is 4 years old. This brings the total number of children in the home to 67.

Bethel Medical Clinic, Ndubusat



The registration process for the clinic in Ndubusat is almost complete. We hope to have the final hurdle crossed by the end of March. We have hired a new Nurse there, Steven, who was a student on our education bursary scheme and qualified late last year. This allows a better staff rota to be implemented which is more sustainable.

Ndubusat Primary School

Ndubusat Primary School is looking and doing really well this year. The results and enrolments have all improved. The Ministry of Education has agreed to fund 2 new classrooms through the Community Social Fund scheme which is a great reflection on the hard working team there.

Progress in the school has improved since the partnership with FOL has developed. According to Charles Bii, the School Headmaster: "In the years 2004 – 2005, the performance of the school improved greatly. This was due to your effort in financing the renovation of the wooden buildings and the completion of the permanent classrooms. Thanks to friends of Londiani (FOL for the assistance. classrooms now are warm and motivating to learners. We expect more improvement this year."

| YEAR | BOYS | GIRLS | TOTAL |
|------|------|-------|-------|
| 2004 | 192 | 158 | 350 |
| 2005 | 219 | 184 | 403 |
| 2006 | 255 | 203 | 458 |

The school has enjoyed a steady increase in enrolment due to improved facilities which in part

they attribute to their improved facilities and resources.

Ndubusat Secondary School

Ndubusat Secondary School has started to take in students! It now has 16 first year girls who began school in January. They are using the wooden school until the new school is ready. Work has begun on the dormitory and the latest news is that it is already up to window level. The school committee has worked really hard to make progress with this project.

Education Bursaries

It is that time of year again when FOL will distribute education bursaries to the most needy of the villages in which we work in. We have increased the number of bursaries this year to 20. There are students studying in Secondary school, and also students in Tailoring, Carpentry, and Building.

Water Projects

The water project continues, and work will shortly begin on the dam to maintain the Ndubusat Water Project.



Peer Education

The Peer Education project continues, and a new course is now been run in Benditai village. The various



women's and men's group have all been registered with the Ministry of Health and are continuing the education. 3 new groups have been set up:

FOL Kenya

We have hired two more staff members in FOL Kenya on a 6-month contract to help with all the preparations necessary for Harambee 2007.

Harambee 2007

The team for Harambee 2007 was selected last September and has almost completed their training and preparations for this summer. The group is made up of 90 people from all over Ireland and includes two Australians! There have been two training weekends so far and currently preparations are underway for the third and final training weekend.



Friends of Londiani are delighted with the number and calibre of participants and are confident we will achieve our aims and objectives.

The first training weekend was held in An Spidéal, Galway and in between the sunshine and western gales, the team completed a variety of tasks and

trainings. This included some outdoor teambuilding and gaining an understanding of the tasks ahead. Our thanks to An Crúiscín Lán Hotel, An Spidéal for their hospitality.

In March the team congregated in Cobh, Co. Cork and continued where they left off in Galway with another series of trainings to prepare for the tasks of the projects. A special thanks to Paddy the builder who taught the team how to build a wall in Castlemartyr! Also thanks to the staff and management of the Rushbrook Hotel, Cobh for providing us with an excellent venue.

Team Members

| | |
|----|-----------|
| 1 | Australia |
| 36 | Cork |
| 1 | Clare |
| 1 | Down |
| 1 | Galway |
| 7 | Kildare |
| 1 | Leitrim |
| 1 | Louth |
| 5 | Mayo |
| 28 | Dublin |
| 2 | Sligo |
| 2 | Tipperary |
| 2 | Waterford |
| 1 | Westmeath |
| 1 | Wicklow |

There will be three travel groups this summer:

June = 28

July = 43

August = 51

Some team members will stay for two or three sessions. The group consist of 73 females and 17 (lucky!) males.



The tasks that we aim to complete by working in partnership with the local people between June and August are:

- ★ Build 2 classrooms in Benditai Primary School
- ★ Build 2 classrooms in Ndubusat Secondary School
- ★ Build a community centre in Lelsothet
- ★ Organise summer camps for children
- ★ Run health education programmes in schools
- ★ Organise a variety show on health issues
- ★ Partake in an adult literacy programme
- ★ Run medical projects in three villages
- ★ Run immunisation clinics in Ndubusat Medical Centre
- ★ Distribute and educate about malaria nets
- ★ Construct rainwater collection tanks in villages
- ★ Paint and decorate the Bethel Childrens Home
- ★ Run HIV/AIDS awareness programmes
- ★ Organise youth club activities
- ★ Teach computers
- ★ Provide special needs support for children
- ★ Meet with local community groups to develop income-generating programmes.



Christmas Sales

This Christmas give the gift of your time – help us to sell our range of Christmas Cards and Calendars. The profits from these beautiful cards help the people of Londiani.

Give a Gift!

Buy one of our Gift Vouchers for €10, €20, €50 or €100. The money will be spent on a child's education, provisions for the Hospital or for a water tank, whichever you prefer. In return, you receive a voucher to send to a friend or family member for Christmas, birthdays or special occasions. Details of what the money will be spent on are printed on the voucher.

Donate!

Every cent counts so all donations are welcome. You can pay online, by lodgement or by posting us a cheque. If you donate more than €250 you are actually giving much more as we can claim Tax Relief Benefits so your donation is actually worth €431 to the charity.

Offer up time!

We are always looking for volunteers to help with collections and fundraising events. Or why not organise one in your area!

10 Ways to Support Friends of Londiani

9 Cois Cuain,
Whitegate, Mosestown, Co.
Cork.

Buy a t-shirt or fleece!

Details on our website.

Every cent is Appreciated!
Many thanks.

Set up a Standing Order

The standing order form is available

Adopt a Counter Collection Box

These are placed in shops, pubs or restaurants for people to make donations. If you are willing to adopt one and be responsible for it, contact us at above address.

Participate in our Projects

Harambee 2007 is our next Kenya project and you can check it out online. Have you considered applying for the next project ...

Become a 'Friend'

If you pay the annual fee of just €2 a month (€24 a year) you become a 'Friend of Londiani' for the year. We will send you our quarterly newsletter, and keep you up to date with news from Kenya and upcoming events. This fee covers the cost of running the charity and pays for the administration costs, both here and in Kenya.

Come to the Kenya Ball!

Come along and enjoy an evening of music, dance and good food! This event is held annually in Springtime in Cork. Make it a staff social event or a family gathering and book a table of 10!

★ ★ ★ ★ ★ Upcoming Events ★ ★ ★ ★ ★ Upcoming Events ★ ★ ★ ★ ★

A night at the dogs!

Shelbourne Greyhound Track

Thursday 3rd May at 8pm.

Tickets are **20 euros** each
which includes
a Drink Voucher, Supper and a free bet.
Contact Helen Concannon on
086/8206365 for tickets

Dublin Flora Ladies Mini Marathon 2007

Monday, June 4th 2007

Friends of Londiani supporters will participate in the Dublin Ladies Flora Mini Marathon on Monday 4th June, 2007. If you would like to participate in this event for the Friends of Londiani please contact
minimarathon@friendsoflondiani.com

Sponsor Cards and T-Shirts are available on request.

Entry forms available from [Flora Mini Marathon website](#)

Please pass this on to anyone you know who may be interested in these events.

Four Peaks Challenge 2007

June 1st - 4th 2007

Footprints to Kenya - the Friends of Londiani Four Peaks challenge will take place on the June Bank Holiday weekend.

Footprints to Kenya - the Friends of Londiani Four Peaks challenge involves climbing the four highest mountains in Ireland (Carrauntohill), England (Scafell Pyke), Scotland (Ben Nevis) and Wales (Snowdon). The team consists of 40 people from all over Ireland and England. They have begun training and hope to complete the 4 peaks in the given time period. We are seeking sponsorship for this challenge. We hope to raise as much as possible during the weekend to continue our education, health, building, water, HIV/Aids and development projects in Kenya.

Contact fourpeaks@friendsoflondiani.com for more information.

YOUR SUPPORT IS VERY MUCH APPRECIATED

Cork City Marathon 2007

Monday, June 4th 2007

Friends of Londiani supporters will participate in the Cork City Marathon on Monday 4th June, 2007. If you would like to participate in this event for the Friends of Londiani please contact
marathon@friendsoflondiani.com

Sponsor Cards, T-Shirts available on request. Entry forms available from [Cork Marathon Website](#) Closing date for entries is **Friday May 11th, 2007**

Golf & Fishing Event in Galway

**Teams of 4 - 2 Golfers and 2 Fishermen
2 Days Competition - Prizes for the Top Ten Teams**

Friday 11th May 2007 - Sea & Lough Corrib Fishing & Mystery Golf

Saturday 12th May 2007 - Connemara Isles Golf & Sea & Lough Corrib Fishing

Entry per Team - €320 (€300 if booked before 1st May)

Details from Michael Concannon 087-2429844 or mconcannon@eircom.net