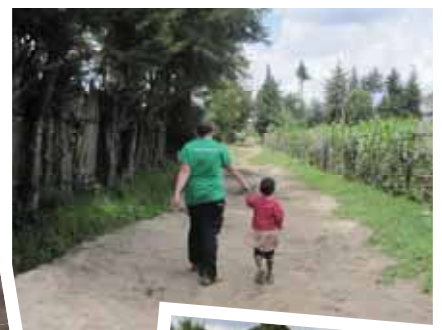


Friends of Londiani

An Irish charity (CHY 16505)
working with communities in Kenya

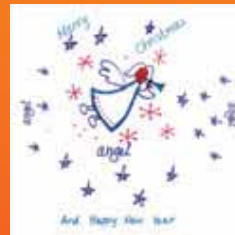


Vol. 2, Issue 3

October 2009

FOL Christmas Cards

Packets of 6 Cards for €3.50



FRIENDS OF LONDIANI NEWSLETTER

Vol. 2, Issue 3

October 2009

Welcome to the Friends of Londiani Newsletter. Friends of Londiani is an Irish charity working with communities in the Kipkelion District of Kenya since 2002. FOL has a partner organisation in Kenya of the same name and together with the communities; they work to help people to become the authors of their own development. FOL focuses on Health, Water and Education projects and funds the Bethel Children's Home in Londiani. To help with the organisation's community development projects in Kenya, FOL offers Irish volunteers the opportunity to experience life in Londiani and work alongside the community groups. These projects are called Harambee projects which is a Swahili word for 'togetherness'. This is the key to sustainable community development and also offers Irish people a unique experience of a spectacular country. Here in Ireland FOL runs a development education programme for school, youth and community groups and are always happy to come and visit groups.

More information about the charity can be found on the website

www.friendsoflondiani.com

This newsletter contains the latest news from Kenya, updates on FOL projects, information on development issues and details of FOL events. Your comments to the info email address below are welcome. FOL would be delighted to hear suggestions as to what other information you would like to receive in the newsletter. Contributions in the form of articles are also welcome.

Please feel free to pass this newsletter onto anyone you know who is interested or to order more from the address below. Copies can also be downloaded from the FOL website.

FRIENDS OF LONDIANI

CONTACT DETAILS:

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

EMAIL: info@friendsoflondiani.com

TEL: 021 4662730

WEB: www.friendsoflondiani.com



FOL Christmas Shop

★★★ Christmas Cards ★★★

FOL Christmas Cards are already available for this year. There are two designs – one of children's drawings and one of photos from Londiani. If you are willing to sell cards in your own locality, please contact us to arrange collection/delivery. A packet of 6 cards costs €3.50. 3 packs for €10!



★★★ 2010 FOL Calendars ★★★

2010 will see the seventh Friends of Londiani calendar produced. This annual fundraiser gives details of the work of FOL in Ireland and in Kenya and has all the FOL events for the year ahead marked in for you!

An ideal gift for family and friends

★★★ NEW FOL Gift Vouchers ★★★

FRIENDS OF LONDIANI IRELAND
MARAFISI WA LONDIANI

Gift Voucher for Bethel Children's Home

Dear: _____

The Bethel Children's Home in Londiani is home to over 70 orphan. It is a warm, safe, loving environment for the children and by buying this voucher I have contributed to the cost of running the Home. This will cover the cost of food, clothes and education fees for all the children.



From: _____

Friends of Londiani is an Irish registered charity (CIRF 10020) working in Kenya since 2002. Check out www.friendsoflondiani.com for details of FOL's ongoing work.

Further details from: Friends of Londiani, 9 Cross Court, Mallowtown, Whitegate, Co. Cork. Tel: 021-4662730 Email: info@friendsoflondiani.com

FOL has recently launched its NEW Gift Vouchers. The idea is that anyone can purchase an item for a person or community in Kenya. Vouchers can also be bought in the name of a friend or family member. FOL issues a Gift Certificate to the person and ensures that 100% of the Gift goes to the designated cause. These can be used for Christmas or other events throughout the year and are available for any amount from the year and are available for any amount from €5 upwards. The amount is not written on the voucher which comes in a FOL card for you to write your own message.

FRIENDS OF LONDIANI IRELAND
MARAFISI WA LONDIANI

Gift Voucher for Safe Motherhood Childbirth Kit

Dear: _____

In Kenya maternal mortality and child deaths are on the increase. The knock-on effect of this on families and communities is devastating. I have donated to the cost of a sterile **childbirth kit**. It will provide essential equipment for birth attendants, doctors and nurses to use to prevent such unnecessary deaths.



From: _____

Friends of Londiani is an Irish registered charity (CIRF 10020) working in Kenya since 2002. Check out www.friendsoflondiani.com for details of FOL's ongoing work.

Further details from: Friends of Londiani, 9 Cross Court, Mallowtown, Whitegate, Co. Cork. Tel: 021-4662730 Email: info@friendsoflondiani.com

Vouchers available are:

- Bethel Children's Home
- Lifeskills Peer Ed. Course
- Healthy Schools Initiative
- Education Bursary
- Clean Water
- Safe Motherhood Childbirth Kit

All these items are available on the FOL website through the online shop or by phoning Martin on 021-4662730.

INTERESTED IN VOLUNTEERING IN KENYA? LOOKING FOR A CHALLENGE in 2010?

FRIENDS OF LONDIANI are looking for volunteers

If you are interested in a volunteer project next year, read the following pages about Harambee 2009 to get a flavour of what you could be a part of. Harambee is a Swahili word for “working together” and FOL volunteer projects are all about volunteers working together with members of the local community on various development projects. FOL has organised many volunteer projects since 2002 with its most recent one being Harambee 2009 where 68 volunteers travelled to Kenya during July and August. Building on these successful experiences, FOL are organising Harambee 2010.

The Harambee Project will take place during both Summer and Autumn. In each project there will be an option for a 2 or 3 week project as follows:

Summer Harambee

Group 1: 17th July – August 1st 2010

Group 2: 17th July – August 8th 2010

Autumn Harambee

Group 3: Oct 30th – Nov 14th

Group 4: Oct 30th – Nov 21st

Please see the enclosed leaflet for further information or check out the website.

DEADLINE EXTENDED 14th Nov. 2009

Please note we have extended the deadline for applicants. Please note that the first training is on Sunday 22nd November, 2009.



Harambee 2009

Harambee 2009 was a huge success with 68 volunteers travelling to Kenya to partake in FOL's ongoing community development projects. The volunteers signed up with FOL in October 2008 and since then trained and prepared for the project over three training events.

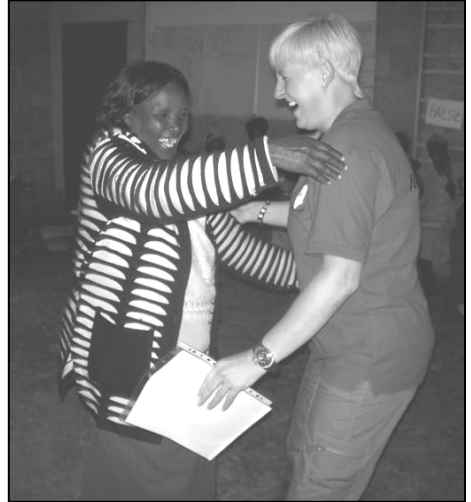
Volunteers

FOL volunteers come from all walks of life and have one thing in common – to help FOL achieve its mission. Of the 68

volunteers, 20 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 with 67% under 40 years. The spread across the country included 13 counties and many different professions from students to retired people. 10 of the volunteers spent 6 weeks in Kenya, while most spent 3 weeks.

Locations

The first three week project took place in Londiani and Benditai and the second three week project took place in Londiani and Ndubusat villages. The groups camped in all three places and went without running water and electricity. During the project, trips to the local points of interest were included. This included a visit to the equator, a tea plantation, a flower farm, waterfall and the local markets.



Communities

The communities were very receptive to the volunteers and the Health Surveys brought FOL to areas 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. At the end of Harambee, FOL met with the community partners to evaluate the project and to reassess their needs. It was a very useful day's interaction and allows for two-way learning.



Tasks

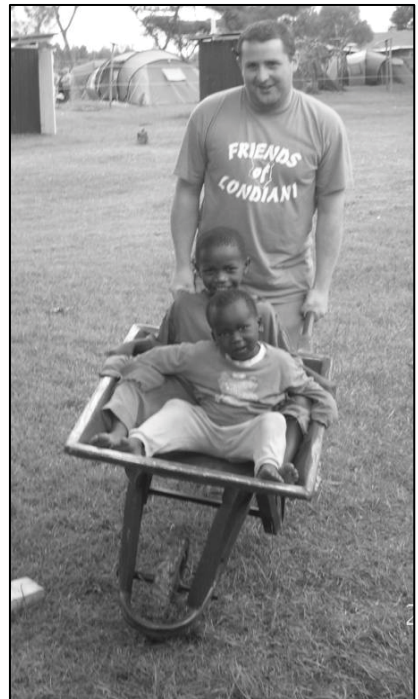
The following tasks were completed during Harambee.

Water

- **Water tanks** – 8 new tanks were installed in Kahurura and a maintenance course is pending with CDN. Monitoring and evaluation visits of 2005 & 2007 tanks took place in Londiani. Visits to all 25 tanks in Benditai occurred with troughs being installed on the original 12 and the ferrous cement tank in Keychiat Primary. A maintenance course was also run in Benditai.
- **Bethel Borehole** – CDN are continuing to work on this.
- **Water in Ndubusat** – CDN are continuing to work on these installing tanks along the route and extending the system.
- **Protection of water sources** - the well in Masaita Secondary School was funded to become a protected source.

Education

- **Peer Education Lifeskills** – 300 people completed the courses in Londiani, Benditai, Sachangwan, Chebiibii, United, Chebewor, Nyairobi & Kibeneti. The trainers programme was finalised in August. Esther Korir from the Marafiki women's group has been asked to be coordinator. A Trainers course was also run for 34 trainers and a two level system was implemented to be monitored by Anna.
- **Summer Camps** was held in Bethel Home for the children and the staff children. 70 children attended and it went very well and included crafts, sports, reading activities and a visit to Finlay Flower Farm for all the children and volunteers. In Ndubusat the schools remained open to accommodate FOL and an excellent well organised summer camp was held for approximately 300 children with the assistance of the local teachers. The equipment was also used for a summer camp for children from Londiani Boys Primary the week after Harambee.
- **Literacy** - in Londiani, volunteers attended an adult literacy class ran by the adult education ministry in Furaha Primary School. In Benditai, 6 women were eager to learn basic



skills and the literacy was run over 3 days. In Ndubusat, a literacy group was established and supported by FOL volunteers and have been given the resources and training to continue after Harambee.

- **Community Committees** - In Kamwingi 2 and Benditai, committee trainings were held for 80 people which focussed on business planning. This will be further developed during Health 09 project in October.
- **HECA clubs** are based on school health programmes and were supported and/or established in 3 schools in each of the following areas – 3 in Benditai, 3 in Ndubusat, and 3 in Londiani. Each school has a student committee and the teachers have been trained in its implementation.



○ **Variety Show** – this was another huge success. Three were held in total – Kamwingi 2, Ndubusat and Londiani with over 1000 attending in total with representation from

over 20 schools. The Education Office worked with the schools to disseminate the information.

- **Essay competition** – this was held for secondary students on a public health topic and prizes were issued. Some excellent entries were received.
- **Sports tournament** – FOL supported a youth clubs volleyball and football tournament in Symbion near Benditai village. This was a very momentous occasion as it was the first time that these once-fighting groups came together. All went very well.
- **School Construction** - In Ndubusat the community worked hard to almost complete the Secondary school ahead of time and so the group worked on the Primary school. A group also visited St. Kizitos Polytechnic in Londiani to carry out some maintenance work. Volunteers also worked on carpentry tasks in St. Kizitos new accommodation block.
- **Benditai Book Club** – There is still interest in continuing with this project and some books and storage facilities were provided for the person in charge who is a local teacher.

Health

- **Public Health Field Days** – Five were held during the summer in Kamwingi 1, Kahurura, Ndubusat, Kapsenda and Lemotit for approx 3500 people. Weather was inclement by afternoon on most days and so numbers were lower than expected – on average 700 per site.
- **Health Surveys** took place in 12 different places throughout Harambee. Whilst it included a lot of physical input, the volunteers relished in it and enjoyed the scenery.
- **Maternal Health Courses** – A small team went to Mohoroney to work with Sr. Vincent on organising an Emergency Obstetrics Care (EOC) Course. It was very successful and 10 health professionals completed it. A similar training course was also held in Londiani the week after Harambee for traditional birth attendants and community health workers.
- **Safe Blood training** – was given to the staff of Londiani District Hospital.
- **Outreach from Ndubusat Clinic** – volunteers were involved in assisting the Clinic staff to visit outreach posts and promote public and clinical health.
- **Emergency Obstetric Course follow-up** – a small group of volunteers visited two clinics to ascertain how well the EOC information was being used around Ndubusat. The personnel from these centres have previously attended EOC courses.
- **Female Genital Mutilation** – a group from near Eldoret met with FOL during the summer to investigate if we can support their programme of Tummdo na Neel which is an alternative coming of age ceremony for girls. Further investigations will be held to see how the two organisation can work together with a link to FOL's peer education programme.



- **Latrines** – a joint project was held with HECA schools to install washrooms for girls and latrines in Benditai. 6 double latrines were built and 3 washrooms.

Bethel Faith Home

- **Dormitory** – A new dorm was constructed in Bethel for the children with Ruben Kirui as the fundi (builder).
- **Children** – Two of the older boys – Steven and Alfred – helped with Harambee and were excellent workers. Beatrice and Evaline are both due to graduate this autumn and Evaline spoke to the volunteers when she came home to visit in a very gracious yet inspiring way. One volunteer did a lot of physio work with the two boys with special needs and one of them now visits the physio twice a week. Overall the children's English skills have improved since '07. Child assessments were held for all the children at home.
- **Playgroup** continues in Bethel Home and volunteers assisted Anesha in the operation of it.
- **Bee keeping** – this group brought the hives in Bethel back to life. Volunteers also visited other apiaries and the volunteers were delighted to be part of the bee keeping which included planting over 400 trees. A bee-harvesting facility was started during the second project in Londiani and the construction work is almost complete. FOL will be forming a partnership with James from the Beekeeping association in the near future.

Harambee 2009 --- 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.



ASANTE SANA MARAFIKI!!!

Board of Directors Update

Friends of Londiani's Board of Directors have expanded and they are delighted to welcome three new members to the Board. Each of them brings a wealth of experience and skills to the table. Sincere thanks to the new Directors for their commitment to FOL and the communities in Kenya.

As we say in Swahili, Karibu (welcome)

- Mr. John Spillane – John has retired as Managing Director of Mercier Press and lives in Fountainstown, Co. Cork. He has traveled to Kenya with FOL five times and enjoys using the skills he learnt through his hobby of beekeeping to help communities in Kenya. His other hobbies of traveling and choral singing have also been utilized by FOL and we look forward to working with him on the Board.



- Mr. Shea Fahy - Shea joined Musgrave as Senior HR Manager in April 2001 from IBEC. Prior to this Shea worked in the Defence Forces for a number of years. Shea was appointed to the position of HR Director in February 2003. Musgrave are long term supporters of FOL through the education bursary scheme. Shea believes that developing people is key and certainly does that through his role both in and out of work. He has played for both Kildare and Cork and so is no stranger to teamwork. The Board are delighted to welcome him to the team.



- Dr. Meabh Ní Bhuinneáin – Meabh first volunteered with FOL in 2005 and has been back to Kenya many times since and is now leading the Hospital Link between Londiani District Hospital and Mayo General Hospital. Meabh graduated from UCD in 1990 and works as a consultant obstetrician and gynecologist since 2001 in Mayo General. Her interests

include global reproductive health, teaching and training. FOL are delighted to welcome her on board.

They will join the following members of the Board:

Maria Kidney – Chairperson

Helen Concannon – Vice-Chair

Joe Willis

Hazel Murphy

Deirdre Henley

Ger Murphy

Martin Ballantyne – Executive Director



Radio Documentary on FOL

Radio producer and DJ on Near FM Mr. Stuart Bobbett received funding from the Simon Cumbers Media Award (Irish Aid) in 2009 to undertake a radio documentary on Positive Development. He decided to focus on the difference an NGO can make at grassroots levels and how the Millennium Development Goals can be achieved. Stuart joined the Harambee 2009 first project and visited Benditai, Londiani and Ndubusat villages to get a feel for the work of FOL. Stuart was a pleasure to have on board as he not only worked on his radio documentary but also worked on the project tasks with a special interest in water tanks.

Stuart's documentary will be first aired on **Near FM radio on Sunday 18th October at 5pm**. This can be listened to via the web on **www.nearfm.ie**

It is hoped that the documentary will shortly be available through the FOL website and on other radio stations nationwide. Dates will be posted on the FOL website as they are confirmed.

FOL would like to say Asante sana to Stuart for all his work on this project. We hope he will join us again soon as a full-time volunteer for Harambee!



FOL delivers ambulance to Londiani District Hospital



Londiani District Hospital serves the Kipkelion District of 206,000 people and had no ambulance of its own in use until Friends of Londiani, in partnership with Irish Aid, funded and delivered an ambulance in 2009. The ambulance cost €35,000 euros and was funded through donations, sponsorship and Irish Aid.

The handover of the ambulance was a day of great celebration both for the staff of the hospital and the local people in Londiani. The 'old' ambulance sat rusting nearby as Fr Martin Barry, the local parish priest (originally from Glanmire, Cork) blessed the ambulance during the ceremony. The staff of the Hospital was present for the handing over of the keys to the newly employed driver. Maria Kidney, Chairperson of FOL Ireland was present on the day and said "it was great to witness the handing over of the keys and we look forward to hearing reports of the difference that will be made as a result".

The people of Londiani now have access to an emergency transport system to their hospital. In particular women in labour, now have a greater chance of survival due to this new vehicle. Through FOL's continued support of the maternal health programme in the District it is hoped to reduce the numbers of maternal deaths and improve the care of newborn babies.

FOL is delighted to have been able to instigate this resource and it's amazing to think that one simple vehicle can affect so many people's lives in a positive way...



Friends of Londiani's Focus Groups

FOL is delighted to announce the formation of Focus Groups in the areas of Health, Water, Education, Finance and Marketing. This follows as a result of the organisational development process that FOL has undergone through funding from Irish Aid.

The Health Focus Group will assist FOL in facilitating the partnership link between Mayo General Hospital and Londiani District Hospital. It will work on the monitoring, evaluation and expansion of the Emergency Obstetric Care programme. It will expand the healthy village model and look into models of excellence in community outreach programmes. This team will also be responsible for the Lifeskills Peer Education programme.



Laura Ahern will Chair the Health Focus Group. Laura (on the left) is seen here with Anne Healy, a member of the Health 09 team

The Water Focus Group will assist with the research, development and implementation of water programmes in Kenya. This will include the rainwater collection tanks, gravity systems and boreholes. They will also continue to develop the water care and maintenance courses for communities.

The Education Focus Group will research and develop the Healthy Environments for Children Alliance Club materials to allow the programme to be rolled out in the District. This will be done in partnership with the Public Health Office and the Area Education Offices. The group will develop a youth and community development capacity building programme and work on development education programmes here in Ireland. This will include the development of the CSPE schools programme.

The Marketing Focus Group will be responsible for consistent messages across all FOL material, and will ensure that this messaging portrays FOL's

ethos. It will be responsible for the production of all FOL PR and marketing material, press releases and branding.

The Finance Focus Group will be involved in the co-ordination of fundraising events throughout the year. They will be responsible for investigating new funding opportunities for FOL, and generating new ideas for fundraising. This team will work very closely with the Marketing Focus Group.

All focus group members will also assist with volunteer training going forward.

Laura Ahern will chair the Health Focus Group. Jenny Gannon will chair the Education Focus Group and Eva O'Mahony will chair the Marketing Focus Group.

Eva, Laura and Jenny are very experienced volunteers with FOL and have participated in many of FOL's Harambee projects since its inception. The Board would like to thank them for taking up this new challenge and wish them the very best of luck with their new roles.



Jenny Gannon is Chair of the Education Focus Group. Jenny is shown here with Lena, a member of the Marafiki Women's Group



Eva O Mahony is the Chair of the Marketing Group and is photographed here whilst in Ndbusat

Health Project 2009 – Latest Update

In October, 32 volunteers from Ireland, Scotland and Australia will travel to the Kipkelion District to work together with local communities in completing health projects. The tasks that the volunteers will work on include Health Surveys, Water Projects, Lifeskills Peer Education Courses, Committee Trainings, Medical Education Courses, Public Health Field Days, Outreach clinics in the community, Bee Keeping, and Business Planning.

This project also includes the “link team” from Mayo General Hospital who will come for 1 week during the project. Mayo General Hospital in Castlebar signed a Memorandum of Understanding with Londiani District Hospital in February this year, and this will be the first meeting of the two committees involved to decide on partnership projects. FOL will facilitate the link between the two hospitals.



The team will be based in the Kipkelion District in 2 areas – Molo, where the medical education courses on Emergency Obstetric Care (EOC) and Trauma and Childhood Illness will be run for staff from each of the 51 health facilities in the District. The Irish teaching faculty will work with the Kenyan teaching faculty in delivering the course. The second team will be based in Kamasian which is a village near Ndubusat that FOL is beginning to work with.

Other team members will spend some time in Londiani where the business planning, bee keeping and committee trainings will take place. It is also the time of year when the education bursary students supported by FOL are interviewed, and so some of the volunteers will be involved with this.

The Project Leaders are Laura Ahern, Pat Broderick and Mary Dunford who are all very experienced volunteers with FOL. We would like to take this opportunity to wish them and all the members of the team the very best of luck. We hope you will enjoy the experience and thank you for working in partnership with communities in Kenya and with the Ministry of Health in Kipkelion District.

The Millennium Development Goals

The Millennium Development Goals represent a global partnership for development. The deal makes clear that it is the primary responsibility of poor countries to work towards achieving the first seven Goals. They must do their part to ensure greater accountability to citizens and efficient use of resources. But for poor countries to achieve the first seven Goals, it is absolutely critical that rich countries deliver on their end of the bargain with more and more effective aid, more sustainable debt relief and fairer trade rules, well in advance of 2015.

Millennium Development Goals

“We will spare no effort to free our fellow men, women and children for the abject and dehumanizing conditions of extreme poverty, to which more than a billion of them are currently subjected.”

United Nations Millennium Declaration - September 2000

The Eight Millennium Development Goals:

1. Eradicate extreme poverty and hunger
2. Achieve universal primary education
3. Promote gender equality and empower women
4. Reduce child mortality
5. Improve maternal health
6. Combat HIV/AIDS, malaria, and other diseases
7. Ensure environmental sustainability
8. Develop a global partnership for development



FOL's development programme contributes to the achievement of these goals in the Kipkelion District of Kenya.

Friends of Londiani's Development Programme

FOL works with community groups to achieve the aims of the NGO. This means all partners need to have a shared understanding of what development is. Clear guidelines on partnership have evolved from FOL's work and now form part of all partnerships in Kenya and in Ireland.

Development...

Development is about people making choices about their quality of life based on their values.

One of the worst sins of development is not having meaningful participation.

Student Placements

This year Friends of Londiani was fortunate to have the assistance of two students on placement with the organisation.

Paul Farrell, a 4th year student in UCC, worked with FOL for 6 months from March to September 2009 helping with the preparations and logistics support for the summer Harambee project. Paul travelled to Kenya ahead of the volunteer group and helped to ensure everything was in place ready to go for the projects. During his time in Kenya, Paul had opportunities to visit all the projects FOL are involved in and to learn from the experience.

FOL would like to thank Paul for all his work and dedication to FOL during his placement and we hope he will back with us as a volunteer in the future. Asante sana!

Paul (second from left) is seen here doing Health surveys.



FOL also had the temporary assistance of **Deirdre Grant**, a post-graduate student at University College London's Institute of Child Health. Deirdre was studying for a post-graduate diploma in International Child Health and completed some research for FOL on maternal and child health. Deirdre joined the Health 2009 team for their training weekend in Castlebar and FOL would like to thank Deirdre for her work for FOL.

Sustainable Development Conference

Friends of Londiani Directors will present two interim research papers at this conference in the University of Limerick on 16th & 17th October. Meabh Ní Bhuinneain will present the situation of maternal deaths in Kenya and will explain the steps being taken by FOL and the Ministry of Health to change the statistics for the Kipkelion District. Helen Concannon has compiled a paper based on the Healthy Village Model of Development as used by FOL and the local Public Health Office in Londiani. Both these papers will be available for download from the Friends of Londiani website after the event.

“Footprints to Kenya” - FOL Mountain Challenge 2009 – a Great Success!



FOL's Annual Mountain Challenge event took place this year in Connemara where all participants succeeded in summiting Ben Bhán, the highest mountain in the Twelve Bens range. 40 people from all over Ireland met in Leenane on a Friday night in May. The team consisted of 34 walkers and 6 support crew.

Saturday morning dawned very early as the walks all started at 7.30am on the Twelve Bens. The day was dry to start with, but then the weather changed and it was a mixture of hail, rain, sleet and bitter winds for the rest of the day. It was an incredible feat for each and every participant to complete the horseshow walk on Saturday, amidst the worst conditions possible. The craic was mighty



and the spirits high as we summated peaks, walked through valleys and crossed rivers!! It was a fantastic opportunity to meet people from around the country, and also to learn about FOL and its work in Kenya through chatting to many of the volunteers who had been there.

On Saturday night the support team served a great feast and the singing and guitar playing could be heard into the early hours of Sunday morning.

Determined team members rose to the challenge again on Sunday morning when they completed 3 more peaks in the Bens – this time the views were spectacular and when the enormity of the Saturday challenge became visible, everyone was amazed at what they had achieved!

Thank you to all those who participated in the event, and to our support crew who we simply could not do without. Tirelessly you worked all weekend to ensure that FOL ran another successful and safe mountain challenge. The mountain challenge raised **€10,258** towards FOL's ongoing health, water and education projects in Kenya.

So...do you feel you've missed the craic???

Do you feel you've missed the chance to complete a physical challenge in some of Ireland's remotest parts.....??



Well in 2010 FOL will run the “Footprints to Kenya” Mountain Challenge over the June Bank Holiday weekend. The exact location is still to be confirmed, but will be 2 days walking over the bank holiday weekend. More details will be in our next newsletter or by contacting FOL at our usual address.

**STAY IN TOUCH FOR DETAILS OF
FOOTPRINTS TO KENYA –
FOL MOUNTAIN CHALLENGE 2010
4th – 7th June**

NGOs striving to get Ireland's ODA spending back on track

Friends of Londiani is a member of Dóchas - Dóchas is the Association of Irish Non-Governmental Development Organisations. Dóchas provides a forum for consultation and co-operation between its members and helps them speak with a single voice on development issues.

Dóchas member NGOs and their supporters, along with a range of other groups and individuals, are continuing to protest at the grossly unfair cuts the Government has made to overseas aid, cuts which have totalled €195 million in 2009 – or almost a quarter of the anticipated aid spend for the year. These cuts are having a direct and negative, sometimes life-threatening effect on the world's poorest people at a time when they are already being hit hard by high food and energy prices, climate change, declining remittances and other shocks. Many Irish NGOs' programmes and projects are being scaled back or cancelled altogether, with clear negative impacts evident already on vital development work in areas like health, nutrition, gender-based violence, girls schooling, HIV response, housing, rural development and emergency response.

Irish NGOs are strongly urging the Government to stick to its international commitment, as well as its own Programme for Government policy, of spending at least 0.7% of national income on overseas aid by 2012, along with an interim target of 0.6% by 2010. In doing so, NGOs completely reject the suggestion by the economic consultants in 'An Bord Snip Nua' to postpone delivery of the Government's aid pledge to 2015. To do so would cause untold suffering to the world's poor in the midst of a series of crises not of their making, as well as seriously undermining Ireland's contribution to the world achieving the Millennium Development Goals by 2015.

We Don't Care Less
Keep Ireland's aid promise - 2012

Irish NGOs welcome support in defending the development programme from anyone who

feels strongly that the world's poor should not pay for problems they did not cause. Now is the time to get Ireland back on track on its aid targets – not turn its back on the world's poor. Dochas has launched the **“We Don't Care Less”** Campaign to highlight these issues. Check out www.wedocare.ie and assist us by making your community and politicians aware of the risk Ireland has of breaking its aid commitment. For FOL this reduction in aid will affect its Health, Water and HIV/AIDS programmes. We will have to consider which programmes to reduce as a result.

Hike for people undertaking their Gaisce Awards

Friends of Londiani held a very successful hike for students from three schools in 2009 whose students were undertaking their Bronze Gaisce Award. The weekend took place in Glendalough under the careful supervision of Ciaran McMillan. The event raised almost €1000 for Friends of Londiani's ongoing projects. Congratulations to the students of:

- Killinarden Community School, Tallaght, Dublin
- Confey College, Co. Kildare
- Kylemore College, Dublin

The event will take place in March again this year. If your school or youth club is interested in a similar event this year please let us know on info@friendsoflondiani.com

Friends of Londiani has redesigned its website. Check it out on www.friendsoflondiani.com and let us know what you think!

FOL is also now on Facebook and welcomes your comments and feedback.

The Easiest Table Quiz in the World!!!

FOL National Table Quiz, Nationwide

In January 2010, FOL will provide their CD of Table Quiz resources. This will equip you with all the questions and answers, a picture round and a poster for advertising a Table Quiz! All you have to do is organise the event - it can be at work, in school, with a few friends around the kitchen table or a big event in your community. The cost will be €10 per adult or €5 for schoolchildren and we ask volunteers to source prizes locally. January is the perfect time for gathering up unwanted Christmas presents and collecting all those extra boxes of chocolates for prizes and raffles!

Our thanks to Micheline Moran for compiling this resource for Friends of Londiani again. Asante!

VOLUNTEERS NEEDED - If you are willing to organise a Table Quiz – please contact FOL office immediately, send us the time and location of the event so we can issue posters and a CD of questions to you.

Standing Order Appeal




As FOL continues to grow, regular funding becomes a vital part of the annual budget. It is crucial for small organisations such as ours to have a constant income and so FOL operates a Standing Order Appeal. If you would like to take some Standing Order forms with you to your workplace or local community group, FOL would be delighted to supply you with some. Details of what your donation can do in Kenya are provided on the inside of the front cover.

“Every cent counts and FOL appreciates all donations received”

FRIENDS OF LONDIANI IRELAND
...working with Kenyan communities

FOL Ireland is an Irish charity working with Kenyan communities in the development of health, education and water provisions.

Here's 3 easy steps to help FOL Ireland to continue this valuable work:

- 1** Fill in this form 
- 2** Seal the edges 
- 3** Post the form to Friends of Londiani 

www.friendsoflondiani.com

Collection Boxes available

To place in your local shop, public house, garage, etc...

Friends of Londiani has a number of counter boxes available and if you know a location that would be willing to take one, please contact us. Details on the back cover.

Nominate Friends of Londiani as your workplace “Charity of the Year”

Raise funds for a specific project in Kenya...



In the past Friends of Londiani has been nominated as a Charity of the year in various organisations throughout Ireland. If your workplace has a “Charity of the Year” scheme you might consider nominating us for selection. If interested we can arrange to send on more information about our charity and the type of events employees could participate in both to raise awareness about our work as well as much needed funds for our projects in Kenya. You could also select a specific project to raise funds for throughout the year. If interested, please give email us at info@friendsoflondiani.com

Lifeskills Peer Education Programme Train the Trainers' Course

FOL's Life skills education programme is designed to assist people to face challenges of life and make complex decisions about their sexual and reproductive health as well as to develop and sustain positive health behaviours. We envisage that this programme is delivered through the peer education method. Peer education is when a member or members of a given group effect change among other members of the same group, at individual level, by creating awareness of knowledge, attitudes, beliefs or behaviour. Peer education may also effect change at the group or societal level by modifying norms and stimulating collective action that leads to change.

Our programme has now been running in the communities since 2002 and is one of the initial introductions to Friends of Londiani for many communities. As with our Irish volunteers, training is required for all those who deliver this programme with FOL in Kenya. During Harambee '09, 32 people from the local communities came together to review their knowledge, increase their level of skill and learn more about the different methodologies used throughout the life skills programme.

Our Train the Trainers' qualification is a two part process. Part 1 gained on completion of the Trainers' Course with FOL. Part 2 is gained after the trainer has completed the long and short courses, helped with trainings and their mentor is happy for them to go



out on their own. 26 of the participants were awarded with part 1 and are half way to completing part 2 and a further 8 participants were awarded both parts – 1 and 2.

To date over 3000 people have completed the course and it is hoped that the course will now be run more often in new areas and will quality Trainers who will be supported by FOL staff in Kenya.

Bethel Home Update

The Home is doing very well and the children are all very happy after their summer holidays and summer camp activities. Edna, Timmy and Roger are all studying in Nakuru and are doing well in college. They came to visit the volunteers when they were in Nakuru and were a real tribute to the Home. The two oldest 'children' in the Home are due to graduate in the coming months – Evaline is just finished her final placement as a Science Teacher and will graduate in November. Beatrice will graduate this Autumn as a Nurse and FOL would like to wish them both well as they look for employment now in their chosen careers. FOL is very proud of the girls and how hard they have worked to fulfil their own respective dreams. We hope that the friendship will continue regardless of where they find work and we are sure our paths will continue to cross as they return to visit their Home regularly.

Stephen, Jennifer and Alfred completed their Form Four exams last year and have been enjoying a year out, helping around the Home. The boys have also been working part-time in the Forestry planting trees. All three worked hard for FOL on Harambee projects throughout the summer. Alfred and Stephen were a particular help with the Field Days, preparing the camp sites and are experts now on packing tents. Jennifer helped with the playschool and summer camp and earned some extra pocket money by washing red polo shirts for volunteers. Many thanks to Alfred, Stephen and Jennifer and we wish them well as they decide what courses to pursue in January.



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Congratulations ...

... to Eoghan O'Reilly and Catriona O' Dea who shared their honeymoon with the Harambee 2009 volunteers in Londiani in August. As a surprise, the local community in Lelsothet planned a wedding with a cake, flower girls and speeches!! As traditional in Kenya, lots of singing and dancing followed!

Kenya Ball 2009

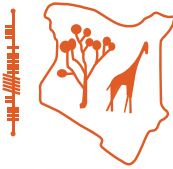
Saturday, 18th April saw 300 people arrive in the Maryborough House Hotel, Cork for the Friends of Londiani annual Kenya Ball. The night began with a VIP reception for our special Guests - Mrs Caroline Otengo, Embassy of Kenya, Ireland, Patricia Gosch, Deputy Lord Mayor, Cork, Mr Michael Martin, Minister for Foreign Affairs, Mr Donal Horgan, Managing Director, Musgrave Retail Partners Ireland, Mr Shea Fahy, HR Director, Musgrave Retail Partners Ireland, Mr Conor Healy, CEO, Cork Chamber of Commerce and Mr Eamonn Lenihan, Director for the Centre for Sustainable Livelihoods, UCC.

The Deputy Lord Mayor opened the Ball and spoke of the work been done by FOL in Kenya. She has worked in the Kenyan Embassy in Bonn, and spoke about the warmth and generosity of the Kenyan people. Minister for Foreign Affairs, Michael Martin spoke of the work of the Irish government through Irish Aid in Africa. Mrs. Caroline Otengo thanked Friends of Londiani for the support that they are giving to the people of Kenya. Maria Kidney, Chairperson of Friends of Londiani, spoke about hope, the past year in Friends of Londiani and the future. Maria asked the people present to look beyond the borders of our state in these difficult times and support those in need in Kenya. She concluded with a presentation of the highlights of the past year for FOL played to the sound of the voices of the St Kizito's Choir in Londiani.



The Ball guests were welcomed to the sound of the "Trinity Gospel Choir" lead by Mr. Ger Gunn who sang amazingly during the drinks reception. Music after dinner was provided by the "Eighty Something" band, and the dancing continued into the small hours of Sunday morning. The atmosphere was electric, and as usual the Kenya Ball remains on the top of the social calendar in Cork.

The date has already been set for next year's Kenya Ball – it will take place on **Saturday, 17th April 2010 at the Maryborough House Hotel, Cork.**



FRIENDS OF LONDIANI IRELAND
MARAFIKI WA LONDIANI



Keyrings for Kenya

*Handmade
Masai
Keyrings*
€2 each



Songs of Londiani
A Compilation of Songs recorded by
St. Kizito's Choir in Londiani, Kenya

€10 each

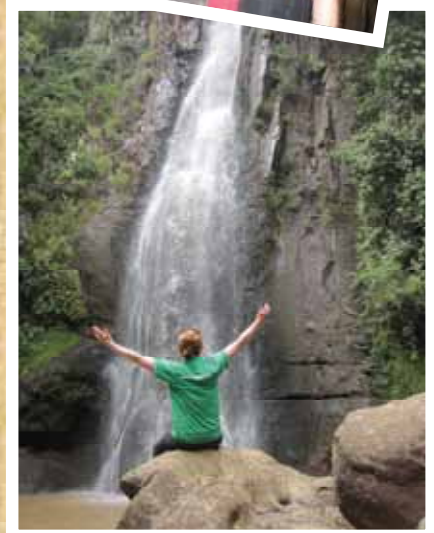
All proceeds go to our projects in Kenya.



FRIENDS OF LONDIANI IRELAND
MARAFIKI WA LONDIANI

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Friends of Londiani wishes to acknowledge the support of the Irish Government through Irish Aid.



FRIENDS OF LONDIANI IRELAND



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