



Friends of Kadzinuni

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moving forward aiming high

Registered Charity No. 1098881

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Summer Bulletin 2012

Making Kadzinuni Green!



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Available via our website at
www.kadzinuni.org.uk

Patrick's Seedlings!



Patrick shows children how to plant out seedlings

As you can see from the smiling children's faces on the front page we are turning Kadzinuni green. One of the community volunteers, Patrick Nyambu who attended a special horticulture course in Nairobi a few months ago, has started the distribution of 6,000 Paw Paw tree seedlings. Every child at Kadzinuni Primary School is receiving 2 seedlings along with a short training session on how to plant out and care for the trees as they grow. The long rains have arrived, just a couple of weeks late, and this means the conditions for the seedlings to be distributed and planted out are ideal. The project is going so well that we are aiming to repeat the project but using a highly drought tolerant plant called Moringa.

It is also known as **Drumstick tree**, from the appearance of the long, slender, triangular seed pods, **Horseradish tree**, from the taste of the roots which resembles horseradish, or **Ben oil tree**, from the oil derived from the seeds. The tree itself is rather slender, with drooping branches that grow to approximately 10m in height. In cultivation, it is often cut back annually to 1-2 metres and allowed to re-grow so the pods and leaves remain within arms reach. In developing countries, Moringa has potential to improve nutrition, boost food security, foster rural development and support sustainable land care. It serves as a vegetable which consists of a lot of nutrients and an immune booster for the people living with HIV/AIDS (PLWAs).



The cost of the project, to cultivate and distribute 1,500 Moringa seedlings is only just over £200!
Would YOU like to support this?

Garage Sale Safari 2012

On Saturday 26th May Keyworth was alive with 75 households and local organisations running Garage Sales or similar events in the hot sunshine. Our aim in organising the event had been to raise £900 to fund the "Jiggers & Bed Bugs" project at Kadzinuni. So, with most of the cash now in we are delighted to report that over £1,100 was raised! Our thanks go to everyone who supported the event and in particular Tracey Lloyd from Transition Keyworth. The funds for the Jiggers & Bed Bugs project was sent to Kenya on 28th May so that Nurse in Charge Zipporah and American Peace Corps volunteer Kelly Sawyer can rid Kadzinuni of these awful little pests as soon as possible.

News from our sponsored students at Kilifi

Patrick took a day out from his seedlings project to visit Kilifi Township Secondary School to meet up with some of the students who are supported by sponsors here in the UK. He reminded them to work hard and also found that they may need to use some books from the new stock we recently bought for Trevor's Community Library.



Some of our sponsored students at Kilifi

We are still seeking new sponsors for this scheme, whereby £12 per month (Gift Aided, £15 if not) allows a young person from Kadzinuni to take up a place at a good secondary school for the 4-year course. Each year we support about 12 students according to their final exam results at Kadzinuni Primary School. This is a life changing opportunity for these young people, who during their course will regularly write to their sponsor. Ring 07931 323613 or see our website for full details www.kadzinuni.org.uk/adoptastudent.htm

Developments at Kendrick's



We have been quite busy in recent week at Kendrick's Clinic. Three particular projects have been funded and are under way. Firstly, the erection of a road-side sign to direct folk to Kendrick's from the main road has been completed. This was a requirement of the Kenya Ministry of Health, as was the construction of a large and very deep disposal pit for clinic waste. The third project is the construction of a separate room for dressings to be undertaken in. Kendrick's is so busy that this extra space is urgently needed. The room will be built quite cheaply as it will be replaced by a more permanent structure when we complete the large extension to Kendrick's, in effect turning it into a small hospital with round the clock cover and a dedicated maternity unit.



Digging the disposal pit

Crossdale 10K and Fun Run

Once again The Friends of Kadzinuni has been chosen to benefit from proceeds from the 2012 Crossdale Fun Run. It takes place on 23rd September and you can register on line at www.crossdale10k.co.uk or pick up a form from our stall at the Keyworth Show on



**Sunday 23rd
September
2012 from
10am**

News from Trevor's Library

Trevor's Community Library at Kadzinuni is thriving under great leadership of Jonnathan, a very important volunteer from the community at Kadzinuni. In addition to a large supply of new books we funded a few weeks ago Jonnathan is now running regular evening time sessions with the help of a couple of re-chargeable lanterns we have provided.



A crowded evening library session

Jonnathan runs many sessions each week and is trying to encourage more adults to learn to read. The wonderful Kivulis that we have provided funds for are great for daytime workshops as you can see below.



Some big thank yous

Mrs Loraine Cottee – amazing fund raising run in the London Marathon & Curry Night
Debbie & Tim Grant – running the Kadzinuni Café at the Garage Sale Safari
Halifax Bank – for lots of compensation for banking errors and poor service etc. (we will have to change banks soon!)
"Editor's note.. just a touch of sarcasm re Halifax!"
All the Garage Sale Safari stalls that gave us donations

Jiggers & Bed Bugs

We are delighted to have this detailed description of the plan for dealing with Jiggers & Bed Bugs at Kadzinuni. Kelly Sawyer, APC volunteer writes...

4th June 2012

Good afternoon,

I just wanted to update you on the project since the funds were released. We were able to pick up the funds without any problems.

Last week the organizing committee met to discuss the project and plan the next steps. In attendance were: Kelly, Zipporah, Ramtu (Public Health Officer), Mr. Nzai (District Public Health Officer).

Meeting notes:

Jigger/bed bug project will involve the training of 50 participants from throughout Kadzinuni Dispensary catchment area. The participants will be trained and serve as Community Health Workers (CHW's) in Kadzinuni. The CHW's will attend the 3 day training focused on jiggers and bed bugs and additional health issues relevant to Kadzinuni. Since the jigger and bed bug problem relates to other health topics, such as hygiene (jiggers thrive in unhygienic environments) and communicable diseases (sharing of pins to remove jiggers increases risk of HIV infection), it was decided to include additional health topics during the training.

The homes previously identified in Kadzinuni as being infested with jiggers or bed bugs will be sprayed and treated. Upon completion of the project the participants will educate those in their village while serving as CHW's. This allows the project to involve multiple community members and have increased impact as the participants continue to spread the knowledge they learned during the training and is sustainable.

The Public Health Officer will meet with the Sub-Chief and village elders to select the 50 participants. A meeting was chosen instead of a Baraza in order to be more effective in selecting those best suited to serve as CHW's on this project.

Focus of training will be on jiggers & bed bugs; additional topics to be included (as time allows) are: communicable diseases and hygiene. A detailed training agenda will be forthcoming.

The proposed timeline is as follows:

- 1) Participant/CHW selection completed by June 17
- 2) 3 day training class completed by June 22
- 3) Spraying of homes affected by jiggers/bed bugs completed by June 29

Thanks,
Kelly

Kelly Sawyer, M.P.H.
HIV/AIDS and Hygiene Educator
U.S. Peace Corps - Kenya 2011-2013

"Don't ask yourself what the world needs -- ask yourself what makes you come alive, and then go do it. Because what the world needs is people who have come alive."



Kelly with some girls from Kadzinuni

Funds raised in 2011/2012 & our view of the future...some serious stuff

Subject to our audit, which is already under way, in the financial year just completed we have increased the money raised for Kadzinuni from just over £15,000 to over £17,000. In these tough economic times that is a great result for us, as many small charities struggle. There is so much professional marketing by the huge national charities, who in the near future will also be able to tap into donors at the local cash machine, that small local organisations like ourselves have to fight for every penny, week in week out. Since we started back in 1998 we have secured well over £200,000 to spend on our key priorities of education, healthcare and community development at Kadzinuni. Elaine and I (so ably supported by the other Trustees) have always set out to use the funds we raise in such a way that the benefits for Kadzinuni are sustainable.

We aim for deep seated social change whereby the people at Kadzinuni become economically self sufficient and able to determine their own futures. Simply, we see that we will fail if The Friends of Kadzinuni acts as a crutch, causing collapse if withdrawn.

We now believe that we have passed the “tipping point” between long term success and failure as now so many of the projects we support are created and managed by local people in Kadzinuni, exercising the skills that 10 years ago were nonexistent. That does not mean that we can back off as now we strive to accelerate the pace of development.



Boys football team in kit bought over 5 years ago!

Education in every sense of the word is fundamental to success; young people need to go to school so that they can learn the skills for a creative and fulfilling life; young families need to understand health issues, our work to improve healthcare at Kadzinuni will in time significantly reduce death in childbirth, itself one of the factors that reduces unsustainable birth rates.. yes.. save more babies lives and the birth rate falls so families become more able to support themselves as their futures can be more predictably planned.

In 2011, for the first time since the school was opened in 1923, Kadzinuni Primary School was top of the league tables for the coastal district, competing with over 30 other schools, many of which are in more wealthy towns. Our student sponsorship scheme creates competition for the bursaries we grant each year and now very few girls drop out of school; something that was all too common just 10 years ago. The school now attracts the best teachers and also has a thriving set of sports teams.

Such is the change that has taken place that a few weeks ago one of our community volunteers, Patrick Nyambu, now a specialist in horticulture, was featured in a TV programme made by the Kenya Broadcasting Corporation (KBC) to provide education on how to farm coconuts and show the many ways in which this crop can benefit poor communities. Kadzinuni is leading the way!



Healthcare is also at the heart of what we do. Until 5 years ago there was no health care available in Kadzinuni, qualified nurses were several hours walk away.... absolutely useless if you are too sick to walk. Now Kendrick's Clinic is buzzing every day and by 2015 we hope to have extended it to provide 24 x 7 care, as a small hospital and maternity unit. It delivers primary treatment AND most importantly runs services for prevention and vaccination programmes for a wide range of diseases that previously killed many people prematurely.

Community Development is a challenging area to work in. We have no desire to try and change underlying cultural values that would be wrong. So, we aim to try and act as facilitators of projects and improvement. We always try to say yes to ideas coming from the community, and are pleased when we are asked for advice. With that approach you must expect “failure” sometimes, or perhaps not so much failure, more about finding a way to ensure that there is a positive outcome, even if it is not the outcome originally intended.

One thing is for sure on our journey with Kadzinuni, WE LEARN SOMETHING JUST ABOUT EVERY DAY and that is what makes it so fulfilling.

NEW Kadzinuni Christmas Cards

**By Keyworth Artist
Oliver Lovley**

www.oliverlovley.com

Design 1



**Track Through the Sisal Plantation
to Kadzinuni**

Pack of 5 £3

Pack of 10 £5

Pack of 20 £9

Design 2



Baobab Tree on Kadzinuni Ridge

*Available from 14th July
See us at the Keyworth Show*