



Building of Hope

VOLUNTEER INFORMATION BOOKLET

2016 Project - Likoni, Mombasa, Kenya



Dear Friend,

Welcome to our Information Booklet which the “Building of Hope” Committee hopes you will find informative.

We are just a few months away from travelling to Mombasa and the Committee members are delighted with the number of Volunteers that have committed to changing the lives of people and children in Mombasa. You will experience first-hand the huge difference that you, as a Volunteer, will make to the lives of these children.

However, we still need 60 additional Volunteers and the purpose of tonight is to give you an insight into our Charity. You can be assured that all the funds raised will be used solely for this project. We would like to assure you that no one involved with the “Building of Hope” project is paid. All the Committee work is totally on a voluntary basis and a great deal of credit is due to them for their commitment to this project.

We wish to emphasise that the “Building of Hope” is all about helping those less fortunate than us and you, the Volunteers, help to make this possible.

Please read the information folder and take it home with you. If you have any questions, we will be glad to answer them.

A special word of thanks to our Patrons Paul Flanagan (Clare Hurler), Johnie Murphy (Munster RFC), David Kilcoyne (Munster RFC), Brendon James Botha (Munster RFC) and our newest addition, traditional Irish musician Sharon Shannon.

A big thank you to Allen Flynn and his staff at the Old Ground Hotel for always supporting us in all our fundraising activities.



"Building of Hope" Fact Sheet

The "Building of Hope Ltd" was set up in December 2008 as an Irish Registered Charity. The current Directors are; James Lynch, Mary Howard, Allen Flynn and Maureen McCarthy. The "Building of Hope" volunteers and friends aim to bring practical help, educational support and care to young people in the World.

PROJECT 1

Missionvale Township, Port Elizabeth, South Africa:

January 2008: 165 Volunteers from Clare and all around Ireland travelled to Missionvale to construct a HIV/AIDS Centre. Sr. Ethel Normoyle, who is the inspirational force for good in Missionvale, spoke to the "Building of Hope" with regard the extreme poverty and living conditions of the people. She wanted to build a place where people could come and be treated with respect whilst being assisted with a programme of medication to improve the quality of their lives. 100,000 bricks were laid and the building was officially opened on the 14th February, 2008.

PROJECT 2

Migumbani in Likoni, Mombasa, Kenya:

In 2008 Fr. Martin Keane, Holy Ghost Fathers, approached the BOH and asked if we could build a 3rd Level Technical Institution (Polytechnic) in the Parish of Migumbani in Mombasa, Kenya. Jim Lynch, Project Manager, designed a 14,000 sq. ft. set of buildings. In January 2010, 185 Volunteers travelled and the building was completed including outside landscaping and paving all around. There are now 150 students attending various courses in Information Technology, Hairdressing and Hotel Management. All courses are state recognised with a qualification that is fully accredited. Mr. Robert K. Opemi is the Principal at Holy Ghost Fathers Technical Institute and has done huge work marketing the College and at present it is self-sufficient.



To check out their Facebook Page, simply search Facebook for "Holy Ghost Fathers Technical Institute" or visit the following link: <https://www.facebook.com/pages/Holy-Ghost-Fathers-Technical-Institute/219769768111633>



PROJECT 3

School for Blind Children in Likoni, Mombasa, Kenya:

Many of the Volunteers visited this School in 2010 while they were building the Polytechnic. They were upset at the conditions the Children were living in. The sleeping areas were run down and there was no segregation of male and female children/young adults. We vowed to come back and build accommodation for the children and also a special unit for Children with physical disability and needs.

In October/November, Jim Lynch travelled to supervise the demolition of the old dorm buildings. (The children lived in temporary accommodation in the meantime). In January/February 2012, 200 Volunteers from all over Ireland travelled to build this 16,000 sq. ft. set of buildings.

This was completed with a massive effort from all the Volunteers and locals together. New bedrooms, shower facilities, a canteen, a day room and kitchen facilities were officially opened on 23rd February 2012.

This Project was the biggest to date and was in conjunction with the Salvation Army and the Department of Education in Kenya.

We would also like to state that all our projects are built to high western standards, in order to give the children and people insight so they may strive to make better lives for themselves.



To view more information on our projects, why not visit our Facebook Page. Simply search Facebook for “Building of Hope Project” or visit the following link: <https://www.facebook.com/BuildingOfHopeProjectKenya2014>

Below is a video link giving you a quick snapshot of the work we have done out in Kenya. This video gives you an idea of what the sites looked like before and after the projects and how it affected the children. Simply search YouTube for “Building of Hope Charity 2010 & 2012 Projects” or visit the following link: https://www.youtube.com/watch?v=yMcFESS_VA&feature=youtu.be





PROJECT 4

School for Blind Children Completion February 2014:

The "Building of Hope" Volunteers travelled to Mombasa once again to continue their mission at the "School for the Blind, Likoni".

On this occasion the Volunteers re-constructed two old buildings into a state of the art Occupational Therapy Clinic and also reconstructed five old classrooms. The equipment for the Clinic, including a new Deluxe Vestibulator II which is used to accommodate a wide range of therapy modules for Vestibular, Neuro-developmental and Sensory Integration Therapy, was purchased in Ireland.

After a generous donation received in December 2013, we were able to commission a 20 ft. container to ship all donated & purchased equipment out to Kenya. Once we had the funds secure we launched an appeal for donated items on our Facebook page and were overwhelmed by people's generosity. We received numerous boxes of clothes, books & toys, a ball pool, keyboards & monitors to name but a few. The excitement when the container arrived on site on the very last day of our trip after a 6 week journey was indescribable; picture over 200 children, plus many adults, enjoying their first Christmas and that explains how special the moment felt!

What makes the "Building of Hope" stand out from a lot of other charities is that we rely totally on donations from the public; we are run on a purely voluntary basis and are only able to exist thanks to the time donated from our volunteers who wish to give back to the under-privileged. Every cent that is donated goes towards the Charity, not one volunteer involved in our Charity is on any type of wage! However, on an on-going basis in Mombasa, the "Building of Hope" employs a nurse, an Occupational Therapist and people on the ground to look after the welfare of the children in the "School for the Blind". We will continue to raise funds for the children's education, as each child requires a sponsor who pays for their fees, uniforms and hygiene products and it is always a struggle to get continuous funding.

A commitment has been made and a contract signed between the "Salvation Army" and the "Building of Hope" to continue to support the "School for the Blind" and carry out any work that is required over the next few years.

Below are a few photos of the "Occupational Therapy Clinic" in Likoni:



PROPOSED PROJECT 2016

DAY CLINIC:

Our next project will take place in February/March 2016 and we will be constructing a General Day Clinic in Likoni, Mombasa, Kenya.

The Day Clinic will have facilities to cater for all general illnesses and will be manned by Professional Medical Staff on a full-time basis.

Special focus will be given to an Education programme tailored for pregnant women living with HIV/AIDS, which will educate them on how to take care of themselves and the foetus during pregnancy.

ADDITIONAL SERVICES:-

The Clinic will also cater for and offer services in the following areas:

HIV/AIDS DIAGNOSIS:

The Clinic will conduct HIV tests and also offer initial counselling.

HOME-BASED CARE GIVERS:

These local care givers will conduct home visits to those living with HIV/AIDS, offering counselling and moral support as some of those living with the disease live in very remote areas and in total isolation.

EYE CLINIC:

The Eye Clinic will carry out tests and diagnosis of various eye conditions and assist with referrals to the General Hospital where necessary.

GENERAL DIAGNOSIS & REFERRALS:

The Clinic will carry out diagnosis of all general illnesses and issue referrals to the General Hospital for further tests and treatment.

NUTRITION UNIT:

This facility will offer Education to mothers on parental care as well as proper diet and nutrition for themselves and for their new-born babies.

CHILD SUPPORT & DEVELOPMENT:

Child Vaccinations will be given at the Clinic, as well as advice to mothers on how to maintain their child's general hygiene and nutrition.

YOUNG ADULTS EDUCATION:

This will include awareness and Education to young people on birth control, sex education and disease prevention.

RAPE CRISIS SUPPORT:

There will be a Social Assistance Office where victims of rape can receive moral support as well as advice on where to carry out necessary tests, seek police and counselling assistance.

DAY WARDS:

The Clinic will also assist and host people who arrive seeking medical help but may need referral to a General Hospital. As it's not always possible to get immediate admission to these hospitals (and in some cases this could take a few days), the Clinic will accommodate and offer them a temporary place to stay until such a time when a bed becomes available in the General Hospital and they can be admitted.

PROPOSED GROUPS & PROVISIONAL DATES

Four groups will be travelling out to Mombasa over the course of the project. Normally the group breakdown consists mainly of:

Group 1: Blocklayers, Carpenters & General Workers.

Group 2: Roofers, Window and door fitters, Carpenters, Electricians, Plumbers & General Workers.

Group 3: Carpenters, Electricians, Plumbers, Plasterers, Tilers, Gardeners & General Workers.

Group 4: Carpenters, Electricians, Plumbers, Plasterers, Tilers, Painters, Gardeners, Cleaners & General Workers.

We will be finalising dates over the next month but more than likely we will be flying with Ethiopian Airlines; Dublin to Mombasa. The total journey time, including a 4 hour stop in Addis Abba, will be 15 hours.

The first group will travel out during the 1st week of February and will be gone for a total of 11 nights; the next group will go the following week and so on.

If any Volunteer wants to change their travel dates, for example to extend their trip and stay on an extra few days, this is fine once we are notified well in advance so as to avoid incurring any further flight charges. If there are any extra costs involved the Volunteer will be responsible for these.

FUNDRAISING

To facilitate travel and trip costs, each Volunteer is required to raise the required amount and this can be achieved through different fundraising activities.

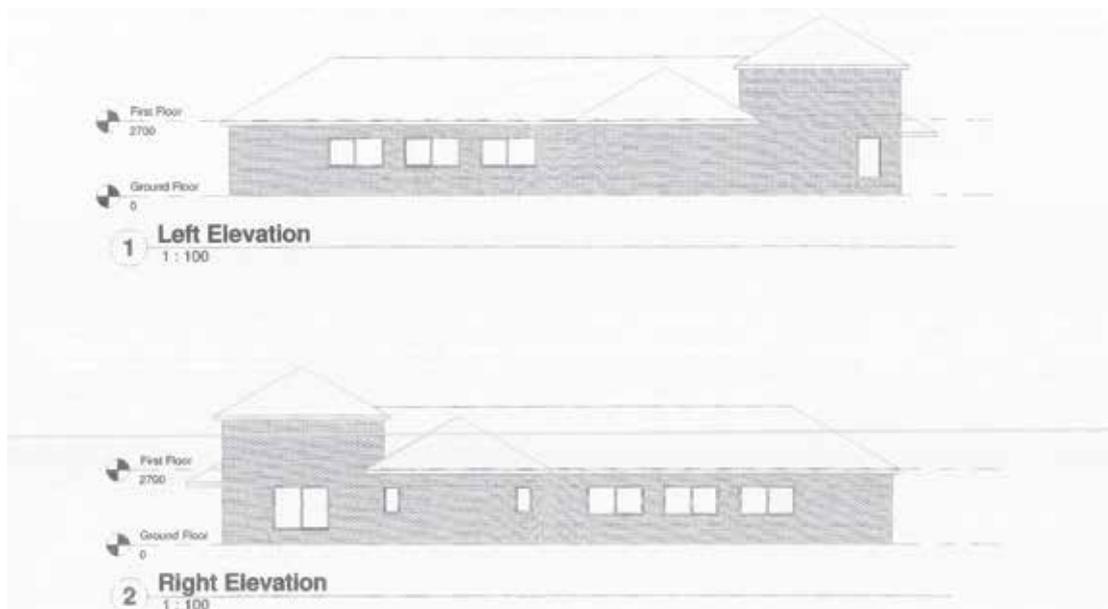
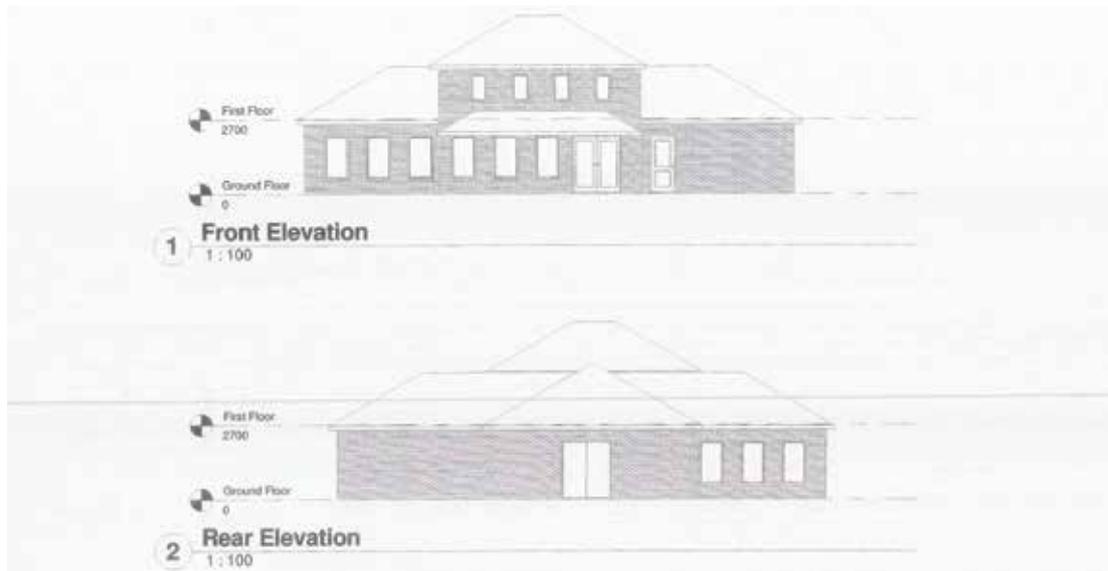
The Committee or any of the Volunteers who have already travelled will give newcomers fundraising ideas. A few examples include; table quizzes (which are very popular), race nights, poker classics, pocket collections, flag days, "Come Dine with Me", Facebook auctions, bed pushes etc....

The "Building of Hope" will provide you with the Insurance for all the fundraising activities and will also help you with advertising etc.

Below is a photo of our winners at our recent "Strictly Come Dancing" themed fundraiser:



ARCHITECTURAL DRAWINGS FOR THE PROJECT CAN BE VIEWED BELOW:



TRAVEL

VISA INFORMATION:

- A Visa is required to enter Kenya.
- Visas are issued by Kenyan Embassy in Dublin & the process takes 1 – 2 working days.

PLEASE NOTE: All volunteers residing outside Ireland are asked to contact Kenyan Embassy in their Country of Residence.

- Visa procedure in detail and the visa application form will be posted to you in July.
- You MUST obtain your entry visas in advance of travel.
- The Charity will not take responsibility if a volunteer is denied the visa and / or the entry to Kenya.

Visit the Kenyan Embassy Ireland Website for further info:

<http://www.kenyaembassyireland.net/>

VACCINATIONS:

- Please consult with your GP regarding vaccinations or boosters you will require as she/he will know your medical history.
- Doctors suggest the following vaccinations for your time in Mombasa:
Tetanus, Poliomyelitis, Typhoid, Hepatitis A & Diphtheria.

PLEASE NOTE: If you plan to travel outside of Mombasa, you must also consider risks of: Meningococcal Meningitis, Hepatitis B, Rabies, Cholera, Yellow Fever & Malaria.

ACCOMMODATION:

- Accommodation is located 35 minutes from the site. Bus transfer is included to & from the site daily.
- Hotel accommodation is very comfortable & safe, including 24 hour security in a gated resort. Rooms include air conditioning, satellite tv & security safes for money & valuables.

PLEASE NOTE: Special discounted room rates apply for BOH volunteers.

MEDICAL:

During the trip there will be a Doctor/Nurse that is available to all Volunteers.

They will be advising all Volunteers bring the following:

- High Factor sun cream is vital (2 bottles)
- Body Repellent Spray
- Immodium or Motillium
- Paracetamol
- Anti-histamines
- Optrex Eye Wash
- Malaria Tablets (3 will be provided until you get to Kenya)

INSURANCE:

The Building of Hope Ltd will have an insurance policy in place for all volunteers during the period they are in Mombasa working on the project. Please notify us of any pre-existing medical conditions before travelling.

A DAY IN THE LIFE OF A VOLUNTEER

Beep, beeeep... it's 5:15am. Wakey, wakey!

The glorious Kenyan sun is splitting the rocks, another beautiful day in Mombasa. Time for a full Irish breakfast abroad, fuel for the day of work ahead, then it's onto the fun bus with all the volunteers on route to the site. Some of the volunteers even start singing. Yes, at 6am!!

Our route takes us through some shanty towns and the first thing that hits me is the number of people walking on the road, too many to count! Most are either setting up for work or looking for work to feed their families. I see shacks that people are living in with no electricity or running water, with small fires lit for cooking. Yet I hear singing and see happy faces!

We arrive at our site to be greeted by the welcoming faces of the children. Before we start work we have a quick team meeting with the foreman, who outlines the plan of action for the day. I got assigned to a few jobs for the day, a long but enjoyable day doing various jobs.

Throughout the day the children come up chatting to us, singing a song or two and even making musical instruments from the left over wood, keeping us all entertained. During the day we notice some of the children kicking a bag of rubbish around as a football, a simple thing like a football is like gold to these children. Eight to nine hours pass. A tough day put down but it's back on the fun bus to the hotel for 4 or 5pm with a great day's work done! The singing starts again and this time a lot more of the volunteers join in!

On the way back we make a stop at the supermarket by our hotel, clearing their shelves of every ball we can see for the children back at the school. Once back at the hotel, some people head for bed, some to the bar or beach, I go for all 3! It's a beautiful location, a place like no other and I love it!

I've learned from my experiences that you go out to these remote places in a group with people you would have never met and trust me you come home with friends for life. Whether it's chatting every day to chatting every other week or month, it doesn't matter because you've built not just a community amongst your peers but a friendship that will never be lost.

To sum up my experiences, all I will say is when you look into a local's eyes and they can't see back to look at you but they keep smiling, it's hard because they are some of the nicest people on the planet; kind, caring, compassionate and always happy! This is something we can learn from them, amongst many other things.

Being part of these projects and seeing first-hand the difference that can be made in these communities in a matter of weeks is an amazing, life-changing experience and will stay with me forever. So if you are undecided about this journey, think about a day in the life of a volunteer and if you can contribute in any way, please don't hesitate and join our family of volunteers, thanks.

#volunteerboh

A TYPICAL AFRICAN STORY



A mother of nine loses her husband, two of her children are completely blind; one is severely disabled and is unable to walk. Eight out of her nine children have several, severe disabilities. What can she do? She cannot support these children herself, there is no one to turn to and no assistance is provided by her government or her local community. She is left with no alternative but to bring two of her children to the “Likoni School for the Blind”.

She has travelled four days with her father and is currently breast feeding her youngest child. The children arrive with two toothbrushes, soap and one change of clothes each; their only possessions. After their long journey to Likoni she has to turn around and travel home leaving her two children, not knowing when she will see them again but knowing they are within a better environment, a place in which they will receive a good education, a bed to sleep in and food to eat. These are things she knows she would never be able to provide.

They say goodbye and although it is a language foreign to us, their body language speaks to us loudly; crying, hugging and saying a painful goodbye. The children will be ok and will settle into their new home. Their mother may not settle as easily as she has to walk away from her children, not knowing when she will see their faces again and it will always remain in her heart that she could not provide for her babies.

The majority of blindness within Kenya is due to malnutrition from the mother which is passed through to her children. There is no education provided to these families on basic nutrition during pregnancy. The question I asked is why these families are having so many children when they cannot provide for them this is again due to no education being provided on family planning.

When a women has an unhealthy child, or children as in this case, it is a great shame and is looked down upon in the community at large. The mother will continue to reproduce until she has a healthy child, which is uncommon and so the cycle continues.

What remains common is this unfortunate story!

*Thank you for your interest in "Building Of Hope"
& we would love to welcome you as a volunteer in 2016.*



OUR NEW WEBSITE at www.buildingofhope.org

For more information on the charity, please keep updated through our new website at www.buildingofhope.org . Our new website was designed by Niamh O'Meara - Daly at NOMAD. You can check out her website at www.nomad.ie

**WE ARE ALSO WELCOMING A NEW AMBASSADOR,
TRADITIONAL IRISH MUSICIAN SHARON SHANNON!**

