



International Relief & Friendship Foundation Annual Report 2013



Message From the Director

Dear Friends,

Happy New Year from all the team at IRFF. 2013 was a good year for IRFF UK. We were able to develop our projects, to initiate a few new projects and welcomed new volunteers to our team. In particular we are grateful to Diana Fischer, from Germany, who after graduating from nursing college decided to spend three months working with IRFF in Zambia, and Patrick German, who is studying international development at SOAS, and is providing valuable administrative support. We would also like to welcome Rev. Marshall de Souza. He will be focusing most of his energy on raising funds for our various projects; he comes to IRFF with a wealth of experience working with service projects around the world and is himself the founder and chair of trustees for WAIT UK. Markus Thonett has also joined IRFF UK; he has already been providing a lot of support for the running of the Tricycle Charity Shop over the past two years and will assist Rev. Marshall. Thanks also to Sonja Read who will be our IRFF UK representative in Paris and assist Patrick and Selina

developing the website

Regretfully, two of our trustees, Robert Williamson and Aftikhar Ahmed, have stepped down from their role as trustees. We would like to thank them both for their generous support, in particular for their tireless work in organising and developing the annual Ambassadors for Peace African Tour for the past four years.

We would like to express our thanks to all of you who have supported us in so many ways throughout the past year. In particular to those who are sponsoring a child or teacher at Destiny Junior School, those who participated in the third annual pilgrimage for Africa, those who gave so generously towards the Philippines Appeal, and for all of you who were able to donate clothing, bric-a-brac, etc. to the Tricycle Charity Shop.

We hope you enjoy reading this report about our activities and that we can keep you well informed about our progress in 2014. Thank you again for your interest and support.

On behalf of the IRFF team,
Ashley Crosthwaite

Uganda

IRFF – UK has been working in Uganda since 1998. In the past seven years we have become more and more active in this country, working with the national police academy, the health department, and many schools. Below is a project by project report of activities in 2013.

WAIT Uganda

WAIT Uganda is a project of IRFF. The overall goal of WAIT is the eradication of HIV/AIDS. WAIT Uganda works closely with IRFF in a number of ways. There are currently approximately 2000 WAIT members.

Mobile Medical Team (MMT) (See Below)

2013 was the third year of WAIT –Uganda working in cooperation with the national police, making regular visits to the national police academy in Masindi to educate the officers and cadets about how to avoid HIV infection.

As of December 2013 there are WAIT clubs in 30 schools, mainly in Kampala, Masaka, and Jinja districts.

In 2013 WAIT members volunteered in various capacities, such as helping with agriculture, roof repairs, supporting schools in general maintenance as well as education.

A team of seven volunteers travelled to Kenya in July to initiate WAIT activities in several schools around Nairobi as well as in Kabera. More than 20 youth groups attended a WAIT convention and partnerships were made with Karen South School, UN Habitat, Kabera and others.

Destiny Junior School

Early in 2013 doors and windows were fitted to all classrooms and the school office. Also in June 2013, after many delays, the well was completed. In July 2013 the school library was opened. Destiny school is funded through a sponsorship program; sponsors support either a pupil for £10 per month or a teacher for £30 per month. Currently the teachers do not receive a full salary but are supported as much as possible and the children receive basic medicine, shoes and a nutritious meal once per day as well as schooling. Cur-

rently there are 27 child sponsors and 3 teacher sponsors, therefore one goal for 2014 is to find sponsors for all 80 children and 7 staff members. The other two main goals are to construct an all weather kitchen and to purchase the adjacent land to provide a play area for the children and a kitchen garden as well as constructing a new classroom block in the future.

Mobile Medical Team (MMT)

IRFF, supported by the WAIT team, did community service in 21 different locations of Uganda promoting health, and empowering villages in income generating activities through sustainable agriculture. This included removing jiggers (parasites) from children's feet and hands at 5 schools and in 12 communities in Iganga and Masaka districts. Over 2300 people were attended to, 250 pairs of shoes were given to those whose parasites were removed. IRFF UK currently sends a small monthly budget for this project. The local governments, local churches and leaders have invited us to their communities indicating how greatly our services are required. Marshall de Souza, a member of the IRFF working board, has just completed a case for support for this project outlining all the requirements necessary to eradicate the problem of jiggers from several districts over the next five years (more information available on the IRFF UK website).



Some of Our Partners

In 2013 IRFF gave support to Butale Mixed Primary school, in Masaka district by helping in the completion of new latrines as the old latrines had collapsed in 2012. The children were without any toilet facilities for a year. Volunteers visited the school twice to remove jiggers from pupils, give shoes, and advise about agricultural development and hygiene.

IRFF supported Kigulu Prime Academy in 2013 by making several visits and eradicating jiggers from the school. Help was also given in the completion of the school kitchen and a solar system was installed to improve school security. When working in Iganga district the MMT used the school as their home.

KABUUMA COMMUNITY

The Kabuuma Joint Family Association is supported by IRFF UK in a number of ways. In 2013 one door and window was completed for the community center. That room now serves the sewing machine project. There are still two rooms with



Kenya

Thanks to all the supporters of the Concert for Africa and the Annual Pilgrimage (this year all the funds raised went towards launching WAIT Kenya). We were able to send a team of four volunteers from WAIT UK and a team of seven from IRFF/WAIT Uganda. The teams arrived on July 1st and for the first few days did team building exercises, training in dance and breakdance together, and visiting the Nairobi Wildlife Park. WAIT gave presentations at four schools and held a WAIT convention at the end of the week, at which twenty different youth groups were represented. Also WAIT visited Kabira-Soweto, part of the largest slum district in the world. A meeting was held with UN Habitat in which we could learn much about the situation of the residents. The WAIT

out doors and windows and all the rooms need plastering and painting. IRFF UK also supplied seeds, medicines, computer equipment, books and fabrics. The community was able to send one representative to south Sudan for six months to teach dressmaking skills.

Other Activities

In July 2013, a joint IRFF/WAIT team visited Masaka prison and gave a talk about how to avoid HIV infection and find value in life, even in the prison environment; the WAIT team also performed there. IRFF could give a donation of soap for all the prisoners.

In several communities in Masaka district IRFF volunteers supported several elderly residents as well as young children by providing school fees, removing jiggers, cleaning homes, building raised beds, and bringing vital supplies. Through funding from IRFF UK one lady was able to pay her hospital fees and have a successful operation removing a cancerous tumor from her womb.

In 2013 two youth leaders were provided with scholarships for higher education.



team pledged to support UN Habitat, and to establish a formal partnership with them. The team performed in front of the UN Habitat building to the great delight of the local community.

The combined Kenya, Uganda, and UK team bonded together through serving the local community. For example, 21 fruit trees were planted at Sasamoto Farm. The director of IRFF Uganda could give valuable guidance to the project manager. A donation of \$1000 was given for the purpose of building a chicken house and also to provide funding for the purchase of 300 birds.

In December, IRFF UK provided funding for the director of WAIT Uganda to visit Nairobi to liaise with the newly formed WAIT/IRFF volunteer group.

Zambia

1. WAIT

Due to the efforts of Diana Fischer the WAIT project made great strides during the latter part of the year. More than 12 schools have been introduced to WAIT and a workshop was held for 40 participants in December explaining the goals of the project (protecting young people from HIV infection). During the seminar youth leaders could understand more deeply the desperate need for role models amongst young people; such role models literally save lives.

2. Barlastone Park School, Lusaka.

The school is supported mainly by payment of school fees as well as donations of materials and funds from IRFF UK and Sweden. In 2013 several computers were donated and funds were given by both countries towards refurbishment of the boys' toilets, which were in a state of disrepair during our visit in June. The school is now 30 years old and continues to gain good results in national examinations. Funding, especially for improvements to the infrastructure, is a problem, partly because not all pupils' families pay the fee on time or in some cases they cannot pay at all.

3. Mackenzie Community School, Ndola region.

The school, originally built by IRFF with international cooperation, is now entering its 14th year. The visit in June highlighted some of the difficulties currently being faced. There are only 4 teachers and one school keeper for 200 children, toilets are in disrepair and are unhygienic, nutrition continues to be a serious concern and there is no provision for basic 1st aid or medicines. IRFF-UK and IRFF Sweden were able to bring a large amount of school supplies on their annual visit in June, including notebooks, pencils, paper, chalk, erasers, maths sets etc. Each of the children could receive a treat as well. IRFF needs to consider whether the school is viable at pres-

ent as there is no clear economic model. A clear structure for supporting the school needs to be installed as well as accountability.

4. Partnership with Doors of Hope, Zambia.

The friendship with Sven Andersson has grown over the past few years and in September IRFF-UK signed a formal agreement as partners with Doors of Hope Zambia, a locally registered charity. The office of Doors of Hope is adjacent to Mackenzie school, at the heart of Mackenzie community, a poor rural township about 40 minutes drive out of Ndola. Doors of Hope have helped the school over the years and have set up several cooperative projects, including wood and metal workshops, micro financing for local businesses to get started etc. Together we have embarked on the development of a local health clinic, still in the early stages. Through the partnership we will also help to revive Mackenzie school by building new toilets and creating a viable economic structure. Since the partnership was formed IRFF-UK could already provide funding for sustainable agriculture in the community; a large area of wasteland was cleared, ploughed and 5000 cabbages planted as a way of funding the project locally.

5. Ideal Family Clinic, Lusaka.

The local clinic was initiated by IRFF-UK in 2012. The clinic treats local residents in Twiketane community. It is still in the early stages of development. Despite not yet being registered 100's of people have been treated, and since the director Mrs Eunice Sanfo is a midwife, several babies have been delivered and even some mothers' and babies' lives have been saved. During 2013 IRFF-UK sent basic medicines, a microscope and other equipment. Whilst visiting in June also many reading spectacles were given out at the clinic (thanks to friends 'Eyes on Africa' USA) and further equipment donated. Again in conjunction with IRFF Sweden, Eunice was donated sufficient funding for a poultry project at the back of the clinic, which is already generating much needed funds for the daily upkeep.

Cameroon

Partnership with LUKMEF, Cameroon

IRFF-UK has been supporting the sustainable agriculture projects delivered by LUKMEF in Cameroon since 2012. Many women have been helped through their initiatives.

South Africa

1. Haven of Hope clinic

Since 2010 IRFF has supported the clinic with small donations of medicines, plasters and some funding, whenever possible. In 2013 a box was sent and a small donation given. The clinic treats several hundred patients in the Cape flats area of Cape Town.

2. WAIT-SA

WAIT-SA has been supported by IRFF-UK since volunteers first initiated activities in 2010, meeting many project partners, such as 'Make us Models', a youth dance group promoting ethical and responsible relationships. In 2013 WAIT-SA was able to perform together with several youth groups and schools during their visit in support of WAIT-Zambia.

Activities in the United Kingdom

Most of IRFF's activities in the UK are to promote both interest and funding for our projects and partnerships abroad. The IRFF volunteers are deeply grateful to all the people who supported various events through 2013.

Special thanks to WFWP-UK and South London for helping to raise funds and to UPF South London for partnering IRFF in educational programs highlighting the human rights situation in North Korea. In 2013 IRFF-UK donated a printer to the FreeNK news. We are looking forward to deepening friendship with our local North Korean residents, numbering over 400.

In 2013 IRFF-UK has been helping to coordinate the equipping of Nampo childrens' hospital in

North Korea. Two containers of medical equipment have been sent but we are in urgent need of verification and accountability at the point of delivery. These are absolutely essential for us to continue supporting the project.

After disaster struck the Phillipines Dr. Simon Rosselli initiated a fundraising appeal through IRFF-UK and a concert and variety evening was held in November. We have £2700 which will be given to one of the most active NGOs working over there. We are waiting to receive an action plan from one charity before sending this money. Thanks again to Simon and to the local Filipino community and all who supported the initiative. In 2014 we would like to host another event as it will be a very long time that help will continue to be needed in the Phillipines.

The Tricycle Charity shop continues to give valuable support for all IRFF projects and partnerships; thanks again to all the management and staff, many of whom are fellow volunteers.

Lastly I want to mention again all those who took some part in the 3rd annual pilgrimage to save lives in Africa, including putting us up for the night, dressing wounds and providing transport. Thank you. The 4th annual pilgrimage will take place during May Bank holiday time; it's almost time to start the training regime!

We wish you peace, health and prosperity in 2014.

For more information on our projects please visit our website:

www.irff-uk.org

or contact us at:

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