



Porridge and Rice

Feeding for Education

PorrIDGE and Rice Annual Report

Registered Charity Number 1155841

Trustees' report and accounts

For the year to 30 September 2017

1. Introduction	3
2. Education Charity	4
3. Why the Nairobi slums?	5
4. Programmes	6
1.1 Education and Sponsorship	6
1.2 Extracurricular	7
1.3 Facilities and Furniture	8
1.4 Feeding and Nutrition	8
1.5 Health and Hygiene	9
1.6 Rights and Gender	10
1.7 Sustainability and Accountability	11
5. Donors and Supporters	12
6. Future plans	12
7. Legal and Administrative Details	12
8. Governance and management	13
9. Operational review	13
10. Financial Review	14
11. Accounts for 1 October 2016 to 30 September 2017	15

1. Introduction

Porridge and Rice is now in its fourth year, having been founded in November 2013 and registered in February 2014. Looking back, the charity has come a long way in terms of the work it does, the number of pupils its supports, and its ability to enable the children of the Nairobi slums, trapped in poverty and deprivation, to obtain a sound education.

While four years is relatively short, the impact of the charity is clear with the growth of pupil numbers, improved levels of health and attendance of pupils, enhanced expertise and performance of teaching staff, increasing academic results of pupils, and improved school facilities.

For example, attendance is now 100% almost every day with children having to be sent home when they are sick, rather than staying off school of their own accord. For example, earlier in the year, a child with measles managed to sneak into school undetected resulting in a mass outbreak of measles among the children. The charity now allows sick children to attend school at meal times only going home in between. Some children still come in sick and keep quiet about being ill, as they simply prefer to be at school with things like clean water and soap readily available at school but not at home.

Both the UK and Kenyan leadership teams continue to learn and make changes accordingly. In particular, as the Kenyan staff develop, they take on more and more responsibility, consistent with the overall goal of the charity that the work to combat poverty in the Nairobi slums should be done by local people as far as is possible.

For example, negotiating prices for food is now done by Teacher Titus of Excel School and Teacher Beth of Lizpal School with Teacher Mary of Excel School filling in as needed. They have succeeded in getting better prices for food supplies than the UK team ever did when they did the task. More importantly, a task once done by people from the UK, is now being done by local people without compromising standards.

Once again, none of the work would be possible without the people and organisations who have donated or raised funds for Porridge and Rice. A big thank you to each and every one for supporting the charity to help change the lives of some of the most disadvantaged people on the planet. We look forward to making the charity stronger so that it can continue its fight against poverty for many years to come.

2. Education Charity

Because of its name, people frequently assume that Porridge and Rice is a feeding charity when it is actually an education charity. Based on data collected by the World Bank, the WHO and the UN, education is the most effective, long-term and sustainable way to combat poverty. Nelson Mandela summed it up beautifully when he said that “Education is the most powerful weapon which you can use to change the world”.

In 2013, before the establishment of Porridge and Rice, when asked to name their greatest challenge, each school visited stated without hesitation that it is not possible to teach a hungry child. The charity thus decided to lead by implementing a feeding programme when partnering with a school. In addition, because of the priority given by schools to combating hunger for their pupils, the charity chose to take its name from the feeding and nutrition programme.

While the feeding and nutrition programme is an extremely important programme in the work the charity does, it is only 1 of 7 programmes designed to enable the children of the Nairobi slums to obtain a sound education. Each programme is extremely important to the charity and each programme plays an essential part in enabling the children to receive a sound education.

The seven programmes are -

1. Education and Sponsorship
2. Extracurricular Activities
3. Facilities and Furniture
4. Feeding and Nutrition
5. Gender and Rights
6. Health and Hygiene
7. Sustainability and Accountability

Once the feeding and nutrition programme has been implemented in a school, Porridge and Rice works on rolling out the other 6 programmes in an order that matches the greatest needs of the schools and the resources available to the charity.

As the charity has grown in size and experience, the programmes have been expanded and refined. For example, the Feeding programme developed beyond hunger to address a range of serious nutritional deficiencies such as Vitamin A, Iodine and Iron, so was renamed the Feeding and Nutrition programme. This programme now operates to combat hunger, enable healthy physical development, strengthen immune systems, and improve academic performance by achieving peak cognitive potential.

Porridge and Rice now supports five schools, all of which are in different stages based on when they partnered with Porridge and Rice. The goal though for each school remains the same – to enable the children of the Nairobi slums to obtain a sound education that will enable them to break out of the cycle of poverty and deprivation. Porridge and Rice seeks to improve the lives of some of the world’s poorest people in a sustainable and long-term way.

3. Why the Nairobi slums?

The charity is frequently asked why it has chosen to focus on the Nairobi slums.

There are many charities operating in Kenya, in fact, organisations like the UN claim that there are more charities per person in Kenya, than any other African country. The vast majority of these charities are in the rural areas or in Kibera, known as the largest African slum. They do wonderful work reaching people in great need but are not where Porridge and Rice has chosen to focus its efforts.

Kibera is famous because of its history and size, but what most people don't know is that there are many slums around Nairobi, some as poor and some far worse. Because of the lack of infrastructure and the constant inflow and outflow of people, the actual number of people living in the Nairobi slums is hard to determine with estimates ranging from 1 to 4 million at any one time. The most consistently cited statistic is that 95% of the inhabitants of Nairobi live on 5% of the land of Nairobi.

Because they are largely unknown outside of Kenya, there are very few organisations helping in slum areas besides Kibera. For this reason, Porridge and Rice decided that it would focus on slums where there are no other charities working to support education or at most one or two with limited reach. The charity made the conscious choice to focus on schools in slums receiving little to no help.

For example, two years ago Porridge and Rice partnered with Compassion school in Githogoro because it found no other charities operating in the slum and the inhabitants of the area are extremely poor, in fact, Githogoro is the poorest slum that Porridge and Rice has encountered to date.

Githogoro grew out of collapsed coffee plantations with many of the workers choosing to remain in the area rather than return to their rural homes. Over the last 5 years, the slum area has halved in size while residents have increased as land around it has been sold to the wealthy for expensive homes and apartments. The reduced area and the steady inflow of people means that the population density of the slum is rising steadily. Open defecation is the only option for most residents and water has to be bought in Gerry cans brought by hand or on bicycles to the slums with no way of checking the source of the water. Unemployment is high, officially estimated to be around 40%, but in reality, probably closer to 80%, and life expectancy is lower than in the rest of the country. In essence, conditions and quality of life are dire.

Porridge and Rice has paid for a water line to be installed into Githogoro for the use of the school it supports, and shares this with nearby residents. The only other water line that the charity is aware of, is owned by a local church which lock it so no one else can use it. City water is not reliable going off at least once a week but thanks to water tanks funded by Fonhill, Compassion school has clean, safe water at all times as do the residents supported by Porridge

and Rice. Other activities done by the charity are providing sanitary pads to girls to enable them to stay in school, running a feeding programme for the pupils, teaching local parents how to keep Kienyeji chickens for profit, teaching hygiene to children and the community, providing toothbrushes to pupils courtesy of Operation Brush, and running numeracy training courses for teachers. The charity does much more and has plans to do even more like installing solar power for lights and hot water and building school toilets when it has the money.

Porridge and Rice currently operates in four slums – Githogoro, Ngando, Mithonge, and Kawangware – three of which have no established charities and one of which has just one besides Porridge and Rice operating in the area. All of these slums are extremely poor with Githogoro the poorest. The charity has over 100 schools on its waiting list, half of which are in slums which are very poor and where there are no other charities operating. Porridge and Rice will expand to these areas as its finances allow.

4. Programmes

The programmes are refined and enhanced as the knowledge of the leaders of the charity grows, both in Kenya and the UK.

1.1 Education and Sponsorship

- To develop the professional skills of teachers
- To improve the subject knowledge of teachers
- To provide the children of the Nairobi slums with a sound education
- To enable children to stay in school when parents are unable to pay

With the government schools in Kenya only providing primary education for a portion of the population, the demand for schools in what is known locally as the informal sector, is high. Without the means to secure access to government schools which are free, the inhabitants of the slums are frequently forced to turn to the informal sector to educate their children. The informal sector receives no funds from the government so charge fees to cover their costs, fees which parents frequently are unable to pay.

All Porridge and Rice partner schools are in the informal sector with demand for places growing steadily as news of the charity's programmes spreads. The number of children supported by the charity has grown steadily not because of a new partner school as in the past, but because of increasing number of pupils at each existing partner school.

Academic standards as measured by the national KCPE exams continue to improve with a growing number of pupils receiving over 250, the national minimum requirement for entry into secondary school.

Secondary school education is extremely expensive compared to primary school fees. The cost is a real barrier for most parents. Some parents manage to put the money together, some children get scholarships, but most cannot afford to go further. Porridge and Rice continues to develop plans to set up an affordable secondary school for the pupils in its primary schools.

Porridge and Rice continues to sponsor teachers that have shown commitment to their school and education, to complete professional educational qualifications. This year, Teacher Mary Kinjanjui, deputy head teacher of Excel, completed her bachelor of education. She is the first teacher at a Porridge and Rice school to hold a degree. Currently, three other teachers are working on diplomas as a step towards a degree sponsored by Porridge and Rice.

1.2 Extracurricular

- To encourage activities that develop interpersonal and team skills outside the academic syllabus
- To provide the children of the slums access to developmental experiences from which they are usually excluded through poverty
- To encourage children to aspire to achieve more with their lives than the slums usually dictate

The children in the slums have very little access to extracurricular activities as schools cannot afford the equipment, teachers do not have the expertise, and the facilities are not available in the slums. They show enormous creativity turning what people in the UK would consider rubbish into make-shift toys. For example, children frequently collect plastic bags which they roll together and bind with string and elastic bands to make a football.

Many balls have been donated to the charity and shared between the schools. Each school now owns several footballs, rugby balls, and tennis balls, all of which are being deployed in games lessons. Taking football to Africa delivered football kits to all schools such that each now has an ample supply for school games.

Books which were delivered in the container shipped out by Fonthill have added to the limited resources of each school making it possible for pupils to read regularly. A large amount of paper and cardboard was donated to the charity and also shipped in the Fonthill container, ideal for art classes. Heri Junior also took part in the Interschools competition for drama, dance and singing and were very successful. The charity would like to expand the art and music lessons available to pupils when it has the funds available.

1.3 Facilities and Furniture

- To create and maintain an environment conducive to learning
- To encourage pupils and staff to take ownership of and pride in their environment.

The demand for additional furniture rises steadily as the Porridge and Rice partner schools grow. No sooner are new desks purchased than more are needed – it seems like a constant battle to keep up. The arrival of the container in July from Fonthill Foundation was thus a huge and timely boost to the morale of all five schools providing them with desks, chairs, storage, and other furniture as well as books, papers, and clothing.

Volunteers have played their part in maintaining facilities especially at Excel where they refurbished all the blackboards and installed new ones. They also built an extension on the Lizpal kitchen and helped with clearing and rerouting drains so they will not spill into the schools when they overflow during the rainy season.

Even though the schools are in the slums, the charity works hard to create as safe a learning environment as possible for pupils. The buildings are wooden frames with wooden sheets but simple procedures can make them safer, and a lick of paint, can create a friendly, warm environment where children feel welcome.

All schools have kitchens which they are rapidly outgrowing. Money will need to be raised to refurbish possibly even rebuild the kitchens. More classrooms are needed too, so the idea of combining an upgrade to the kitchen with additional classrooms is being considered as a project in the next 12 to 24 months.

The charity has plans for several projects including solar panels to provide electricity, gas cookers in the kitchen, rewiring classrooms to install fluorescent lights, and new toilet blocks, all subject to obtaining the necessary funding. Applications will continue to be submitted and fundraising events will be held to raise the money to support the projects.

1.4 Feeding and Nutrition

- To alleviate hunger
- To ensure pupils receive the nutrients for healthy development especially Vitamin A, Iron and Iodine
- To encourage the community to develop healthy eating habits

Feeding and Nutrition remains the charity's lead programme because a hungry child cannot learn and stunting limits a child's cognitive potential.

Lizpal and Excel school continue to receive full meals namely Uji for breakfast and vegetable stew on rice for lunch. Compassion was added to the full programme in the middle of the year

and Heri and Forrester receive breakfast. It is expected that the full feeding programme will be implemented in all five schools at the beginning of the new calendar based on promised funds.

With the programme successfully delivering the carbohydrates and protein needed for healthy development, the charity moved its focus on three key micronutrients that have been identified by the WHO as deficient in Kenya and causing serious problems including blindness and weakened immunity namely Iron, Vitamin A, and Iodine. The meals and portions were reviewed and some adjustments made to ensure that all children received the RDA of the three named micronutrients.

Because white rice is a luxury in the slums, many children elected to have white rice without the stew. As the stew contains the majority of Iron in the form of Nyayo beans and Sukuma wiki, this behaviour made it impossible for the feeding programme to serve its purpose. The charity started by explaining the issues of eating only rice for lunch to both teachers and pupils asking schools to find a way to end this practice. This reduced the problem considerably but did not eliminate it so the charity decided to mix the rice and stew before serving making the choice to eat only rice and impossibility.

Food prices fluctuated during the year due to issues such as droughts in Kenya (the beans are locally grown) and import problems (rice comes from Pakistan). The biggest issue with price though was not food but coal which continues to become more and more expensive.

The charity has continued to weigh and measure children every 6 months and are reassured to see the continued positive impact of the feeding programme.

1.5 Health and Hygiene

- To make pupils, teachers and parents health aware through training
- To develop the lifelong habits that prevent the spread of pathogens including hand washing, face washing, and the regular cleaning of facilities
- To eradicate common illnesses like diarrhoea, helminthiasis and trachoma through treatment and prevention
- To ensure that all skills have access to basic first aid supplies and teachers are skilled in using them
- To ensure that menstruation is not a barrier to girls attending school

The introduction of health, hygiene and nutrition lessons at the schools for the pupils, teachers and community is helping to educate the local community on how to be healthy and reduce the incidence of disease. Numerous lessons with time for questions and answers were completed through the year. Community lessons proved so popular that more had to be scheduled to meet demand.

The improved nutrition of the meals has improved the health and by association the immune system, of the children with noticeable results. For example, while the WHO states that 1 in 5 children up to the age of 5 in the Nairobi slums, dies of diarrhoea, not a single pupil 5 or under, attending a Porridge and Rice has died : pupils start attending school around 2 to 3 years of age.

All schools continue to receive bleach to clean facilities and Dettol soap for handwashing. With open defecation still common in the slums, the spread of disease is rapid and harsh. Clean water and soap are key to breaking the cycle of pathogen transmission.

Toilets are now washed and disinfected regularly at all schools improving standards of hygiene. Lizpal, which used to have to use community toilets, now has brand new toilets in the school grounds for the use of school pupils and staff alone allowing the school to keep them clean and hygienic. While all schools need more toilets and the charity continues to seek funding for toilets, the toilets in all schools are considerably cleaner and more hygienic than at the beginning of the year. In addition, students and staff are more aware of the role of hygiene in maintaining good health and the impact of good health on cognitive development.

Hand washing supervised by teachers takes place before all meals and children are regularly reminded to wash their hands after going to the toilet. In addition, face washing is conducted regularly to reduce the incidence of Trachoma, an endemic disease that causes blindness: face washing can reduce the incidence of trachoma by 80%.

As health and hygiene continue to be a high priority for the charity, the charity continues to look for new and innovative ways of both in schools.

.

1.6 Rights and Gender

- To make children and teachers of their rights under the Kenyan constitution
- To ensure gender equality with girls and boys receiving equal access to school
- To fight all forms of discrimination such as tribal and racial
- To combat abusive practices like child marriage, child abuse, domestic violence, and FGM

Children's rights are becoming more important to the work of Porridge and Rice as the charity's understanding of life in the slums grows. The community is complex with problems common to extremely poor communities worldwide as some as some unique to the Nairobi slums. It has taking sensitivity and patience to understand local issues and find ways of addressing them while respecting and winning the support of the local community.

At present, the Rights and Gender programme focuses on two issues – gender inequality and female genital mutilation (FGM).

The Nairobi slums reflect Kenyan society in respect of gender relationships where men are in charge. Women play a vital role in the community in general, and in the schools in particular. The majority of the teachers are female and the bulk of child rearing is done by women. Single parent families where fathers are absent are common, and so is domestic violence towards women. The charity continues to educate pupils and engage with teachers in discussion on the benefits to all of society of gender equality, and maintains a strict policy on gender equality. It will take time and progress will be slow, but the charity considers the end goal worth the effort.

All schools have regular events educating children on the myths that sustain the practice and what they can do if they believe they are in danger of being cut. While the practice is illegal in Kenya, it remains common among certain tribes. While the number of girls that undergo FGM each year is decreasing, the numbers around 40% are still unacceptable. As respect for women grows, the charity believes that the practice will decrease, so work to promote gender equality goes hand in hand with fighting FGM.

1.7 Sustainability and Accountability

- To develop the leadership skills of school leaders through training and mentorship
- To implement sound financial tracking and management of school income
- To develop means of generating income in Kenya for the schools
- To grow crops for consumption by the schools, and excess for sale to raise funds
- To implement smart goals for head and deputy teachers

Porridge and Rice is committed to the schools being well managed and effective educational institutions. It is important for their long-term success that they not only set high standards in the way they teach and the academic results they obtain, but also that they also manage their staff and finances well. To this end, the charity is working with the leaders of each school to develop leadership and financial skills. To this end, the charity has introduced lessons on topics ranging from budgeting to smart goals.

In addition, the charity is working with Evanson, head teacher of Compassion School, to establish a chicken flock and a herd of pigs both to supply food to the schools and raise money. The aim is to maintain a flock of locally bred chickens that will produce both eggs and meat first, then expand to pigs. In addition, the charity wishes to increase the crops that it produces to supply food to the schools and teach locals how to grow some of their own food.

5. Donors and Supporters

Porridge and Rice would like to thank all of its donors and supporters without which it could not continue the work in the Nairobi slums. It is a cliché but appropriate that ‘every penny helps’ no matter whether a few pennies or several thousand pounds. A sincere thank you to every single person.

6. Future plans

As the programmes are rolled out in each school, the number of students increases steadily. The charity has thus had to focus on ramping up the programmes in each school limiting its ability to expand to new schools.

The charity plans to pass more responsibility to the Kenyan Leadership team believing that it is important that as much of the work in Kenya is managed by Kenyans. This means continuing to mentor the members of the teams and working with them to acquire the skills needed for tasks like negotiating. The Kenyan Leadership team are very talented people that have just not had the same opportunities as people living outside the slums.

The charity remains committed to a secondary school, taking on new schools, and increasing income raised in Kenya when pupil numbers stabilise and the funds are available. The priority has to be the growing number of pupils, at existing schools.

7. Legal and Administrative Details

Porridge and Rice is registered as a Charitable Incorporated Organisation (CIO) with the Charity Commission for England and Wales. Its registered address is 64 Rydal Gardens, Hounslow, TW3 2JH, its registration number is 1155841, and it is governed by a constitution lodged with the Charity Commission. Porridge and Rice has registered Uji na Mchele with the Charity Commission as an alternative name, and the acronyms Porridge and Rice and UnM for English and KiSwahili use respectively.

Porridge and Rice owns the domains www.porridgeandrice.co.uk and www.porridgeandrice.com. The latter is automatically directed to the former, and the charity’s website is located at the former. The website is hosted by 123 webhosting.

Porridge and Rice is represented on Facebook under the name of Porridge and Rice. The Facebook page is frequently updated to reflect events of interest about the charity. Porridge and Rice is also active on both Twitter and Instagram with frequent updates and growing followers.

Porridge and Rice has a UK bank account with Barclays Bank and a Kenyan Bank account with Standard Chartered. The UK Barclays account number is 23708926, sort code 20-42-73, IBAN GB09 BARC 2042 7323 7089 26, SWIFTBIC BARCGB22, and address Barclays Bank Plc 210 High Street Hounslow Middlesex TW3 1DL. The Kenyan bank account is number 01-003340546-00 at Standard Chartered Bank Building, Kenyatta Avenue, Nairobi, Kenya, and swift code SCBLKENXXXX.

8. Governance and management

In the UK, Porridge and Rice is run by a committee that meets once a month. The committee is made up of both members and trustees. Trustees are appointed for a term of 2 years and registered with the Charity Commission for England and Wales. The names of the trustees of the charity can be viewed by the public on their website.

Porridge and Rice welcomes people who wish to participate in the running of the charity as members. Other than areas identified by the trustees such as the final accounts and the appointment of trustees, members are able to participate fully at committee meetings. Meetings are documented by minutes that are circulated after the event.

All members and trustees are volunteers. They not only do not receive remuneration but cover all their own expenses. The charity has no paid staff in the UK.

9. Operational review

Porridge and Rice is partnered with five community schools, Excel Emmanuel in Ngando, Lizpal in Ngando, Heri Junior in Mithonge, Compassion in Githingoro, and Forrester in Kawangware.

Porridge and Rice continues to lead with the Feeding and Nutrition programme when it partners with a school led by the Kenyan leadership team which continues to take on more and more responsibility on the ground.

Existing programmes continue to develop based on what has been learned in Nairobi with the Kenyan Leadership team made up of the head and deputy head of each school.

UK trustees and volunteers visit Kenya throughout the year to monitor the work of the charity and to learn from local staff. The visits provide the chance to cement relationships, remain up-to-date on life in the Nairobi slums, and monitor projects.

10. Financial Review

Porridge and Rice remains very active raising funds through events and foundation grants.

The charity has explored new events ideas and built on prior events. Some events like Wine Tasting and Petting Day have become well established events that continue to raise the charity profile and provide valuable funds for the work of the charity in Kenya.

The charity has been successfully obtained financial support from several foundations, some for the first time and some repeat donors. The details of the largest donors are shown in the accounts.

Income from standing orders continues to grow providing a reliable monthly income. The charity remains committed to growing this source of income.

Keeping administrative costs in the UK to a minimum remains a priority for Porridge and Rice. The charity considers it important that money donated is used to aid the people in Kenya as much as possible. While some administrative costs are inevitable and these will grow as the charity grows, Porridge and Rice will monitor all costs in the UK very closely.

Costs in Kenya are incurred in Kenyan Shillings and currency conversion fluctuates. An average exchange rate of KES149.20 to £1 is used.

Trustees and members do not receive a salary from the charity, and cover their own expenses.

11. Accounts for 1 October 2016 to 30 September 2017

These accounts were prepared under a receipts and payments basis and using an average exchange rate of KES152.36 to £1.

Receipts	GBP
Balance Year End 2016	2,363.70
HMRC Gift Aid	2,706.23
Standing Orders	5,242.00
Stripe	93.01
The Giving Machine	160.19
World of Books	48.03
Fundraisers and Donations	44,245.51
Total Receipts	54,858.67
Payments	GBP
Bank Charges, UK	569.75
Fundraising Expenses, UK	1,454.11
Storage, UK	1,120.00
Adminstration, Kenya	162.73
Salaries, Kenya	8,776.17
Extracurricular Activities, Kenya	1,381.92
Facilities and Furniture, Kenya	1,730.40
Feeding and Nutrition, Kenya	28,287.10
Health and Hygiene, Kenya	2,977.43
Sponsorship and Education, Kenya	2,696.90
Sustainability and Accountability, Kenya	2,156.36
Rights and Gender, Kenya	324.30
Total Receipts	51,637.17
Balance Total	3,221.50

In addition to income during the year, the charity received goods and services worth approximately £21,300 for the year, making the value of donations, goods and service received by the charity worth a total of £76,158.67.

The accounts were approved by the trustees on and signed on their behalf by:



Ken Surridge (chair)
Date: 30 September 2017



Emma Ballinger (vice-chair)
Date: 30 September 2017