



# 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 2019

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**Figure 1:** Lunch time at Excel School

## 1 Introduction

It has been a very full and busy year during which the charity has made good progress with several noticeable achievements and continued successes. It has been a good year.

The charity continues to support five schools. When the charity was founded, the plan was to add a school a year to increase the number of pupils it serves, but this has not made sense for the last three years because existing schools have each expanded. In effect, the charity has achieved the goal of increasing the number of pupils it reaches each year without having to add new schools as a result of the efficacy and popularity of its programmes.

While the charity's seven programmes have evolved with changes and new elements added, no new programmes have been added. It is believed that the current programmes cover all the areas that impact the education of the pupils on Porridge and Rice partner schools. In accordance with the goal to address factors that enable or impede education, programmes will be reviewed at regular intervals and modified accordingly as and when needed.



**Figure 2:** Lunch time at Lizpal School

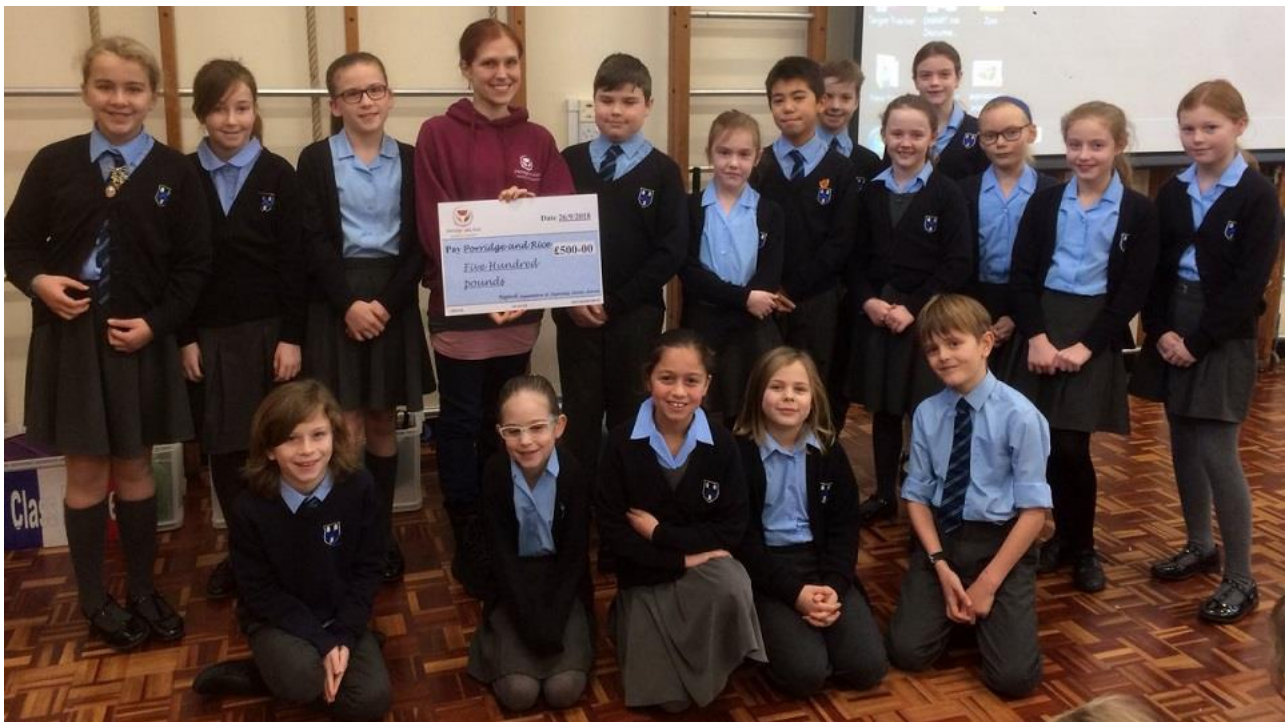


## 2 Charity Goals

The charity remains committed to enabling children in the Nairobi slums to obtain a sound education. Each of its seven programmes are designed to facilitate this goal.

Porridge and Rice holds that a sound education is the most effective way to break the cycle of poverty and works to provide the resources that are required to deliver such an education as well as to remove the barriers to delivering it. Data collected by the UN appears to confirm this, for example, a girl who obtains a secondary school education in Kenya earns on average as an adult nearly four times as much as a girl who obtains only a primary school education.

The charity takes a broad approach to education holding that numerous factors outside of the obvious such as desks and text books, are as important to delivering a sound education. For example, girls without access to sanitary pads are forced to miss approximately one week out of every four, and thus fall behind in school, so the charity provides all menstruating girls at partner schools with sanitary pads each month so they can be present in the classroom rather than at home dealing with menstruation.



**Figure 3:** Donation from Ingatstone Primary School

The charity programmes represent the areas of focus of the charity and are under regular review, updated as and when needed. For example, the charity is working on in-house teacher training in Maths, Science and First Aid rewarding teachers for passing and issuing a certificate of completion, and is looking to convert cooking using coal to cooking using gas. The charity is not opposed to adding new programmes but is of the belief that there is currently no need as the existing programmes cover all the areas the charity believes relevant to its primary goal of enabling pupils of the Nairobi slum to obtain a sound education.

Porridge and Rice holds that local people are best placed to run schools in the Nairobi slums and has thus chosen to work with existing schools that have demonstrated both skill and commitment to education in the slums rather than set schools up run by people outside the slums.

Partner schools are required to uphold the values of the charity, and work together to achieve the goals of the charity. The charity provides mentoring and training to enable the schools to understand and deliver on the charity goals. The charity does not get involved in the day to day running of schools unless it is related to the goals and values of the charity.

### **3 History**

Founded in October 2013, Porridge and Rice was born out of a visit to a small community school in the Nairobi slums, Excel Emmanuel.

Excel Emmanuel was established by Mary Kinyanju and Titus Mwema to serve their local community, Ngando, an area of the Nairobi slums. They set the school up without any external funding taking children in from the surrounding slums, children unable to obtain places in nearby government schools. At the time, in 2013, the school had around 240 pupils.

Mary and Titus were very welcoming and chatted willingly about their school and its challenges. Long-term residents of the slums themselves, they spoke with authority and compassion of the difficulties faced by parents trying to obtain an education for their children, and the challenges of teachers in their small, over-crowded classrooms without electricity even.

During conversation, Mary was asked to name their biggest challenge. She responded without hesitation “Hunger” adding “A hungry child cannot concentrate in class”. She told stories of children arriving at school having had no more than black tea for breakfast, and with nothing to eat for lunch. Each day children were sent home with stomach pains from hunger. Occasionally, the school would buy small amounts of rice to feed the hungriest children.

Mary’s response came as a big surprise and led to some serious thought about the most effective way to support the school. The conversation about hunger at Excel was the inspiration for the name of the charity and the motto “Feeding for Education”.

In addition, the conversation about hunger illustrated powerfully how the symptoms of poverty such as hunger impede learning and established the charity mission namely to facilitate a sound education by removing barriers to education and providing the resources facilitating education. The decision was made to lead with a feeding programme, combatting the biggest issue preventing children from getting an education that would enable them to break the cycle of poverty.

## 4 Programmes

### 4.1 Feeding and Nutrition

The highlight of the year has to be the fact that all schools now receive full meals, both breakfast and lunch.

In January 2019, the charity began to provide full meals to the pupils of Heri Junior. The school was already receiving Uji at breakfast time, and the charity was able to add rice and bean stew for lunch. This is the last of the charity schools to receive full meals which means that now at all five charity schools receive both breakfast and lunch each day.

Aside from the obvious health benefits, meals have resulted in high levels of attendance and a steady stream of new pupils. The feeding programme remains a key part of the work of the charity with considerable benefit to pupils and staff including improved health and academic performance.



**Figure 4:** Uji for breakfast at Heri Junior School



## 4.2 Health and hygiene

The charity installed a large water tank at Heri Junior School to able to buy and store water at affordable prices to support the handwashing campaign. Hand washing is organised before meals, and children are taught to wash their hands after going to the toilet. All Porridge and Rice schools now have a least one 5000l tank for holding clean water.



**Figure 5:** Uji for breakfast at Heri Junior School

## 4.3 Facilities and Furniture

The charity built a urinal at Excel Emmanuel extending toilet facilities for the school. With nearly 400 pupils, a urinal was needed to take the pressure of the toilets. Toilets are a real problem in the slums where it is reported that there are more mobile phones than toilets per person. Most toilets are drop toilets which presents their own challenges, but this is better than pupils forced to resort to open defecation.

#### 4.4 Education and Sponsorship

The teachers of Porridge and Rice schools are talented and committed but few have any formal training in education. They nonetheless do a superb job achieving excellent results. However, they could do better still with formal training so the charity is committed to a programme of upgrading teacher training and knowledge with a combination of external organisations and internal training courses.

The first teacher to graduate with a university degree in education was Mary Kinyanjui. Three others have since been registered to do diploma courses that will enable them to commence degrees in education. The charity hopes to enrol and sponsor two to three teachers each year in formal training. In January 2019, Teacher Andrew graduated with his P1, sponsored by Porridge and Rice. The charity believes that the better qualified teachers are, the better the education they will deliver to pupils.

The charity launched its own internal Maths training course, designed to take teachers through the IGCSE Maths Syllabus. The course is divided into four levels - Bronze, Silver, Gold, and Platinum. Teachers who pass the Platinum will then go on to complete the associated IGCSE at the British Commission. The goal of in-house courses is to improve subject knowledge. The first group of teachers completed the Maths Bronze course in July 2018 and were awarded their certificates in January 2019.



**Figure 6:** Maths Bronze Course Graduates



#### 4.5 Extracurricular Activities

Football to Africa visited each Porridge and Rice school to donate used football kits to the students. Football to Africa collect used kit in the UK and ships it to Kenya to distribute to schools in the Nairobi slums.

The five schools held their annual sports day bringing the schools together as part of the Porridge and Rice family.



**Figure 7:** Footballs and football kits donated by Football to Africa

#### 4.6 Accountability & Sustainability

Compassion School has been growing sweet potatoes to supply to all Porridge and Rice schools for several years now. Sweet potatoes are high in Vitamin A, a nutrient which is in short supply in local diets, being the major cause for childhood blindness locally.

In summer, the school started to cultivate Sukuma Wiki as well, a popular vegetable, high in Iron and roughage. Iron is one of three nutrients which are seriously deficient in local diets with serious consequences so this is a welcome addition to school meals





**Figure 8:** Sukuma Wiki cultivated at Compassion School

#### 4.7 Rights & Gender

Most families in the slums do not have the funds to prioritise buying sanitary pads for their daughters when the girls begin to menstruate. Sanitary pads are relatively expensive for inhabitants in the slums and are considered to be less important than food, rent, and clothing. This has serious consequences for girls.



**Figure 9:** Sanitary Pads for girls at Porridge and Rice schools



When they begin to menstruate, girls either resort to unhygienic practices like dry leaves or staying at home. Most choose the latter, missing around a week of every four school weeks, and quickly falling behind students of equal ability, not because of effort or paying attention in class, but simply because they are unable to attend lessons.

The charity provides each girl who is menstruating with a pack of sanitary pads each month. In addition, all schools keep sanitary pads on hand for any girl who caught short at school. Providing sanitary pads has enabled girls in Porridge and Rice partner schools to compete academically as equals with boys. The charity buys sanitary pads from Zana Africa.

## 5 Fundraising and Promotion

Fundraising is a full-time activity that takes on a wide range of forms for the charity.

The charity had stands at several fairs including Church Street Fair, Burnham Beeches Donkey Derby, St George's Day, and Hands Fair. The charity raises a reasonable portion of its funds by selling at these fairs, as well as promoting its work and mission to the public. A number of events have become part of the regular schedule for the charity each year.



**Figure 10:** Animal Petting at Hands Fair

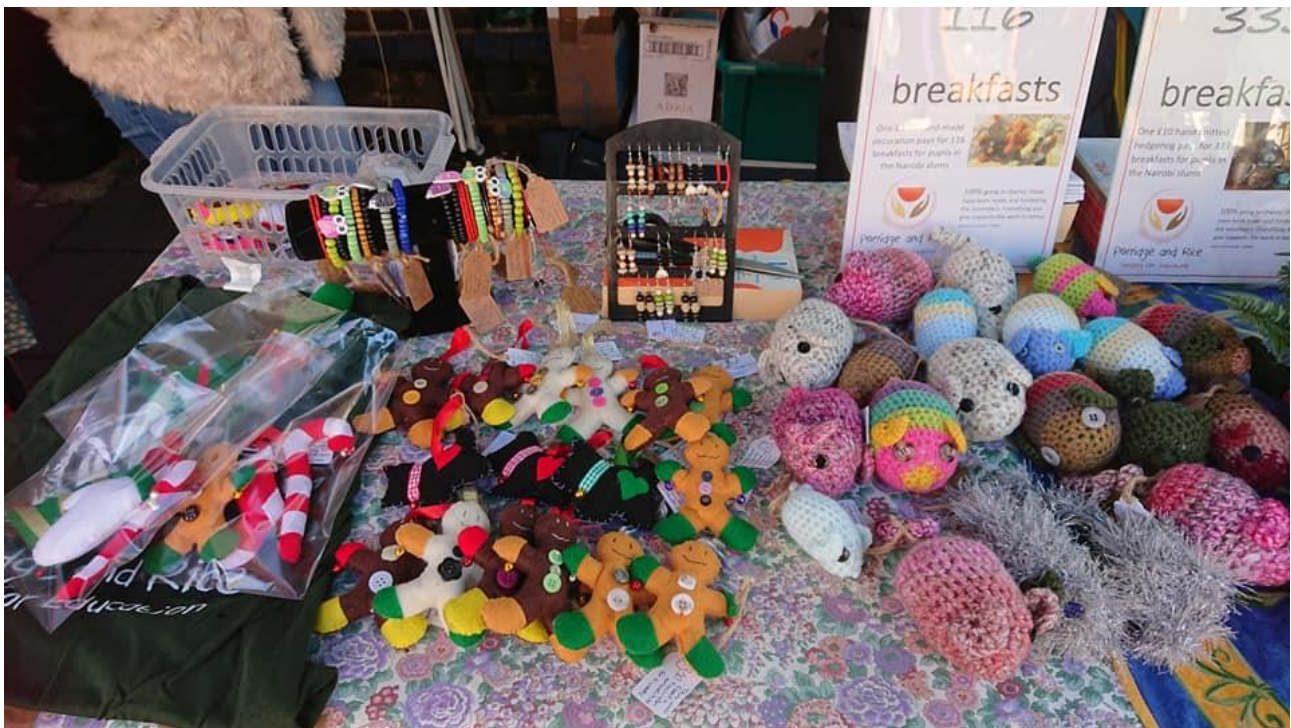


Handmade craft items sold at fairs have proved to be very popular. The charity started selling knitted hedgehogs at Petting Days, and they did so well, that the charity decided to expand its offering to include crocheted octopodes, beaded bracelets, and knitted mice. Each year new products are added, and the demand remains. The charity is fortunate to have a group of crafters happy to make products for the charity to sell.

Petting Days continue to be popular family outings with some families becoming regulars. Aside from the money raised, petting days have proved to be an effective way to market the work of Porridge and Rice. Petting Days are held 3 to 4 times each year because they are so popular. They attract pet lovers of all ages who delight in seeing a hedgehog or being photographed with a chicken.

The charity continues to take advantage of speaking opportunities and promotional events such as a Rotary Conference in October 2018, Imperial Fair in November 2018 Ingatestone School in January 2019, and Kew Riverside School in February 2019. Rotary, in particular, has been very welcoming to Porridge and Rice, with a growing list of clubs visited by the charity chair, in some cases multiple times. Rotary has also made consistent donations to the charity.

In February 2019, the charity started an Amazon Store selling second hand books soliciting donations from the local community. Donations and books sales have grown steadily. The charity believes there is considerable potential to grow its income from the sale of second-hand books. As local people become aware that the charity is collecting books, it is expected that there will be a steady stream of donations.



**Figure 11:** Handmade Items for sale at Church Street Fair

## 6 Volunteers

Porridge and Rice does not have paid staff but is run instead by volunteers. Aside from the core group of volunteers that attend meetings, run fairs, and promote the charity, two other groups of volunteers have become important to the work of the charity namely DofE volunteers in the UK and volunteers to Kenya

In the UK, the charity launched Porridge and Rice Young Volunteers for students working towards their Duke of Edinburgh Award.

Each Sunday, PaR Young Volunteers meet for two hours to perform a wide range of tasks that support the charity including cleaning animal cages, planting cuttings, sorting clothes, and checking second-hand books, all tasks that further the work of the charity. In addition, young volunteers help at fairs, both setting up and interacting with customers. It is a good experience for the young volunteers and very useful to the charity. The charity can accommodate up to 10 young volunteers each year.



**Figure 12:** Young Volunteers learn balloon modelling

Volunteers to Kenya is now a well-established part of the charity's work and this year was no different welcoming new and repeat volunteers to help in the charity's partner schools in Kenya.



Volunteers in Kenya assist with delivering the charities programmes on the ground. Based on their skills, volunteers have participated in everything from Maths' coaching for teachers to investigating the social constraints on women because of Kenyan culture. Volunteers in Kenya have added considerably to the work of the charity.

Volunteers to Kenya have also proved to be wonderful ambassadors for Porridge and Rice. The experience of the volunteering in the Nairobi slums is fulfilling and educational. Volunteers return home full of stories and promoting the goals and work of the charity. Some return to Kenya multiple times, some become actively involved with the charity in the UK, and many remain in contact with other volunteers.



**Figure 13:** Dutch Volunteers help to serve lunch at Lizpal School



## 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 PaR and UnM for English and KiSwahili use respectively.

Porridge and Rice owns the domains [www.porridgeandrice.co.uk](http://www.porridgeandrice.co.uk) and [www.porridgeandrice.com](http://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.



**Figure 14:** Toothbrushes distributed at Heri Junior School

## 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 and cover all their own expenses. The charity has no paid staff in the UK.

The current trustees of the charity are in alphabetical order

- Brigitte Pickersgill
- Emma Ballinger (vice chair)
- Jude Hanlon
- Ken Surridge (chair)
- Vish Arora



**Figure 15:** Pupils at Lizpal School being taught the importance of hand washing



## 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 evolve on what is learned in Nairobi and changing needs.

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, mentor the leadership team, and monitor projects.

The Kenyan Leadership team is made up of the head and deputy head of each school. The leadership team in Kenya is in alphabetical order of school –

Evanson Njeru (Compassion School); Priscillah Mmugoh (Compassion School); Titus Kimongo (Excel Emmanuel School); Mary Kinyanjui (Excel Emmanuel School); Rispa Auma (Forrester School); Pascal Otieno (Forrester School); Ruth Mbithe (Heri Junior School); Haggai Panyako (Heri Junior School); Beth Wambugu (Lizpal School); Grace Mwangi (Lizpal School)



**Figure 16:** Lunch time at Excel School



## 10 Financial Review

Porridge and Rice remains active raising funds through events, foundation grants, and direct sales.

Events like Hands Fair and Petting Day are well-established part of the charity's fundraising schedule. In the beginning, the charity signed up for almost any local fair, but it has become more selective with time, choosing instead to attend fewer fairs where it can expand its offering and raise more money. For example, the first time the charity attended Hands Fair, it raised £300, whereas this year it raised £2,500, which is expected to increase each year.

The charity has successfully obtained financial support from foundations, and works to maintain good relations with donors. Grant applications are time consuming, so while the charity will continue to pursue this route, other sources of funding are underway.

Income from standing orders continues to grow providing a reliable monthly income. The charity remains committed to growing this source of income. Also, the charity has a number of initiatives underway to generate income all year round from its base. The leading project is building an Amazon store.

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.

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



**Figure 17:** Hands Fair on Twickenham Green

## 11 Accounts for 1 October 2018 to 30 September 2019

These accounts were prepared on a receipts and payments basis using an exchange rate of KES125.84 to £1.

<b>Receipts</b>	<b>GBP</b>
Balance Year End 2017	512.82
Fundraisers & Donations	40,583.04
HMRC Gift Aid	1,066.18
Standing Order	5,140.00
Stripe	110.89
The Giving Machine	93.31
World of Books	81.70
Amazon	3,939.73
Paypal	1,485.38
Volunteer Registration	4,000.00
Rotary Burnham Beeches	600.00
Goods & Services in Kind	16,540.00
<b>Total Receipts</b>	<b>74,153.05</b>
<b>Payments</b>	<b>GBP</b>
Bank Charges	95.09
Wages	6,000.00
Storage	906.40
Fundraising Expenses	450.00
Education and Sponsorship, Kenya	2,745.12
Facilities and Furniture, Kenya	2,037.60
Health and Hygiene, Kenya	2,451.13
Rights and Gender, Kenya	353.99
Extracurricular Activities, Kenya	166.18
Sustainability and Accountability, Kenya	2,959.03
Feeding and Nutrition, Kenya	28,958.74
Salaries, Kenya	9,454.97
Goods & Services in Kind	16,540.00
<b>Total Payments</b>	<b>73,118.25</b>
<b>Balance Total</b>	<b>1,034.80</b>

The annual report including accounts were approved by the trustees on and signed on their behalf by



Ken Surridge (chair)  
Date: 30 July 2020



Emma Ballinger (vice-chair)  
Date: 30 July 2020





**Figure 18:** Handwashing at Heri Junior School



**Figure 19:** Lunch time at Forrester School