



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 2015

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1. Introduction

The past year has seen considerable expansion of Porridge and Rice both in terms of the number of pupils it supports, its understanding of the challenges and solutions for the extreme poor, and the range of work included in its programmes.

The charity started the year in September 2014 supporting approximately 450 pupils, and reaching 1650 pupils by September 2015. The growth in pupils has not only been because of the addition of Heri Junior School but also the growth of pupils at each school. As knowledge of work done by the charity at its partner schools grows, demand to attend the schools grows likewise. So for example, when Excel Emmanuel joined Porridge and Rice it has just under 250 pupils and by the end of September 2015, this had grown to 450 pupils.

Porridge and Rice has also increased its knowledge of the challenges and solutions of the extreme poor both through its work on the ground, and increased contact with likeminded organisations. The charity is now a signatory of the London Declaration alongside much larger charities like SCI and Sightsavers, and a member of a range of interest groups, both local and international, like Together 4 Africa, the UK Coalition Against NTDs, and an Alliance for a Safe World. The charity is committed to sharing its knowledge and learning from others.

The members of the Kenyan leadership team, composed of the head and deputy head of each school, have shown considerable professional growth. Firstly, the team have begun to take on responsibilities like the collection of data such as school numbers and absenteeism. Secondly, some members have attended meetings to represent Porridge and Rice. Finally, the team have initiated a monthly meeting to share experiences, and provide feedback to Porridge and Rice about work on the ground. These positive changes have enabled Porridge and Rice to be responsive and effective in the work it is doing. The plan is to continue handing responsibility to Kenyans after providing them with the expertise they need. So Titus Mwenge, head of Excel Emmanuel School, has started an Accounting course funded by the charity. The goal is for him to take care of administrative and financial matters in Kenya.

The UK team continues to be very active raising funds for the work of Porridge and Rice and raising awareness of the work it does in the Nairobi slums. Activities are driven by the imagination and commitment of charity members and include a wide variety of functions like door-to-door ballooning, petting days and light-hearted wine tasting. The charity relies entirely on volunteers in the UK who give freely of their own time and carry their own expenses, for its administration and fund raising. The goal is to maximise the amount of money that reaches Kenya by keeping UK expenses to a minimum.

Volunteers are drawn from all age groups with the youngest to date being 12 years old. The charity continues to engage a large number of volunteers from secondary school and university, and is proud that its trustees reflect the same mix of ages.

Volunteers continue to play an important part in the charity work in Kenya. The charity is opposed to volunteerism, and while it encourages its volunteers to enjoy Kenya, it also requires them to make a real difference on the ground. The first version of the Volunteer Handbook was completed and published on the charity website. As the charity becomes better known, it has received interest from people wishing to volunteer from further afield. The intention is to proactively reach out to universities and schools in the next year.

It has been a successful year for Porridge and Rice with many noticeable achievements like the number of pupils it supports, its growing contacts with like-minded groups like UK Coalition against NTDs, and growing awareness among the public of the work of the charity. There remains a lot of work still to do, but the charity has built solid foundations on which to build next year and far into the future by its committed band of volunteers across the age spectrum in school and university, at work, and retired. The future looks bright for Porridge and Rice.

2 Programmes

The goal of the charity remains to combat the cycle of poverty and deprivation of the extreme poor living in the Nairobi slums through providing a sound education. The charity approach to education continues to be holistic and human-right-based, knowing that a hungry child cannot focus in class and a girl that cannot afford sanitary pads will miss nearly a quarter of her lessons.

The work of Porridge and Rice is organised into 6 programmes, each contributing to enabling or improving the education received by the children in the Nairobi slums. The programmes have changed during the year and now are -

- Feeding and Nutrition
- Education and Sponsorship
- Extracurricular Activities
- Facilities and Furniture
- Health and Hygiene
- Sustainability

2.1 Feeding and Nutrition

Because of the expanded remit of this programme, it was renamed from the Feeding programme to the Feeding and Nutrition programme.

Malnutrition does not always manifest itself physically. Children can appear to be well fed while suffering from serious deficiencies, especially Vitamin A, Iron, and Iodine in sub-Saharan Africa according to the WHO. It was thus decided to revise the food being provided to children, to ensure they were meeting their nutritional needs. Nyayo beans and a local variety of Kale were identified as

high in iron so used as the base for the stew at lunch, iodised salt became the standard for all cooking, and sweet potatoes were introduced at breakfast time, to supply the needed Vitamin A. Porridge and Rice is thus now actively addressing the major nutritional deficiencies of the region for all the pupils in the schools it supports.

The full programme was extended to include a third community school, Lizpal, in January 2015 thus providing breakfast, lunch and fruit.

The programme was also launched at a fourth community school, Heri Junior, located in the Mithonge slum of Nairobi. Only breakfast is currently provided at Heri Junior. For financial and organisational reasons, the decision was taken to stage the introduction of the programme at all future partner schools.

Porridge and Rice remains committed to feeding pupils at its partner schools. A child that is hungry cannot study, and a child that does not receive the nutrients needed for normal development will frequently suffer permanent impairment of their abilities, limiting what they can achieve during their lives.

2.2 Education and Sponsorship

The teacher education and sponsorship has been renamed because of its expanded remit to include not only teacher education but helping pupils stay in school when their carers can no longer afford school fees.

Mary Kinyuji, Deputy Head-Teacher of Excel Emmanuel School, has continued studying towards a Bachelor in Education funded by Porridge and Rice. She has passed all her modules with good results, and is on target to graduate in 2016. It is a necessity in Kenya for a secondary school, even in the informal sector, to have at least one teacher educated to university level so Porridge and Rice is glad that Mary has brought the charity one step closer to realising its goal of opening an affordable secondary school for the children of the extreme poor in Nairobi.

A means-tested pupil sponsorship scheme began this year at Excel Emmanuel, Glad Kids, and Lizpal Community Schools. The eligible pupils' home life and parents' income was thoroughly assessed by the Kenyan leadership team before the pupils were selected to have their school fees paid by Porridge and Rice. Currently there are 44 pupils receiving this sponsorship across the three schools.

Porridge and Rice has also researched improving literacy and numeracy levels for the teachers across all schools. There is ongoing work to allow Porridge and Rice teachers to obtain internationally recognised IGCSE qualifications in Literacy and Numeracy with exams taken at the British Consulate in Nairobi. This will allow the teachers to better deliver a quality education to the pupils of Porridge and Rice schools.

Behavioural management classes for the Kenyan teachers and staff were led by the UK team whilst in Kenya to ensure that the highest standard of professionalism were considered when managing pupil behaviour in the schools, in line with UK law. Whilst smacking is officially illegal in Kenya, the law is not enforced as it is the cultural norm in Kenyan society. All Porridge and Rice teachers and

staff accept unequivocally that they will follow UK best practice in this regard, and the leaders of all schools have agreed to make the smacking of children a sackable offence. It was decided that it would not be fair to remove the main sanction used by teachers and hence, the behavioural management classes were initiated. It is expected that these will continue into the foreseeable future.

The charity expanded its education into other important areas including sex education; nutrition; and disease, health and hygiene. Teachers are initially trained in each topic and then pupils. Some of the lessons have also been run for the community, and the demand has proved so great, that the plan is to expand this using school staff to educate their local communities. The charity believes that the greater the involvement of local people, the more effective and sustainable will be the message.

The purchase of English, Maths, Science, and KiSwahili text books has started for each school. Text books are available from one supplier only in Kenya and thus extremely expensive in Kenya. The books cannot be purchased outside of Kenya. Two donors provided money for the purchase of the first text books, and others have been purchased using general funding raised at events. All three schools need many more text books, so the activity will need to continue for some time to come.

2.3 Extracurricular Activities

This programme has not advanced very much at all. While Porridge and Rice is firmly committed to the benefits of activities outside of the standard academic curriculum, activities like health and feeding are deemed of higher priority. As support and funding of the charity grows, it is hoped that there will be a time that Porridge and Rice is able to fund activities like football, art, and music.

Porridge and Rice was able to fund the purchase of 6 footballs for Excel Emmanuel, Lizpal, and Glad Kids Schools. This is a drop in the ocean, but it has allowed football games and lessons periodically for some pupils.

2.4 Facilities and Furniture

There have been considerable changes at Excel Emmanuel, Lizpal and Glad Kids schools both because of the kindness of individual donors and the fundraising activities of the members of the charity.

A single donor paid for the installation of raised 5000 litre water tanks at Lizpal and Glad Kids schools in January 2015. The tanks have cut the cost of water to the schools by a factor of 4, and enabled water to be purchased from a source certified as providing clean water. A tank is needed at Heri Junior school and a stand is required at Excel Emmanuel for the water tank they already have.

In January 2015, a kitchen was also built for Glad Kids School where cooking was taking place outdoors. The kitchen not only serves as a place for cooking but also a safe area for the storage of pots and food overnight.

In August 2015, volunteers from the UK refurbished existing blackboards at Excel Emmanuel School, and made and installed new blackboards in classrooms without any. The concrete floors in three of the classrooms at Glad Kids school were replaced as large potholes had developed leading to broken tables and chairs toppling. Volunteers expanded the kitchen at Lizpal as the existing kitchen was far too small. Glad Kids School and Lizpal School had their exteriors painted in bright colours and decorated with educational motifs to improve the learning environment.

Throughout the year, new desks were bought in batches of 10 for each of the three schools. Each school now has enough desks to eliminate the problem of children sitting 4 or 5 to a desk designed for two, or sitting on up turned cans. It is expected that each school will need more desks in the next year as they continue to grow.

There were numerous other minor actions like a new chimney on the Excel kitchen and the purchase of bowls and cups for the pre-school children.

2.5 Health and Hygiene

According to the WHO, 1 out of every 5 children under the age of 5, dies of diarrhoea in the Nairobi slums. The low levels of hygiene and extensive open defecation, have created a very unhealthy environment where pathogens abound. Add to this poor levels of nutrition, and the result is weak immune systems and high levels of sickness. In this context, the WHO statistic is understandable.

Sickness not only causes children to be absent missing lessons, but also to perform poorly in class. It was thus decided to launch this programme in January 2015.

Through dialogue with like-minded organisations committed to the health of the occupants of the slums, the initial focus was on the Neglected Tropical Diseases identified by the WHO. Careful investigation led to Soil Transmitted Helminthiasis (STH) being the initial target.

STH is easy to cure with a single dose of Albendazole once a year, or in areas where levels of infection are high, twice a year. Furthermore, the drug is available free through the WHO programme agreed with the manufacturers. However, obtaining the drug has proved extremely difficult in Kenya, and the charity is working on building the relationships necessary to obtain a regular supply of Albendazole. Through the local health clinic, the charity has been able to treat all children under 6, but so far failed to obtain enough tablets to treat all children in the schools.

Hygiene regimes, based on the WHO WASH guidelines, have been set up at all schools involving tasks such as disinfecting toilets and classrooms on a regular basis, as well as providing soap and water stations for children to wash their hands regularly. Hygiene lessons have been delivered to ensure pupils and teachers understand the health benefits, and will be regularly repeated incorporating teachers as leaders of hygiene practice.

Levels of absenteeism due to illness have dropped dramatically at all schools. While it is not a scientific measure, visitors from other schools regularly comment on how healthy the children of Porridge and Rice schools look. Formal measurements of height and weight every 6 months, show

dramatic improvements for many children based on development values published by the WHO. The measurement of the height and weight of children will continue every 6 months, as it provides a very tangible way of assessing the development of children under the Porridge and Rice programmes.

There is a stigma associated with menstruation in Kenya. It is one of those 'women's issues' that people do not talk about. As a result, there are high levels of ignorance on the subject among girls and boys. In addition, most families cannot afford sanitary pads for their daughters, so the girls either stay at home when they are menstruating or resort to highly unhygienic practices like dry leaves, missing up to a quarter of their lessons each year. The academic performance of girls quickly falls behind those of boys of the same age. It took the charity a long time to identify a solution.

Reusable sanitary pads were considered but rejected because of the lack of washing facilities. Most families will not buy water for washing because water is expensive. Instead they use rain water puddles or streams, both of which are very polluted. Purchasing pads from local stores was considered but proved to be far too expensive for the Porridge and Rice budget. Many other charities and organisations were contacted and all had the same problem without a solution. Porridge and Rice then discovered Zana Africa.

Zana Africa is a business but works to make sanitary pads that are affordable for the extreme poor. Porridge and Rice was able to place its first order in September 2015 for a month's supply of sanitary pads for all the menstruating girls at Excel Emmanuel, Glad Kids, and Lizpal Schools. The intention is to continue purchasing sanitary pads from Zana Africa that the charity supplies free to girls.

2.6 Sustainability

The Sustainability programme was launched in August 2015. The goal of the programme is to generate funds locally by activities undertaken by the schools or enterprises set up by the schools. The growing of crops and the raising of livestock produces considerable income for the people of the Nairobi slums, so much so that the Kenyan Government now has a Department of Urban Agriculture.

The plan is to use food remains like peels for compost and grow sweet potatoes on these pits when full, and also to keep chickens for meat and eggs. Discussions have been started with each school, and in September 2015, nine teachers were sent on a chicken farming training course. The aim is to keep at least 2000 chickens between the 4 schools, and grow enough sweet potato to no longer have to purchase any.

Once the programme is producing income and food for Porridge and Rice schools, the intention is to train pupils to be able to generate their own income.

3 Legal and Administrative Details

Porridge and Rice is still 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.

The charity is working on registering in Kenya. Under Kenya law, a UK registered charity cannot own property in Kenya, and as the charity plans to buy land to build permanent buildings for its partner schools when funds allow.

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 very 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.

4 Governance and management

In the UK, Porridge and Rice is run by a committee that meets approximately 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 Porridge and participate fully at committee meetings.

Meetings are documented by minutes that are circulated after the event.

Both members and trustees are volunteers. They not only do not receive remuneration but cover all their own expenses.

5 Operational review

Porridge and Rice is partnered with four community schools, Excel Emmanuel in Ngando, Glad Kids in Ngando, Lizpal in Ngando and Heri Junior in Mithonge.

Porridge and Rice continues to lead with the Feeding and Nutrition programme when it partners with a school. The charity is now so familiar with each of the activities needed to launch the programme, that it can now be set up within a day or two, as opposed to the week that it used to take. Furthermore, elements of setting up the programme like shopping for pots and cooking utensils, have been successfully passed to members of the Kenyan leadership team. It is expected that the entire programme will be able to be launched by the Kenyan leadership team by the end of next year. It is a deliberate component of enabling the people that the charity supports, to pass responsibility to Kenyans when possible.

Existing programmes have been strengthened and new ones added as described already. The charity also works hard in these areas to engage with the Kenyan leadership team, teachers, and the community. While it is the belief of the charity that it can make a significant difference to the lives of the people it supports, it is of the belief that it is in the interest of Kenyans and the long term goals of the charity, that local people are as actively involved as is possible.

Regular visits to Kenya continue with a team visiting in January and another later in July/August. The visits provide an opportunity to evaluate the impact of work done by the charity and to initiate new projects. Trips are well documented on the charity social media for supporters to see what is done with the funds they provide, and to generate an awareness of the work of the charity.

6 Financial Review

Porridge and Rice continues to be very active raising funds for its work through applications to foundations and events.

The charity has run many of the same events again like Petting Days and has launched new ones such as a Wine Tasting Evening. In addition, the charity has extended its reach through partners like the Tilnar Cycle Challenge. Funds raised through events continue to be an important source of income to the charity.

The charity has been fortunate to receive many one off donations some of them noticeably large such as a cheque for £800 to pay for two water tanks. The charity has worked hard to raise its profile, and in so doing attracted donors willing to pay for specific activities or contribute to them.

The charity continues to reach out to grant making foundations who have paid grants ranging in size. For example, the Souter Trust provided a grant of £5,000 to the charity while Just Trust provide a £500 grant. The charity will continue to apply to grant making foundations for support, and hopes over time to establish itself as a worthwhile recipient of funds by demonstrating that it uses the money well and wisely.

The number of standing orders set up in favour of the charity continues to grow. This steady income, although currently relatively small, is proving to be a promising source of funding. The charity will work in the next year to appeal directly to people to set up monthly standing orders. The goal is to establish a predictable source of income each month for the charity.

The charity continues to manage its finances with care, ensuring that the maximum amount of money reaches the people on the ground in Kenya. The aim is to keep administrative costs in the UK to an absolute minimum, and in Kenya, to obtain maximum value for money spent.

Porridge and Rice remains signed up to The Giving Machine, and Charity Choice, both of which have provided income for the year.

Costs in Kenya are incurred in Kenyan Shillings and currency conversion fluctuates. An average exchange rate of KES139.34 to £1 is used.

Porridge and Rice's largest expense in Kenya continues to be the cost of food to schools. The charity is moving away from a single supplier to buying from specialist companies, and negotiating better prices in return for larger orders.

There has been considerable improvement in the payment of school fees at both Excel Emmanuel and Lizpal Schools, the proof of which is all teachers are now paid in full and on time each month. The impact on the morale and commitment of teachers has been noticeable with teacher turnover falling to close to zero. The only teachers that have left have done so to further their studies or as in the case of one particular teacher at Lizpal, for reasons of health. The problem of teachers leaving because of schools struggling to pay them, does not exist anymore at Lizpal and Excel Emmanuel.

By contrast, there have been significant challenges at Glad Kids in collecting fees from parents. The school is going to need considerable attention to enable it to be as successful as Lizpal and Excel. While 100% is not a realistic goal, each school must collect 30% at least to be able to meet its basic expenses like teacher salaries. Porridge and Rice has set the goal of 40% to enable schools not only to fund their basic expenses but to be able to undertake projects like painting the school without the help of Porridge and Rice.

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

7 Accounts for 1 October 2014 to 30 September 2015

These accounts were prepared under a receipts and payments basis and using an average exchange rate of KES139.34 to £1.

Porridge and Rice (Uji na Mchele) Trustee Annual Report 2015

Receipts	GBP
Balance year end 2014	5,617.65
Donations & Grants	39,602.94
T Shirts	1,500.00
Wine Tasting	1,245.00
Car Boot	635.72
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Total Receipts	48,601.31
Payments	
Facilities	7,864.73
Feeding	21,193.51
Health	2,920.59
Sustainability	209.63
Education	3,128.27
Extracurricular	29.94
Admin Kenya	558.39
IT costs	313.14
Fees	500.00
T-shirt costs	765.48
Wine tasting costs	193.00
Collection buckets	59.00
Banners	90.00
Finance charges	68.75
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Total Receipts	37,894.44
Balance UK	9,670.87
Balance Kenya	1,036.00
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Balance Total	10,706.87

Porridge and Rice (Uji na Mchele) Trustee Annual Report 2015

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

Ken Surridge

Date: 30 September 2015