



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 2014**

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## **1. Introduction**

Porridge and Rice (PaR) was founded after ten people volunteered to work with community schools and in HIV clinics in the Nairobi slums in October 2013. After seeing the poverty and deprivation in the slums, some of the volunteers decided that they wished to do something long lasting, and Porridge and Rice was born. PaR received charity status from the Charity Commission for England and Wales on 18 February 2014.

PaR's overall goal is to improve education for the children of the Nairobi slums because education will provide children with the tools to break the cycle of poverty and deprivation. The work of PaR is divided into 5 programs each contributing to the education of children in the slums. The programs are

1. feeding
2. health
3. activities
4. facilities
5. teacher

### **Education**

Studies show that increasing educational levels changes societies in dramatically positive ways from reducing gender discrimination to improving earning capabilities. It was for this reason that the trustees and members of PaR decided that the focus of their efforts should be community schools which receive no government support and whose pupils come from the Nairobi slums.

### **Feeding**

Hunger makes it difficult for students to study and malnutrition causes cognitive impairment. The feeding program is aimed at combatting both by providing a nutritionally balanced breakfast, lunch and fruit each school day to each pupil and teacher. The first feeding program was established in May 2014 at Excel Emmanuel Community School, the second was established in July 2014 at Glad Kids Community School, and the third is planned for January 2015 at Lizpal Community School. The strategic goal is to incorporate a new school every 6 months. Requests to be included in the program had been received by 18 community schools as of 31 September 2014.

### **Health**

Repeated infestations of worms and diarrhoea lead to malnutrition and impaired cognitive development. Studies by organisations like the WHO show that reducing these basic illnesses, improves school results and long term prospects for children. Since 2000, there has been a concerted campaign to reduce the incidence of worms through regular medication and vitamin supplements in Africa. PaR will be implementing a program in January 2015 that draws on the work already done and will incorporate the schools it supports in the deworming at schools campaign in Kenya. In addition, PaR will be establish a training program in health

and hygiene practises in all PaR schools to combat diarrhoea, another major cause of malnutrition in the slums.

### **Activities**

The poverty of the slums means that its children have little or no access to interesting and enjoyable extracurricular activities like sport. Many are as a result in poor physical condition making them more vulnerable to disease which in turn can cause anything from cognitive impairment to death. The activities program is intended to not only raise levels of physical fitness but provide children with access to structured exercise and sports that will engage and motivate children while teaching them essential skills like operating effectively within teams. The first sporting activities were undertaken in July 2014 and the response was so positive that the decision was taken to formalise it into a program with its formal launch in January 2015.

### **Facilities**

Buildings in the slums are typically temporary structures built of wood and corrugated metal sheets. The facilities are often in disrepair and schools lack basic resources like electricity and running water. PaR started a campaign of repair and development aimed at improving and enhancing facilities. At Excel Emmanuel electricity was installed in December 2013, drain clearing and diversion and building a kitchen in May 2014, and new desks and a concrete walkway in September 2014. Numerous other urgent projects have been identified like a 500 litre water tank at Glad Kids and these will be scheduled and implemented as funds permit.

### **Teacher**

The goal of the teacher program is to improve the skills and knowledge of the teachers. Most have no more than a Form 4 secondary school qualification and no training in how to teach. They nonetheless show enormous commitment to and enthusiasm for the job. PaR has started a program of in-house training sessions to raise teaching skills and subject knowledge. In addition, PaR is sponsoring formal education for teachers in formal institutions recognised by the Kenyan Department of Education like Mount Kenya University.

## **2. Legal and Administrative Details:**

Porridge and Rice is a 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 as an alternative name, and the acronyms PaR and UnM for English and KiSwahili use respectively. The charity has 7 trustees and 6 members.

Trustees, in alphabetical order, are

- Brigitte Pickersgill
- Edward Durrans

- Jake Smith
- Kenneth Surridge (chair)
- Kuljit Dhani
- Roshan Grewal
- Vishvas Arora

Members in alphabetical order are

- Anish Kulkarni
- Esme Trice
- Femke Sims
- Lucy Allan
- Susan Wells
- Thomas Fuller

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 represented on Twitter although this facility has not been used as of 30 September 2014. There are plans to use Twitter in the future.

Porridge and Rice have 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.

### **3. Governance and management**

PaR currently has 7 trustees and 6 members, as listed above, which form the PaR committee.

During the year, the following changes took place on the committee

- Thomas McAuley resigned as a trustee
- James Orr and Almas Khan resigned as members
- Esme Trice, Femke Sims and Sue Wells joined as members
- Edward Durrans started the year as a member and became a trustee

The committee meets monthly to discuss all matters pertaining to the charity. Meetings are documented by minutes that are circulated after the event. The committee is responsible for the control and management of PaR matters. The meeting is led by the charity chair.

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

All trustees and members are required to visit Kenya once every two years if possible. Trips to Kenya are scheduled for January/February, July/August and October/November each year.

## **4. Vision, Mission, and Values**

### **Our Vision**

A quality education for each child attending a community school in the Nairobi slums that will provide the child with the skills to break the cycle of poverty and deprivation.

### **Our Mission**

To partner with schools committed to providing students with a quality education

To provide nutritional meals each school day to alleviate hunger and malnutrition

To maintain and develop school facilities to create an environment conducive to learning

To promote good health and reduce common illnesses through treatment and health education

To enhance the knowledge and skills of teachers to improve educational standards

To promote healthy bodies through active participation in physical programs like sport

### **Our Values**

PaR is secular. PaR respects each person's right to choose their own belief system, but does not support schools that are tied to or promote a belief system.

PaR is apolitical. While PaR respects each person's and organisation's right to engage with politics within the law, it does support schools which are linked to a political agenda or ideology.

PaR is committed to equal opportunities for all regardless of gender, HIV status, tribe, religion, sexual orientation, and race. PaR does not support schools which discriminate, and engages actively to redress any discrimination encountered.

PaR is committed to supporting committed and talented Kenyans educate the Kenyans of the future. The charity supports schools run by Kenyans for Kenyans (including legal resident of Kenya).

PaR supports schools in the slums that are not supported by the Kenyan government. All the schools supported by PaR are registered with the Department of Gender and Social Development.

PaR is committed to removing the barriers and provide the resources needed to enable the schools to deliver a quality education.

PaR is committed to being open, honest and transparent with the schools it supports. PaR requires the same approach from the schools that it supports.

PaR only works with schools that share its values.

## **5. Operational review**

Considering that PaR has only been operating for 10 months, it has achieved a great deal.

PaR is partnered with two community schools, Excel Emmanuel in December 2013 with 290 pupils followed by Glad Kids in July 2014 with 120 pupils. PaR also reviewed an additional five schools and selected one to partner with in January 2015.

The first task was electrifying Excel Emmanuel in December 2013. In March 2014, PaR built a kitchen for Excel Emmanuel and launched its the first feeding program providing all Excel's pupils with breakfast, lunch and fruit each school day. PaR provided cooking pots, a cooker, cups and bowls for the feeding program. In June 2014, PaR took over payment of the salaries of the head and deputy head of Excel Emmanuel enabling the school to pay all teachers every month in full. The team of volunteers that visited Excel in March 2014 redirected and cleared drains around the school.

In July 2014, PaR launched a feeding program for the pupils of Glad Kids. It provided the school with pots and a cooker but funds did not allow for a kitchen or utensils. It is hoped that this will be possible in January 2015.

In July 2014, an interschool sports day was organised by the volunteers of PaR, which is the predecessor to the activities program. Once again, in July 2014, volunteers cleared drains around the school.

In September 2014, PaR paid for 10 news desks for Excel and agreed a price for a concrete walkway for the school to keep the children out the mud in the rainy season. In addition, a price was obtained for a 5000 litre water tank to be installed at Glad Kids with work scheduled for January 2015 when PaR volunteers will be in Kenya to oversee the work.

There have been three trips to Kenya so far and each has been used to monitor previous work done, and launch new initiatives. Each trip has taken volunteers to assist with the work and to work with teachers to provide some much needed relief.

PaR launched its website in January 2014 with the assistance of Earl Smith who provided his time free of charge. The website provided the charity with an important step forward in its on-line presence. The website has undergone significant change since its launch and continues to evolve to reflect the evolution of the charities aims and objectives.

In June 2014 PaR launched its Facebook page which is regularly updated with events and activities of the charity. It holds a large number of photographs and has been used to promote fund raising events as well as inform about programs in Kenya.

School numbers have grown steadily through the year as news of the feeding programs has spread. Based on current growth rates, numbers are expected to reach 400 at Excel and 200 at Glad Kids by December 2014. This will strain on the facilities and resources at both schools. Planning is already underway to deal with the growth in pupil numbers.

## **6. Financial Review**

Porridge and Rice has been very active since its inception raising money for its work in Kenya with at least one event each month from February 2014.

Petting Days were held in February, May and September and well attended. Cakes were on sale as well as face painting and mehndi. Each event raised between £100 and £500. Probably the most important feature of the events was raising the charity's profile with visitors who knew nothing about it, and coverage in the local media.

The Richmond Park sponsored cycle ride held in March raised over £800 from people sponsoring the cyclists who did laps from the Ham Gate, and through the sale of cakes. It proved to be also to be an enjoyable event for everyone participating.

In April, volunteers bagged groceries at Tesco Mogden Lane with a table at the entrance selling balloon models. The days were long but volunteers worked hard and raised around £2600 in 3 days. It was an extremely successful event both because of the money it raised and the promotion it provided to the charity. Tesco collected again in July but raised only £500. It was not possible to sell balloon animals in July. Tesco have given PaR three days to collect in December.

The Five-a-side football tournament in June turned out to be extremely popular raising nearly £300 and attracting people who had not heard of the charity before. Hot dogs and canned drink were sold at the event.

The PaR door-to-door balloon promotion ran from June to August. Volunteers covered large portions of the borough of Richmond handing balloons out door-to-door asking only that the recipient look at the charity website.

In August, 4 members of the PaR committee cycled from London to Paris raising around £300 for PaR. The journey took place over 4 days with 2 days in Paris.

In September, PaR took a stand at the Apps Farm car boot sale raising around £120 for 5 hours selling. It was decided that as a result of the success of the event, that PaR would attend one car boot sale each month.

PaR has a long list of fund raising ideas which it will continue to explore in the next financial year. PaR fundraising events were regularly featured on-line and in print by local newspapers. While stories were sent to national newspapers, none have yet responded. The campaign for national exposure will continue.



A grant of £10,000 was received from The Souter Trust PaR in July 2014 and a grant of £1,000 has been promised by St James Place on receipt of the annual report including finances. Applications have been submitted to other Trusts and Foundations like Just Trust. The goal is to submit more applications through the year as projects and their goals are identified.

PaR plans to repeat its fund raising activities for the next financial year. They have been both a source of funds and an opportunity to promote the charity's goals. The money raised by fund raising has been detailed in the fund raising section.

Donations were received on-line throughout the year via its Paypal facility, and in cash. It is expected that on-line donations will continue to produce a source of income for PaR.

Monthly donors have grown slowly but steadily through the year. Efforts will be made in the next year to actively campaign for monthly donors. The goal is to secure a steady income from monthly donors that PaR can count on each month.

PaR signed up to The Giving Machine, The Big Give, and Charity Choice in 2014, all of which are websites collecting donations for charities. Each has provided income and represents a potential source of further review for the next financial year. PaR was accepted for the Christmas Challenge which is expected to raise at least £10,000.

A legacy donation of £10,000 has been promised by Mrs Spendlove from the inheritance she received from her mother. It is expected that the HMRC process will be completed in November 2014, and the money paid to PaR.

Costs in Kenya are incurred in Kenyan Shillings and currency conversion fluctuates. An average exchange rate of KES127.29 to £1 is used.

PaR's largest expense is the cost of food to schools at around £1,200 a month now with both schools. This covers the cost of breakfast, lunch and fruit each school day. Breakfast is Uji, and lunch is stew on rice. Meat stew is provided once a week and vegetable stew the rest of the week. The vegetables and fruit provided are determined by whatever is seasonal. All food is provided by a local supplier at an agreed fixed cost each week. No food is provided during school holidays.

Each feeding program incurs setup costs for a Jiko, cooking pots, mugs, and bowls. The Pots cost around £100 each and a Jiko costs around £80. Bowls and mugs vary between £1 and £3 depending on the brand.

In September, PaR took over payment for charcoal at around £20 a month for both schools. Schools pay for their own water costs.

The facilities program has undertaken a number of repairs and improvements at Excel Emmanuel. Facilities projects included electricity, a kitchen, and desks.

John Obonyo represents PaR when there are no trustees or members in the country. John undertakes operational and administrative activities on behalf of the charity. He is paid KES2,000 to cover the cost of his expenses. He is not paid a salary for his work but gives his time as a volunteer. When volunteers are present in Kenya, John acts as a chaperone to ensure

they get to their destinations safely and promptly. He is paid KSh1,000 a week to act as a chaperone.

PaR took over payment of three salaries at Excel namely the head teacher and deputy head teacher at approximately £120 each a month, and the cook at £45 a month, to enable the school to meet salary payments for all teachers each month on time. This has also enabled Excel to be able to fund building 5 new classrooms on its own.

Non-payment of school fees has been a significant problem at Excel throughout the year. PaR is working with the school to put in place the processes and discipline that will ensure timely collection of fees. This has already produced significant results as can be seen from the school's ability to fund the new classrooms and monthly payment of all teachers.

Similar work is planned at Glad Kids community school in the next financial year.

No trustees or members take a salary from the charity. In addition, trustees and members fund their own costs. The result is that administrative costs are extremely low. The major expense is the cost of transferring money from the UK to Kenya. Folding balloons are not a sunk cost as they are sold at a profit. The balloons remaining on September 2014 will be sold in December when collecting at Tesco.

A loan of £2,000 at no interest was provided by Ken Surridge to the charity at the beginning of the year to facilitate cash flow. The charity had repaid £1,000 of the loan by the end of September 2014, and carries over the liability for £1,000 to the next financial year.

## **7. Accounts for 1 October 2013 to 30 September 2014**

These accounts were prepared under a receipts and payments basis and using an average exchange rate of KES127.29 to £1.

## Porridge and Rice (Uji na Mchele) Trustee Annual Report 2014

<b>Receipts</b>		<b>GBP</b>
General Donations		2347.76
Football 5-a-side		197.66
Petting Days		918.85
Sponsored Cycling		1068.17
Loan		2337.00
Bagging and Ballooning		3468.35
Grants		10000.00
Total Receipts		20337.79
<b>Payments</b>		
Balloons and Promotion		355.41
Banking Charges		330.49
Web hosting		149.75
Collection buckets		80.65
Feeding Program		9380.25
Equipment	902.14	
Cook	234.43	
Food	8177.90	
Coal	65.78	
Facilities Program		1305.25
Kitchens	992.68	
Desks	312.57	
Education Program		1673.83
Teacher salaries	1408.14	
Teacher training	265.69	
School Vetting		444.51
Communication costs Kenya	72.51	
Travel Kenya	372.00	
Loan Repayment		1000.00
Total Payments		14720.15
<b>Surplus</b>		
Balance UK		5057.53
Balance Kenya (KES71,679.10)		560.12
Total Surplus		5617.65

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

Ken Surridge

Date: 30 September 2014