



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 2016

1 Table of Contents

1.	Introduction	3
2	Highlights	3
3	Programmes.....	5
3.1	Education and Sponsorship.....	5
3.2	Extracurricular.....	5
3.3	Facilities and Furniture	5
3.4	Feeding and Nutrition	6
3.5	Health and Hygiene.....	6
3.6	Rights and Gender.....	7
3.7	Sustainability.....	7
4	Sustainable Development Goals	8
4.1	SDG 1: Ending poverty in all its forms everywhere.....	8
4.2	SDG 2: End hunger, achieve food security and improved nutrition and promote sustainable agriculture	8
4.3	SDG 3: Healthy lives and promote well-being for all at all ages.	8
4.4	SDG 4: Ensure inclusive and equitable quality education and promote lifelong learning opportunities for all	8
4.5	SDG 5: Achieve gender equality and empower all women and girls	9
4.6	SDG 6: Ensure availability and sustainable management and water and sanitation for all	9
4.7	SDG 7: Ensure access to affordable, reliable, sustainable and modern energy for all	9
4.8	SDG 8: Promote sustained, inclusive and sustainable economic growth, full and productive employment and decent work for all	9
4.9	SDG 11: Make cities and human settlements inclusive, safe, resilient and sustainable	9
5	Donors and Supporters.....	10
6	Future plans	10
7	Legal and Administrative Details.....	10
8	Governance and management	11
9	Operational review	11
10	Financial Review.....	12
11	Accounts for 1 October 2015 to 30 September 2016.....	13

1. Introduction

In three years, Porridge and Rice has gone from supporting 250 to nearly 2000 pupils at five schools in the Nairobi slums.

Porridge and Rice has served over half a million breakfasts of a filling African porridge, distributed nearly 5000 sanitary pads to menstruating girls whose families are too poor to purchase them, provided nearly a million litres of clean water for hand-washing, drinking, and cleaning, delivered over 3000 bars of medicated soap for handwashing, grown over 1500kg of sweet potato to provide school children with Vitamin A, and much, much more.

The charity continues to partner with school under exceptional leadership helping to remove barriers to education, providing guidance on matters relevant to education, and delivering resources to facilitate education. The charity remains committed to enabling children of the Nairobi slums to obtain a sound education as a means of breaking the cycle of poverty and deprivation.

It has been an incredibly busy year that has not been without its challenges but most importantly with big successes and significant progress, bearing in mind how young a charity it is, none of which would have been possible without the dedicated management team in the UK and the committed leaders of the five schools in Nairobi.

A special thank you to the foundations, volunteers, and individuals that have provided the funds that have made the work of the charity possible. Without their generosity, the charity would be unable to do its work.

2 Highlights

There are too many highlights to list for the past year. The following list is not exhaustive or in any particular order, but is provided simply as a reminder to those interested of how effective the charity has been.

In Nairobi, only 25% of the children living in the slums receive the 'vitamin A' that they need with consequences ranging from compromised immune systems to avoidable blindness. Every child attending a Porridge and Rice school receives 206% of their RDA of 'vitamin A'.

According to the WHO, 33.7% of the under 5's in the Nairobi Slums are severely malnourished. Based on measurements taken every 6 months, only 4.5% of children at Porridge and Rice children are severely malnourished by the same standards, many of whom are new intakes. The feeding programme is clearly having a hugely positive impact.

Close to 800 children have their height and weight measured to check that they are developing well according to WHO metrics. On average, the pupils at Porridge and Rice schools increased by 9.5 centiles for height:weight ratio over the year compared to previous measurements. Around 65% of the children in the first P&R school now sit on or above the 50th centile for height and weight compared to 30% when measurements began, taking them into the healthy region. The feeding programme is not only

eliminating severely malnourished children at Porridge and Rice schools but moving pupils into the healthy category.

Furthermore, despite the horrific number of 7.8% of under 5's dying in the slums each year according to the UN, in 2 and a half years not a single Porridge and Rice pupil has died.

Pupil absenteeism is rare creating a different problem, namely children coming to school when they are sick, and having to be sent home. Schools have adopted a compassionate solution to the problem allowing children to come to school for their meals and sending them home over lessons. Despite allowing to attend at meal times, children still argue to be allowed to stay at school.

Where schools were lucky enough to own just one football, 56 footballs, 200 tennis balls and 20 rugby balls provided by donors, were distributed to excited children for use in extracurricular lessons allowing pupils to participate in games each week. The charity hopes to acquire more sports equipment and give more children an experience not usually available to children living in the slums.

Over 3000 books have been donated to Porridge and Rice schools enabling children to read, a rare experience for pupils in the slums because of the cost of books. The charity plans to continue to increase the number of books each school has creating a school library in each school.

Iron and Iodine deficiency are serious problems for children in poverty in Kenya resulting in poor health and vulnerability to disease. Iron deficiency means that minor ailments like diarrhoea, can be fatal. Each school day, lunch contains Nyayo beans and Kale, both high in Iron ensuring Porridge and Rice pupils receive the iron they need. Iodised salt is added to the stew providing the children with the Iodine they need.

When girls in the Nairobi slums begin to menstruate, their families are seldom able to buy sanitary pads for them. Most simply stay home during the time and some resort to unclean rags or organic matter like dry leaves causing internal infections. Those that stay at home, miss a quarter of their schooling placing them at a significant disadvantage compared to boys in a society which is dominated by men. All the girls at Porridge and Rice schools receive sanitary pads purchased each month by the charity when they begin to menstruate enabling them to stay in school throughout the year.

There are many more highlights that can be listed from the number of bars of soap provided to enable handwashing to new classrooms built providing schools with more space, but these suffice to illustrate the significant progress that Porridge and Rice has made in improving the lives at the schools it supports in a relatively short period of time.

3 Programmes

The work of the charity continues to be organised into programmes. These are not silos of activity but work together sometimes overlapping.

3.1 Education and Sponsorship

The ultimate goal of the charity is to enable children to obtain a sound education helping them to break free from the cycle of poverty and is committed to raising education standards in order to do so. This programme is thus at the very heart of the work done by Porridge and Rice.

Improvement teaching standards through in-house training and formal qualifications is an aim of the charity. A literacy project has been introduced for teachers and will continue to be developed to raise English standards. In addition, a numeracy project has been researched and is to be implemented in future years. Finally, Mary Kinjanjui, deputy head teacher of Excel, began her final year of a degree in education with fees paid by Porridge and Rice. The charity hopes to provide other teachers with support to obtain formal qualifications such as education or accountancy degrees: at present the majority of teachers have no more than a high school leaving certificate.

All 5 Porridge and Rice schools obtained excellent results in the December 2015 KCPE exams with many exceeding the national average. Several received bursaries to continue to secondary school, bursaries for which there is considerable competition.

3.2 Extracurricular

Extracurricular activities before the engagement of Porridge and Rice included games like pass the parcel and running. Thanks to donors, this has now expanded to include regular ball games like football, enriching the experience of pupils.

The schools have considerably more sports equipment than they had before, but nowhere near what the charity would like them to have. For example, it is a delight to watch girls and boys playing inter-school football tournaments with an actual football rather than bags tied tightly together with string and elastic bands but it would also be nice for them to have goal posts.

The charity would like to increase the range of extracurricular activities it can be support but is limited by the funds it raises. The long term goal is to be able to provide art and music lessons for pupils although this is expected to be many years hence.

3.3 Facilities and Furniture

Excel Emmanuel and Lizpal have doubled in size since becoming Porridge and Rice partner schools. The charity has helped to fund many of the costs associated with their expansion from new classrooms at Excel Emmanuel to electrification at Lizpal. The charity has paid for new desks, the repair of floors, painting of classrooms, new blackboards, and more, working to create an environment conducive to learning.

3.4 Feeding and Nutrition

The programme from which the charity gets its name continues to have a major impact on the health and well-being of pupils whose families are too poor to provide them with sufficient food and nutrition to develop healthy bodies and minds. The UN and WHO suggest that poor nutrition can reduce the academic ability of a child by up to 40%, an ability which is never recoverable no matter how well a person eats in later life. This is difficult to measure but the excellent results achieved consistently by partner schools suggest that the feeding programme at Porridge and Rice schools is having a positive impact on children's cognitive abilities.

By comparison the improvement in the health of children due to improved nutrition is clearly demonstrated both by data collected at regular intervals as well as school records like attendance. Anecdotes support the evidence with visitors from other schools commenting on how healthy and lively children are at Porridge and Rice schools.

The job is not yet complete. While the charity can state that it has tackled the most damaging deficiencies of the children of the slums for its pupils (Iron, Vitamin A, and Iodine), there is work to be done on micronutrients like magnesium, key to recovery from Diarrhoea.

The charity will continue to work on improving the nutrition children are provided through the meals at each school and by educating parents in how to provide better meals at home.

3.5 Health and Hygiene

Health and hygiene continue to be a priority for the charity as part of keeping children healthy so that they stay healthy and can attend school, and so they can develop normally achieving their full potential.

Water is expensive in the slums at around 4 times the price of what it costs in the wealthy suburbs of Nairobi. In addition, the source of the water bought by the poor in jerry cans is never certain. Both Lizpal and Excel, serving around 900 pupils, receive water at reduced prices from certified sources which is stored in the 5000 litre tanks installed at each school. The goal is to install water tanks at the other schools in the future at all schools enable them to access affordable water certified clean.

All pupils at Porridge and Rice schools are taught the importance of hygiene. Hand washing is organised before all meals to break the transmission of pathogens and water stations are set up outside toilets with reminders to children to wash their hands with soap. 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%.

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 them 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.

The charity continues to look for new and innovative ways of improving health and hygiene in schools, and well as educating the local community on the benefits of high standards of hygiene.

3.6 Rights and Gender

Despite Kenya having a modern, liberal constitution, Kenyan society is a long way from reflecting the values of its constitution. For example, FGM and child marriage are illegal under the constitution but still widely practiced with girls as young as 8 years old being married off to much older men. In addition, it is a male dominated society where women are at a considerable disadvantage because of social attitudes.

In accordance with the values of the charity, Porridge and Rice works with the Kenyan leadership team to promote human rights teaching tolerance and understanding of difference while at the same time combatting discrimination in all its forms. The charity is opposed to discrimination on the grounds of race, tribe, religion, sexual orientation, and gender.

Porridge and Rice actively promotes gender equality by for example, providing free sanitary pads to menstruating girls to keep them in school. Charity representatives have also run discussions on gender equality presenting to the community the benefit of a society which values men and women equally. The charity has a child protection policy that integrates the charity's position on equality and discrimination.

The charity also runs seminars on FGM and child marriage, educating children on their rights under the Kenyan constitution and where to turn if in need of help asserting them. The charity is clear with schools on its opposition to both practices and engages school staff in tackling what can be a difficult task at times because of its challenge to traditional and cultural beliefs.

The charity has worked to obtain the support of each school's leadership and the local Chief for the values it upholds, because it believes that attitudes and values will not change unless local people are driving the change.

3.7 Sustainability

The first Porridge and Rice piglets were born on 5 June 2016. Some will be sold and some will be kept as part of the permanent pig herd, providing the Kenyan team with a source of income for the schools. Once the pigs become profitable, the charity will use the pigs to teach less academic pupils and interested parents pig husbandry.

The chickens have been a significant success providing eggs for sale. The flock is being steadily expanded as is the chicken house, to provide both more eggs to sell, and at some point, eggs for children at meals.

Led by Compassion school, the charity is now cultivating sweet potatoes and some Nyayo beans. The area under cultivation is being increased steadily with the goal of being self-sufficient with both crops, although beans are more susceptible to rain fall and disease, so it is likely that it will take longer before the charity is able to cultivate the beans needed to feed the pupils at the five schools.

4 Sustainable Development Goals

Porridge and Rice fully supports the 17 Sustainable Development Goals (SDGs) as defined by the UN, and actively strives to apply those that apply directly to the work of the charity.

4.1 SDG 1: Ending poverty in all its forms everywhere

Porridge and Rice works exclusively within the slum areas of Nairobi where the inhabitants fall within the 1 in 8 living in extreme poverty worldwide. The charity combats poverty by equipping students with the means to help themselves through a sound education.

4.2 SDG 2: End hunger, achieve food security and improved nutrition and promote sustainable agriculture

The feeding programme addresses hunger and hidden hunger. Children are weighed and measured every 6 months to monitor the impact of the feeding programme and identify children that require particular attention to ensure their health and normal growth. Meals are designed to provide children with the Vitamin A, Iodine and Iron that they require as the WHO has identified that these are major deficiencies in the region. All three deficiencies have serious long term consequences like blindness and impaired cognitive development.

Porridge and Rice contributes to sustainable food production through its pig herd and chicken flock as well as cultivating land for sweet potato, kale and bean production. Teaching students and parents the skills to do the same will provide them with opportunities to generate some of their own food and supplement their income.

4.3 SDG 3: Healthy lives and promote well-being for all at all ages.

The introduction of health, hygiene and nutrition lessons at the schools for the pupils, teachers and community has helped to promote good practice in all these areas. The lessons for the community have been so well attended that additional sessions have had to be scheduled to accommodate all those who wish to attend.

The nutritional meals have strengthened the health and thus the immunity of the children; since Porridge and Rice began partnering with schools, there have been no pupil deaths and the rate of absenteeism has decreased to close to zero. With improved facilities and the introduction of hand washing with soap, the rates of diarrhoea, worms and infectious diseases have also dropped.

4.4 SDG 4: Ensure inclusive and equitable quality education and promote lifelong learning opportunities for all

While primary school education is officially free in Kenya, there are not sufficient places for every child that wishes to attend school. As the poorest and least influential members of society are often unable to access the state schools, their children would not get an education if it were not for the charity partner schools. The charity partner school KCPE results are now as good as and sometimes better than national schools.

Secondary school education is too expensive for most children living in the slums. A handful get scholarships, but others simply have to give up on school and find a job. The charity is working on opening a secondary school to enable students all Porridge and Rice pupils to continue their education and increase employability. Porridge and Rice also helps the teachers to get qualifications such as teaching certificates, accountancy and first aid.

4.5 SDG 5: Achieve gender equality and empower all women and girls

Children's rights are at the forefront of the work done by the charity; no child deserves to be poor or hungry.

Porridge and Rice educates boys and girls equally upholding gender equality at all times. For example, where parents seek to enrol a son rather than a daughter, they will be refused unless both children are entered into education. In addition, every six months, seminars are led by Compassion at each school for all pupils educating them on gender equality, FGM and underage marriage. Furthermore, sanitary towels are provided to all girls who are menstruating to enable them to stay in school and obtain the same education as their male peers.

4.6 SDG 6: Ensure availability and sustainable management and water and sanitation for all

The people of the slums share inadequate sanitation facilities with hundreds of other families, and open defecation is rife. The charity has steadily improved human waste management within the schools and initiated cleaning with bleach daily within the school buildings and toilets. Water tanks to be used in cooking and cleaning are being installed at all schools to ensure schools have access to safe water. The practicalities of a rain-water capture system are under investigation.

4.7 SDG 7: Ensure access to affordable, reliable, sustainable and modern energy for all

While the situation has been much improved for each school, access to energy is less than is required. Most classrooms now have sufficient electrical lights installed to eliminate the use of candles in the morning and poor weather.

Charcoal remains the mainstay for cooking. Aside from the environmental aspect, charcoal is expensive but currently the only realistic option. Porridge and Rice is investigating solar power for cooking in the future to reduce the environmental impact and cost of cooking meals.

4.8 SDG 8: Promote sustained, inclusive and sustainable economic growth, full and productive employment and decent work for all

Porridge and Rice believes that a sound education will create a skilled workforce with a greater earning potential enabling the children of the slums to break the cycle of poverty.

4.9 SDG 11: Make cities and human settlements inclusive, safe, resilient and sustainable

While Porridge and Rice cannot rebuild slum areas or rehouse the children, it is hoped that improving the school environment will inspire the community to improve their own environment.

5 Donors and Supporters

Porridge and Rice would like to thank all of the donors and supporters from young Daire Power raising £10.08 through her 'hook a duck' stand at her local street party at the Queen's Jubilee to the larger gift, financial or in kind, such as the 1000 books from St George's Junior school in Weybridge. Without the donations and support that the charity receives when attending summer and school fairs, the charity would not be where it is today.

In the past year, support has also come from various Rotary clubs which have invited trustees to present at their meetings and subsequently donated to the charity. Universities and colleges have also offered support and held fundraising and awareness raising events.

The charity is also grateful for the continuing stream of volunteers making their contribution in the UK helping with administration and fundraising work, as well as on the ground in Kenya either teaching, building kitchens, painting, offering health advice or taking photos of the children and teachers for the promotion of the charity.

6 Future plans

Porridge and Rice is working towards two major goals, a secondary school and the purchase of land.

Secondary schools in Kenya are very expensive. The result is that many of the pupils in the slums do not go on to secondary school once they complete year 8 of primary school when they obtain their KCPE. While the benefits of primary school alone are huge, the benefits of secondary school are even greater. Research done the UN shows that secondary school increases the income of people in Kenya by as much as a factor of 40 compared to someone with no schooling, and a factor of 4 compared to someone with a primary school education. The primary reason for starting a secondary school, is to make it financially accessible to Porridge and Rice students enabling them to remain in education until they have their Form 4 certificate after their final exams.

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 2015 to 30 September 2016

These accounts were prepared under a receipts and payments basis and using an average exchange rate of KES149.20 to £1.

Receipts	GBP
Balance Year End 2015	10,706.87
The Headly Trust	4,830.00
Imperial College Union	3,000.00
MIMN	3,226.00
Fidgety Fingers	643.50
Sue Wells Associates	1,500.00
Thistleworth Tennis Club	350.00
HMRC Gift Aid	762.50
Standing Orders	3,949.00
Fundraisers and Donations	22,745.08
Total Receipts	51,712.95
Payments	GBP
Bank Charges, UK	137.00
Fundraising Expenses, UK	608.00
Storage, UK	960.00
Administration, Kenya	68.30
Salaries, Kenya	8,702.61
Facilities and Furniture, Kenya	2,580.36
Feeding and Nutrition, Kenya	28,605.84
Health and Hygiene, Kenya	2,937.25
Sponsorship and Education, Kenya	3,048.38
Sustainability, Kenya	1,701.51
Extracurricular, Kenya	0.00
Total Payments	49,349.25
Balance Total	2,363.70

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



Ken Surridge (chair)
Date: 30 September 2016



Emma Ballinger (vice-chair)
Date: 30 September 2016