

Medical and Community

Assistance Project

LIMURU, KENYA



At African Impact, we see ourselves as the on-the-ground AFRICANSPECIALISTS in volunteering. We were founded over 5 years ago in Zimbabwe and have our head office in Cape Town, South Africa, with supporting operations offices in Kenya, Mozambique, Tanzania, Zimbabwe and Zambia. To date we, together with our project managers out in the field, have had the privilege of sharing Africa with over 3,000 volunteers who were determined to make a difference in the amazing communities and conservation areas in which we work. And they did... and so can you...

Project Achievements so far:

Over the past 2 years African Impact volunteers contributed over 21531 hours to community development on our volunteer projects in Kenya. Our project structures, together with the support and advice of our charitable foundation team at The Happy Africa Foundation, are continuously assessing our work and project strategies to ensure that these hours are meaningful with measurable outcomes.

Since June 2009 to date we have established ourselves in the three public health centers, and contributed significantly to the efficiency and effectiveness of services delivered. Our volunteers have been involved in vaccination clinics and assisted in the deliveries of a number of babies. They have also been involved in medical community outreaches and economic generating programmes which have gone a long way in taking health awareness to the doorsteps of those who need it most. We have also had an essential role within some of the schools we partner with as well as assisting staff with child care tasks in some very overburdened and understaffed children's homes.

African Impact

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Kenya's population is hugely affected by the struggles of HIV/AIDS, poverty and unemployment. It is known to be one of the poorest countries in Africa. There are countless possibilities to impact the lives of those that are affected by these problems, such as in the Nairobi slums, orphanages, schools, and public health centres surrounding the Limuru area.

Project Location:

Situated on the equator on Africa's east coast, Kenya offers beautiful landscapes, amazing wildlife, with an ethnic diversity that has produced a vibrant culture.

Nairobi, Kenya's capital is the country's principal economic, administrative, and cultural centre and is one of the largest and fastest growing cities in Africa. Just 30km north of bustling Nairobi, amidst the beautiful tea plantations of the Kenyan highlands, you will find Limuru, a community operating at a much slower pace of life than the nearby capital. You will be spending your time as a volunteer in both Nairobi (visiting and assisting in the slums one or two days per week) and Limuru (the majority of your time volunteering will be spent in this area and surrounding rural communities), which will give you a diverse experience of life in Kenya.

Project Age Limit:

Minimum 18 years, maximum decided on potential participants' health.

Project Highlights:

- Gain medical experience under the supervision of qualified doctors and nurses at Kikuyu General Hospital and public health centres – please note this is only applicable to those due to study or currently studying medicine or qualified in a medical field suited to the Hospitals needs and requirements.
- Assist in various orphanages and pre-schools in Limuru, by helping with improving or enhancing the actual facilities as well as becoming involved in teaching and caring for the children
- Get a glimpse of life in the slums of Nairobi and have the opportunity to make a difference in a poor and desperate community
- Get a taste of the Kenyan culture
- Learn a bit of Swahili!
- Make friends for life
- A great platform to experience some of the finest safari destinations on the continent

Further Information on the Medical and Community Programme:

Kenya's health care and provision suffers as much as any other public service sector in the country. Whilst structures are in place for an effective health service, there is an enormous deficit in terms of staff and resources. Which is why the volunteers' help is very much appreciated by the nurses and doctors we work with.

As a volunteer, you will spend every Tuesday in one of the community or teaching projects in the Nairobi slums and every alternative Wednesday will be spent assisting at a Limuru feeding program which serves over three hundred destitute elderly and vulnerable persons who often walk over two hours to actually get to the program. Both qualified and non-qualified volunteers can join this project and the afternoon will be spent in a school for children with various intellectual and physical disabilities either assisting in renovation of the school or working and socialising with the children. Mondays, Thursdays and Fridays you will be placed at either one of our medical, community or teaching program.



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Both qualified and non-qualified volunteers can join this project. Your medical background will determine your placement at the various hospitals. If you have no medical background at all, you will be placed at one of the orphanages or pre-schools on the mornings dedicated to hospital work; other than this, the volunteer duties and work will be the same.

On arrival at the project, your African Impact Coordinators will spend the first two days of your time with us to orientate you to your environment, the projects and the people. We realise there is not a one-size-fits-all factor when it comes to your volunteering experience and so will spend extra time trying to figure out the best match between the volunteer and the project. We really want to make sure we do not overlook the skills, personalities and passions of our volunteers and ensure that we allocated them to a relevant project. We have a number of various projects and so this placement procedure is done with much thought and consideration.



Medical Opportunities

Public Health Centres

African Impact medical volunteers are able to get involved in various departments and gain much experience under the supervision of a local qualified health professional. Opportunities for involvement include laboratory, physiotherapy, maternity, paediatric and child-care unit, comprehensive care clinic (HIV & TB patients), counselling, orthopaedics, administration, outpatient care, pharmacy and x-ray.

There are a host of opportunities to gain medical experience, learn from health professionals, and have an opportunity to share your skills and knowledge where appropriate. The exposure to medical care in an African country is certainly an eye-opener.

Medical Outreach: Home Based Care Home Visits in Kawaida Village:

This initiative is run by a local community health worker and six untrained community field workers. This initiative aims to act as the middle man between the public health centers and destitute and vulnerable who often do not have access to proper medical care. The community based initiatives offers services in:

- Home based care / economic empowerment
- Dressing of wounds
- HIV care and counseling (VCT)
- Treating of jigger infestation (sand fleas which dig into the skin under toenails causing major infection)
- Community awareness of various health issues
- Training of staff
- Guidance and counseling (working with the youth of the community)



This is a new project partner and offers a great medical outreach opportunity for African Impact volunteers. One of the programme's most obvious attributes is its ability to expose participants to a diverse array of health care issue while

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remaining within the boundaries of a small African village. Volunteers get the opportunity to assist in treating patients who are afflicted with Jiggers, TB, HIV/AIDS, Malaria, Cancer, and Elephantitis, while also witnessing the community's culture, economy, and the major limitations of its health care system. This is particularly beneficial as it is clear that many of the health care issues present within the village are common among most of the rural areas in the country and perhaps the continent. Additionally, the challenges presented by the lack of resources encourage volunteers and community health workers to bring their heads together to find ways to assist the community in dealing with health issues. It is clear that the medical knowledge volunteers bring to Kawaida is desperately needed and appreciated within the local community.

Kikuyu Private Hospital

This is a large general hospital that offers medical care to the community regardless of whether they can afford their treatment or not. The hospital is therefore buzzing with patients, and doctors attend to around 350 patients a day. It is a great environment for volunteers to work in for those who are wishing to undertake a medical elective, however, an extra administration fee is to be paid to the hospital if you are doing an elective and require specific supervision and have certain criteria to meet, this additional administration fee is about 50USD.

This hospital is particularly well-known for its specialized eye unit. It has a variety of departments and wards that volunteers can get involved in, such as the maternity ward, orthopedics, the HIV and diabetic clinic, theatre/surgery, nursing and emergency care. Unless volunteers are qualified, licensed and have received approval from the Kenyan medical board before arrival, involvement is limited to observation, for this reason volunteers will only be placed in this Hospital upon request.

Nairobi Slum, Clinic

Challenged by the problem of the increase in child mortality and the decline in maternal health and coupled with the alarming rate of HIV/AIDS-related complications, a local clinic has been created with the goal of playing a part in helping to provide health solutions to a slum population of around 62 000 people.

Volunteers would have the opportunity of helping this local clinic situated on the outskirts of these slums. The clinic provides services such as maternal & child health care, family health care, curative health care, primary health care, voluntary counseling and testing, training in health and HIV/AIDS awareness.

Volunteers are needed to help with the administration, as well as working hand-in-hand with the nurses or visiting doctor. There is also an extra optional opportunity for you to assist with the clinics vaccination clinic which happens every Saturday morning where nursing staff can often serve over 300 children in the morning alone. There is always a need for an extra pair of hands.

Community and Teaching Opportunities

Orphanages and Pre-schools in Limuru

There are over a million orphans in Kenya mainly due to AIDS, of which only 5 % get any kind of support. There is a huge need for assisting orphanages, children's homes and pre-schools in the local community.



There are several orphanages in Limuru that we are involved with. These children come from backgrounds that have been affected by HIV/AIDS, abuse, poverty or illness. These children are in need of love and attention. Many of them are developmentally delayed and need extra attention in order to promote their development. The children's ages range mainly between 4 and 15 years.

The orphanages offer opportunities to become involved in:

- Helping with the teaching of the children, and helping to develop better learning materials and lesson plans.

- General care such as cooking for the children's meals or organising sports and play activities to promote the well being of the children.
- Building/improving the facilities to make it feel more like home for the children: by painting pictures on the walls

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etc. Some of the orphanages we partner with are building to expand and improve their facilities. Your pair of hands will be greatly appreciated in this practical work.

- Assisting orphanage workers in offering moral support and guidance to the children, training of basic life skills and any activities for various rehabilitative programmes in the orphanages.
- Creating and teaching the children various arts and sport activities that make creative use of their time and hone their hidden skills and talents!

The kids are very energetic and will gladly challenge you to a game of basketball or soccer. You will have a chance to make a huge impact on these children's lives by spending time with them, and contributing to their learning and development.

Mukuru and Kyangombe Slums – Educational and Community Support, Nairobi

Every year Kenya loses a lot of people due to HIV/AIDS related illnesses and even more to water-borne diseases. 85% of these deaths occur in the slum areas. This is due to unemployment and poor housing and drainage systems.

Slums in Kenya are shanty houses built using torn cartons, recycled wood or even worn out iron sheets. The houses are single rooms of about 2 square metres. Each room houses a family, consisting of anything from a young mother with 2 children, to a family of 9 children. The slums are heavily populated with a single pit latrine serving over 20 families. Those who stay in these slums are generally unemployed.

Volunteer work in the slum school would involve helping teachers enhance the educational environment in the classroom, assist in extra lessons and the reading lab for children needing one on one attention and planning sports days and outside play time. This may require you to think out the box for games and ideas as space is often a challenge.



Adult community work:

There are also great opportunities to work with adult in the community with various food relief and income generating projects. Some of which include:

- A biweekly feeding program we aim to assist over 300 elderly and destitute people living in villages surrounding Limuru.
- Assisting in a baking program established by the church committee which completely supports a preschool, this offers free education and support to vulnerable and severely impoverished children and orphans.
- Test out your marketing and business skills by assisting a group of HIV positive women get the bead working project to a sustainable and successful level where they support all 7 members and their families. Alternatively you can host health talks and workshops with the women to encourage them to be empowered to speak up and speak out on issues regarding HIV/AIDS/ Poverty and Women abuse in their community.
- Get down and dirty with the special needs children of Mukeu Special unit. Help us in renovating their accommodation and classroom and assist in developing a skills development and life skills program for the children. Socialize with the children and help all the relevant role players in the schools from the church committee, to the teachers, to the caregiver to improve their quality of life.

This placement is not a walk in the park, but will give you the “real” African experience in an area desperate for help. It is likely that your time spent in Mukuru will never be forgotten.

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Typical Day:

Here is how a typical day in the life of a Limuru volunteer might take shape. Please note that your itineraries may differ from this, depending on your own experience/interests and the number of other volunteers on the placement at the same time.

Please be advised that we endeavor to keep all of our project documents up to date, however, due to the constantly evolving nature of having a sustainable project, the focus of the project often changes or shifts to meet the needs of our community projects at a specific time. Some projects will become self sufficient and no longer require the assistance of volunteers, others will slightly change focus and new ones will begin. Volunteers will be involved in a diverse range of project work as our involvement with the community develops, all of which are moving the project towards a common goal.

Monday, Thursday & Friday

- **7.30** - Get up and start getting ready for your project
- **8:00** – Self service breakfast at Brackenhurst
- **8.30** - Head off on the drive to your project which can be anywhere from 20 minutes to a 1 and a half hours drive
- **9.00-10.00** - Start work at your allocated placement – local orphanages, nursery schools, medical clinics
- **12:30** - Lunch break - packed lunch will either be provided for you by our chef, or volunteers take their own snacks and our chef prepares a hot meal for when they return from project.
- **15:00** - Home time - you will be collected by your coordinator/driver and taken back to the volunteer cottage at Brackenhurst. Here you will be able to check your emails, watch TV, socialize or just relax and unwind in the beautiful gardens of Brackenhurst.
- **Evenings** are very sociable affairs. Generally, volunteers discuss their day's activities whilst having supper together and prepare for your project the next day. A hot favorite is also going for a walk through the beautiful walking trails in Brackenhurst in the early evening (or even a run if you're brave enough, but be warned it's quite hilly!) and then go for an outdoor swim and drinks at The Limuru Country Club.

Please note: On a Friday afternoon volunteers have the option of going to the Village Market, a large shopping centre 20 minutes drive from your home base, where you can change money, go shopping, post letters/packages home, have a luxury coffee and piece of cake or enjoy a cultural experience at the Masai Market!

Tuesday

- **6:30** - This will be an early one. Get yourself prepared to hit Nairobi's traffic! Get up and start getting ready for your project
- **7:00** – Self service breakfast at Brackenhurst
- **7:30** - Leave for the slums – this is quite a long drive (1-1.30hr), but Nairobi traffic is an experience of a lifetime!!
- **10:00** - Help in the local medical clinics, schools or home-base care / economic empowerment
- **12:30** - Assist in marking books and preparing lessons or sports for the afternoon session.
- **15:00** Break for a local lunch
- **15:30** – Home time – you will be collected by your coordinator/driver.
- **Evenings** as above – you will arrive home from the slums by approximately 17:00

Remember to pack a snack/fruit so that you can last until the late lunch at 3pm

Wednesday

Every second Wednesday you will head to Limuru to assist in distributing food to 300 destitute elderly, alternate Wednesday mornings you will be able to use your time to prepare lessons, do some research, compile or make resources, assist in writing a report, evaluation and recommendations of your placement to ensure continuity once you leave or perhaps have a much needed sleep in.

- **8:00** – Enjoy a sleep in
- **8:15** – Self service breakfast at Brackenhurst
- **8.30** – leave for the feeding program in Limuru



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town or prepare for you day of planning and research.

- **11.30** – Return to Brackenhurst for an early lunch prepared by the chef.
- **12:30** – leave for a school for disabled children situated in the Rift valley or a local medical outreach project and assist in cleaning and renovations.
- **16.30** – after all your hard work head home and enjoy a refreshing shower or a swim in the country club pool
- **Evenings** as above – you will arrive home from the project work by approximately 17:30hrs.

Project Costs:

2010

2 weeks	GBP 785 / EUR 1020 / USD 1415
4 weeks	GBP 1255 / EUR 1630 / USD 2260
6 weeks	GBP 1645 / EUR 2140 / USD 2960

We offer placements on this project for anything from 2 weeks up to 8 weeks.



Project Cost Includes:

- Project Fee: this entails financing that goes directly back into the project that you are involved with. This project fee facilitates funding for items such as building materials, equipment, supplies, foodstuffs, etc. Project fees are also used to buy vehicles/equipment and for developing new housing for volunteers to provide for the expansion of the project.
- All airport transfers from Nairobi Airport upon your arrival and departure
- Orientation program
- All daily transfers to and from your projects during your stay
- Full board and lodging which includes 3 meals a day at Brackenhurst Baptist International Centre, Limuru
- Weekly laundry service during your stay
- Assistance in your projects by various African Impact staff and volunteer coordinators. Full support from African Impact and your coordinator throughout your time on your Limuru placement

Project Cost Excludes:

- Personal travel insurance for the duration of your placement which must include cover for repatriation
- All transport by air or bus to Nairobi
- All items of a personal nature, such as curios, gifts, clothing (work and other)
- Email/Internet and telephone calls
- Soft drinks, wines and spirits
- All visas for border crossings
- Any excursions over and above your planned itinerary in Kenya e.g. Safari in the Masai Mara, etc.
- Transportation that is not related to the project

Project Support:

Throughout your stay at your placement you will have the support and guidance of experienced field-workers and coordinators. They are part of our greater African Impact support team, and will provide you with competent 24-hour field support and assistance.



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Project Orientation:

Upon your arrival in Nairobi you will be met by an African Impact representative, who will escort you to your new 'home'. Once you have settled in, you will be briefed on the itinerary of the orientation program. You will receive a detailed Welcome Pack, which will contain all the important information you may need.

You will be orientated to the area that you will be living in, as well as be shown the areas that you will be volunteering in. In the next few days, you will visit the project sites and be introduced to the relevant projects, key people and volunteer coordinators that you will be working closely with.

You will receive relevant information about common diseases & illnesses that you will probably come into contact with (e.g. HIV/AIDS, TB, malaria etc.)

**Project Accommodation:**

You will be staying at the Brackenhurst Baptist International Centre, where 2 x 2-bedroomed cottages are kept for our volunteers. Brackenhurst provides secure accommodation with everything that you will need. Internet and phone services are readily available.

You will be sharing a room with other volunteers (maximum of four in one room). Your room is fully furnished. A cook will be provided to cook for you in the kitchen of one of the cottages. Included are laundry and housekeeping services on a daily basis. One of the cottages also provides a lounge area with a fireplace and satellite TV, which will be a wonderful social area for all volunteers.

Brackenhurst has beautiful grounds that are perfect for having an afternoon nap in the sun, playing sports, such as ultimate frisbee or soccer, or going for a jog. On a clear day, you will be able to see Mount Kilimanjaro in the one direction and Mount Kenya in the other.

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Please Note:

Brackenhurst is a Christian conference centre that forms part of the greater Limuru community. In this culture, drinking alcohol is seen as 'taboo' by the local Christian community. There is therefore no alcohol allowed on the premises of Brackenhurst. However, 20 minutes drive away is a lovely restaurant where you can have a couple of drinks in the evenings.



Project Meals:

You will be provided with three meals a day.

Breakfast is on a help-yourself basis and usually consists of cereals/porridge, toast, fruit, tea and coffee.

Lunch and dinner are full meals, and will be provided for you.

Lunches may also be packed or may be local lunches at your placement.

Project Getting There:

Fly directly to Jomo Kenyatta International Airport in Nairobi, Kenya, where you will be met by one of our experienced African Impact team.

International flight routings include direct from London or via Johannesburg in South Africa or Harare in Zimbabwe.

Jenny Leech, Age 27 from the UK:

"The program is great and very hands on. You do feel that you get immersed in the lives of the people you work with and build strong relationships therefore enabling you to feel like you are making a difference. I have had a brilliant experience and have gained a renewed optimism for life having seen what some people a lot less fortunate than me are happy with."

Zoe Cartwright, Age 24 from the UK:

"My experience in Kenya far exceeded my expectations. I didn't expect to be given the opportunity to really see things the way I did. I felt that the doctors at the hospitals were very open minded and willing for the volunteers to learn as much as they could by observing operations and allowing us to help hands on. I feel that I have seen a lot of things I would never have had the opportunity to see otherwise."

Project Travel Highlights:

These are not included in your volunteering fee, but our project managers are able to assist you with making the necessary booking arrangements. **See further details on Safari options in our pre-departure information.**

Safari Options

Kenya offers an amazing variety of safari options, not far from its bustling capital, Nairobi and perfect for a weekend 'get-away'. Below are a few popular options, including options for 2 night/3 day trips to experience more of this spectacular corner of Africa...

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Masai Mara

Most visitors to Kenya make time to experience the Masai Mara National Reserve, the northern extension of the Serengeti. Well known for the renowned migration of 1.4 million wildebeest (usually between July and November), the Masai Mara is famous for its prolific game-viewing and abundance of predators all-year round, and boasts the country's highest wildlife density. Spend your days exploring the beautiful surroundings and searching for those unforgettable wildlife encounters. The Mara experience is a must and will never disappoint.

Kenya's roads in general are not in very good condition. These can make for sometimes long and somewhat uncomfortable travelling days by road. Many people prefer to fly into some destinations such as the Masai Mara. We can also provide you with camping and lodge options, both offer amazing outdoor experiences!

Just to whet your appetite(!) the following websites show the camps we would book for the 2 night safaris – all are continually recommended by volunteers as great places to stay and provide amazing game drives!

www.sekenani-camp.com

www.ilkeliani.com

www.serenahotels.com

www.kws.go.ke

Also, for those who fancy something a bit different to your usual overland safari, plus truly breathtaking views of the plains of the Masai Mara, we can organize a Balloon Safari (sunrise and champagne breakfast) from your camp.

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Our Preferred Travel Insurance Partners:



Visit <http://www.africanimpact.com/news-article/need-travel-insurance--weve-got-just-the-answer-for-you!/20100219> for a great deal on reliable travel insurance.

Meet your Destination Manager for this project! Kylie will guide you through the whole pre-arrival procedure for this placement and you will receive comprehensive information throughout to ensure you are fully prepared for your project placement with us.



Kylie was born and raised in Zimbabwe. In 2001 she went to work, travel and study in the United Kingdom until she decided to come back and live in Africa at the beginning of 2008. Kylie is really excited to be back in Africa and to be involved with all the wonderful African Impact community projects based in and around East Africa.

E-mail Kylie on: kylie@africanimpact.com

Our Partners

[The Happy Africa Foundation www.happyafricafoundation.org](http://www.happyafricafoundation.org) African Impact is proud to have been instrumental in the establishment of The Happy Africa Foundation in 2007 and continues to be one of the Foundations major supporters. UK Registered Charity Number: 1123529. The mission of The Happy Africa Foundation is to empower the African people through the support of community and conservation based initiatives that operate at grass roots level.

We are proudly affiliated to the UK-based **Know Before You Go** campaign that promotes education and knowledge-sharing amongst travelers.

African Impact is delighted to have been nominated as a **2009 World Travel Awards Finalist** and see this as exciting recognition of our position as African specialists in Volunteering, with over 5 years experience in sharing Africa with travelers who have a passion for making a difference.



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