



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 2018

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Figure 1: Teacher Grace with Class 4 at Lizpal School

1. Introduction

Five years of working in the Nairobi slums have demonstrated that the Porridge and Rice model is scalable, effective, and sustainable.

The charity started with one partner school, Excel Emmanuel with 250 pupils, and now has five schools with a total of nearly 2000 pupils. The seven programmes of Porridge and Rice have all been implemented at each school. While each school is at different stages of development largely depending on the length of their partnership, all schools have embraced the values of the charity with the programmes showing tangible benefits. The fact that the charity has been able to implement each programme at each school as it joined the Porridge and Rice community demonstrates that it is scalable. Porridge and Rice looks forward to welcoming new partner schools in the future.

After five years, the benefits of the programmes are clear, from improvements in child development against WHO standards to better equipped classrooms. The programmes have evolved from when they were first conceived based on lessons learned. For example, the charity did not realise how heavy-handed Kenyans are with salt when cooking so much so that they were far exceeding safe levels for the children, so the charity has included teaching about salt in the Feeding and Nutrition programme as well as setting standards for the levels of salt in meals at partner schools. In addition, the level of basic first aid knowledge was shown by one near-fatal event to be extremely poor, so first aid training has become part of the Health and Hygiene programme. The programmes have proved very effective in raising educational, health and hygiene standards.

Fundraising is difficult and charity members put in considerable effort every month to raise money for Porridge and Rice. Some events such as Hands Fair on Twickenham Green have become reliable events in the calendar raising more money each year, and the charity continues to look for new ways to raise funds. The charity constantly explores new events and initiatives such as knitted hedgehogs, gingerbread men ornaments, and an Amazon shop which sells second hand books. In addition, the growing numbers of supporters play an important part in raising money for the charity. Each year, with enormous effort, enthusiastic supporters, and generous donors, the charity has met its financial commitments.

Not all donations are money – the charity benefits for donations in kind including the charity members, none of whom take any money from the charity, even for expenses which they fund themselves. Local people help run stalls at events, sympathetic hobbyists make craft items for sale, and kind supporters cook samosas and pakora. Without donations in kind, Porridge and Rice could not do its work.

2. Behaviour Change

Schools have clean water, soap and disinfectant. In addition, teachers and pupils understand the importance of hygiene for good health. Despite having the means and the understanding, children frequently do not wash their hands after going to the toilet with teachers looking on and doing nothing.

Habits are not easy to change. After years of not washing their hands, adults and children simply do not fully embrace the habit. While they have the knowledge, they may not fully accept that it relates to their lives and those around them, or they may simply not have developed the necessary habits having not had the option previously.

This presents the charity with a real dilemma namely how to change the behaviours of the people that it serves to ensure the maximum benefit from the programmes. After all, if children do not wash their hands after going to the toilet, this limits the effectiveness of the Health and Hygiene programme, with pathogens able to pass from pupil to pupil. These are habits and behaviours that limit all the charity programmes meaning the charity will need to invest time and effort on working in this arena going forward.

The charity could strike agreements with schools akin to attaching rules and conditions to the benefits of each programme. This has been tested and frankly, as expected, is not effective. When the schools are aware that they are being watched, they conform but when they do not think anyone is watching, they revert to the old habits.

The charity could continue to run classes in relevant topics such as the spread of pathogens and the consequences of poor health on cognitive development. This is what the charity already does and it has had an impact but not sufficient to meet the goals of the charity. Where the charity hoped that once was sufficient, the evidence showed clearly that it was not. By contrast, repeating the lessons has delivered some changes in areas such as hand washing. The charity intends to continue to repeats lessons on all areas relating to the programmes.

One of the Porridge and Rice schools has demonstrated how to solve the problem. The school, of its own accord, installed a number of water points around its classrooms and put up signs reminding children to wash their hands after going to the toilet. It also organises handwashing class by class before meals. The key difference in this school is that the head and deputy head believe in all elements of the programmes. The conclusion is that change can only become permanent when the leaders in each school, most often the head and deputy head, take it on themselves to deliver the change. Porridge and Rice needs to identify and target champions to deliver change, building relationships with them and clearing obstacles from their way.

3. First aid Training

First Aid Training has become very important to Porridge and Rice this year.

It all started when a young boy at Excel School choked on a coin. Locals trying to help the boy suggested he be made to eat a banana or drink a glass of water, both of which could have been fatal for the child. Fortunately, Emma Ballinger, vice-chair, trustee and trained paediatric nurse, was on-hand and took control of the situation, turning the boy gently over and patting him repeatedly on the back until he coughed up the coin. Quite deservedly, Emma instantly became a local hero.

The choking boy was the first but not the last of many instances that highlighted the lack of basic first aid knowledge among the teachers in Porridge and Rice partner schools, and the threat that this could pose to the health and safety of the children. The charity could not be sure that someone trained would be on hand for the next choking child unless local staff acquired the skills.

The charity started by paying for members of the leadership team to attend local first aid training with St John's Ambulance. The members of the leadership team enjoyed the courses but unfortunately, they did not have the impact required, probably because of the low base of knowledge from which they were starting. After considering different options, the charity decided to implement its own courses, designed and led by Emma, that would be taught initially by volunteers under Emma's guidance, and then by local staff.

The goal is to provide first aid training to all school staff in all Porridge and Rice partner schools. The courses have been organised into four levels - bronze, silver, gold, and platinum – each of which will earn the participant with a certificate issued endorsed by the charity if successfully completed. Emma has designed the courses and produced the notes. She taught the first courses and has managed other nurses teaching them. The courses cover a wide range of topics including cleaning wounds and treating diarrhoea. The plan is to continue running the courses until all teachers have passed them and then send teachers to St Johns to complete the courses that they offer. The charity also plans to run regular refresher courses to ensure that knowledge is reinforced and kept fresh.

The charity has started to provide first aid supplies to schools, basic supplies that will enable teachers for example to clean and treat wounds successfully. The ultimate goal is to ensure that the staff of the schools are sufficiently skilled to meet the first aid needs of pupils and staff, and that each school has a dedicated sick room.

4. Numeracy Training

The teachers at Porridge and Rice partner schools have demonstrated repeatedly that they are committed and talented individuals who care deeply about their pupils. The charity holds them in high regard, however, despite their abilities and commitment, poverty has prevented them from obtaining the knowledge they need to be effective teachers, in fact, it is impressive to see how much they do achieve despite their disadvantages.

The charity has designed four maths courses divided into levels bronze, silver, gold, and platinum. Each course will culminate in an exam which if passed will earn the attendee a certificate endorsed by the charity. Having completed all four courses, the attendee will then be submitted for the IGCSE Mathematics exam paid for by the charity.

The goal is to raise the mathematics knowledge of the teachers in the schools and thus the quality of education they provide to their pupils while providing teachers with an internationally recognised qualification at the end of the process.

The first bronze courses were run in the summer of 2018 by volunteers. Over 20 teachers successfully completed the course each earning a certificate. The first courses were a success and the charity looks forward to repeating the success with subsequent courses.

Numeracy is only the beginning - the charity has plans for courses in English, Biology, and Chemistry each as four courses namely Bronze, Silver, Gold, and Platinum followed by an IGCSE exam. Teachers will be encouraged to complete all courses.

Work has begun on the Biology courses with the syllabus available on-line. It is anticipated that the first Biology course will be delivered in 2020, and English and Chemistry in 2021. The estimated dates are based on the work it has taken to prepare and deliver the Maths Bronze course.



Figure 2: Teacher Titus at Excel School with class 6

5. Fundraising Initiatives

While none of the people involved with the charity in the UK draws a salary, nothing in Kenya would be possible without money. Fundraising is thus a big part of what the UK team does each year.

Donors, large and small, have been particularly good to Porridge and Rice, and remain an important part of the charity's future. Applications for funding take a lot of work but have proved worthwhile both because of the funds raised and the relationship the charity has built with donors. The charity values its donors and will thus will work hard to maintain its relationship with them.

Events including summer, Christmas, and school fairs, are another important source of income to the charity. The charity has experimented with different ones and now has a list that work well for the charity both in terms of raising its profile and generating income. They take considerable effort to organise and require the assistance of volunteers but are very likely to remain an important part of the charity calendar for many years going forward.

The latest initiative is an Amazon shop which despite numerous hurdles, was eventually set up and is now making sales of bought and donated items, with varied success. For example, ceramic pumpkin lamps sold well before Halloween but were not a success because many broke in the post while glitter sets, sold quickly without issue. The charity plans to continue to test different products to find out what works best. Surprisingly, to date, the most successful products have been second-hand books. Assuming that the book market was saturated on Amazon, books were only added because of repeated donations, growing in sales each month. The charity will continue to increase the books it sells, and other products as they are identified.



Figure 3: Volunteers on the Porridge and Rice stand at Hampton Hill Fair

6. Volunteers

Summer 2018 saw the largest group of volunteers in Kenya with Porridge and Rice to date – 26 people worked on projects in Kenya over the summer.

The summer started with Emma Ballinger accompanying two trainee nurses and another volunteer to Kenya. There has been a steady number of nurses wanting to do their third-year elective modules with the charity working in the schools on the Health and Hygiene programme. This year the trainee nurses played a key part in delivering First Aid training.

A second group followed consisting mainly of A level and university students. Like the first group they worked in the charity partner schools on a range of projects such as repainting Excel Emmanuel school, teaching the Maths Bronze course, and supervising hygiene and sex education lessons. They worked hard and made an important contribution to the goals of the charity as all volunteers have since the inception of the charity.

Volunteers led to the charity being founded, and have been always an important part of the charity both in the UK and in Kenya. The goal of the charity from its inception is to spend as much as possible of money raised in Kenya on the ground where it is needed, and volunteers make this possible.

The trustees, charity members and supporters in the UK are all volunteers, providing their time free of charge as well as covering all their own expenses, and frequently paying for items needed by the charity. They frequently go well beyond what most charities expect of their members and supporters.

Volunteers in Kenya are equally important, enabling the charity to deliver programmes at very low cost. This last summer, volunteers delivered the first Maths course for teachers, preparing the material, teaching the course, and setting-marking exams. In addition, they shopped for the cheapest source of paint, and repainted Excel Emmanuel school including new signs and educational motifs, saving the school a small fortune in relative terms.

Volunteers in Kenya become effective ambassadors and supporters for the charity. For example, the current vice chair of the charity volunteered to do her elective module with Porridge and Rice before joining the charity team and progressing to her current leadership role, and another volunteer, Saffiyah gave a talk to her school at assembly on Porridge and Rice, after volunteering with the charity in Summer 2018.

7. Future Projects

The Porridge and Rice programmes have attracted more and more pupils to the partner schools, placing strain on existing infrastructure and accelerating wear and tear. While the needs of each school are different, every school needs major work doing. Heri Junior and Forrester both need new toilets and kitchens, Excel and Lizpal both need more classrooms and new cooking equipment, and Compassion has a long list of work including toilets, classrooms, a kitchen, and electricity. The challenge is, as ever, finding the funding for all the projects.

The fumes from coal in the kitchens make it hard to breath at times, creating an environment that is both difficult to work in and unhealthy. In addition, schools use wood as well as coal to keep costs down, and wood produces a lot more smoke sometimes making it hard even to see in the kitchen. Porridge and Rice is looking to phase out coal as soon as possible and replace it with gas because gas is both cheaper and creates a cleaner working environment.

The charity has investigated gas stoves and can find none that would fit the kitchens plus carry the pots and amount of food for each school. It will therefore be necessary to build stoves to meet the needs of each school, work which will go to artisans in the slums of businesses owned by people living in the slums. Even though there is sometimes additional cost and the work can take longer because the charity has to manage it more carefully, Porridge and Rice tries to give as much work to residents of the slums as it can.

In the long-term, the charity wishes to move to solar power which is the cheapest and cleanest long-term option. The largest problem is the cost of installing the solar systems needed to provide light in the classrooms and electricity in the kitchen for hot water and a fridge.

Many of the classrooms in each school have lights but they are simply not strong enough. They are certainly better than nothing when it is dark, but far from ideal. Solar power would enable the charity to raise the quality of lighting in the classrooms to an appropriate standard.

Hot water is slow and expensive to produce because it must be boiled from scratch each time. This is not only inconvenient but not ideal when it comes to keeping crockery and cutlery clean and free from pathogens. Solar power would make it possible for all schools to have a regular supply of hot water, helping the charity to put in place one more measure to maintain high standards of hygiene.

Fresh goods perish very quickly in the Kenyan weather so must be bought fresh almost every day. This makes vegetables like Sukuma Wiki more expensive, not to mention the time and effort involved in going to the market every day. Solar power would enable each school to have a fridge, saving money and time.

The charity provides clean water and bleach to keep the toilets clean but even though some schools clean them multiple times a day, the toilets fill quickly and do not stay clean for long. The simple matter is that other than Lizpal, the toilets at all the Porridge and Rice schools are inadequate. For

example, Excel needs more toilets and a proper urinal, and Heri Junior and Forrester need a new toilet block entirely. The Lizpal toilets have been very successful – the aim is to build toilets to the same standard at each of the other Porridge and Rice schools.



Figure 4: Hand washing at Excel School before lunch



Figure 5: Teacher Grace shows the new toilets at Lizpal

8. Expansion Plans

The charity has not added a new school for two years, but it has expanded because each school has grown steadily as a result of the Porridge and Rice programmes. The implementation of the Feeding and Nutrition programme in particular has attracted new pupils to each of the five Porridge and Rice partner schools. For example, Excel had 200 pupils when it became a Porridge and Rice partner school and now has over 400 pupils. The charity currently supports around 2000 pupils between its partner schools, the largest of which is Heri with an average of around 700 pupils.

The charity would still like to add more partner schools, but this will have to wait until the total number of pupils stabilises, and several important projects like new toilets have been completed. The charity constantly receives requests to join the Porridge and Rice team and will continue to review applicant schools in anticipation of a time when it is able to add a new partner school or possibly even schools, but the priority must be to deliver all the programmes at existing partner schools to a high standard.

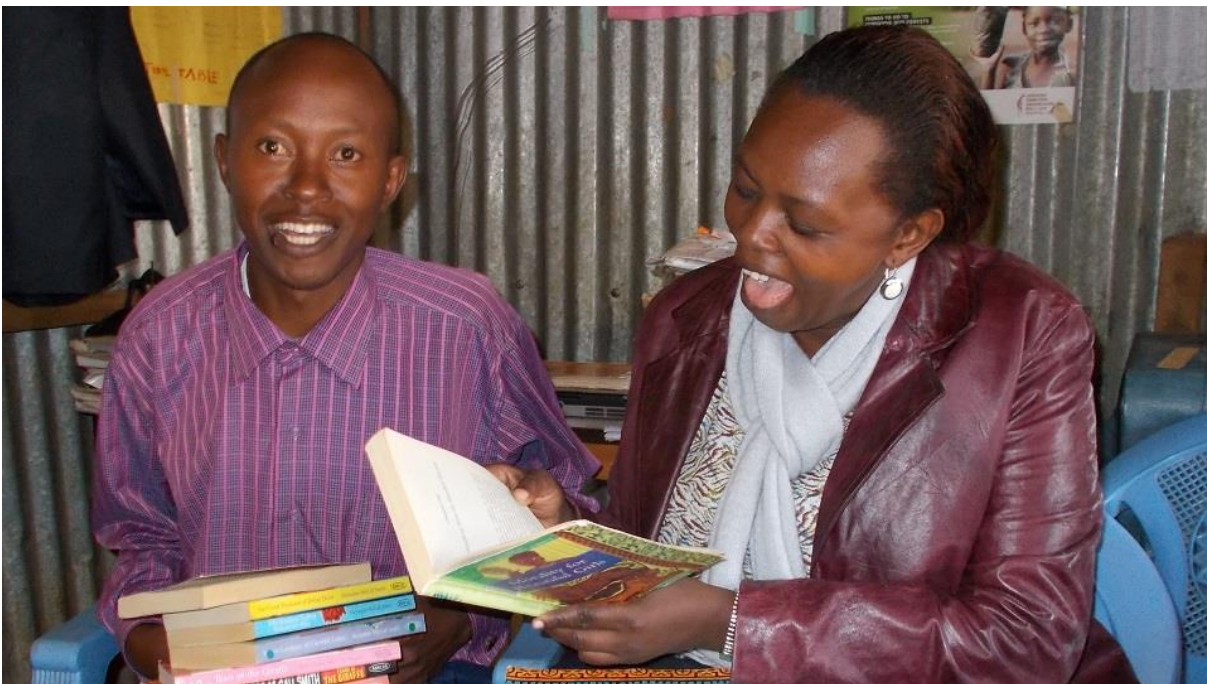


Figure 6: Teacher Titus and Teacher Mary of Excel School review newly donated books

9. Legal and Administrative Details

Porridge and Rice is registered as a Charitable Incorporated Organisation (CIO) with the Charity Commission for England and Wales. Its registered address is 64 Rydal Gardens, Hounslow, TW3 2JH, its registration number is 1155841, and it is governed by a constitution lodged with the Charity Commission. Porridge and Rice has registered Uji na Mchele with the Charity Commission as an alternative name, and the acronyms PaR and UnM for English and KiSwahili use respectively.

Porridge and Rice owns the domains www.porridgeandrice.co.uk 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.



Figure 7: A child has his height measured by a teacher at Lizpal School

10. Governance and management

In the UK, Porridge and Rice is run by a committee that meets once a month. The committee is made up of both members and trustees. Trustees are appointed for a term of 2 years and registered with the Charity Commission for England and Wales. The names of the trustees of the charity can be viewed by the public on their website.

Porridge and Rice welcomes people who wish to participate in the running of the charity as members. Other than areas identified by the trustees such as the final accounts and the appointment of trustees, members are able to participate fully at committee meetings. Meetings are documented by minutes that are circulated after the event.

All members and trustees are volunteers. They not only do not receive remuneration and cover all their own expenses. The charity has no paid staff in the UK.

The current trustees of the charity are in alphabetical order

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



Figure 8: Trustee Vish and volunteer Luan repair blackboards at Excel School

11. Operational review

Porridge and Rice is partnered with five community schools, Excel Emmanuel in Ngando, Lizpal in Ngando, Heri Junior in Mithonge, Compassion in Githingoro, and Forrester in Kawangware.

Porridge and Rice continues to lead with the Feeding and Nutrition programme when it partners with a school led by the Kenyan leadership team which continues to take on more and more responsibility on the ground. Existing programmes continue to evolve on what is learned in Nairobi and changing needs.

UK trustees and volunteers visit Kenya throughout the year to monitor the work of the charity and to learn from local staff. The visits provide the chance to cement relationships, remain up-to-date on life in the Nairobi slums, mentor the leadership team, and monitor projects.

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

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



Figure 9: Teacher Beth comforts a child nervous about having his weight measured

12. Financial Review

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

The charity has explored new ideas and built on prior experience. Some events like Hands Fair and Petting Day have become well established continuing to raise the charity profile and provide valuable funds for the work of the charity in Kenya.

The charity has successfully obtained financial support from several foundations, some for the first time and some repeat donors. The charity continues to work hard to maintain good relations with its donors.

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.

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



Figure 10: The container from Fonhill arrives at Forrester School in Kawangware

13. Accounts for 1 October 2017 to 30 September 2018

These accounts were prepared under a receipts and payments basis and using an average exchange rate of KES133.99 to £1.

Receipts	GBP
Balance Year End 2017	3,221.50
Fundraisers & Donations	27,418.85
HMRC Gift Aid	3,485.51
Standing Order	4,760.90
Stripe	247.25
The Giving Machine	138.98
World of Books	60.43
Amazon	404.89
Volunteer Registration	4,400.00
Rotary Burnham Beeches	500.00
Thomas Cook	5,000.00
Fonthill	4,100.00
Tilnar Cycle Challenge	845.15
Charities Trust	2,280.00
Total Receipts	56,863.46
Payments	GBP
Bank Charges	64.25
Storage	480.00
Fundraising Expenses	270.86
Hoodies & T-Shirts	1,246.63
Education and Sponsorship, Kenya	2,023.84
Facilities and Furniture, Kenya	2,025.15
Health and Hygiene, Kenya	4,277.21
Rights and Gender, Kenya	335.47
Extracurricular Activities, Kenya	133.82
Sustainability and Accountability, Kenya	6,902.91
Feeding and Nutrition, Kenya	27,761.31
Salaries, Kenya	10,829.19
Total Payments	56,350.64
Balance Total	512.82

In addition to money received during the year, the charity received goods and services worth approximately £18,750 for the year, making the value of income, goods and service received by the charity worth a total of £75,613.46.

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

by: 

Ken Surridge (chair)
Date: 30 July 2019



Emma Ballinger (vice-chair)
Date: 30 July 2019



Figure 11: Trustee Jude distributes toothbrushes donated by Operation Brush



Figure 12: Volunteers Ben and Roshan serve Uji at breakfast at Excel School