



Facilitation and Participation of  
Disadvantaged Groups

# **Policy plan 2013-2016**

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## Introduction

FAPADAG (Facilitation and Participation of Disadvantaged Groups) is a small organization that is supporting small projects that aim for participation of disadvantaged groups in society, in particularly persons with disabilities.

FAPADAG is established in December 2002 on the initiative of Mr. H. Ordelman and Mrs. H van Bruggen in order to support social reform processes in East and Central Europe as a follow up of an EU TEMPUS project in Georgia and Armenia (<http://home.unet.nl/georgica/artikelen.html#hanneke>) and a JOINT action project in Hungary, Bulgaria and Romania. The students (mostly Occupational Therapists) who were educated in these projects were asking for further support in the development of curricula, further education and the collaboration with the work field

In 2007 FAPADAG received a request from Kenya to support two Community Based Projects (CBO's), one in the slums of Nairobi and the other one in the rural area of Kangundo, with some financial help for equipment. Because H. van Bruggen has been working herself in the seventies in Nairobi and the foundation want to contribute to the millennium goals the board decided to support these projects as well.

The three main goals FAPADAG is focusing on are:

1. Support with developing modules, training courses and/or project plans about working with disadvantaged groups (in particular persons with disability) and in case needed offering these courses
2. Support (disadvantaged) students, who are going to work with disadvantaged persons/ groups, like occupational therapy students or teachers with tuition fees for a BA or Master study or students who are going to teach professionals in health and social care about disadvantaged groups.
3. Support Community Based Development or Rehabilitation projects with materials and in very exceptional cases with buildings

FAPADAG concentrates on East and Central Europe and East-Africa in particularly Kenya.

## **General Aim**

The foundation is aimed at:

Facilitating disadvantaged groups to participate in society by supporting the development and or provision of research and educational formal (and informal) programmes in social and allied health care.

The focus will be on East and Central Europe as well as East Africa, in particularly Kenya.

Besides all that which is related directly or indirectly or may be conducive to this and that all in the broadest sense of the word within the framework of the millennium goals and the UN convention on the rights of persons with disabilities.

## **Specific Objectives**

### ***Financial Support for Study***

1. Supporting individual students with fees for a Ma study and who will afterwards contribute to the education of professionals who are going to work with disadvantaged people
2. Supporting individuals with fees for BA study in order to work as a professional with disadvantaged groups

### ***Developing and/ or providing courses, seminars***

1. Developing together with young inexperienced teachers modules and if needed support them in performing the module (on CBR, project development, inclusion and exclusion etc)
2. Organisational, financial and content support for seminars or conferences on social inclusion of disadvantaged groups
3. Provide courses in Strategic Thinking, Writing and Implementing

### ***Developing project-plans for funding***

1. Provide workshops in developing project plans for funding
2. Supervise individuals in developing project -plans

### ***Providing support for equipment, buildings etc***

1. Only a limited amount of money will be spent in exceptional cases on buildings
2. Furniture for children centres

### ***Make the foundation comply with the ANBI conditions***

1. Find two board members, at least one board member should have a financial background
2. Adapt the constitution (new name, aim etc)
3. Register the new board members with the chamber of commerce
4. Volunteers are needed for the website, brochure, working on solidarity actions etc.

### ***Generate funding for the foundation***

1. Start a solidarity project (see attachment)
2. Request for donations

### ***Develop PR material***

1. a website
2. a small brochure

### ***Collaboration with other organisations like:***

1. Wilde Ganzen

## Activity framework

Objective	Activity	Deadline	Costs	Expected income
Attract 2 new board members	Approach actively	15-03-2013		
Adapt the constitution	Contact notary	1-04-2013	Max.500€	
Develop website	Write a basic website; home page, info, contact , donation form, etc	1-04-2013	1500€	
	Further development and maintenance of webpages	1-12-2015	500€	
Generate funding	Twice send a request for donations to known contacts	1-06-2013 and 1-06-2014		11.000€
	“work on solidarity gardens project with .....	Start 1-04-2013 end 1-01-2015		4000€
Financial support for study	Support the request for a BA study in Education for head of the Shammah centre	1-09-2013	2x 4000€= 8000€	

<b>Provide a course in strategic thinking and writing a project</b>	<b>Give a course in strategic thinking in Harare, Zimbabwe for African OT's</b>	<b>23-08-2013</b>	<b>Travelcost 1000€</b>	
<b>Support for the second Caucasus conference</b>	<b>Contribute to the development of the programme of the Caucasus conference</b>	<b>1-06-2013</b>	<b>Travelcost p.m</b>	
<b>Support the Tbilisi education for OT on their request</b>	<b>Support young new teachers and work on WFOT recognition</b>	<b>1-07-2013  1-07-2014</b>	<b>Travel and accommodation cost (Asked for contribution of the University)</b>	
<b>Financial support for the building of Shammah centre in Kibera</b>	<b>Make an official collaboration statement/contract  Between FAPADAG and Shammah  Shammah will develop a detailed project plan  Make a contract with the builder and start foundations (see attachment 2 for finance)</b>	<b>1-06-2013</b>	<b>30.000€</b>	

<b>Collaborate with Shammah centre Kangundo</b>	<b>Make a project plan for further development and look for land (see attachment 3)</b>	<b>1-07-2014</b>	<b>10.000€</b>	
<b>Collaboration with “Wilde Ganzen” or other fundings</b>	<b>Apply for funding for both Shammah projects</b>			<b>30.000 €</b>

## Financial affairs

The foundation has been very careful with her capital. In particularly the impact of projects for disadvantaged groups have been counting.

Until now we have had little possibilities to generate income due to illness and death of board members. Besides that we have been able to generate directly grants for projects in East and central Europe.

For the coming years is one of the priorities to apply for a grant for the Shammah centre in Kibera in Nairobi. They are located in a very bad place near the railway and the authorities have already told them that after the elections (March 2013), they have to move.

The idea is to start as soon as possible with building the foundations and a few class rooms. (If the Shammah centre can get a grant they can build further classrooms)

From the activity plan it can be calculated that we will spend in 2013 51250€ and we hope to generate between 15.000 and 75.000.

### Financial Overview- expectations for 2013-2016

	Income	Expenditure	Balance		Grants
Balance 2013	67.773				
Income	15.000				30.000
Expenditure		51500			
Application for grants					
Total	82,773	51500	31.273		30.000  For building extra classrooms

## Facts , Figures and Results in the past

4 times direct help in the form of gathering and transportation of rehabilitation means for a children rehabilitation centre in Tbilisi, Georgia

1 computer for the Georgian Association of occupational Therapists

3 students (from Georgia, Armenia) supported with tuition fee for the European Masters course in Occupational Therapy

3 courses concerning occupational therapy with disadvantaged groups in Georgia and Armenia facilitated

The 1<sup>st</sup> Caucasus meeting on social inclusion supported

1 school garden is bought for Shammah day-children-centre in Nairobi, Kibera

Furniture for Shammah day-children centre in Kibera, Nairobi and Shammah centre in Kangundo (rural area) is provided

## Attachment 1

Example of solidarity project

### School garden Project in Kibera

Solidarity between ..... and Nairobi



### Shammah children centre (a community-based orphans and vulnerable children support centre)

#### **Who are we??**

A school located in Nairobi, Kibera slums, Kianda village in Kenya along the railway line to Uganda. It is established with the aim to improve and implement sustainable development in the slum through implementation of life skills for the young generation. It is a community initiative to promote learning facilities in the informal settlement and address slum challenges which are associated mainly with lack of basic education, poverty, malnutrition, unemployment, poor sanitation among others. The school is providing basic education and enhance positive transformation of the young generation. It organises awareness campaigns about HIV / AIDS which is killing most of the slum dwellers and thus leaving most of the children orphaned. The school is also organising poverty eradication actions like the “sack project” for sukuma wiki [kales] which helps the school to get vegetables for the children.

At the moment a total of two hundred children aged from four months up to thirteen years are attending the five classes, which are under the supervision of nine voluntary teachers. (they earn 8 € a month, just enough?? to survive)

**Our vision;**

To educate, feed orphan and vulnerable children and eradicate poverty in slum areas by training life skills at early age in order to be able to survive in the slum.

**Short Background**

The founder is one of the slum dwellers who is trained in early childhood development and education [ECDE]. She landed in the slums in search of green pasture (job). She got voluntary work in one of the slum schools near her tinny muddy house where she stayed for three years and earned 1000 Kenya shillings per month which is equivalent to 8 euro. She was not content with her situation and that of most of the children who were not able to attend the school due to the level of poverty in their homes and their parents were not in a position to contribute towards the school.

The founder had a passion for young slum children aged one year to ten years who used to come to play around her house. They could stay the whole day idling around without anybody taking care of them, no education, feeding, clothing, shelter and sanitation. The founder felt that something could be done with these young desperate children and get them out of that kind of life style. Due to the poverty which the founder suffered she decided she should change her own life style from poverty and also change the life of the children in the slum around her. She worked hard as well in the school as by doing in the evening work for people like washing, cleaning and finally she earned a living out of extra hard working. After few years of struggling and a passion for these poor children whose parents were not able to educate, the founder was able to receive a loan from the bank to start a school where the children could be educated and at the same time get some food. She shared the idea with her friends and some contributed by giving food stuffs, learning materials and clothes for the children.

The project has grown and it is doing well with a total of two hundred happy children who are very happy that they are getting life skills which they are able to apply in their life at least a meal which they could not afford in their homes but can get in school.

In school we have a project where we have planted vegetables in sacks and we eat the vegetables and some parents contribute towards the school feeding programme. School is a resource of hope for many children within Kibera Kianda village in the slum and it has

contributed in social-economic development in the community. However there are challenges which are threatening the sustainability of its benefits due to lack of funds for the school. The school call for you and me to partner and keep the fountain life.

### **The present situation and the plans**

In the very near future the government wants to extend the railway and so the schoolrooms are under threat. They are only rented and any moment they can be forced to leave the school.

The Foundation FAPADAG (Facilitation and Participation of Disadvantaged Groups) has therefore recently bought a piece of land to move the school from near the railway line to a conducive place where children can get more skills and play safely. Create many income generating activities like the **water project** (The school intends to have water for sale which will be used by the school and at the same time sale the water and generate some funds for the school, which will help in supporting the school)

### **The school garden project**

The garden will be used to learn the children farming, poultry and to provide food for all children.

At this moment the land needs to be levelled and fenced and then the children with the help of caregivers can start growing vegetables.

The school wants to grow from the “sack project” to the school garden project and is counting on the solidarity of other school garden projects.



Organic farming in sacks



The new land, near the river



Part of the Kibera slum.

### The story of one of the children



My name is Solo, I am a boy. I am twelve years old.

I am in pre unit class but feel ashamed of learning with very young children. I am an orphan I stay with my elder brother who takes care of the five children in our family. Our parents died of HIV and our brother is not able to take fully care of us because he is not working he collects scrapes and sell to be able to get food for us.

When I grow I want to be a carpenter.

#### **Recent development: 10-04-2012**

We are currently doing farming with the children where by they have planted vegetables and we use to feed the same children who are very happy feeding from their own efforts.

The children who benefited from the farming lessons are 60 children who are big enough to go where the garden is located. the total no of children in the project is 200 children and the children who are doing farming are aspiring to start poultry. we have already saved 1000 shillings which we have sold from the vegetables and hoping to save more to be able to start poultry which is costing 90000 shillings and we have already purchased materials for soap

making to promote poultry after selling the soap.

Otherwise we are trying to see what we can do to make the life of the children better. We want to venture in poultry because it is doing well in market. children are very happy they have somewhere they can call their own place.



You can help the children of Kibera by sending a donation to:

**Stichting FAPADAG**

Jachthoornlaan 8

7312 CE Apeldoorn

The Netherlands

**IBAN: NL28RABO0394017528**

**BIC: RABONL2U Rabobank Apeldoorn**



### PROPOSED CONSTRUCTION OF SHAMMAH CHILDREN CENTRE

<b>Name of Project</b>	<b>Construction of Shammah Children Centre</b>					
<b>Implementing Organization</b>	Shammah Children Centre					
<b>Address</b>	P.O. Box 36780 – 00623 Nairobi, Kenya					
<b>K</b>	Kianda – Kibera					
<b>Description after finishing The project</b>	The project will provide a strong and stable structures for the both the children and the staff					
<b>Benefits to the community</b>	The project plays a key role in feeding, eliminating/reducing illiteracy levels through the education programme by increasing enrollment of the orphaned and vulnerable children from the community					
<b>Current problems</b>	The Centre is currently located in a railway line reserve which has already given it the notice to move for it to be developed. The project has three roomed structures of iron sheets which are not durable and therefore the need for constant repairs and not enough for the 200 children in the project.					
<b>Sustainability</b>	Shammah Children Centre, parents/guardians and the community will be responsible for the sustainability of the project					
<b>The Budget</b>	<u>THE BUDGET</u>					
	<b>Item</b>	<b>Description</b>	<b>Unit</b>	<b>Quantity</b>	<b>Unit Cost</b>	<b>T. Cost</b>
	<b>1</b>	<b>FOUNDATION AND SLAB</b>				
		Sand	tonnes	25	1,800.00	45,000.00
		Ballast	tonnes	20	18,000.00	360,000.00
		Stone for foundation	tonnes	10	14,000.00	140,000.00
		<b>Hand core</b>	tonnes	10	6,500.00	65,500.00
		Polythene paper	metres	100	100.00	10,000.00

	Grandiator	litres	4	1,800.00	7,200.00
	Cement	bags	190	750.00	142,000.00
	Wall pass/ hoop iron	rolls	6	3,500.00	21,000.00
					<b>662900,00.00</b>
	<b>Steel bars</b>				
	Y16	pcs	50	1300.00	65000.00
	Y12	pcs	44	820.00	36080.00
	Y10	pcs	50	680.00	34000.00
	Y8	pcs	80	460.00	36800.00
	Binding wire	rolls	5	3500.00	10500.00
	Blade	pcs	10	100	1000.00
					<b>183380.00</b>
	<b>Timber</b>				
	6 x 1	ft	500	25.00	12,500.00
					<b>12500.00</b>
	<b>Nails</b>				
	3"	kgs	10	150.00	1500.00
	4"	kgs	2	150.00	300.00
					<b>1800.00</b>
	<b>Plumbing/ electrical pointing materials</b>				<b>35,500.00</b>
	<b>Labour</b>				<b>187,635.00</b>
	<b>Sub Total</b>				<b>1083715</b>
2	<b>BASEMENT AND GRAOUND FLOOR SLAB</b>				

	Stone for walling	pcs	4000.00	55.00	22000.00
	Sand	tonnes	25.00	28,000.00	700,000.00
	Cement	bags	200.00	750.00	150,000.00
	Wallpass	rolls	6.00	3,500.00	21,000.00
	Ballast	tonnes	25.00	26,000.00	650,000.00
	Polythene plaper	metres	100.00	100.00	10,000.00
					<b>1,741,000.00</b>
<b>Steel bars</b>					
	Y16	pcs	15.00	1,300.00	19,500.00
	Y12	pcs	72.00	820.00	59,040.00
	Y10	pcs	135.00	680.00	91,800.00
	Y8	pcs	100.00	460.00	46,000.00
	Binding wire	rolls	4.00	3,500.00	14000.00
	Blade	pcs	15.00	100.00	1,500.00
					<b>231840.00</b>
<b>Timber</b>					
	6 x 1	ft	3000.00	25.00	75,500.00
	3 x 2	ft	1,250.00	25.00	31,250.00
	8 x 1	ft	500.00	35.00	17,500.00
	Gum poles	pcs	160.00	200.00	32,000.00

	Traps	pcs	140.00	380.00	53,200.00
					<b>209450.00</b>
<b>Nails</b>					
	4"	kgs	40.00	150.00	6,000.00
	3"	kgs	50.00	150.00	7,500.00
	2"	kgs	8.00	150.00	1,200.00
					<b>14,700.00</b>
<b>Plumbing/ electrical pointing material</b>					<b>21,000.00</b>
<b>Labour</b>					<b>326,925.00</b>
<b>Sub Total</b>					<b>2,544,915.00</b>
<b>3</b>	<b>GROUND FLOOR WALLING AND FIRST FLOOR SLAB</b>				
	Stone for walling	ft	3,800.00	55.00	209,000.00
	Sand	tonnes	20.00	28,000.00	560,000.00
	Ballast	tonnes	20.00	26,000.00	520,000.00
	Cement	bags	180.00	750.00	135,000.00
	Wallpass/ hoop iron	rolls	4.00	3,500.00	14,000.00
					<b>1,438,000.00</b>
<b>Steel bars</b>					
	Y16	pcs	15.00	1,300.00	19,500.00
	Y12	pcs	72.00	820.00	59,040.00

	Y10	pcs	135.00	680.00	91,800.00
	Y8	pcs	100.00	460.00	46,000.00
	Binding wire	rolls	3.00	3,500.00	10,500.00
	Blade	pcs	15.00	100.00	1,500.00
					<b>228,340.00</b>
<b>Timber</b>					
	6 x 1	ft	300.00	25.00	7,500.00
	3 x 2	ft	200.00	25.00	5,000.00
	8 x 1	ft	150.00	35.00	5,250.00
					<b>17,750.00</b>
<b>Nails</b>					
	4"	kgs	20.00	150.00	3,000.00
	3"	kgs	25.00	150.00	3,750.00
	2"	kgs	5.00	150.00	750.00
					<b>7,500.00</b>
<b>Plumbing/ electrical pointing material</b>					<b>21,000.00</b>
<b>Labour</b>					<b>236,995.00</b>
<b>Sub Total</b>					<b>1,949,585.00</b>
<b>THE SAME APPLIES TO THE SECOND FLOOR</b>					<b>1,949,585.00</b>
<b>THIRD FLOOR</b>					<b>1,949,585.00</b>
<b>SUB TOTAL FOR 3FLOORS</b>					<b>5,848,755.00</b>

	<b>Roofing</b>	
	Materials for Roofing	385,900.00
	Labour for Roofing	85,800.00
	<b>Sub Total</b>	<b>471,700.00</b>
	<b>GRAND TOTAL</b>	<b>9,949,085.00</b>

**Donations**

For cash deposits/transfers please use the following information

Beneficiary Bank: **Co-Operative Bank of Kenya**  
A/C Name: **Shammah Children Centre**  
A/C No: **01109126408100**  
Branch: **Kibera**

**Alternatively you can use**

A/C Name: **Jemimah Kavithe**  
A/C No: **01109099225600**  
Bank: **Co-Operative Bank Kenya LTD**  
Branch: **Kibera**

**Contact Person**

Jemimah Kavithe Mweu

**Designation**

Director

**Email**

Jemimah\_kavithe@yahoo.com



## **Attachment 3**

### **Shammah Children Centre Kangundo**

#### **Who are we?**

Shammah children centre is a school located near Kangundo market Kangundo location, Kangundo district, Machakos county. It was implemented with the aim of poverty eradication, illiteracy eradication within its environments where there are many school dropouts who have indulged themselves in drugs and commercial sex . Most of the children in the area are not taken to school because their parents don't understand the importance of basic education. Shammah was implemented to cater for such young children whose parents are illiterate and give basic education to eradicate poverty, illiteracy, and equip them with skills which will enable them to be independent in future and to earn a living for themselves. The school also organises awareness campaigns on drug abuse and HIV/ AIDS by inviting health workers during parents day to talk to them on dangers of drugs and the killer disease which is threatening most of the families due to the high death rate in the area of operation. At the moment the school is taking care of one hundred children between the age of three to eight years feeding and educating them at the same time, the school has four voluntary workers who take care of the children and work as a team.

#### **Our vision**

To educate , feed, and eradicate poverty , and eliminate drug consumption in Kalimani village, Kangundo location

#### **Our history**

The implementer , Florence Mwikali Mweu ,had been a nursery school teacher for twenty six years, in a nearby school, where the school was charging a lot of money so the less fortunate could not afford the charges till 2008. The school favoured only 50 children whose parents were working in a nearby hospital and a police station. All the time when going home children and parents could wait her on the way and say," teacher, take us/our children to school". She kept on telling them to wait for she was trying to look for a way which could help those children get basic education and skills.

Finally Florence could not any longer agree with the policy of the nursery school management where she was working , parents were paying the school fees in time but the teacher who was taking care of the children was underpaid after working for along time with them. Due to poor payment she was not able to take care of her family. She wanted to strive for the right on education for every child but due to the rate of poverty she was not able to meet her desire

to help the children who used to wait her on her way home to tell her to take them to school. After several years of struggling on a way out of poverty she received a small amount of money from a sponsor, where she used some of the money to clear her bills and the remaining amount she rented herself a small house to start her own school because she is a fully trained ECDE teacher. She went to the parents of the children who used to wait her to tell them that she had opened a school and from then Shammah started with only four children. Majority were grandparents bringing their grandchildren whose parents had died of HIV/AIDS. Before the first month ended, more than thirty children, mostly orphaned, had reported.

Now a big problem arose, no where to keep the big number of children coming to school, for Florence had rented a very small room, the children were hungry and malnourished. She was taken by a friend to a lady who had a rental shop, negotiated rent and when she agreed, Florence transferred the kids to the new premises, this time a bigger room. Went to the area Chief to get assistance, but said he had supplied all the relief food to government schools so he could not assist her. Florence did not despair, went to a wholesaler , explained the problem, given ten kilograms of maize meal to make porridge for the children. She continued looking for food to feed the children from well wishers. The school is growing and it is currently taking care of one hundred and thirty children.

### **How do we live**

We live a life below poverty line due to lack of enough funds and lack of adequate learning materials playing equipments, space and food stuffs. We are currently squeezed in two rental rooms which have been too small to make the learning to take place effectively. We group the children according to the age, interest and ability in the same rooms for the learning to take place how ever we have been able teach and feed the children, feed ourselves. We have been collaborating with different partners to help us look for people who can help us see the dreams of these poor children is accomplished by supporting the school by offering some funds, food stuffs, learning materials, clothes and shoes. Children feel motivated when they get such items from the school and they get encouraged to attend lessons on daily basis. The staff at the same time benefit from the things which are contributed towards the school because they earn as little as 10 euro of which is very little for sustainability according to today's economy.

**Who is the founder and other staff?**

The founder is Florence Mwikali who is a widow aged 51 years and is fully trained in early childhood education and child rights.

The other staff are Elizabeth Mbithe, Elizabeth Nzilani, Eunice Mueni, Benard Mutua.

**Where is financial support coming from?**

The financial support currently comes from some of the parents whose children are in the school and from FAPADAG from Holland who has been supporting the school since it started.

**Future plans and request?**

To buy a land and move the school from the market to a better place which is conducive for effective learning and spacious where by children can learn and play freely. We are also looking forward to start income generating activities like beadwork poultry rearing, pig keeping, soap making, sewing among others which will be able to raise some funds to support the school.

Am appealing to well wishers to come in and make the dreams of these young hopeless needy children's future to be of hope in the coming future.

**Justification**

Kangundo town being the oldest town in the area is the last in development leading in poverty, drug abuse, drug peddling, illiteracy, lack of employment, prostitution among others, the above activities will be of great value to both the children and the entire community.