

Medical, Orphanage and Hospital Volunteering in LIMURU, KENYA



At African Impact, we see ourselves as the on-the-ground AFRICAN SPECIALISTS in volunteering. African Impact was founded in 2005 and we have had over 6000 volunteers join our volunteer programmes in Africa. We have operation offices in Cape Town, South Africa, with supporting operations offices in Kenya, Mozambique, Tanzania, Zimbabwe and Zambia. Our staff and volunteers 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 few 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 task in some very overburdened and understaffed children's homes.

African Impact

PHYSICAL ADDRESS 6 Carlton Close, Noordhoek, 7985, Cape Town, South Africa.

TELEPHONE +27217854319 Direct Line or CALL us TOLL FREE 08000988440 (UK) or 1-800 6067185 (USA)





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 surround 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 currently studying medicine or qualified in a medical field suited to the Hospitals needs and requirements for a minimum of a 6 week placement .
- Assist in various orphanages and pre-schools in Limuru, by helping with improving or enhancing the 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 Friday 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. The other four days you will invest your time at one of our medical placements, schools or community project where you will really be able to get stuck in, form relationships and and work together with the project.

Your medical background will determine your placement at the various public health centres or hospital. If you have no medical background at all, you will be placed at one of the orphanages, pre-schools or community projects.

African Impact

PHYSICAL ADDRESS 6 Carlton Close, Noordhoek, 7985, Cape Town, South Africa.
TELEPHONE +27217854319 Direct Line or CALL us TOLL FREE 08000988440 (UK) or 1-800 6067185 (USA)





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

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 who are wishing to undertake a medical elective, however an extra administration fees is to be paid to the hospital, which is about 50USD and there is a minimum placement of 6 weeks.

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.

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. The exposure to medical care in an African country is certainly an eye-opener.

Medical Outreach: 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)



[African Impact](#)

PHYSICAL ADDRESS 6 Carlton Close, Noordhoek, 7985, Cape Town, South Africa.

TELEPHONE +27217854319 Direct Line or CALL us TOLL FREE 08000988440 (UK) or 1-800 6067185 (USA)



One of the programme's most obvious attributes is its ability to expose participants to a diverse array of health care issues while 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.

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 counselling 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 clinic's 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/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 and children's homes.

There are several orphanages and centers for vulnerable children 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 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 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.
- General care such as cooking for the children's meals or organizing sports and play activities to promote the well being of the children.
- 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 and 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.

African Impact

PHYSICAL ADDRESS 6 Carlton Close, Noordhoek, 7985, Cape Town, South Africa.

TELEPHONE +27217854319 Direct Line or CALL us TOLL FREE 08000988440 (UK) or 1-800 6067185 (USA)



Teaching and Community Support in the Nairobi Slums

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 aims to assist over 300 elderly and destitute people living in villages surrounding Limuru.
- Assisting in a baking program establish by the church committee completely supports a preschool which 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 empower to speak up and speak out on issues on HIV/AIDS/ Poverty and Women abuse to 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 improve their quality of life.

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.

This is merely to give an example:

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.

African Impact

PHYSICAL ADDRESS 6 Carlton Close, Noordhoek, 7985, Cape Town, South Africa.

TELEPHONE +27217854319 Direct Line or CALL us TOLL FREE 08000988440 (UK) or 1-800 6067185 (USA)



Monday – Thursday

- **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 hour drive
- **9.00** - 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 chief, or volunteers take their own snacks and our chief prepares a hot lunch 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: Every second Wednesday you will have the opportunity to get involved in the Feeding program, after which you will head to your regular project.

Friday: Nairobi slums or community Project

- **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
- **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 co-ordinator/driver.
- **Evenings** as above – you will arrive home from the slums by approximately 17:00

* If you opt for a local community project you will be involved in taking the children on and outing to the park, organising sports days or crafts or enjoying time with the children at the special unit school in the rift valley.

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

Saturday and Sunday

If you are not away on safari, resting or on a local excursion you also have the option of assisting in the vaccination clinic at the clinic in the slums on Saturday and on Sunday you have a choice of lending a much needed hand at Half way House baby rescue centre assisting in the child care activities.

Project Costs:

Placements in 2011

(You are welcome to volunteer for anything from 2 weeks up to 8 weeks on this project).

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.



African Impact

PHYSICAL ADDRESS 6 Carlton Close, Noordhoek, 7985, Cape Town, South Africa.
TELEPHONE +27217854319 Direct Line or CALL us TOLL FREE 08000988440 (UK) or 1-800 6067185 (USA)



- 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

African Impact

PHYSICAL ADDRESS 6 Carlton Close, Noordhoek, 7985, Cape Town, South Africa.

TELEPHONE +27217854319 Direct Line or CALL us TOLL FREE 08000988440 (UK) or 1-800 6067185 (USA)



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.

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, at the African Impact volunteer house. 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. All your meals are provided by Brackenhurst at the volunteer house. Included are twice a week laundry service and housekeeping services on a daily basis. The house has 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 volley ball, tennis, 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.

*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. **Violation of the rule is a serious offense and may result in the termination of your placement if not adhered to.***

**African Impact**

PHYSICAL ADDRESS 6 Carlton Close, Noordhoek, 7985, Cape Town, South Africa.
TELEPHONE +27217854319 Direct Line or CALL us TOLL FREE 08000988440 (UK) or 1-800 6067185 (USA)

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. There will also be a notice board up in the volunteer house showing you your options for Wednesday away and daily excursions. **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...

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.

African Impact

PHYSICAL ADDRESS 6 Carlton Close, Noordhoek, 7985, Cape Town, South Africa.

TELEPHONE +27217854319 Direct Line or CALL us TOLL FREE 08000988440 (UK) or 1-800 6067185 (USA)





African Impact

PHYSICAL ADDRESS 6 Carlton Close, Noordhoek, 7985, Cape Town, South Africa.
TELEPHONE +27217854319 Direct Line or CALL us TOLL FREE 08000988440 (UK) or 1-800 6067185 (USA)