

PORRIDGE AND RICE (UJI NA MCHELE)

England & Wales · Charity number 1155841

Details

Other names UNM

Status Registered

Legal form CIO

Registered 2014-02-18

Register [View on the Charity Commission register](#)

Contact

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Activities

Objects: THE OBJECTS (THE 'OBJECTS') FOR WHICH THE CHARITY IS ESTABLISHED ARE: (A) THE ADVANCEMENT OF EDUCATION OF CHILDREN AND YOUNG PEOPLE LIVING IN KENYA, AFRICA IN PARTICULAR BUT NOT EXCLUSIVELY BY ESTABLISHING AND ASSISTING WITH THE BUILDING, MANAGEMENT AND RUNNING OF COMMUNITY AND OTHER SIMILAR SCHOOLS.(B) THE RELIEF OF SICKNESS AND THE PROMOTION OF THE HEALTH OF CHILDREN AND YOUNG PEOPLE LIVING IN KENYA, IN PARTICULAR BUT NOT EXCLUSIVELY BY ASSISTING IN THE PROVISION OF MEDICAL SERVICES AND TREATMENT, NUTRITION AND NUTRITION SERVICES AND ACCESS TO ADVICE AND ASSISTANCE IN ACCESSING SUCH MEDICAL AND NUTRITIONAL SERVICES.(C) THE ADVANCEMENT OF EDUCATION, RELIEF OF FINANCIAL HARDSHIP, SICKNESS, POVERTY AND DISTRESS AMONG CHILDREN, YOUNG PEOPLE AND ADULTS, IN PARTICULAR KENYA, AFRICA.(D) THE RELIEF OF FINANCIAL HARDSHIP AMONGST THE PEOPLE AND COMMUNITIES LIVING IN KENYA, AFRICA AND SUCH OTHER LOCATIONS IN KENYA BY THE PROVISION OF TRAINING, ADVICE AND MICRO FINANCE ENABLING THEM TO ESTABLISH AND GROW THEIR OWN BUSINESSES.MICRO FINANCE INCLUDES LOANS AND/OR EQUITY FUNDING FOR SMALL ENTERPRISES AND/OR THEIR PROPRIETORS, AS APPROPRIATE FOR THE INDIVIDUALS AND FIRMS SEEKING ASSISTANCE.

Activities: PaR supports 4 community schools in the Nairobi slums, Kenya with a feeding program. In addition, it assist with teacher development, facilities maintenance, and health education in community

schools where we have established feeding programs already. PaR also supports orphans in Ternopil, Ukraine for the care, education and entertainment.

Classification

- **How:** Makes Grants To Individuals, Makes Grants To Organisations, Provides Other Finance, Provides Human Resources, Provides Services, Provides Advocacy/advice/information, Acts As An Umbrella Or Resource Body, Other Charitable Activities
- **What:** General Charitable Purposes, Education/training, The Advancement Of Health Or Saving Of Lives, The Prevention Or Relief Of Poverty, Other Charitable Purposes
- **Who:** Children/young People, Elderly/old People, People With Disabilities, The General Public/mankind

Geography

- Kenya
- Ukraine

Finances

Period end	Income	Expenditure	Assets	Employees
2024-09-30	£25,584	£22,027	-	-
2023-09-30	£36,011	£31,187	-	-
2022-09-30	£23,691	£18,629	-	-
2021-09-30	£31,094	£27,967	-	-
2020-09-30	£36,252	£29,614	-	-

Trustees

Name	Role	Appointed
Kenneth Grant Alfred Surridge	Chair	2014-01-06
Brigitte Rose Pickersgill		2014-01-06
Judith Ann Hanlon		2016-03-30
MR Vishvas Arora		2014-02-24

PORRIDGE AND RICE (UJI NA MCHELE)

England & Wales - Charity number 1155841

Accounts



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 2024

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Figure 1: Picking up clothing collected in the UK and delivered to Ukraine for distribution among orphans

1 Introduction

Porridge and Rice continued its work in Kenya and Ukraine focusing on disadvantaged children, in Kenya children in the slums attending schools that are not supported by the government and in Ukraine, orphans who are growing up without the benefit of parental care.

The work of the charity in Kenya is defined by the seven programmes - Feeding and Nutrition, Health and Hygiene, Facilities and Furniture, Education and Sponsorship, Extracurricular Activities, Accountability and Sustainability, and Rights and Gender. Feeding and Nutrition remains the lead programme, serving breakfasts to nearly 2000 children each school day. The impact of the feeding programme continues to be significant enabling children to focus on learning without a grumbling stomach.

The work of the charity in Ukraine continues to evolve as it begins to understand the challenges and needs of orphans in the country especially with the ongoing war. Initially, the focus was on orphans in institutions, addressing their physical, educational and psychological needs. Then, it moved to including orphans leaving their institutions and integrating into regular life. Now, it has begun to include orphans that have been taken into foster families as the government moves to significantly reduce the number of orphanages in the country.

The income of the charity has yet to return to pre-COVID levels. The charity used to raise considerable funds from summer and school fairs, but it no longer does these events, and is exploring new ways to raise funds that are not labour intensive and more stable such as raffles.



Figure 2: Pupils at Lizpal queue for Uji at breakfast time.

2 The UK

It was a while ago, but remains a fact that COVID fundamentally changed how the charity operates with the UK mainly in two areas, volunteers and fundraising.

In respect of volunteers, the charity no longer has access to large numbers of volunteers willing to provide their time to help with activities from sorting books to staffing stands at fairs. The volunteer base the charity used to have was predominantly made up of secondary school pupils and university students. Furthermore, there is no plan to rebuild this volunteer base but rather to find new ways of operating relying on a much smaller group of volunteers available for a limited amount of time. This has required that charity to make changes to the way it operates in the UK.

As summer and school are labour intensive, the charity has phased them out. The charity had a stand at two fairs last year, but this year has attended none, and does not plan to have stands at any future events. As the charity used to raise considerable funds from public events and school fairs, it has had to rethink how it generates the income it needs to fund its activities.

The charity is moving away from raising funds that are labour intensive. The future model is not based on requiring many people to perform its activities. The charity has a number of ideas which it is exploring and testing from expanding its source of donations to selling second hand goods on-line. The charity is looking to build relationships with organisations that support charities as a regular part of doing business, monthly standing order donations, and events that are not labour intensive. It will take time to evaluate each option and implement them.



Figure 3: Shopping with orphans for gifts for St. Nicholas Day in Ukraine

Second hand books sold on-line has been a valuable source of income for the charity for the year. The charity receives a steady stream of book donations so has no shortage of books to sell, however, the process is quite labour intensive.

The books first have to be sorted with the majority not being worth listing for sale. Once sorted, books that are not worth selling have to be packed in black totes to be collected by a company that buys them for recycling. Books that are worth selling, then have to be listed, with prices monitored daily to remain competitive. When sales take place, books have to be located, packaged and despatched at the local post office. Most of the tasks can be done by one or two people, but they involve considerable time.

Older books especially ones that are out of print, are the most valuable generating good income for the charity. New books sell too cheaply often below the cost of standard postage so are usually sent to be pulped and recycled. While books sell steadily, the charity does not sell sufficient volume to gain access to bulk postage rates, so cannot compete with much larger companies.

Standing orders have proved to be a valuable source of income for many charities, and Porridge and Rice is looking into ways of increasing the number of people that are willing to sign up to monthly contributions which can also be increased with gift aid. It is believable that while this will be slow, it can become a valuable source of income, if not, the main source of income for the charity.



Figure 4: Easter celebration meal at the retreat for the orphans

3 Kenya

The continued success of the work done by Porridge and Rice in Kenya is due to the stability of the local leadership team under its chair Mr Titus Kimongo, Head of Excel School. After years of working with Porridge and Rice, Mr Kimongo understands how the charity operates and its goals, and the charity has an excellent relationship with him as he has proven to be extremely trustworthy and competent. He manages local activities such as the purchase and distribution of food supplies.

The charity work in Kenya is divided in seven programmes - Feeding and Nutrition, Health and Hygiene, Facilities and Furniture, Education and Sponsorship, Extracurricular Activities, Accountability and Sustainability, and Rights and Gender. The seven programmes have been in place for a number of years now, and are thus firmly established and well defined.

The Food and Nutrition Programme remains the lead programme in Kenya. The programme currently focuses on breakfast providing around 2000 school children each day with a filling and nutrition morning meal of Uji. The impact of the programme continues to be huge with children no longer required to sit through lessons while their stomachs' rumble, and receiving an important source of essential vitamins and minerals.

The work of the charity in Kenya has proven its value, and with Mr Kimongo at the helm of operations in Kenya, the programmes will continue to operate effectively for many years to come. The charity is fortunate to have him as part of the team.



Figure 5: Uji served at Excel school during the school morning

Excel is well settled into its new location. The new location and facilities have solved several problems, not just the issue of the sewage drain at the entrance of the old school. The new location is more open with more space for school events and activities, and the buildings are stronger and in better condition. The new buildings has enabled the school to set up the science laboratories that the new curriculum requires. The school was forced to move by local authorities, and while it seemed unfair and difficult at the time, it has proved to be the best thing that could have happened.

Compassion, also known as Greener Life School, moved to a new location this past year. The school had struggled in the church grounds ever since a new minister took charge. Unlike, previous leadership which supported the school, he seemed to want the school off the premises although it was never clear exactly why. Despite numerous meetings attempting to reconcile the school's needs with the new minister's goals, no agreement was ever reached, so the school was forced to look for alternative facilities. The school started by building some small rooms outside the church but these were too small to meet the school needs as well as being dark and poorly constructed. When the current location came free, the head of the school jump at the chance to rent the property for the school. The school is doing extremely well in this new location.

Lizpal has also moved to a new location, although very close to where it was located before. The slum where Lizpal is based is slowly being sold off to developers. It is adjacent to a developing area hungry for new flats and facilities, so it is likely that it will eventually disappear as developers buy up the land and its residents will be forced to relocate elsewhere. Whether it will take a year or five years for the slum residents to be forced out no one can know, but the evidence is clear that it is just a matter of time. The land where Lizpal was located has been sold off, and so it moved to new premises nearby. The question is how long will it be before the land where Lizapl now is, will be sold off.



Figure 6: New location of Compassion School

4 Ukraine

Tragically, the war in Ukraine continues with no end in sight at present. Hopefully, Ukraine will see peace in the near future, but in the meantime, the charity needs to adapt to work within the constraints that the war brings.

Despite the continuous and widespread attacks by Russia on infrastructure, electricity supplies, and homes, people have adapted finding solutions to live with the onslaught from the aggressor. For example, warning systems with alarms sounding through phones work well giving people notice to head towards safe shelters, and most establishments now have generators for when the national electrical system is unable to supply them.

The initial plan was to set up a branch of Porridge and Rice in Kenya, but after discovering Orphans Future Ukraine, this has been shelved. Orphans Future Ukraine is a well-established local charity founded and run by former orphans. It has strong local connections, all its members are Ukrainian, and a proven track record. Most importantly, it shares the goals of Porridge and Rice to support disadvantaged children, and is happy to collaborate.



Figure 7: Orphans join ladies making Vareniky for soldiers on the front line in Ukraine

In the early days of the war, the charity provided support to cope with the consequences of the Russian attacks. For example, the charity provided power supplies and rechargeable torches to all orphans. In addition, it provided food that did not need cooking and warm clothing. The focus was to enable orphans in institutions to cope with the consequences of the enemy's attacks on their country.

Porridge and Rice works with orphans in institutions in the West of Ukraine, the two largest of which are the Ternopil Orphanage and the Berezhany Ilium in the Ternopil Oblast. While most of the orphans that are supported come from these two institutions, the charity does support some orphans from other parts of Western Ukraine, although at this stage there are fewer of them.

The work of the charity started with orphans in institutions as this is where the need appeared to be the greatest. With the war, the government has been forced to prioritise spending on defending the country so all services, including those for orphans, have suffered. The charity established a programme named the Forward programme, the name chosen to capture the idea that the charity wishes to see the children progress or go forward to develop a happy and stable future in society. Under the Forward programme, the charity has provided clothing, hygiene supplies, pocket money, medical support, educational support, and recreation from trips to Lviv and a plastic swimming pool. The charity has tried to provide a mixture of essential resources to the orphaned children as well as extras like pocket money. The pocket money programme has proved to be particularly successful with orphans as it has empowered them to do participate in activities that most children in families take for granted like stopping at a shop to buy an ice cream or buy a flower for someone they fancy.



Figure 8: Orphans with their St Nicholas shopping

The charity then expanded its work to support orphans transitioning from their institutions to ordinary life whether it is choosing a kettle to finding a university place. The charity has helped students find places in tertiary institutions and make a successful. For example, the charity takes each leaving orphan for a grocery shop to purchase basic supplies like sugar, along with long lasting supplies like pasta and rice. This both helps them understand how to shop wisely and gives them a head start. This work fits well with the initial work of the charity, now supporting orphans from institutions to ordinary life, providing continuity of support, something that is lacking in Ukraine.

Before the war, the government strategy was to encourage the adoption of orphans to families inside and outside the country. Large numbers of Ukrainian orphans have been adopted by US families and are growing up in the US as US citizens. The war put an end to this approach and switched to increasing and expanding foster families. The current goal is to greatly reduce the number of orphans in institutional care and have them instead grow up in foster families. In the last two years, large numbers of orphans have been moved into foster families with family sizes regularly in double figures. While the majority of foster parents appear to be sincerely committed to doing the best for the children in their care, the size of the families presents real challenges.

In addition, the financial support provided to foster families is low limiting what families can provide. Budgeting is a real challenge for these families, and many, if not all, can be described as poor. Both limited finances and large family sizes present considerable challenges to foster families with orphans. Orphans Future Ukraine, the Porridge and Rice partner organisation, already works with orphans in institutions, transitioning to ordinary life, and foster families. Porridge and Rice is considering doing the same.



Figure 9: Orphans at Dobre Pizza for lunch

5 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 intermittently updated to reflect events of interest about the charity. Porridge and Rice is also active on Instagram with periodic updates.

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 10: Children at Lizpal enjoy a hot cup of Uji

6 Governance and management

In the UK, Porridge and Rice is run by four trustees, chaired by Ken Surridge. 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. Trustees are all volunteers.

The current trustees of the charity are in alphabetical order

- Brigitte Pickersgill
- Jude Hanlon
- Ken Surridge (chair)
- Vish Arora

Porridge and Rice welcomes people who wish to volunteer with the charity, and volunteers are invited to participate in relevant events. The charity occasionally hires people to assist with tasks like sorting books.



Figure 11: Taking orphans for an afternoon at the local water park

7 Operational review

In Kenya, 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.

The charity programmes remain established, and continue. 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).

In Ukraine, Porridge and Rice is partnered by Orphans' Future Ukraine. The charity shares the same values and goals, and is well-established with strong local contacts, so it is more effective to partner with them than set up an independent charity as originally planned. The focus is on orphans.



Figure 12: Science lesson outdoors at Excel school

8 Financial Review

Income for Porridge and Rice has yet to return to pre-COVID levels mainly because the charity has stopped doing public and school fairs. These fairs used to raise a significant portion of the charity's income.

The charity is looking at new ways to raise money, ways which require low levels of staffing while keeping costs low. It is testing a range of ideas which it will implement over time and evaluate. The goal is to build income streams that require staffing levels.

At present, the charity is exploring ways of increasing the number of people who make monthly contributions by standing orders, co-operating with businesses that raise money for charities, and events like raffles.



Figure 13 : Orphans preparing dinner at the Orphans Future retreat

9 Accounts for 1 October 2023 to 30 September 2024

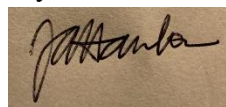
These accounts were prepared on a receipts and payments basis using an exchange rate of KES153.26 to £1.

Receipts	GBP
Balance Year End 2023	4,824.41
Amazon	316.38
Donations	17,454.75
Gift Aid	846.62
WOB	179.44
Standing Orders	1,963.00
Total Receipts	25,584.60
Payments	GBP
Finance Charges	219.31
Travel	2,092.39
Website	229.98
Wages	1,380.00
Equipment	848.59
Admin	606.80
Kenya	
Education and Sponsorship, Kenya	-
Facilities and Furniture, Kenya	184.82
Health and Hygiene, Kenya	154.16
Rights and Gender, Kenya	-
Extracurricular Activities, Kenya	-
Sustainability and Accountability, Kenya	-
Feeding and Nutrition, Kenya	5,932.09
Ukraine	
Provisions	1,912.68
Essentials	5,619.38
Support	936.89
Forward	1,910.78
Total Payments	22,027.87
Balance Total	3,556.73

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



Ken Surridge (chair)
Date: 18 September 2025



Judith Hanlon (trustee)
Date: 18 September 2025



Figure 14: Orphans attending art classes in Ternopil



Figure 15: Andriy Nazarenko of Orphans' Future talking to orphans about the Forward Programme



Figure 16: On a trip to Kyiv to take an orphan to his new university



Figure 17: Andriy of Orphans Future talking to orphans about the Forward Programme

PORRIDGE AND RICE (UJI NA MCHELE)

England & Wales - Charity number 1155841

Accounts



PorrIDGE and Rice

Feeding for Education

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Figure 1: Teacher Titus, headteacher of Excel School, serves breakfast to pupils

1 Introduction

Surviving COVID was a challenge for the charity as it lost major sources of fundraising, marketing, and volunteers. It took careful thought and new initiatives to raise money and continue to fund the operations of the charity. Thanks to a shift to on-line sales and remote co-ordinated working, Porridge and Rice made it through.

While the COVID pandemic restrictions ended in the UK in July 2021, the impact of the pandemic is still being felt in many ways by the charity and will be for a long time into the future. The charity is dealing with three big changes namely, fairs are fewer and have introduced new requirements, buying on-line has increased, and volunteers are now in short supply.

Fair organisers have for good reasons introduced new requirements, and raised their charges, presumably to deal with money lost when they could not operate during COVID. Stalls and attendees also seem to have decreased, possibly as, like Porridge and Rice, stall holders have found other sources of income.

The pandemic gave on-line shopping a huge boost. Porridge and Rice benefited considerably by selling second-hand books and plants. During the pandemic, it took quite a lot of organising to pick, pack and post orders, but this is now much easier with the restrictions being lifted.



Figure 2: Hand-knitted winter hats for sale at Church Street Christmas Fair

In light of these changes, the charity has had to adapt. It has done fewer fairs and looked to earn more through on-line sales. There has been a lot to learn and there have been many teething problems. Despite the challenges, the charity has succeeded in raising money to fund work in both Kenya and Ukraine.

The biggest challenge is that volunteers are now fewer. After not being called on for such a long time, volunteers have filled their lives with other activities and are not as readily available. The charity used to have a steady stream of people of all ages ready to assist with tasks from book sorting to fairs. There seem to be fewer people willing to volunteer, and even those willing to volunteer have lower availability than before.

2 The UK

Porridge and Rice attended two Christmas Fairs mainly selling craft items made by supporters, charity members and trustees. Both fairs were well attended by members of the public and products on offer sold well. The charity did not have enough volunteers to run its Petting Farm or sell plants. Some books were offered for sale, It was pleasing to hear from members of the public how many people at the fairs remember the charity despite the long break from view thanks to COVID. There were fewer stalls at both fairs than before although they were both well attended by the public.



Figure 3: Plants for sale at a Christmas Fair

The focus for raising money was second-hand book sales on Amazon, and plants and seeds on eBay.

eBay proved exceptionally profitable during the pandemic, but sales slowed afterwards. In addition, it got harder to get stock to sell as most came from people's gardens, and plants needed to regenerate. Despite that sales of plants and seeds on eBay were steady. Other products were offered for sale on eBay from items donated to the charity. Children's toys simply never sold, and the charity stopped taking them. Clothing seemed to be very hit and miss. Some items sold at excellent prices while others simply generated listing fees. Second-hand book sales on Amazon were both the most successful and the most challenging for the charity with books occasionally selling for over £100.

There was no shortage of book donations, in fact, quite the opposite with books coming in faster than they could be sorted. Sorting is a very labour-intensive task as each book needs to be checked to see what price it can achieve to see if it is worth listing. Because books can be expensive to post due to their weight, most donated books simply would not raise enough money to be worth listing. Books not worth listing were sold to World of Books raising very little money. The older the book the better. New books are simply too abundant and command very low prices, while older books frequently out of print are in short supply and in steady demand.

Once listed, prices must be checked each week because competitors list the same book for a few pence less. In some cases, a book will fall below its profitable level when several suppliers start to undercut each other. Bigger suppliers than Porridge and Rice review their book prices daily to attempt to make sure they are the cheapest on offer. Selling second-hand books is profitable but labour intensive.



Figure 4: Breakfast is served at Lizpal School

Working with Amazon is not easy. It is such a large organisation that it is hard to find assistance when required. Simple tasks can take a long time. Trustee names proved a problem, for example, as the Amazon staffer asking to verify charity details seemed to see the fact that some Porridge and Rice trustees not having a middle name as cause for concern and froze the charity store while this was investigated. While it was eventually resolved with a lot of communication and evidence like passport copies being submitted, the charity store being closed for over a month while the matter was being resolved, cost the charity money. The store was closed more than once without warning by Amazon for perceived issues, and each time the race was on to address the cause.

In addition, Amazon focuses on keeping its customers happy sometimes at the expense of its sellers. The charity received a donation of high-end stationary from a store that was closing, and listed items like pencils for in excess of £10 an item. One customer ordered over £50 worth of pencils, and despite the listing being clear that they were being sold individually, insisted that it was reasonable to expect a box of each. After many messages to and fro, the charity asked her to return the goods for a full refund of the order and the cost of posting them back to the charity. The customer complained to Amazon who sent her a full refund and told her that she could keep the pencils. The charity complained, and the complaint was rejected on the basis that Amazon had already made a decision. Based on feedback from other Amazon sellers this is not an uncommon experience with Amazon showing little regard for sellers especially smaller ones. While selling on Amazon is hard work, it remains worthwhile because of second-hand books.



Figure 5: Pupils at Excel School gather for school assembly

3 Kenya

The charity continues to support 5 schools in the Nairobi slums, with the feeding programme being the lead programme. Around 2200 pupils are fed each day, as below

	Pupils	Boys	Girls
Lizpal	346	157	189
Heri	1275	661	614
Greener Life	103	58	45
Forrester	156	78	78
Excel	326	177	149
Totals	2206	1131	1075

Drought in Kenya pushed food prices up, which meant big cost increases for the charity. For example, the price of a 2kg packet of maize and wheat flour hit 200 shillings (US\$2) from a low of 120 shillings in about three months. That is a 67% increase. The 12-month overall inflation rate reached 7.91% in June 2022 with basic food stuffs like those purchased by Porridge and Rice hit hardest. Despite the large increases in food prices, the charity continued to feed throughout the year.



Figure 6: Lunch served during exam time at Excel School

Exams are a stressful time for staff and pupils. The charity agreed to provide extra food for pupils sitting exams both KCPE and KPSEA national exams. All schools continue to achieve excellent results when compared to other local schools including government run schools.

Excel School has for years been plagued by unhygienic waste comprising run-off from surface water drainage and pit toilets in a channel at the entrance of the school. The school and the charity have constantly sought solutions, both because the situation is unpleasant because of the smell and unhealthy as it contains large amounts of faecal matter. The charity has actively cleared the drain, tried to direct it, and constructed bridges over it. The school and the charity have appealed to the landlord and local authorities to clean and re-direct the free-flowing sewage. Considerable effort has been made since Excel became a partner school, promises have been made by various people and authorities, but nothing has resolved the problem.

Early in the school year, the local inspectors from the education department stated that the situation was unacceptable and threatened to close the school down if the situation was not resolved within a month. Initially, the situation seemed impossible to resolve but fortuitously a nearby school closed leaving an empty school building and Excel jumped at the opportunity to relocate. Not only did this resolve the issue highlighted by the inspectors, but it improved the school facilities as the buildings in the new locations were of a higher standard and there was more space around the school. What seemed like a bleak moment for the school, when it seriously looked like Excel might have to close, turned out to be excellent for the school.

Everything had to be moved from one school to other which required hiring labour to help for a few days. In addition, the school needed new desks and benches for the new location, with more space to fill and some furniture aging. The charity helped with the costs of moving and new furniture.



Figure 7: The new location of Excel school

Excel settled quickly into the new location. The teachers and pupils appear to be happy.

Girls at Porridge and Rice partner schools continue to receive sanitary pads regularly. The charity continues to buy from an organisation whose goal is to provide sanitary pads at affordable prices for local people who cannot afford commercial brands sold in supermarkets. Both the product and the price are good.

It is difficult for poor people to access good quality medical care in Kenya. The government hospitals do not tend to provide very good medical care, and they are not free. While the charges are much lower than private hospitals, they are still higher than most people living in the slums can afford. In addition, they require payment in advance. The charity has built a relationship with Karen Surgery, a family medical practice, located in the wealthy suburb of Karen. Karen Surgery has agreed to see and treat people sent to them by the charity, and to help locate medical services that they do not provide. The practice sees the people referred to them, and later invoices Porridge and Rice. Two teachers and a teenage pupil have been treated by the medical practice, with a range of conditions from suspected breast cancer to stomach ulcers.

The charity continues to assist with other areas of need like staff salaries. Some parents have taken a while to find work since COVID, and when they do, often have debts to pay off because they could not work during COVID. As a result of this the total amount collected in fees has been lower for some schools than before COVID.



Figure 8: Breakfast Uji is served at Heri Junior

In 2022, the Kenyan government announced major changes to education affecting all Porridge and Rice partner schools. Classes 7,8, and 9 will no longer be considered primary education but Junior Secondary. Along with these changes, the government announced new requirements for schools to teach Junior Secondary classes such as conducting experiments in science and teaching sewing. Schools are wrestling with the whether to stop teaching classes 7, 8, and 9, or spend considerable money to secure the new equipment detailed by the government so they can continue to teach Junior Secondary. The charity is planning to help secure funds to help the schools with the purchase of the equipment they need if schools decide they wish to continue to teach these classes. It is estimated that Excel School alone will need KES200000 for the new textbooks, renovation to meet new standards, and equip a science laboratory. The school applied for a bank loan and was refused, so will depend on the money that it can raise from parents and supporters, as well as the charity.

4 Ukraine

The war continues in Ukraine, presenting challenges for all sectors in society including charity. Whether making sure your torch is charged for when there is no electricity, or getting used to be woken in the small hours when the air alarms go and traipsing down to the bomb shelter, everyone has had to adjust to the reality of being under attack.

After consulting with Orphans Future Ukraine, the charity collected money for rechargeable torches and power banks which were carried to Ukraine in December 2022, along with treats for the orphans. It is a long journey as there are no flights into the country at present. Currently one must fly into Poland, then take a bus or a train into Ukraine. From London to Ternopil takes over a day, sometimes longer depending on how busy customs is or the weather. With heavy snowfalls in both Poland and Ukraine in December 2022, the journey was slow and long.



Figure 9: Meeting orphans in Berezhany, Ternopil Oblast, Ukraine

Meetings took place with several different people and organisations to understand how best to engage to be effective. Orphans Future Ukraine is well-established, run by a small and effective team of former orphans, and has extensive contacts around the country with a range of organisations. It would take Porridge and Rice years to build the same contacts and knowledge of the country, so the strategy is to partner with Orphans Future Ukraine.

Orphans are supported by the government. With the government directing as much money as possible to the war at present, funds for orphans are in short supply, so that orphans rely heavily on donations by local and foreign organisations and individuals. These organisations and individuals are currently effectively making up for many goods and services the orphans need, but there are some noticeable gaps. For example, basic items like toiletries and underwear are in short supply and when available, usually of the poorest quality. The Forward Programme was launched with Orphans Future to help to fill the gaps in goods and services for orphans.

Orphans used to get pocket money, but since the war these funds have not been available. While orphans go to regular schools, they stand out because they cannot participate in simple ways like buying sweets at lunchtime. The charity launched a pocket money programme for orphans 14 years and older. Each week they will receive pocket money based on behaviour and performance at school. The basic amount will be 100UAH per child (£1.50) – fortunately, the cost of living is much cheaper in Ukraine so this small amount goes a long way. Ice creams cost 20UAH to 40UAH, and a small pizza can be bought for 75UAH.



Figure 10: Visiting the orphanage in Ternopil, Ukraine

The first pocket money was paid on 3 February and quickly had a big impact on the lives of orphans. One young man was able to pay for dance lessons for himself and his girlfriend, lessons organised by his school teaching final year students to waltz in preparation for the end of year celebration. Another young man was able to buy flowers and a bracelet for a girl he fancies. Orphans are so often isolated from their peers by small things like pocket money. The programme is in its early stages but is already showing to have a huge impact of the lives of the children included, much more than anticipated.

One of the boys approached the charity to ask for help securing extra tuition to prepare for his final exams. He had asked the head of his institution but was told there were no finances for extra tuition. All the children in the final year were asked if extra lessons would be helpful, and as a result Ukrainian History lessons were organised for three students in one institution funded by the charity.

The Ukrainian History lessons proved so successful that at the request of the orphans, Ukrainian Language lessons were added. While the Ukrainian History was very reliable, effective, and quickly built a rapport with the orphans, the Ukrainian Language teacher seemed less effective and did not bond as well with the orphans. The orphans stated that they wished to continue with both tutors. The charity funded both tutors.

Most of the orphans have few clothes. They depend on donations and rare times that they are taken shopping by their institutions. Most boys had 2 or 3 T-shirts, a single pair of trainers, and a single pair of shorts. Orphans often wash clothing when they shower leaving items to dry overnight. The charity organised with schools in the boroughs of Hounslow and Richmond to collect clothes which were then transported by road to Ukraine and distributed to the children, in most cases trebling the number of clothes owned by each child.



Figure 11: A university visit organised for orphans considering university in March 2023

When they complete their final year at school, orphans are usually signed up to an institution to learn a trade regardless of their ability or interest. There is no consultation with them. After talking to orphans about their preferred choices, the charity worked with Orphans Future to advocate for the orphans based on their wishes and ability. Orphans Future did most of the paperwork for the three orphans that wished to apply to go to university. All three were accepted for their courses of choice, one reading law at the prestigious Taras Shevchenko National University of Kyiv.

It is early days, but the charity has already been able to help Orphans Future to expand its support for orphans.

5 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 intermittently updated to reflect events of interest about the charity. Porridge and Rice is also active on Instagram with periodic updates.



Figure 12: Talking to Berezhany orphans about options for their futures

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.

6 Governance and management

In the UK, Porridge and Rice is run by four trustees that meet on-line using Skype. 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. Trustees are all volunteers.

Porridge and Rice welcomes people who wish to volunteer with the charity, and volunteers are invited to participate in relevant meetings. The charity occasionally hires people to assist with tasks like sorting books.



Figure 13: Pupils at Compassion in lessons

The current trustees of the charity are in alphabetical order

- Brigitte Pickersgill
- Jude Hanlon
- Ken Surridge (chair)
- Vish Arora

7 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.

Despite restrictions being lifted, PaR has continued to limit its work to breakfasts, sanitary pads, and emergencies. It will take time to restore the charity's income to pre-pandemic levels, and until this happens, the charity will not be able to restore shelved programmes. The charity is working hard to restore its income.

Visits to Kenya with volunteers have not yet been resumed. While the restrictions have been lifted, ongoing concerns about new variants like Omicron and added costs to travel, mean that the charity is not yet comfortable taking volunteers to Nairobi.

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 14: Excel pupils at the new school in their new school uniform

8 Financial Review

Despite restrictions being lifted, continuing concerns about COVID meant that public events were only being reinstated slowly and often with very strict rules. In addition, the number of attendees at events remained lower than pre-pandemic levels as does spending.

PaR decided to review its Amazon listings because of the large number of books being received and the increasing number of low margin sales. It was decided to focus on higher margins and fewer sales. This meant a complete overhaul of listings. Sales of plants on eBay were steady, and the charity is considering ways of expanding the range of plants it can offer.

Standing orders from supporters remain important to the charity. They provide a steady and predictable income.

Keeping administrative costs in the UK to a minimum remains a priority for Porridge and Rice. 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 15: Assembly at Heri Junior School

9 Accounts for 1 October 2022 to 30 September 2023

These accounts were prepared on a receipts and payments basis using an exchange rate of KES150.03 to £1.

Receipts	GBP
Balance Year End 2022	5,061.68
Amazon	3,078.19
eBay	1,390.95
Donations	20,498.16
Gift Aid	1,196.87
WOB	112.04
Standing Orders	4,674.00
<hr/>	
Total Receipts	36,011.89
Payments	GBP
Finance Charges	144.13
Travel	1,435.20
Website	231.56
Wages	2,489.50
Postage	3,944.90
Admin	460.00
Kenya	
Education and Sponsorship, Kenya	283.94
Facilities and Furniture, Kenya	733.18
Health and Hygiene, Kenya	213.29
Rights and Gender, Kenya	318.86
Extracurricular Activities, Kenya	-
Sustainability and Accountability, Kenya	-
Feeding and Nutrition, Kenya	7,596.70
Ukraine	
Provisions	1,647.60
Essentials	6,112.78
Support	1,939.52
Forward	3,636.32
<hr/>	
Total Payments	31,187.48
Balance Total	4,824.41



Figure 16: Oleksiy, Mykola, and Misha from Berezhany with Volodia from Orphans Future



Figure 17: Andriy of Orphans Future talking to orphans about the Forward Programme

PORRIDGE AND RICE (UJI NA MCHELE)

England & Wales - Charity number 1155841

Accounts



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 2022

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Figure 1: Pupils at Heri Junior participate in serving breakfast

1 Introduction

When COVID19 lockdowns and restrictions ended, and it looked like life was returning to some sort of normal, the Omicron variant struck reminding everyone that it would take a while before the charity can return to its pre-pandemic schedule of fairs and fundraisers.

Given how important public events were to the funds of the charity before the pandemic, it was tempting to take every opportunity to attend such events as they arose. However, the charity had to think about the risks to volunteers and supporters of attending events with large numbers of people in attendance and close proximity. In addition, the charity needed to consider the enthusiasm of the public to attend such events. The charity chose to be cautious evaluating the facts and the advice of the experts for the foreseeable future.

By contrast, Kenya lifted all restrictions at the beginning of 2021, and people returned to pre-pandemic behaviour incredibly quickly. Schools re-opened with pupils in classes without masks and teachers resumed lessons without any thought for PPE or social distancing. Kenyans appeared to regard the pandemic as over and a thing of the past, in stark contrast to continuing concerns, hesitant behaviours, and intermittent restrictions like wearing masks on public transport. It is hard to say for certain, but from the UK it seemed that COVID19 did not disrupt Kenya to same extent it did the UK and the rest of Europe.



Figure 2: Teacher Ruth gets her COVID19 vaccination

The Kenyan government offered vaccinations to the public free of charge. Initially, the government was relaxed about vaccination, making no effort to promote them. In the face of anti-vax misinformation, many people hesitated, until the government changed its position, and made vaccination compulsory for government workers and select groups. PaR remains committed to following the best scientific consensus, so promoted vaccination of all school staff. In the face of considerable misinformation and genuine health concerns, the charity paid for advice local medical practice in Karen to ensure staff could talk in confidence about their concerns and receive sound medical advice. Staff at partner schools are now working towards their second vaccination.

Multiple members of the PaR UK team visited Kenya each year before the pandemic, and the hope is that this will one day resume. However, with travel restrictions and concerns about COVID19, the charity has had no visits since the first UK lockdown and no plans for visits until at least 2023 provided it is safe for both visitors and residents. The charity has a long history of teams of volunteers supporting the charity programmes in Kenya, but sadly these have had to be put on hold. Provided it is considered safe in 2023, the charity will again look for volunteers who want to make a difference or further their skills in Kenya.

Plans to visit Ukraine and consolidate work and plans were first impeded by COVID19 and then by the war that broke out in February 2022 when Russia invaded. The tragic situation in the country is incredibly distressing and the charity has worked hard to support orphans in meaningful ways, but living under such awful conditions, it has not been easy. For example, when children were unable to go away for their school holidays, the charity bought them a swimming pool. The charity has assisted on other ways such as medical supplies. The charity intends to continue its work in Ukraine and hopes the conflict will soon end with a free and democratic Ukraine. In the meantime, it will continue to look for ways to support the orphans it can.



Figure 3: Swimming pool for orphans in Ukraine

2 The UK

While restrictions were lifted, people remained cautious with events taking precautions from hand sanitising to wearing masks to limit the spread of COVID19, especially Omicron. While the charity moved steadily back towards pre-COVID practices, the move was quite rightly slow and careful.

Plants continued to sell on eBay but at a slower rate than during lockdown. In addition, the charity had sold so much of its stock during lockdown, that it did not have much to sell. The charity is working on expanding the quantity and variety of plants it can offer engaging others to grow for PaR. The charity is working on the idea of a virtual nursery where plants are grown by several local volunteers. This source of income has not been without its challenges, in particular, learning how to package plants to ensure that they arrive in good condition, and the impact of heat on plants in the post. The charity has learned a number of good lessons, and is steadily improving its service.

Selling clothes on eBay has provided the charity with some income. While the charity receives clothes donations regularly, the quality is seldom suitable for sale. The charity has tested what does and doesn't sell by listing a wide variety of clothing on eBay and branded clothing in reasonable condition sells best. Unfortunately, the bulk of clothes donated are old and unbranded. The charity will need to decide whether an appeal for better quality clothing will work or whether to simply accept that this is an irregular source of income that should be treated as a bonus but not relied on.

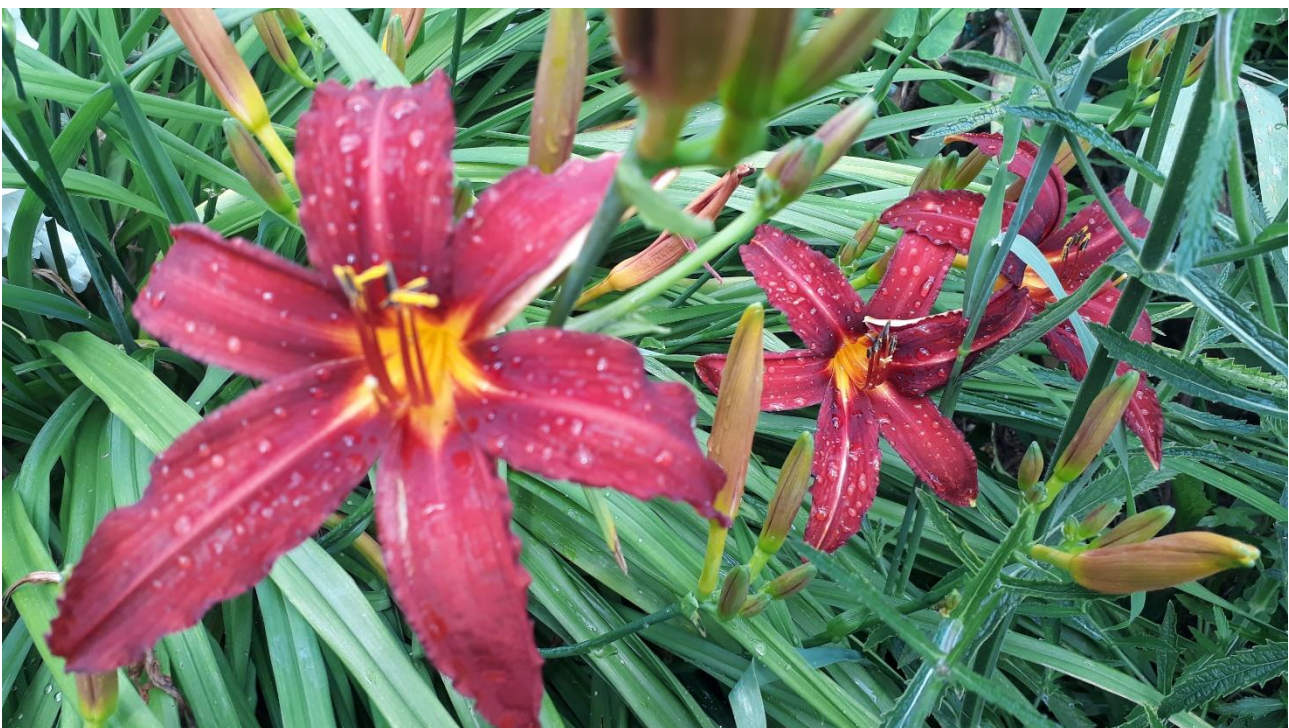


Figure 4: Hemerocallis sell steadily on eBay

Second-hand books on Amazon have been an important source of income for the charity. Unfortunately, problems with Amazon reduced the income that has been raised in the past. Book donations remain steady without the need to appeal for donations. Several schools have become regular donors providing the charity with literally hundreds of books.

Amazon's administrative process of verifying the charity is cumbersome and deeply flawed. Because the verification staff simply do not seem to understand what a CIO is, the charity has spent months proving that as a CIO, the charity does not have articles of association but a constitution. Communication with the intermediaries is done through intermediaries who write a report which is then sent to the verification team. The process is slow and ineffective. It has regularly taken months to verify the charity each time there is a review, resulting in the charity shop being closed for months and income from sales being held by Amazon. It has cost the charity time and a significant amount of money. Unfortunately, no other organisation has the reach of Amazon.

In addition, low value sales grew especially fast, and the charity found itself investing considerable time despatching books producing a profit of 20p to £1. The decision was made to raise the profit on each sale thus reducing the number of books. This meant a complete overhaul as all existing stock, a project is still ongoing. Fewer books listed will mean less time is required for orders to be packed and despatched placing a reduced need for volunteer time for the same if not more money.

As 2021 came to a close, fairs started up again which given how important these events were to the income of the charity, was a real relief. The charity chose only to attend the Church Street Christmas Fair on 21 November. As soon the charity signed up, volunteers quickly engaged producing craft items to sell. The charity had a good range on offer on the day and raised just over £800. Attendance was lower than before the pandemic, and people more hesitant about buying. It was good to be back selling at a fair, even though takings were lower than before the pandemic.



Figure 5: Handmade Christmas decorations for sale at Church Street Fair

It was particularly good news when Hands Fair announced that it would be reopening in June 2022. Hands Fair had become the highest earning fair on the charity's calendar, and the charity was hoping to increase its takings again as it had each year before. Preparations were well underway when the organisers decided they could not meet the COVID requirements imposed by Richmond Borough and cancelled the event. The announcement was very disappointing.

When Hands Fair was cancelled, the charity accepted an offer to have a stand at Thistleworth Tennis Club Fair summer on 5 June 2022, a lovely family event. The charity has attended the Thistleworth Fair before and while it is a wonderful event providing PaR with important exposure, it has never been an event where the charity takes much money. It was a good day with PaR offering a good range of plants and craft items for sale, but as was expected, takings were no more than a few hundred pounds. It was a good team-building event with volunteers catching up while they manned the stands, but it wasn't a profitable event.

The charity will not be attending more fairs before the financial year end of 30 September. There are not a lot on offer but also the charity does not yet have the same number of volunteers that it had before COVID19.

The charity will watch what fairs will be open around Christmas. Based on prior success, it is likely that the charity will attend the Church Street Christmas Fairs - usually there are at least two – and no others. Hopefully footfall will be better than last year, and consumer confidence will return. It is not easy to predict what will happen but current events suggest that this may not be the case. The charity will still attend if this becomes clear because it needs the income and the events have proven to be excellent events for growing awareness of the charity and the work it does.



Figure 6: Thistleworth Tennis Club Fair

3 Kenya

There have been no COVID19 restrictions in Kenya since January 2021 – no lockdowns, no masks, no social distancing, or anything else. The government did not believe it necessary to continue restrictions implemented in 2020, and lifted them at the beginning of 2021.

COVID19 vaccination is available free of charge to everyone in Kenya. All a person needs to do is to get to a clinic providing the vaccination. The government was initially neutral about vaccination saying publicly that it was entirely a matter of personal choice then a few months later, changed their position making vaccination compulsory for all government employees and workers, as well as classes of workers like hospital staff.

The charity has consistently followed the scientific consensus and so it promoted vaccination to all school staff. There were individuals with medical conditions that made them concerned about whether it would affect them adversely, and the charity engaged Karen Surgery, a small local general practice, to see staff with concerns and queries. Most staff simply got vaccinated but a small number booked appointments at Karen Surgery with PaR paying the costs. One such person actually discovered that she had a condition of which she was unaware, and the charity paid for her treatment and medication. The goal of the charity was to remain sensitive and respectful of the concerns of school staff while upholding best practice as established by expert scientific consensus.



Figure 7: Breakfast Uji being served at Excel

No charity members visited Kenya. Concerns about Omicron and possible subsequent variants, as well as the costs associated with testing and travel, led to the decision to hold off and re-evaluate in 2023. By contrast, the charity Taking Football to Africa did visit Kenya and delivered football and kits to all the charity partner schools.

The seven programmes have remained limited for the year with the focus being on providing Uji for breakfast, and salary and rent support. Salary and rent support have been steadily decreased as pupils return to school and parents begin to pay fees. The goal is to phase out all such support by the end of the 2022 calendar year if not sooner.

Even when salary and rent support ends, the charity will not be able to return to pre-COVID19 levels of activity because it is still rebuilding its income. The return to pre-pandemic activity will be driven by charity income. While the charity will work as hard as possible to rebuild its income, it is not known how long this will take, so it is expected that programmes will be implemented cautiously in increments as sustainable income is rebuilt. This will take time and patience. For the time being, the charity will continue to support breakfast in all schools and sanitary pads for girls.



Figure 8: Football to Africa visit Lizpal School

4 Ukraine

On 24 February 2022, Russia invaded Ukraine in a major escalation of the Russian-Ukrainian Aggression that Russia began in 2014 towards Ukraine. This act of aggression by Russia on the independent and democratic country of Ukraine has launched horrors that Europe hasn't seen since the collapse of Yugoslavia. PaR stands by Ukraine, a decision which is consistent with its principles of upholding human rights and democracy.

Despite the difficult circumstances, the charity has maintained communication with Orphans Future Ukraine led by Andriy Nazarenko discussing how it can help. War creates immense suffering and leads to long term damage for everyone involved, and the goal of the charity has been to find ways to reduce the long-term impact for orphans who through no fault of their own, were dragged into a dangerous nightmare.

It will come to no-one as a surprise that the lives of the orphans supported by PaR were turned upside down. Children were required to practice emergency evacuation drills in response to fire warnings and bomb sirens after moving essential items to their newly furnished bomb shelters. Bedrooms looking out over fields and gardens were swapped for underground bunkers, dimly lit and smelling of damp. Happy, loud laughter and conversation was replaced by subdued voices, children having been warned that noises might draw attention to their location. Children watched as adults going about their normal business gathered to make camouflage nets for the army. Overnight, life changed dramatically.



Figure 9: Supplies for Ukrainian orphanages

As people fled the country, the Ukrainian government started to evacuate orphans from the East of the country to safe countries like Poland. Mykola Kuleba, Ombudsman for Children with the President of Ukraine, called for organisations that could assist and PaR put their name forward, offering to support and facilitate the relocation of orphans to Ireland. The evacuation of orphans from Ukraine did not last long because it became too dangerous with concerns that convoys of orphans could be attacked on route. It was a hard decision and PaR shifted to looking at ways it could assist the orphans where they remained.

Each summer before the war, Orphans Future Ukraine organised holidays away for as many orphans as possible, usually to a wilderness area where the children could play freely outdoors in a safe and pleasant environment under the supervision of adults organising walks, games, picnics and a range of other activities. With Russia dropping bombs on Ukraine, leaving the orphanages with quick access to bomb shelters, was not an option. Orphans were forced to stay at their orphanages with limited freedom to play and move around.

PaR decided that the most constructive thing to do would be to support initiatives to entertain and to secure essential needs for the orphans. For example, the charity provided the funds for the purchase of a swimming pool for one orphanage. There is no way that the charity can undo the harm and hurt caused by war, but it might be able to mitigate it in some small way, or at least be able to provide the children with some happy memories in an unhappy time.

PaR remains committed to supporting the orphans of Ukraine in the long term through its partner Orphans Future Ukraine. Sadly, long-term plans are on hold for now, but the charity will continue to support in constructive ways until Ukraine is again at peace.



Figure 10: Egg painting with Ukrainian orphans

5 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.

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Figure 11: Swimming pool funded by PaR for Ternopil orphans

6 Governance and management

In the UK, Porridge and Rice is run by a committee that meets once a month, on-line using Skype since the start of the pandemic. 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
- Jude Hanlon
- Ken Surridge (chair)
- Vish Arora



Figure 12: Heri Junior sits their national exams

7 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.

Despite restrictions being lifted, PaR has continued to limit its work to breakfasts, sanitary pads, and emergencies. It will take time to restore the charity's income to pre-pandemic levels, and until this happens, the charity will not be able to restore shelved programmes. The charity is working hard to restore its income.

Visits to Kenya will not be resumed until 2023 at the earliest. While the restrictions have been lifted, ongoing concerns about new variants like Omicron and added costs to travel, mean that the charity is not yet comfortable taking volunteers to Nairobi.

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 –

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Figure 13: Excel pupils present their map of East Africa

8 Financial Review

Despite restrictions being lifted, continuing concerns about COVID meant that public events were only being reinstated slowly and often with very strict rules. In addition, the number of attendees at events remained lower than pre-pandemic levels as does spending.

PaR decided to review its Amazon listings because of the large number of books being received and the increasing number of low margin sales. It was decided to focus on higher margins and fewer sales. This meant a complete overhaul of listings. Sales of plants on eBay were steady, and the charity is considering ways of expanding the range of plants it can offer.

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Keeping administrative costs in the UK to a minimum remains a priority for Porridge and Rice. 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 18: The PaR stand at Church Street Christmas Fair

9 Accounts for 1 October 2021 to 30 September 2022

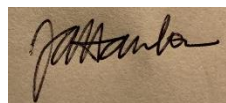
These accounts were prepared on a receipts and payments basis using an exchange rate of KES143.75 to £1.

Receipts	GBP
Balance Year End 2019	6,637.93
Fundraisers & Donations	2,933.34
HMRC Gift Aid	1,734.70
Standing Order	5,565.00
eBay	1,114.34
The Giving Machine	25.33
World of Books	173.87
Amazon	965.00
Goods & Services in Kind	4,542.00
Total Receipts	23,691.51
Payments	GBP
Bank Charges	5.79
Postage	1,042.00
Website	184.51
Ukraine	2,716.80
Wages	4,500.00
Fundraising Expenses	609.60
Education and Sponsorship, Kenya	125.22
Facilities and Furniture, Kenya	-
Health and Hygiene, Kenya	543.65
Rights and Gender, Kenya	-
Extracurricular Activities, Kenya	-
Sustainability and Accountability, Kenya	-
Feeding and Nutrition, Kenya	7,963.13
Salaries, Kenya	834.78
Rent Assistance	104.35
Total Payments	18,629.83
Balance Total	5,061.68

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



Ken Surridge (chair)
Date: 8 October 2022



Judith Hanlon (trustee)
Date: 8 October 2022



Figure 19: Sanitary Pads delivered to Lizpal school



Figure 20: Pupils from Excel school wearing kit donated by Taking Football to Africa

PORRIDGE AND RICE (UJI NA MCHELE)

England & Wales - Charity number 1155841

Accounts



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 2021

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Figure 1: Breakfast at Heri Junior

1 Introduction

After initial concerns about surviving, Porridge and Rice settled into a COVID-19 routine looking for new ways to raise funds. The charity expanded its offerings on-line and supporters continued to raise funds from friends and families. While the phased end of lockdown made matters a little easier for the charity, continued concerns about the spread of COVID-19 meant that little changed.

The schools in Kenya remained shut until the end of 2020 when the government ended lockdown in Kenya. Despite the re-opening of the schools, attendance numbers remained low with parents unable to find work and choosing to remain in rural areas. In addition, many of those who returned were unable to pay fees.

In Ukraine, COVID continued to spread making travel to the country almost impossible and orphanages remaining isolated. The relationship with Future for Orphans grew with discussions and planning taking place on-line.

Despite the charity's income being much lower than previous years, it established a steady income enabling it to continue working in Kenya and Ukraine enabling the charity to have a positive impact in the two regions of its operations.



Figure 2: Breakfast at Excel Emmanuel

2 The UK

Lockdowns and restrictions in the UK had a huge impact on Porridge and Rice with all summer fairs and club meetings cancelled. Years of hard work building a name and relationships that yielded support and funds came to an end overnight.

The charity had become really well known at local community and school fairs with people seeking out the Porridge and Rice stall at events to buy another knitted hedgehog or pet the guinea pigs. The petting zoo and sales of food, crafts, jewellery, and books became staple offerings raising more and more money each year and engaging new volunteers and supporters. The first year that Porridge and Rice had a stall at Hands Fair on Twickenham Green it raised just over £400 while the year before lockdown the charity with its three stalls at the same fair, raised over £2500. In addition, the charity had developed a full round of speaking events and quarterly petting days. Organisations like Rotary halted all meetings and restrictions meant that petting days were not permitted. Overnight the charity's means for raising funds and marketing itself came to a sudden and inflexible end.

Volunteers that had travelled to Kenya were the first to step up, raising funds through their contacts - friends, families, colleagues, schools, universities – anywhere they could. Money came in from New York, Munich, Bristol, and several other locations, in effect, anywhere that a volunteer lived. Their response was unexpected and invaluable.



Figure 3: Handmade decorations for sale on Amazon

Former volunteers came to the charity's rescue as quickly as COVID-19 lockdowns had descended. They provided essential funding for the charity to continue its work while it sought new means of fund raising. They were exceptional and the charity will forever remain in their debt.

A former volunteer to Kenya is worthy of special mention – Olivia Cowell. She discovered the charity's volunteer scheme on-line and travelled to Kenya in Summer 2019. When Olivia heard that the charity was struggling for funding, she turned her mind to fundraising designing, marketing and selling a range of outstanding products month after month, donating all the profits to Porridge and Rice. Olivia worked incredibly hard giving freely of her time funding the enterprise on her own. She proved to be a wonderful supporter of the charity and an exceptional individual, a person of enormous integrity, creativity, and dedication. The charity remains deeply grateful to her.

The charity Amazon store selling second-hand books and craft items was established before the COVID-19 pandemic providing the charity with a steady source of funds. Book donations remained steady and Amazon sales of second-hand books increased in lockdown, however, the logistics of picking, packing and despatching orders became very complicated as did managing customer expectations as Royal Mail struggled to deliver. Before the pandemic, the process of fulfilling Amazon orders involved a small number of people visiting the charity's official address to pick and wrap orders before taking a walk to the local post office to post items. Lockdown rules meant that volunteers could not visit the charity's address and complicated, even inconvenient ways, had to be devised to keep the orders being despatched.



Figure 4: Olivia Cowell with the cards she designed and made

The main person managing the process of despatching Amazon orders generated a picking list and postage labels remotely. The people living at the book location then picked the books, printed the labels and then returned them to be wrapped and labelled. The wrapped parcels were then collected and driven to an open post office half an hour away as all local post offices had closed. Because of long queues, the post office was not happy to accept a single customer with 30 to 50 parcels each visit. It took careful conversations and co-operation to find a solution that worked for the charity and pleased the post office. Eventually orders went out regularly despite the increased effort and time. However, given the charity's need for funding, it was worth the effort and inconvenience.

The charity explored new products and sales channels with seeds and plants on eBay proving very successful alongside existing clothing sales. Plants grown to sell at fairs were listed on eBay. Sales were steady with the income quickly reaching the same level as that of Amazon. Despatching plants was as complicated as Amazon products with one serious complication – delivery times.

Royal Mail struggled with deliveries during COVID-19 with large piles of post building up in sorting offices. Guarantees like next day for first class were suspended which was not just frustrating for customers but time-consuming for the PaR team responding to queries, but also meant that plants often died before reaching their destination. Fortunately, most people were very understanding but it nonetheless cut profits as orders had to be sent out multiple times. There were a small number of people that refused to accept that delivery times were beyond the control of the charity but for the sake of the charity's reputation, they were given refunds.



Figure 5: Bearded Iris rhizomes were sold on eBay

Delivery challenges affected charity supplies, not just delivery, when for example onion seeds sold out and more needed to be ordered to satisfy orders, the order was placed, and instead of arriving in 48 hours, it took nearly 3 weeks leading to challenges managing customer expectations. Despite the challenges, selling plants and seeds on-line produced valuable income for the charity.

The logistics of packing and despatching orders remained time-consuming and awkward for the bulk of the year. The processes devised were cumbersome but necessary to safeguard the health of volunteers and the people they interacted with. The charity worked hard to follow lockdown regulations and to uphold the best scientific advice to play its part in not facilitating the spread of COVID-19 even after the phased exit from lockdown began on 8 March 2021.

Lockdown stopped all local activities, not just fund-raising activities. Some transitions like committee meetings were easy and seamless moving to Skype - no meetings were missed. Other transitions required creativity and planning. Volunteering for Duke of Edinburgh became virtual with students being set tasks to support the charities social media goals like finding new subscribers for the charity YouTube channel and promoting Facebook posts. Some tasks worked well and others were unsuccessful but the goal of enabling students to complete their charity volunteering component for Duke of Edinburgh was achieved.



Figure 6: Kenyan leadership team meeting at Heri Junior

3 Kenya

Even though Kenya did not lockdown for as long as the UK, the impact of COVID-19 was severe for the country and devastating for the poorest members of society. The UN estimates that African lockdowns have been a major set back in the fight to eradicate poverty with experts suggesting it could take over 10 years to get back to pre-COVID19 levels of absolute poverty.

The forced closure of schools meant that they had no income so were unable to pay teachers and landlords. Life in the slums is month to month – people and institutions do not earn sufficient to save. In addition, there was no assistance from the government so teachers and schools were left penniless as a result of lockdown.

Parents in the slums lost their jobs when businesses closed terminating casual labour and homes told domestic servants stay away as families isolated. Large numbers were evicted by impatient landlords as they were unable to pay rent. Rather than being homeless and hungry in the Nairobi slums, many families moved to rural areas to join family where they had rent-free accommodation and could subsist on the land despite the government ban on travel away from home.

The charity stepped in to assist with rent and salaries. This was essential to enable schools and staff to survive but it meant cutting back on established programmes.



Figure 7: Excel staff meet to prepare breakfast

The Feeding and Nutrition programme was reduced to a breakfast programme, and the Rights and Gender programme only maintained the supply of sanitary pads to girls from partner schools. While there were some small amounts spent on the other programmes, they were very small so for all practical purposes they were shelved. For example, the Furniture and Facilities programme only paid for a single project, namely the repair of the roof at Excel Emmanuel. The roof at the Excel Emmanuel was in such a poor state that classrooms and furniture became thoroughly wet every time it rained. The charity decided that the damage that would be caused to the school furniture meant that the roofs had to be repaired and could not wait until post COVID-19.

The charity paid partial salaries to all school staff. The charity did not have the money to pay full salaries but was able to afford about a third of what staff were usually paid. This enabled some staff to survive in the Nairobi slums. For others it was not enough and they followed other people returning to their traditional villages. It did mean though that while life was very difficult financially, the staff at partner schools were not penniless.

In addition, the charity paid part rent to landlords. Most landlords demanded the full rent and negotiations were tricky and sometimes fraught as the schools had not money and the charity refused to pay the full rent. The charity also demanded that their partial payment was accepted as full payment for the period to ensure that schools were not saddled with a crippling post-COVID19 debt. Landlords in the slums are not used to being forced to negotiate. The inhabitants of the slums do not have the funds to enforce the few protections they have in the law (there aren't many) and landlords will evict people with no hesitation where the people will go the day rent is due.



Figure 8: Breakfast is served at Excel

The landlords exercise considerable power of the inhabitants of the slums, so did not welcome push back from the charity. Some demanded. Some threatened. Most screamed and shouted asserting that it was not their problem that schools had been closed. One landlord said he considered it no different to when schools close for school holidays. The charity did not budge and eventually landlords realising that there would be no movement and they could not get alternative tenants agreed to the charity's terms. The charity required landlords to drop rent to 40% of what it was before lockdown, allow staff full access to the premises as before, and keep the rent at 40% for a number of months when lockdown ended. Each school was different but slowly landlords agreed. One school was an exception Heri Junior, where the landlord, also a parent, simply told the school not to worry – such landlords are rare and it is possible that his child being at the school had an impact on his decision.

The Feeding and Nutrition programme became the breakfast programme serving Uji to pupils and staff remaining in the slums, and later including other children that local staff were aware were from homes that were struggling and some street children living locally. It wasn't simply a matter of continuing to serve each day as COVID-19 restrictions required masks, social distancing and the permission of the Chief. Local staff did a wonderful job persuading the Chief but it took several meetings and considerable assurance to get him to agree.

There were no visits to Kenya organised by the charity. WiFi access is poor in the slums so communication was reduced to email and messaging. Mobile messaging is very affordable and there are numerous located in the slums so while it wasn't possible to speak to any of the Kenyan staff, communication continued and was very effective.



Figure 9: New roof at Excel

Lockdown ended completely at the end of 2020 in Kenya with all restrictions lifted.

Schools opened in January 2021 but attendance was poor. Many students were with their parents in the rural areas and not knowing if there would be further lockdowns, parents were reluctant to return to seek new employment preferring village life and subsistence farming for survival. Parents that had remained in the slums were on limited incomes as businesses and homes were slow to rehire. Large numbers of people in the slums work as servants in nearby homes in areas like Karen, and many families were hesitant to allow outsiders back into their homes, aware that COVID-19 was still a very real threat to health. It took several months for families to return to hiring domestic staff. Some such parents decided to hold off sending their children back to school aware they could not pay the fees, while others sent their children back asking the schools to wait until their jobs normalised for them to pay the fees. The consequence of both decisions was the same for the schools – no fees.

The charity believes it will probably take the year for pupil numbers to return to pre-COVID levels, and that there is little chance of many parents who sent the children back in the first term, being able to catch up on fees. Realistically, it is the view of the charity that not only will it take a year for pupil numbers to rebuild but the same length of time for school income to return to pre-COVID levels. So despite all restrictions being lifted, 2021 has been and will continue to be a very difficult time for the charity's partner schools.



Figure 10: Anti-FGM workshops

Teacher Mary of Excel Emmanuel had a serious accident. Walking to the school one day, she was hit by a vehicle. She had to hospitalised and required surgery to pin broken bones together. The charity raised the money to cover the cost of her care. The Kenyan government does not provide more than the most basic health services on the state. Without the assistance of the charity, Mary would have had to borrow large sums from friends and family, or allow her leg to heal deformed possibly never walking again. Mary is now well and active, with only a slight, slight limp.

The charity has always supported the best medical advice and so started a campaign for staff to be vaccinated against COVID-19. With considerable amounts of misinformation doing the rounds in the slums, there were a lot of questions so it took a while to address these and persuade people that it was a wise step to take. Some staff had medical conditions which made them rightly nervous, so the charity paid for them to see a physician to ensure that it was safe for them to be vaccinated. All the staff who visited a physician were cleared for vaccination. In two, the physician identified other treatment which was needed – the charity paid for the treatment. The staff thus benefited both by being assured that it was safe for them to be vaccinated, and by having other conditions identified and treated.

When restrictions were lifted, Kenyan leadership meetings resumed with the local team working together to support each other and discussing common interests.



Figure 11: Community Gatherings resumed in 2021

Compassion School has been housed in the grounds of a local church since the school was founded. The church and the school have worked together fine for years until the recent partner took over a few years ago. From the outset, he has sought to evict the school from the church grounds, grounds which are not even owned by the church. The pastor has employed a number of tactics ranging from trying to double the rent paid to the church and removing classroom windows. Despite numerous discussions, the pastor seems unwilling to listen. This year it got ugly with classrooms and furniture destroyed by supporters of the pastor and Evanson the head teacher of Compassion attacked. Evanson has demonstrated patience and resilience refusing to allow his school to be evicted by the pastor and his supporters. The charity considered helping the school move but with COVID-19, funds were not available.

The wonderful work done by Evanson, head teacher of Compassion, resumed once restrictions were lifted, and workshops to combat FGM were held. After seeing his sister mutilated, Evanson has been a tireless campaigner against FGM working as hard at educating and campaigning, as he does in running his school. He leads a group of activists that travel the country, teaching girls about their rights and educating local communities on the serious harm done by FGM.

Life in Kenya is returning to normal but even though restrictions were lifted at the beginning of 2021, the impact of COVID19 on communities is still being felt with partner schools being no exception. It will take time for the damage done by the necessary measures taken to save lives. To be reversed. The charity will work with local staff to help bring this about for partner schools.



Figure 12: Damage at Compassion School

4 Ukraine

In 2018, Porridge and Rice first considered working with under-privileged orphans in Ukraine. The charity had a number of items ranging from stationary to clothing that had been donated but which could not be taken to Kenya cost effectively, and was looking for a worthy cause.

Ukraine is a poor country with a disproportionately large number of orphans compared to other European countries. After considerable research and thought, the charity made contact with a charity in Ukraine that was working with orphans and decided to work with them. The organisation is known as Orphans Future Ukraine, founded and led by Andriy Nazarenko. After a number of discussions, it was found that both charities share the same primary goal, empowering and enabling disadvantaged children held back by poverty.

With shared values, PaR quickly built a relationship with Orphans Future Ukraine and started making plans for working together. Volunteers were signed up to visit Ukraine to help in summer camps teaching orphans important life skills, plans were made for young Ukrainians to visit the UK staying with local hosts, projects were discussed to support young orphans when they age out of orphanages, and much more. Orphans Future Ukraine and Porridge and Rice quickly found common ground.



Figure 13: Young graduates supported by Orphans Future Ukraine

Plans were suddenly and unexpectedly halted when COVID-19 hit. Travel to Ukraine became impossible with UK and Ukrainian regulations to combat the spread of the pandemic, and orphanages in Ukraine were isolated to protect the children and staff. All plans involving travel were shelved immediately and indefinitely.

PaR and Orphans Future Ukraine continued to talk building a good relationship based on shared goals. New ideas for support were discussed on a case-by-case basis and a number of good projects were identified ranging from financial support for the staff of Orphans Future Ukraine to the growing of vegetables for sale by the charity and even buying raffle tickets for a local fund raiser. While it was very frustrating not being able to meet in person, Skype made it possible to talk regularly and identify constructive ways to assist. PaR were able to contribute to the work of Orphans Future Ukraine for the betterment of orphans in Ukraine.

As regulations lift in both countries and travel becomes possible again, the original plans will be revisited and reconsidered. The hope is that as soon as possible, a team will travel from the UK to meet the team in Ukraine and work on plans to play an active part in assisting orphans in Ukraine. It is clear that both charities have shared values in the fight against poverty especially child poverty, and that the teams have a rapport, so the expectation is that a long-term relationship will be built with PaR partnering with Orphans Future Ukraine.



Figure 14: Cultivating vegetables by Orphans Future Ukraine

5 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.

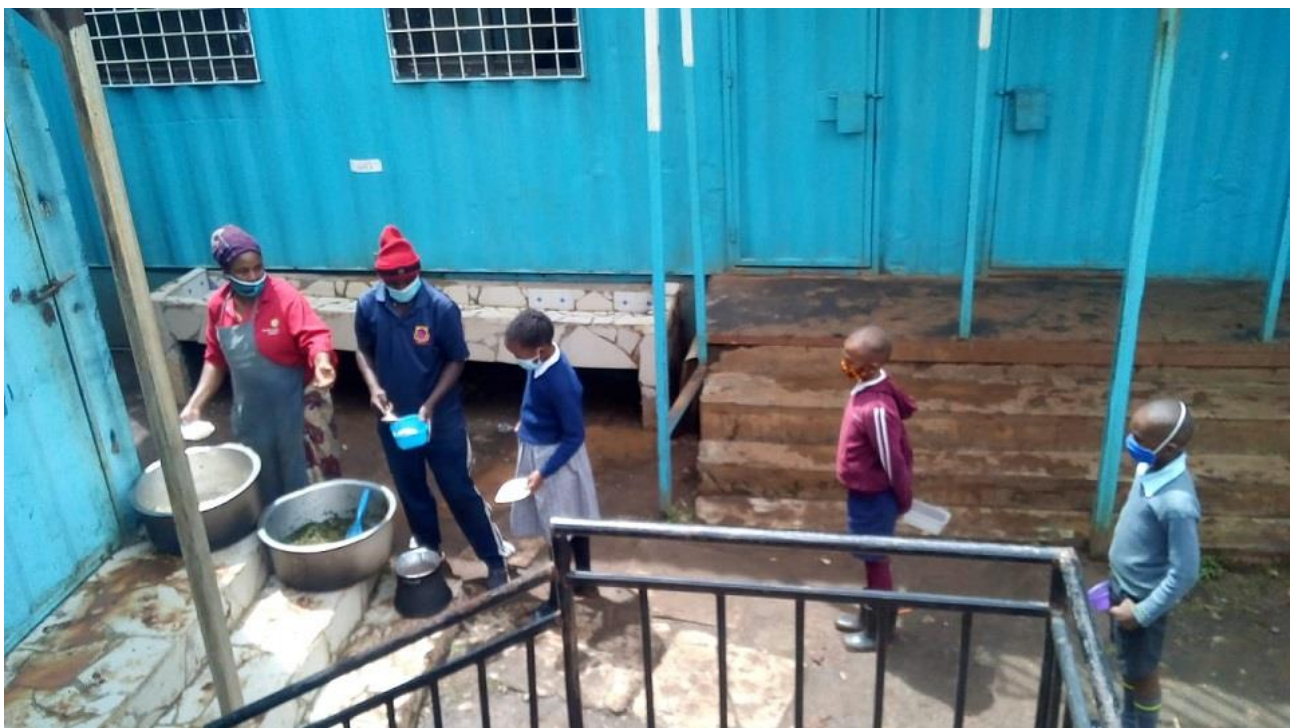


Figure 15: Serving Breakfast at Heri Junior

6 Governance and management

In the UK, Porridge and Rice is run by a committee that meets once a month, on-line using Skype since the start of the pandemic. 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
- Jude Hanlon
- Ken Surridge (chair)
- Vish Arora



Figure 16: Gloves knitted by supporters of the charity always sell well

7 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 was forced to put a lot of its work on hold as a direct result of the pandemic reducing its income. The bulk of the money raised by the charity in the year was spent on wages and rent. In addition, the charity decided to continue the breakfasts of the Feeding and Nutrition programme including street children and sanitary pads of the Rights and Gender programme plus a few urgent projects like replacing the roofs at Excel Emmanuel.

In previous years, UK trustees and volunteers visited Kenya multiple times throughout the year to monitor the work of the charity and to learn from local staff. The visits were very valuable enable the charity to build strong relationships with people the charity serves in Kenya and understand the challenges first hand. The pandemic ended all trips to Kenya, and communication was reduced to messaging and email. Fortunately, strong relationships had been built in previous years, and hopefully this has enabled UK charity leaders to stay aware of the needs for the partner schools.

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 17: Cards designed and produced by Olivia Cowell

8 Financial Review

The pandemic had a major impact on fundraising for Porridge and Rice. Events which had previously been crucial to the income of the charity were closed indefinitely, and the charity was forced to consider whether it could even continue to work through the pandemic.

Former volunteers came to the rescue of the charity raising funds from their local contacts and families providing the charity with essential income that allowed the charity to continue a very scaled back set of programmes while exploring on-line opportunities.

Amazon book sales rose and new products were added. Amazon provided a steady stream of income for the charity. In addition, the charity continued to sell clothes on eBay and added plants which did particularly well. Amazon and eBay became an important source of income for the charity during the pandemic.

Income from standing orders remained steady with some supporters increasing their monthly donations on hearing about the loss of event income. The income from standing orders is important to the charity because it is reliable and constant.

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 in Kenya as much as possible. While some administrative costs are inevitable, Porridge and Rice will monitor these costs 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 18: Craft products for sale on-line

9 Accounts for 1 October 2020 to 30 September 2021

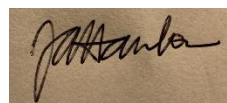
These accounts were prepared on a receipts and payments basis using an exchange rate of KES124.11 to £1.

Receipts	GBP
Balance Year End 2020	1,371.72
Donations	8,920.52
HMRC Gift Aid	460.35
Standing Order	6,070.00
eBay	5,295.57
The Giving Machine	195.80
World of Books	342.50
Amazon	3,963.46
Music MagPie	16.47
Goods & Services in Kind	4,458.40
Total Receipts	31,094.79
Payments	GBP
Bank Charges	11.00
Postage	1,046.58
Website	335.00
Seeds	120.00
Wages	2,464.00
Ukraine	1,490.00
Education and Sponsorship, Kenya	0.00
Facilities and Furniture, Kenya	483.44
Health and Hygiene, Kenya	1,830.31
Rights and Gender, Kenya	0.00
Extracurricular Activities, Kenya	0.00
Sustainability and Accountability, Kenya	0.00
Feeding and Nutrition, Kenya	9,076.95
Salaries, Kenya	9,643.30
Rent Assistance	1,466.88
Total Payments	27,967.46
 Balance Total	 3,127.33

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



Ken Surridge (chair)
Date: 30 August 2022



Judith Hanlon (trustee)
Date: 30 August 2022

PORRIDGE AND RICE (UJI NA MCHELE)

England & Wales - Charity number 1155841

Accounts



Porridge and Rice

Feeding for Education

Porridge and Rice Annual Report

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Figure 1: Washing station at Excel School funded by Rotary

1 Introduction

On 31 December 2019, the World Health Organization was informed of a cluster of cases of pneumonia of unknown cause detected in Wuhan City, Hubei Province, China. COVID-19 arrived and changed everything,

Events like summer fairs and Petting Days, had become the charity's main source of income. In one fell swoop, the charity lost almost all its income. It came as a huge shock and forced the charity to think very carefully about its future, even it had one.

Making matters worse, schools in Kenya lost their source of income when schools were closed because of COVID19. Instantly, with no pupils, schools had no money to pay salaries and rent. Landlords were demanding money and threatening to throw schools out their premises, and teachers were forced to look for alternative sources of income, close to impossible with businesses laying off staff because they were forced to close, and families letting servants go to remain isolated from COVID19. Kenya has no welfare system so many staff headed back to their villages to live with their rural families, subsistence farmers, rather than remaining unemployed and hungry in the slums.

The charity was forced to think very carefully about its future, even it had one.

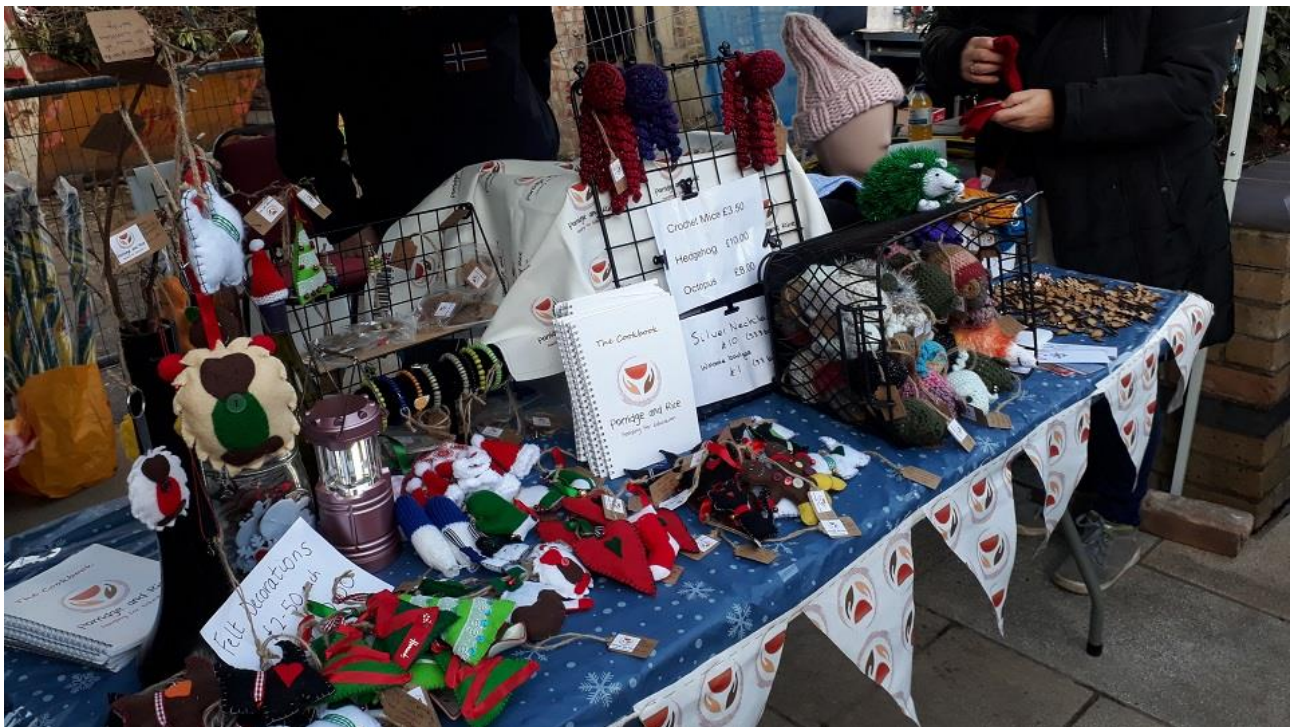


Figure 2: The charity stand at Church Street Fair before COVID19 struck

2 The Future

At first there appeared to be only two options for Porridge and Rice, either to suspend all operations until COVID19 was over, or to close the charity.

While the charity lost almost its entire income, it still has a small monthly income from monthly standing orders, gift aid and its recently created Amazon store. There was a concern that people would cancel standing orders because they may be experiencing financial difficulties themselves due to COVID19, but this did not happen, in fact when the charity informed its supporters that thanks to COVID19 it has lost most of its income, some actually increased their monthly donations.

Because it still had some income, the option to close the charity was rejected, and instead, other alternatives were explored.

First, the charity appealed to existing supporters and past volunteers to Kenya. Then the charity considered other possible sources of income. Finally, the charity sought to identify the greatest needs for its five partner schools.

As already stated, some supporters who already had monthly standing orders, increased their monthly payments, adding another £200 a month to the charity's income and the associated gift aid. The extra money was appreciated but still left the charity with an incredibly small monthly income.



Figure 3: Rotary visit Excel Emmanuel before COVID19

Past volunteers had a sizeable impact on the charity's funds. This was as surprising as it was heart-warming. Several young people who had spent time in Kenya, reached out to friends and family to raise money, with one volunteer raising almost £2,500 on their own. As volunteers raised money, the charity found it had some money with which it could actually do something.

Then the charity appealed for book donations and expanded its offering of second-hand books on Amazon. The store had been set up to sell a range of new and hand-made products, adding some second-hand books only because of a donation, so it came as a surprise when the second-hand books proved to be the best sellers. The clear decision was to simply focus on second-hand books. Book donations came in steadily and the charity was able to increase its income from its Amazon book store. Sales were good but delivery was a challenge. With isolation rules, few people could help to pick and pack books. Even worse, most post offices were closed and the open ones had long queues and limits on the numbers of items each person could post at one time.

Next, the charity decided to see if could sell other items on-line. The idea was to list donated items on eBay to see what would sell – most items did not sell or sold for so little that it wasn't worth the time and effort, with one the exception of plants and seeds.



Figure 4: Lunch served at Forrester School

Plants and seeds just took off with the charity selling everything from cuttings to established plants. The challenge was again packing and despatching orders. The closest post office that was open was a half hour drive away, and customers were only allowed to post 3 items at a time. Arriving with 20 to 30 orders to post at a time, was not well received, and it took a lot of negotiating with the post office to find a solution that suited both. The post office agreed to accept 5 items at a time after processing two customers from the queue. This was better than being forced to join the back of the queue every 5 items. It was still slow but meant the charity could do its posting.

Posting was further complicated by delays in delivery. The worst case was a pack of seeds posted from the charity address in SW London taking three weeks to reach North London. Fortunately, people were very understanding but sending live plants in the post in hot weather meant that until the charity improved its methods of packing to give plants the best chance of survival, several orders had to be sent out a second time when the plants did not survive.

Through fundraising by volunteers and its on-line sales, Porridge and Rice managed to generate enough income to actually offer help to its partner schools in Kenya.



Figure 5: Uji flour delivered for school breakfasts

3 Partner Schools

On March 2020, the Kenyan government closed all schools until further notice.

As all five partner schools generate their income from fees charged to students, this meant that overnight schools went from having a monthly income to have absolutely no money at all.

This created a huge problem for teachers because they depend totally on their monthly salaries. Schools paid out the little money they had left, not even enough for a full month salary, and then teachers were on their own. Alternative jobs were in short supply with business closing and laying off staff due to COVID19, and household and gardening jobs disappearing as families in the wealthy suburb of Karen isolating. While teachers tried, there were no real alternative jobs to be had. Faced with spending several months in the slums with no income, many teachers decided to move back to their rural ancestral villages to join family because they knew they would at least have something to eat from subsistence farming. Fortunately, even when born and raised in the Nairobi slums, most people retain close ties with their rural origins so it was a real option. The rules implemented by the government to stop the spread of COVID19 prohibited people living in the slums to leave but teachers chose to break these rules rather than live penniless in the slums.



Figure 6: Excel staff meeting at the school to prepare breakfasts

No money meant that schools could not pay their rent so when landlords came knocking, they were forced to plead for understanding. Landlords insisted that that it was not their problem and that they expected rent to be paid as usually threatening to evict the schools throwing school property into the street. The leaders of each school pleaded and pleaded, and only one landlord listened, the landlord for Heri Junior, probably because his daughter was a pupil in the school. Landlords became more aggressive threatening some staff and chaining schools shut.

The situation quickly became very desperate.

4 COVID19 Plan

As the charity's funds improved, it was possible for it to take action.

The charity started to pay all teachers a monthly stipend which in good months amounted to as much as a quarter of their salaries. This enabled some to return to Nairobi and put food on their tables. The salaries paid were incredibly small but they prevented teachers from becoming destitute and homeless. Teachers were incredibly grateful especially as they watched other people in the slums lose their entire incomes. As Kenya has not welfare system, when a person loses their income, they have nowhere to turn other than friends and relatives. The charity was relieved to be able to provide some support to school staff.



Figure 7: Kenyan Leadership team meeting and distancing socially

The charity started negotiations with landlords offering to pay a monthly amount if landlords halved rents for the duration of restrictions and agreed to give schools 6 months after restrictions were lifted, to repay outstanding rent. Negotiations were conducted vicariously with the head and deputy head negotiating on behalf of the charity with the landlords.

Landlords in the Nairobi slums are used to treating tenants incredibly badly, evicting them for the smallest of reasons. Tenants frequently do not know their rights and are always too poor to be able to afford legal redress. In addition, landlords can afford to bribe the police when tenants attempt to complain to them. Tenants are at the mercy of their landlords.

Not used to being challenged by their tenants, negotiations started very badly, with landlords shouting, demanding, and threatening. It took several meetings for landlords to understand that no amount of bullying and intimidation would enable the schools to generate money. When they did, they then turned their attention to the charity, demanding that the charity pay the rent in full, under the mistaken impression that all Westerners are wealthy.

It took a lot of meetings over around three weeks, before landlords began to negotiate seriously. While all accepted that they would have to accept only part rent for the time of the restrictions they resisted halving the rent and allowing the schools 6-months post restrictions to pay the outstanding rent. Eventually, each landlord when they realised that the charity would not change its stance and that it was the only chance of them getting any more, agreed to the charity terms in writing. Locked schools were unlocked and staff were allowed to use the facilities freely. The charity started making monthly payments to landlords.



Figure 8: Breakfast served at Excel Emmanuel during COVID19

The toughest task was cutting back the charity programmes. After years of developing them, it felt like a huge step backwards but without the funds, there was simply no choice. After discussion with the schools, it was decided that the charity was retain breakfast provision to pupils remaining in the slums. There wasn't enough money for the full feeding programme unfortunately, and hunger was becoming a real issue for many children as their parents lost their jobs. In addition, the decision was made to open the breakfast to other local children based on need.

For the first two months of the restrictions, schools were not allowed to even have children on the premises so nothing could be done, but after conversations with the local chief, it was agreed that with certain precautions, schools would be allowed to serve breakfasts, namely wearing masks and distancing socially.

With many families moving back to rural areas, the number of pupils remaining in the slums fell considerably to around a third of a normal school term. This meant that the charity had the capacity to open breakfasts to other children in the community, and staff were tasked with identifying families in real need, and inviting their children to receive Uji each day. In extreme circumstances, some adults were even invited to have breakfast provided by the charity.

Sadly, the charity was unable to continue any other programmes. It was a challenge supporting the breakfasts, staff stipends, and part-payments for rent, but with considerable effort, enough money was raised each month for this to be possible. On the positive side, the charity was able to do considerably more than was originally envisaged. It had come a long way from the initial and very real possibility of actually closing it down.



Figure 9: Exercise at Excel School during COVID19

5 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 10: Serving breakfast to pupils during COVID19

6 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
- Jude Hanlon
- Ken Surrige (chair)
- Vish Arora



Figure 11: The Porridge and Rice Cookbook sold well

7 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 12: Sweet potato cultivated to provide Vitamin A to children

8 Financial Review

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

Events like Hands Fair and Petting Day are well-established part of the charity's fundraising schedule. In the beginning, the charity signed up for almost any local fair, but it has become more selective with time, choosing instead to attend fewer fairs where it can expand its offering and raise more money. For example, the first time the charity attended Hands Fair, it raised £300, whereas this year it raised £2,500, which is expected to increase each year.

The charity has successfully obtained financial support from foundations, and works to maintain good relations with donors. Grant applications are time consuming, so while the charity will continue to pursue this route, other sources of funding are underway.

Income from standing orders continues to grow providing a reliable monthly income. The charity remains committed to growing this source of income. Also, the charity has a number of initiatives underway to generate income all year round from its base. The leading project is building an Amazon store.

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 13: Knitted sparkly hedgehogs sell well at fairs and on-line

9 Accounts for 1 October 2019 to 30 September 2020

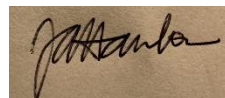
These accounts were prepared on a receipts and payments basis using an exchange rate of KES124.34 to £1.

Receipts	GBP
Balance Year End 2019	1,034.80
Fundraisers & Donations	19,336.81
HMRC Gift Aid	891.64
Standing Order	4,855.00
Stripe	541.28
The Giving Machine	50.80
World of Books	134.15
Amazon	8,176.62
Goods & Services in Kind	1,231.17
Total Receipts	36,252.27
Payments	GBP
Bank Charges	131.44
Postage	955.48
Website	323.69
Seeds	457.77
Wages	1,714.50
Fundraising Expenses	275.00
Education and Sponsorship, Kenya	402.68
Facilities and Furniture, Kenya	47.32
Health and Hygiene, Kenya	539.06
Rights and Gender, Kenya	123.00
Extracurricular Activities, Kenya	146.31
Sustainability and Accountability, Kenya	34.00
Feeding and Nutrition, Kenya	13,272.82
Salaries, Kenya	9,385.91
Rent Assistance	1,805.37
Total Payments	29,614.34
Balance Total	6,637.93

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



Ken Surridge (chair)
Date: 30 July 2020



Judith Hanlon (trustee)
Date: 30 July 2020



Figure 14: School staff travelling during COVID19



Figure 15: Teacher Andrew serving breakfast to pupils