

project startup

"Joint rehabilitation for shores"



"Use of rehabilitation to rehabilitate Mangrove shores and upcycling plastics"
"Rehabilitation approach for rehabilitating mangrove forests and recycling plastic"

Initiator and client: APDK Rehabilitation clinic
P.O. Box 93959
80100
Port Reitz, Mombasa, Kenya
In collaboration with KASH Youthprojects of the Netherlands
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Date of approval and signature of this startup plan: 15 december 2023

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P.O. Box 93959
80100
Changamwe, Port Reitz, Mombasa Kenya



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Signature : *For National CEO*

National CEO Mr. Anthony Nzuki

Jongerenprojecten
Stichting KASH Jongerenprojecten



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Signature

Dr. Melckzedek K. Osore
Chairman/APDK Coast Advisory Committee
Director/APDK National Board of Directors
Principal Research Scientist at KMFRI Kenya KASH



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Signature

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signature

Chairman KASH Youthprojects Mr. A. Venema Secretary KASH Youthprojects Madam C. Erbrink

Introduction with history and summary

The Association for the Physically Disabled of Kenya (APDK) Clinic located at Port Rreiz sub-county of Mombasa, Kenya, has established collaboration with the Churches of Asten, Someren and Helmond (Kerken van Asten, Someren en Helmond - KASH) in the Netherlands, since the beginning of 2021. In 2022 they together realized a therapeutic pool for the clinic and 3 x 2 solar boiler systems. KASH has been on a working journey to the Clinic and the sister APDK institution of Bombolulu Workshops and Cultural Centre located in Kisauni, Mombasa from 17th August to 1st September, 2022.

In 2023 APDK and KASH collaborated to replace the ward for the little children, girls ward, and installed a solar system on both new roofs with the assistance from Our Energy Foundation Netherlands and Wilde Ganzen Foundation. The outcome is that the establishment is nearly independent of the national electricity grid and hence attaining financial savings out of it, for Sustainable Development Goals (SDG). In accordance with the "Do no harm" principles actions.

After KASH left the clinic they first made a new projectplan 2023-2028 in 2022, and became a foundation on 26th April 2023. In this projectplan, KASH collaborates again with the clinic for the project of returning in 2025. Part of this is finishing the third roof and upgrading a class room. From the period 2025-2028 KASH works with the clinic on 3 Sustainable Development Goals (SDG) projects:

1. Collecting and upcycling of rubbish plastics from the shores, followed by planting of mangroves with people from APDK, Bombolulu and other local ventures.
2. Designing, making and selling of solar cookers with use of reflecting sunlight, also made by APDK, Bombolulu and local community groups and companies.
3. Design, making and selling of scholar materials, such as chairs, schoolbags, etcetera. This idea links also with the first goal.

Point 2 and 3 will partly follow out of point 1, the collecting of plastics. Point 2 also from other waste materials, such as old metal roof parts from the APDK clinic for instance.

Reasons for this plan

There are 3 reasons for this plan:

1. **The slogan of APDK is: "Disability is not inability".**

The mission that follows out of this, is to keep people involved with the society and meaningful work and relations. This also means to strive to a maximum of independence, which enables the people with disability to create their own livelihood, provide for their families and contribute effectively in nation building.

Income from economic traffic is part of this strategy. Designing, making and selling of products from their own hands is a way to reach this. In the search for grow in a good balance for helping as many people with a disability and a sustainable and good income, APDK needs more product lines and especially chains from initiative- design- making- selling and learning to improve. With products and services for local use and also export.

Problem solvings out of this: Additional SDG product lines, that gives more disabled people meaningful work, because of diverse chain options for better use and selling and providing services.

2. **Being part of a solutions for SDGs and recent floods**

In September 2023, Kenya was the host for the international climate summit. One of the goals of Kenya as a nation is to invest 10% more on climate change in 2028 and to plant 15 billion trees by 2032. This is 30% of the land cover. Restoring the mangrove shores has a multiplier effect in this: Mangroves store ten times more CO₂ than other trees and they also reduce the destruction caused by tsunamis, which resulted in deaths, and damaged the shoreline, and resulted in loss of livelihood for many fishermen on 28 December 2004.

Climate change through planting mangroves is part of a multiple solution. These mangroves will sequester a large amount of carbon dioxide from the atmosphere and also protect the shore from erosion/degradation. Recent floods in 2023 show the urgent need to do something structural in case of temporarily . Only for Bombolulu the effect is that 40 people lost their daily income and material damage is about KES 6.000.000. Every 3-5 years this repeats now with floods.

Mangroves are also among the most biodiverse ecological systems to keep life circumstances for species. Mangroves are useful for construction, as firewood for source of energy, in cultural values and medicinal use etc. Communities of Kwale County in the south coast and Lamu County in the north are now protecting mangroves and planting new ones to obtain carbon credits in terms of money, which they use to sustain their livelihoods.

At the same time plastic and other rubbish dumped on the ground are carried to the ocean by the rain and pollute the beaches by destroying the shores of Kenya and especially in the County of Mombasa. Following the figures obtained by the Kenya Marine and Fisheries Research Institute (KMFRI), on a yearly basis an average of 2550 tons is collected.

To prepare, produce and plant mangroves with people with disabilities, is an opportunity for APDK and Bombolulu to be part of a big multiple solution and supplies meaningful work with a future for a certain income. KASH follows the SDG as an output of their mission and vision. As a foundation, being part of SDG solutions.

Problem solvings out of this:

Being part of a SDG multiply solution on environmental problems, more reliable and sustainable future income for APDK and Bombolulu and chain possibilities.

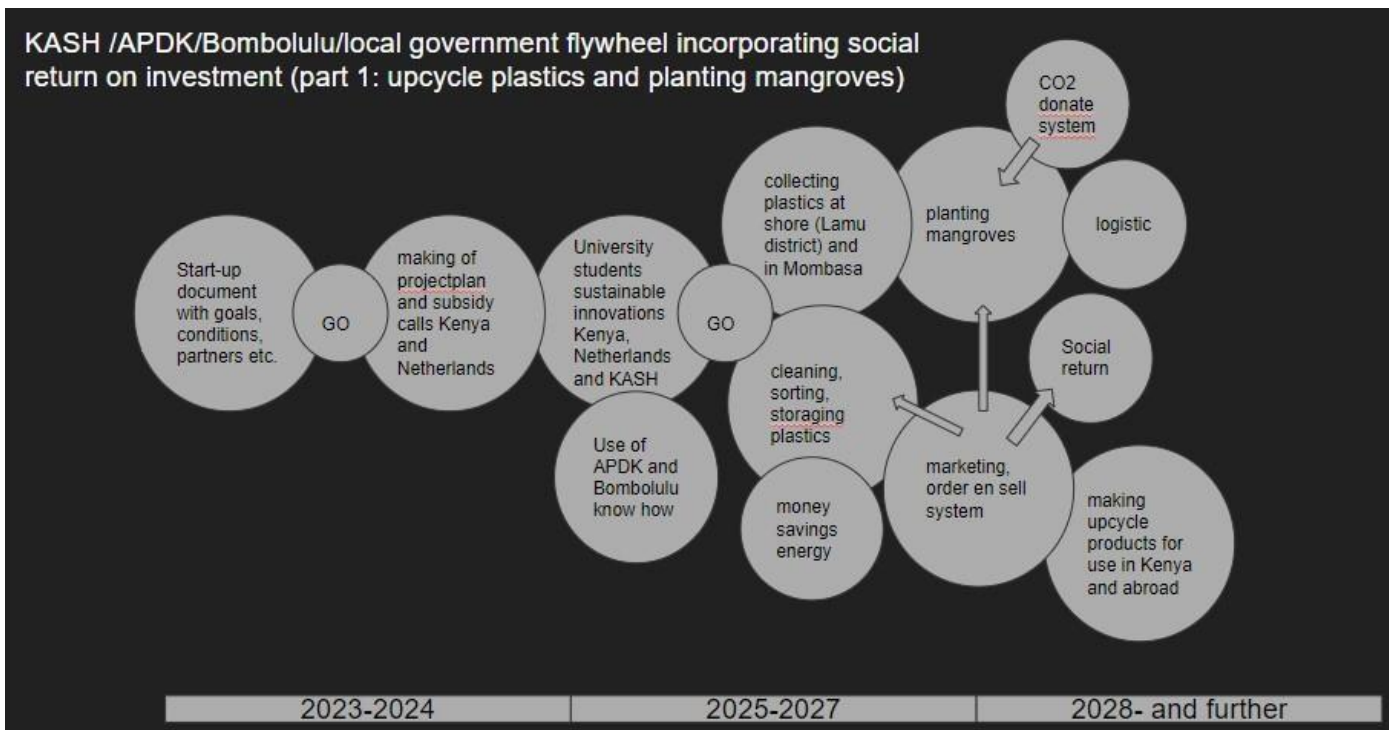
3. Providing sufficient commitment for a well-founded project plan This start-up gives the opportunity to get a well coordinated and sufficient 'go' to make a project plan to describe in more detail:

- The process, goals and results to make in time
- Money needed, co-financing, own participation in this, etcetera
- Organization: structure, stakeholders and analysis, intern/extern
- Time: overall planning and detail planning
- Information: communication strategy and event calendar - Quality: Ranking activities on a SDG matrix for measuring output
- Risks: failure risk overview/analysis, details and how to cope with it.

Goals/objectives and timeline

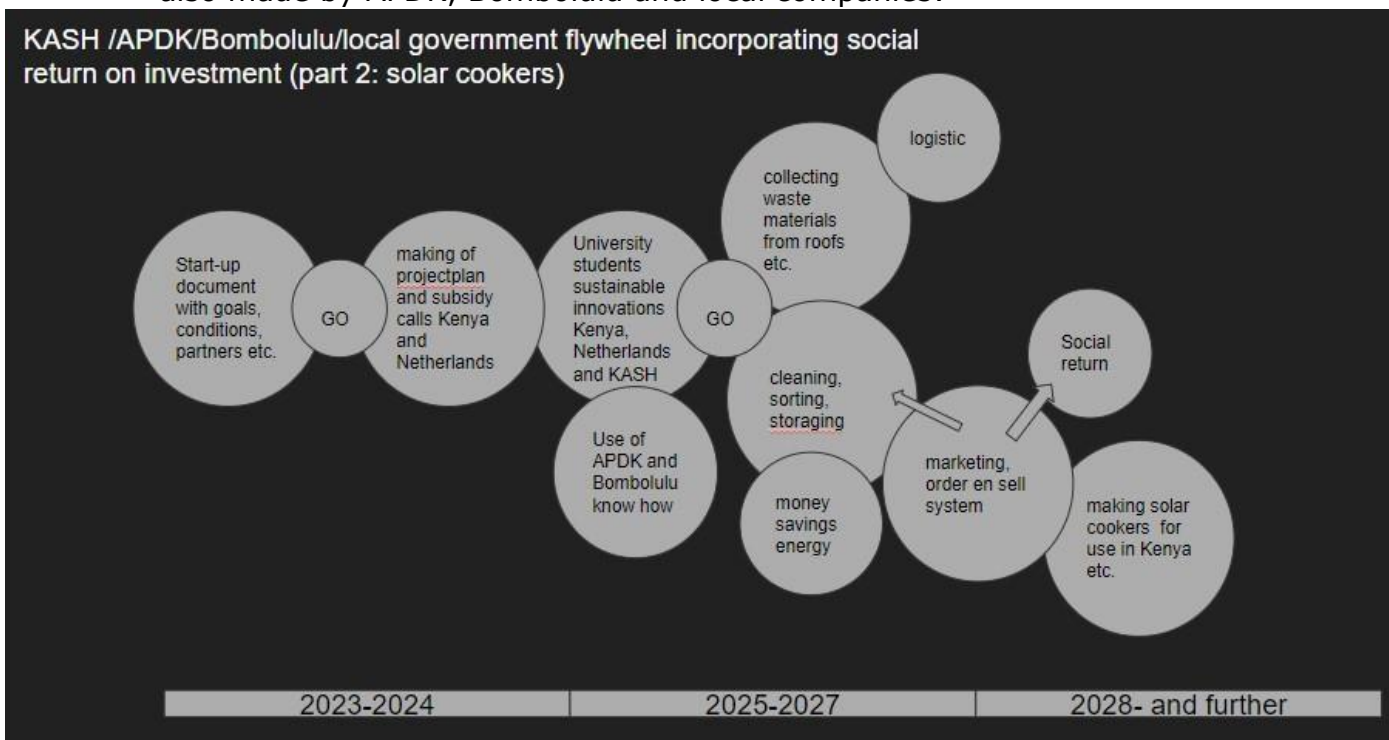
The project plan to make, gives detailed insight in the 3 SDG mentioned projects.

1. Collecting and recycling of rubbish plastics from the shores, followed by planting of mangroves with people from APDK, Bombolulu and other local ventures. As follows in a schedule:

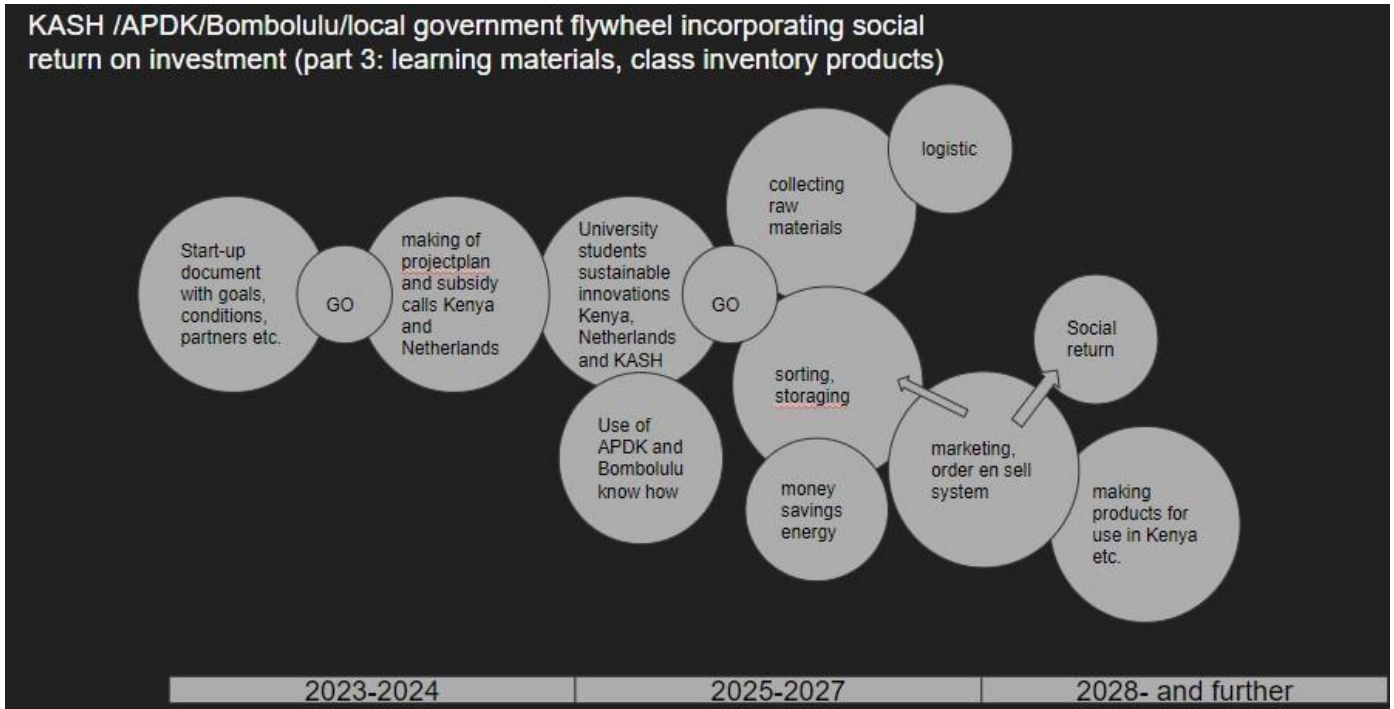


NOTE: The method is to start small, followed by learning 'on the job' to roll out bigger. In the scheme above after the second 'Go': small plot and than bigger.

2. Design, making and selling of solar cookers with use of reflecting sunlight, also made by APDK, Bombolulu and local companies:



3. Design, making and selling of scholar materials, such as chairs, schoolbags, etcetera. This is linked to the first goal: Adding SDG value system, using each other's most effective force.

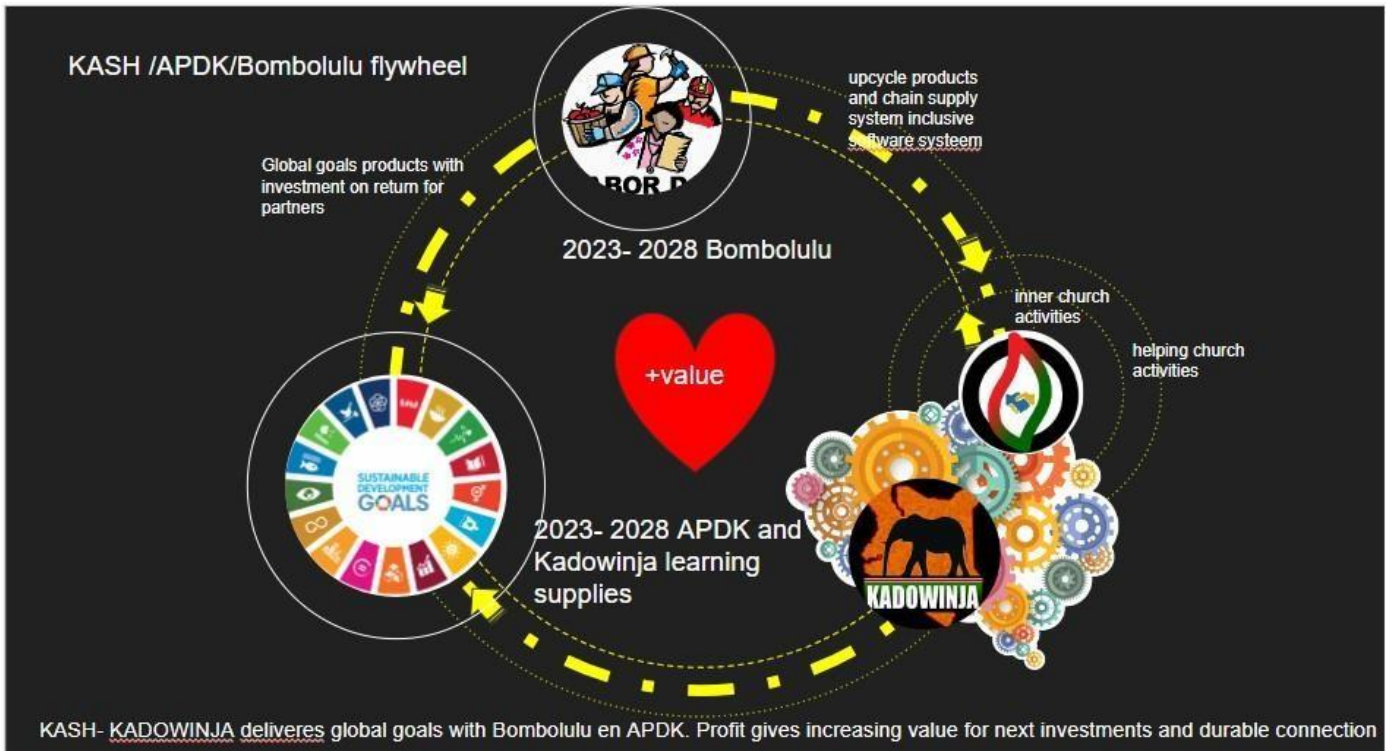


Results to achieve and scope of this start-up plan

- A signed agreement in Q4 2023 of the APDK board and KASH to start with making a project plan in the first quarter 2024 and via a collaboration KASHAPDK-Bombolulu.
- Focus in the project plan to make on the first mentioned goal: Mangroves and upcycling plastics to make a call for it to the EU P4G foundation.
- A signed Memorandum of Understanding between APDK and KASH in Q1 2024.

Baseline management plan

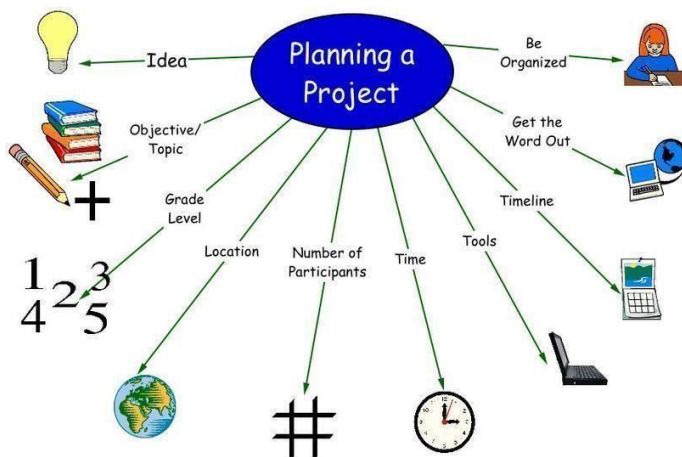
With a signed startup plan in Q4 2023, KASH makes in collaboration with APDK and Bombolulu a project plan in the first quarter of 2024 to obtain resources to enroll the first goal of planting mangroves and upcycling plastics in the period 2025-2028.



Finance

KASH and APDK/Bombolulu contribute via 'in kind'. That means making hours to contribute to the written goals and als via sponsoring via own activities and donors, for the period 2025 - 2028. The amount(s) needed is subject to writing out in the projectplan.

Organization



Intern + roll:

- The board of APDK and KASH board as decision makers for this startup plan and projectplan.
For the technical know how, processes and maintenance:
- KASH as contributors to the startup plan and projectplan: Chairman Allard Venema, board member Thomas Daniëls, participants Martijn Vlemmings, Nienke de Kok (University student international studies) and treasurer Bart Huckriede.
- 3-5 University students 18 - 25 years old, via APDK/Bombolulu for collaborating 'in kind' to work out the projectplan. They are also invited to join KASH 2025 program to exchange knowledge, culture and skills. Also to make benefit for their studies that are visa-versa useful for the project and themselves.
- A group of 10 volunteers from APDK / Bombolulu for on a small basis, testing and working out more practical information that is needed during the process of making a projectplan and enrolling it.

Extern:

- [P4G](#) European foundation, Hali McKinley Lester
- AFAS foundation Netherlands
- Jan van der Heijden, paid co-writer engineer specialist in green solutions and renewable disposals (Netherlands).
- County of Mombasa
- Local community members (to select for the projectplan)

Information, communication and to deliver quality

Intern:

- Working following the written policies of APDK and KASH
- Collaborating via email, and whatsapp, Google features and shared Google drive maps and only used by the people who will be mentioned in the projectplan.
- Periodic updates for the board to inform about the progress
- Working following the organization schedule

Extern:

- Working following the written policies by sponsors, laws, known restrictions and local authorities policies

- Following the policies of all stakeholders for the structure on how to communicate.
- Global: working via the SDG goal policies and 'do no harm' principle.

This paragraph will be filled out in detail via de projectplan to be made.

Project Team KASH/APDK:

Production of regular newsletter about the on-going activities by Intern/Extern Presentations in English/Dutch at the County Hall, KMFRI, and in Kiswahili at the Community Halls, Community events, Barazas etc

Milestones

This will be worked out in the projectplan. Leading thought is to celebrate milestones.

Risk assessment

Risk will systematically be captured in a chart as part of the projectplan. They will be ranked in order of importance and managed in the same order before rolling out the project.

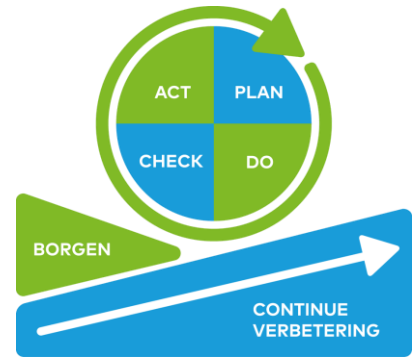
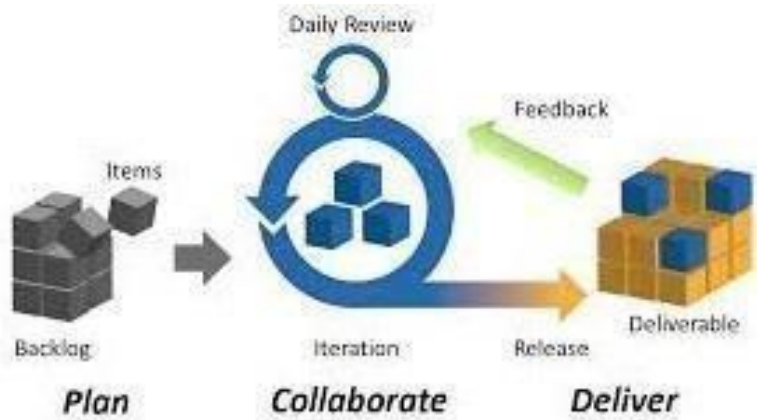
The method of 'beginning small to win large' and 'learning on the job' will be a guide to risk management.

Tools and techniques to be used

This will be part of the projectplan to work out. Several management techniques will be used, such as:

- SWOT analysis
- Stakeholder force analysis
- Participatory approach

- WBS (Work Breakdown Structure)
- Deming PDCA (Plan, Do, Check, Act)
- Project management



- Process management

Change and control procedures

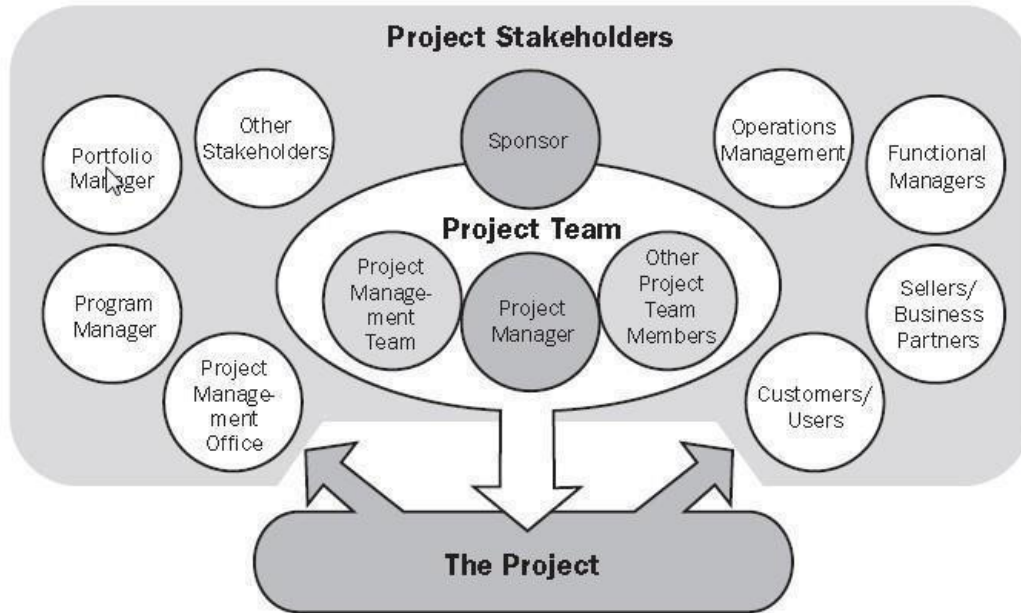
This will be part of the projectplan to work out



Project stakeholders

This will be part of the projectplan to work out.

Also a stakeholder force analysis will be part of the projectplan in order how to benefit the most for the goals of planting Mangroves and upcycle plastics efficiently.



Benefits of Project Plan and evaluation

The 'learning on the job' method which will be worked out in the project plan, also means to describe Key Performance Indicators to examine every step. The exams will be input for the next steps to make. More explanation on this subject is written by "tools and techniques to be used'.