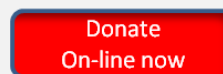




# Kenya Children's News

July 2022



## Transforming lives with a daily meal – a real success story

Thank you for your support to expand our feeding programmes. With your help, we have 8 centres located in slums and impoverished rural villages, providing a daily meal for 900 of the most deprived and vulnerable children. Their families are so poor, they cannot even provide them with one meal a day. Sadly, there are no universal benefits, or free healthcare, or free school meals to provide them with a safety net.

The good news is that the feeding centres are a great success. A daily meal is making a huge impact on their lives. We measure their height, weight and general health six times each year. The data from these regular health checks proves that a nutritious daily meal is improving each child's health, physical and emotional development, academic performance and future life prospects. For children joining in 2020, the data shows:

- **Health Improved:** Some children join with serious malnutrition and extremely low BMI. Our data shows that 82% moved from underweight (that's a BMI of less than 17.7) to normal weight during the year and 87% recorded an overall improvement in their health.
- **Academic Performance Increased:** They concentrate in class now and this has improved their academic performance in their end of term exam marks and assessment by their form teachers
- **Absenteeism Reduced:** Some pupils used to miss school because they were either too hungry to walk to school or they would search for casual jobs to make money to buy food for themselves. We locate at schools because meals are an incentive to come to school. As a result, 38% of the children that had a very poor attendance record come to school regularly and some schools are achieving 99% attendance.
- **Wellbeing enhanced:** Children look forward to their hot lunches and rush to the kitchen to get their meal. It is difficult to describe the excitement a child experiences from a guaranteed daily meal after they have suffered starvation. Teachers confirm that the majority of children are happier, less temperamental, socialise more easily and enjoy their time in school.

The individual needs of the children vary and most of these families receive additional support from our team, including school uniforms and books, healthcare and counselling. In some cases we provide seeds, building materials and micro-loans to help them generate an income. Our aim is to make each family self-sufficient and able to support their children themselves in future.

With improved health and learning, these children will leave school with qualifications, get jobs, become self-sufficient and contribute to society in future. As you know, we can feed a child every day for just £5 per month.

***This small investment makes a HUGE guaranteed return for the child and for society.***

**[If you would like to feed a child click here....](#)**



### ***New lives for babies at Kujali Baby Home***

It is sad when a baby, a few weeks old, is abandoned. Fortunately we can offer them a bright future. We care for them, restore them to health and eventually either return them to a safe relative or arrange for a family to adopt them.

Here is an example: This baby boy was abandoned at 3 months old in 2020. Of the four babies we admitted that day, he was the most unwell. He was so small he could have been born that day. With care, he gained strength and has grown into a healthy, intelligent and very handsome boy! The good news is that we found lovely suitable parents for him in May and he is now happy in his new home.



### ***Sheltering the most vulnerable***

We want the vulnerable children that we support to grow up in a family with siblings and friends, attending a local school in a community. So taking a child into care at our residential home is a last resort.

But unfortunately there are still children suffering serious abuse and neglect and others abandoned by their parents. We provide shelter for the most vulnerable children in those critical circumstances. They stay in our care from a few weeks to many months while we help them to recover, both physically and mentally, and until they are ready to be re-homed with their parents or with an alternative safe, loving family.



### ***Lifeskills project will help 1000 children***

A new KCC project funded, by the Geoff Herrington Foundation, has started at two schools in local slum villages. It provides reproductive health and lifeskills education and one-to-one counselling for vulnerable girls and boys in years 5 to 8.

The girls and boys are learning about their bodies, how they develop and how to maintain their health. Three counsellors with specialist skills and experience lead group and one-to-one sessions. They discuss a wide range of issues in their life and learn skills and tools to help deal with them. They develop self-awareness, assertiveness, mutual respect and appropriate behaviours. The aim is to help teenagers avoid unwanted pregnancies, continue their education, gain skills/qualifications to earn a living, and avoid a lifetime of prejudice.



### ***Supporting children with special needs***

Our partnership with a specialised school that cares for children with special needs has been running for almost three years now. There are so many social challenges in Kenya, that it is difficult for the government to find sufficient funds to support special needs and so we stepped in to develop the school.

We have been able to modernise the school buildings, expand the care team, and provide new teaching aids and daily meals. The teachers and carers are incredible and it is a joy to spend time with the children in their classrooms. We want to help more of the many families that do not have access to this support. Initially we had 40 children – today the team are caring for more than 50 children in a very positive, happy and expanding school.