



Kenya Children's News

October 2019

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School dinners - our latest project

We have begun a new initiative providing hot daily meals at school for extremely poor and vulnerable children with parents that have no money and so the family goes hungry. We started in July with one school, in Kirinyaga county in central Kenya. It's a rural area with high unemployment, run down schools and a lot of poverty. There are thousands of children in families that cannot afford a daily meal at home or in school and so we intend to expand to other schools in future.

We have been providing daily meals for infants at our day centres in slum villages for five years and we have seen the impact of regular daily food. A hot meal significantly improves a child's health and accelerates their growth rate. A school lunch gives them the strength to walk to school and motivates them to attend. It gives them energy to concentrate in class and substantially raises their academic performance. It is the easiest way of making a dramatic impact on their life prospects.

We funded local workers to construct a small building containing a very basic kitchen at the school, employed a cook and supplied cooking utensils. Our social worker delivers beans, vegetables and maize every week for the daily lunches and firewood needed to cook the meals. We are encouraging the school to grow its own vegetables so that it can contribute to the meal ingredients and the children can learn horticultural skills.

Each child is being monitored by the social worker to check progress with their weight, height, BMI and general health and, very important, to track the educational benefits of the programme. Our social worker looks out for the neediest children and may provide them with healthcare, uniforms, books etc. She works with their families to help them to improve their parenting skills and generate an income with the aim of making them self-sufficient and able to support their children themselves in future.

After three months, we can already see a big improvement, so we have selected a second very needy school to start giving a hot daily lunch to 60 vulnerable children from January. We have a list of other schools in impoverished rural areas to support if we can raise enough funds.

It costs just £5 per month to feed child – that's 20p per day – and it truly transforms lives.

We want to feed 2,000 children in 2020 – please will you help us?

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Lots of babies at our Kujali Baby Home

Our bright new home for abandoned babies opened in May and already most of the cots are occupied. It is great fun to have so many babies in our care. But it's sad to hear how the babies were abandoned or mistreated - and often they arrive malnourished and sick. They are in a happy place now with a lovely team of nurses and carers to look after them. It's amazing how quickly they recover with good medical care, some love and lots of baby formula!

A haven for abused teenage mums

In most countries, there are cases of young teenage girls abused by people close to the family, become pregnant and are rejected. It happens in Kenya too. Fortunately the team in our baby home can take care of them during their pregnancy and teach them how to look after their new babies. We keep the girls safe and healthy, then help them back into education so they can earn a living when they are older. Hopefully the mums and babies will have a better future.



Feeding Centres supporting families

Our day centres in three slum villages near Thika continue to feed up to 200 children each day. We love seeing the children grow stronger, happier and healthier. We employ cooks and carers from these villages and they know the neediest children. We help the mums (or guardians) with childcare, advice and medical bills. Many families are unemployed and very poor, so we have helped some to get work or set up a micro-business, which enables them to become self-sufficient financially.

Residential care then life in a family

For the past two years, we have been reintegrating children from our residential home back into the families of caring relatives. In this way they will grow up in a normal family situation in a community. It's been a great success and the children are happily settled in their new homes. Sadly, there are still vulnerable children losing parents or suffering abuse that we need to shelter and protect. But we know now that they will return to a normal family life after a period of care and mentoring in our children's home.



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THANK YOU

Your encouragement, donations and grants of money and goods have expanded our activities from caring for two orphan girls almost 20 years ago into an organisation with carers, nurses and social workers looking after nearly 400 children and babies and their families.

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