



WAMUMBI ORPHAN CARE FOUNDATION NEWSLETTER

1ST JANUARY 2014

ISSUE 1

Welcome to our first annual newsletter as Wamumbi Orphan Care Foundation! We have recently changed our name and logo to reflect the role our organisation takes in the UK to support the work of Wamumbi Orphan Care, a registered community based organisation in Kenya.

Thanks to all of your support, we were able to provide grants to our partner organisation, Wamumbi Orphan Care, so they could carry out both essential and exciting activities for the benefit of 56 orphaned children in 2013. It was a busy year for us with lots of challenges to overcome and many success stories to share with you.

Continue reading to find out more about how we're supporting the children to overcome their difficult circumstances to become fully participating members of their communities...



Wamumbi Orphan Care Christmas meeting with children and guardians in Kangema, December 2013.

LIBRARY AND OFFICE SPACE

In January 2013, we were able to raise enough funds for Wamumbi Orphan Care (WOC) to start renting an office for regular meetings and quiet study space for the children. With your help, we raised money for paint, a wall of bookshelves, 11 chairs, a big table for workshops, and a desk. The response was amazing and immediate, with most donors contributing to specific items. Having this space had an immediate impact by giving all the children and guardians a place to freely meet with one another.



Martha with the WOC youth committee in front of the new bookshelves, 2013.

The bookshelves have been slowly filling with novels, factual books, school text books, and children's story books. Thanks to friends across the UK, our CEO is able to take donations over to Kenya a few times per year to better equip the office for its multitude of uses. In June a great supporter of ours carried a box of books from the USA all the way to Kangema. In November we sent enough money to buy a few copies of all the essential secondary school text books for Forms 2 and 3 and enough dictionaries and Encyclopaedias for the children to share.

Books are borrowed and returned on a weekly basis, with the WOC youth committee taking some of the responsibility for the smooth running of this with help from Martha (director of WOC).

There's been a keen interest shown by young people in the wider community of Kangema to volunteer with WOC and help out where they can. Some of these older teenagers have been helping our youngsters with their studies,

particularly mathematics. We'll be exploring how else they can help us and be good mentors for the younger children.



Studying in WOC's new office, 2013.

INCREASING HOUSEHOLD NUTRITION AND DIVERSIFYING SOURCES OF INCOME

After receiving basic training in biointensive agricultural techniques in September/October 2012, the WOC project management committee got to work in making seedbeds, running workshops, and ensuring that all of the households in the group had the knowledge, skills and materials to make their own kitchen gardens.

Through the combined efforts of WOC in Kenya and WOCF in the UK, we provided the training and inputs for 36 households to make their own nutritional kitchen gardens.

At first there was low attendance at the workshops because of people thinking that they knew all there was about farming; it was only after they started seeing the results from others who had attended that they started asking for more workshops so they could also benefit. This indicated strongly that the activity was having a positive impact.

We are now in the process of analysing a survey carried out in August 2012 and September 2013 to assess the impact this initiative may have had on household dietary diversity and food security. The aim was to make households more self-sufficient and increase overall nutritional intake.



One of the boys of WOC next to his newly established kitchen garden, 2013.

After initiating a chicken project in 2012 with five of the most vulnerable households in WOC, we asked them to start breeding the chickens, with our support, to share with the rest of the group. We provided layers mash where necessary.

In March 2013, more than 100 chickens were distributed to the 36 households in WOC. The neediest households were provided with the materials to build chicken houses. Rabbits were also bred by some of the children and shared with the group.

Two children in our group completely inspired us in 2013 because of their enthusiasm and dedication to breeding rabbits and chickens. Both children have been producing enough eggs for themselves and their grannies to eat and to sell. They also sell a few rabbits whenever cash is needed for household necessities.



Five of the teenagers showing us their rabbits and chickens, 2013.

One boy quickly multiplied his chickens from the three he was given in March to 30! They are producing up to 18 eggs a day, plenty for the household and

bringing in some much needed cash income, being sold at 20 KES per egg.



A chicken we distributed in March shown with the chicks it had soon after, 2013.

EDUCATION AND PRACTICAL TRAINING

We are working to ensure that the children have skills they need to make careers for themselves in the future. This could be through formal education or it could result from practical trainings. To cater for all abilities we offer support both to those that continue into secondary school and those that don't.

In 2013 we supported nine teenagers at secondary school and five of our teenagers on practical training courses or apprenticeships with local tradespeople. They gained skills in carpentry, hairdressing, dressmaking, and mechanics.

One of our other teenagers was offered sponsorship to do a dressmaking course by a local church which was fantastic news for us.

CHILD-HEADED HOUSEHOLDS

In June 2013 we lost one of our dear grannies who left behind her grandson. He was devastated, having lost his parents at a very young age. An aunt stepped in and looked after him in the months following the burial with some support for foodstuffs from us, subsequently offering to fully sponsor him. They have recently moved to Nairobi together with her other children.

One of our other child-headed households consists of two brothers and a sister with autism. We started sponsoring the older brother on a carpentry course but he was missing classes due to his responsibilities at home. Once we realised he needed more help, we put a call out to our supporters and you listened. We received a donation of £70 and spent it on house help for 11 weeks so he wouldn't have to miss any more classes. Since mid-December, the younger brother and sister have been re-homed by extended family.

One major challenge we are facing is increasing numbers of child-headed households as elderly guardians pass on.

We aim to provide the right level of support and mentorship to enable our group of youngsters to push on through and come out the other side of their hardships in a positive way.

THEATRE THERAPY

From meetings held with the guardians of the children over the past few years, we came to the conclusion that it was essential to provide professional counselling for the children. Without it there was a greater risk that the children would not be able to turn their lives around and make the most of what they were given.

We provided 40 teenagers from WOC with the counselling they desperately needed through the medium of a 10 day residential theatre therapy course.

A friend told us about a fantastic Kenyan group that does theatre therapy, whereby children work through their life stories through a mixture of games and role play and perform for their guardians on the last day.

Thanks to all your kindness and amazing support, we managed to reach our target of £3000 to provide

the teenagers with this fantastic therapy to help them both emotionally and psychologically. They all have traumatic life experiences that they need to work through to become more positive in their lives so this was life-changing for them.

“TEMA Creations is an organization registered in Kenya under the Ministry of Culture that uses art and culture as a tool for personal development among orphaned and vulnerable children and youth (especially young women and girls) in Kenya.

Organisations all over Kenya provide food, shelter, clothing and education to orphaned children and youth. These are essential necessities which keep them happy. Even with these needs offered to them, they still face psychological challenges due to their past experiences.

TEMA Creations has taken the responsibility of dealing with these psychological needs through the art of theatre, storytelling, music and dance. It is through this that the children find the opportunity to express and let go of their past experiences and also learn a new skill which will benefit them in life.”

Leonidah Nanjala, TEMA Creations.

There has been great progress this year and we are looking forward to continuing our efforts in 2014 with your help! Like us on [Facebook](#) to receive regular updates on our work.

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