

Amani UK Newsletter

UK Charity No. 1073357

Autumn 2021

From the Coordinator

To say the least, 2021 has proved to be a very “interesting” year. As people around the world have been emerging from lockdown we have seen individuals and organisations re-assessing their values and roles. Many organisations have witnessed a reluctance in their supporters to re-commit to the level of support previously given. I would therefore like to give our supporters, whether it be financially or with your time and resources, my heartfelt thanks for your steadfast support over the last year. Most of the people in Kenya we support via the Upendo Foundation live such rudimentary lives that they don't have the resources to change much in their lives – all their energy is committed to their own survival and the survival of their families. Our aim is to help them in this battle and to give them hope for a better future via the programmes we fund. Amani UK keeps a constant eye on how things are changing in Kenya and we adapt continuously to ensure that the funds we receive are being used as effectively as possible. We are very aware of our responsibilities to meet all the Charity Commission's requirements and Safeguarding has a particular emphasis at the moment.

At the time of writing we have started to look at how we can re-start our visits to Kenya in January. Because of the pandemic this process will be very gradual and careful. There is also a general election in Kenya in August and the immediate pre- and post-election periods are times when we would not want to plan for teams to be in Kenya.

There have been many encouraging things happening in Kenya since the last newsletter, some of which are covered in this edition. Earlier this year we celebrated the 10th anniversary of the Keep a Girl in School project and in this edition we are celebrating another 10th anniversary – the Ted Rayner Memorial Clinic (see page 3). In the next newsletter I expect to be able to report other significant developments which are currently in the pipeline. I hope you enjoy reading this newsletter and once again, thank you for your support.

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Facebook: search for 'Amani UK'



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More Community Groups Join the Family

Winnie Apondo (Upendo Field Officer) writes: The Upendo Foundation NGO has been working towards developing the community for a considerable period of time. The organisation reaches out to the struggling community members through the community groups. Recently, Upendo affiliated six more new groups from unsupported areas. Opening up these new areas will enable Upendo to expand its support further in the future.



Phelix (Upendo Field Officer) during the Upendo Board visit to the Par Maber group in May

a good move since more community members will move a step towards development and their household living standards will improve as well.

The new groups are happy to work with Upendo and are looking forward to changing their lives although this will also require extra energy and resources.

The new groups are; Dain Church, Ne gi Wang'i, Par Maber and Ramwanjo which are in the Koderia area and Centre Women and Nyahera Highway which are in the Kowidi area.

To jump-start their operations, the groups have been taken through a group dynamic training programme and supplied with farm inputs for the short rainy season. This is



Winnie carrying out Group Dynamics training

About Amani UK

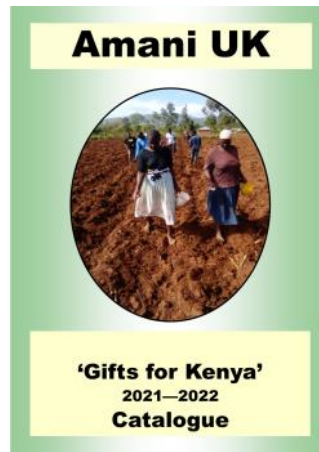
The origins of Amani UK go back to 1986, when a project was established by Elizabeth Feilden to bring relief to the poor of rural Kenya. Through the late 1990s awareness of HIV/AIDS grew and the devastating impact on families and communities became a reality. By the year 2000 widows and orphans were forming into community groups to cope better with the consequences. Amani UK made itself part of this changing environment by reshaping the central project focus into one of guiding and directing the community groups into membership of Projects through which Amani UK is able to channel resources and expertise.

Amani UK funds the Upendo Foundation which is one of the 2 projects we are associated with in Kenya. Upendo is a Kenyan Non-Governmental Organisation (NGO). Upendo delivers support in the area around the town of Oyugis, W. Kenya and funds are channelled through Upendo to Kirongo which is a community based organisation approx. 15km from Oyugis. Amani UK is a UK registered charity no. 1073357 and operates on a totally voluntary basis with the trustees meeting ALL expenses. Overheads are nil and 100% of money donated goes to help the people of Kenya.

See the front page for how to contact Amani UK by phone or email or alternatively write to us at:

Amani UK, 14 Maxwell Drive, Hazlemere, Bucks HP15 7BX, UK.

Buy a Gift (BaG) this Christmas



After a successful BaG year last year when over £3,000 was raised, we are hoping to exceed last year's total in 2021. BaG always goes very quiet in the Feb-Oct period but this year it has been even quieter than usual. So can we challenge you, our supporters, to be even more generous than usual? As you can see from the front page, we have even more Upendo and Kirongo groups to support and most of the BaG gifts are to provide direct support to the community groups. The new catalogue has just been published and copies are being circulated. Many of the prices are lower than last year because of the improved exchange rate. Please have a look at the BaG website: www.amaniukgifts.org.uk.

School Links Continue Despite Covid

The last 18 months have been exceptionally challenging for the School Links programme. One of the main ways Kenyan and UK schools communicated with one another was by exchanging hard copy material written and created by the pupils. This was then given to visiting teams to exchange between the schools. This has not been possible due to the cessation of visits to Kenya.



Electronic communication has been a poor substitute because of the lack of resources and infrastructure in Kenya. Hopefully, exchanges will re-commence in 2022. In the meantime UK schools and supporters have continued to raise funds for their linked school. Curzon CoFE Combined School enabled the Kirongo Rainbow School to purchase resources for the new Kenyan curriculum, Masanga School received funding to help them build boys' latrines and St. Giles School have just enabled Dudu School to purchase materials to fence the school perimeter.

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News in Brief

Having been out of commission for a few years and following a protracted battle to re-instate the solar power system, we are happy to report that the **Kirongo borehole pump** is now able to pump water to the main holding tank, providing clean water for the Rainbow School, the Ted Rayner Memorial clinic and the Kirongo compound in general—all thanks to the grant received from the James Barney Foundation.



In September the **Kasimba Junction** group received the first multi-purpose chaff cutter which Amani UK has funded.. The chaff cutter can be used to cut up many types of vegetation to provide animal feed.

The **Covid 19** situation in the Oyugis area of Kenya is still very difficult to assess although vaccinations have been available for quite a few weeks.

UMIT is the forum where Upendo and Kirongo field staff can meet and exchange information about their field work. UMIT also carries out the group ratings exercise which measures the progress of groups on an annual basis. The 2021 assessment was completed in September. Most groups showed an improvement over last year's result with shelter being the one area of concern—probably due to financial constraints caused by Covid.

KaGiS recently received a very generous £5,000 grant from the Souter Charitable Trust in order to re-start the Healthy Choices programme, now known as Healthy Choices 2 (HC2). The programme gathers young people together in school "clubs" in order to inform them (amongst other things) about relationships, sexual health and the dangers they may face. As the Christmas season approaches, girls in particular can be pressurised into providing sexual favours and it is essential for young people of both sexes to know about this issue.

Amani UK's 2020 accounts were passed by the independent examiner and approved by the trustees in last June's annual meeting. Details about the year's activities and finances are now available for viewing on the Charities Commission website.



10 YEAR ANNIVERSARY

Jan Rayner writes: We are amazed at the speed at which time has passed since the concept, the build and the opening of Ted's Clinic in Kironko, Kenya. This came about when Ted died suddenly in 2010, but the generosity of all his family and friends gave birth to a legacy now fondly known as Ted's Clinic.

Building commenced in 2011, and today the clinic is a thriving facility in a rural area some 15 kms from Oyugis. It is situated in the secure compound of the Kironko Project, part of Amani UK, alongside an Early Development School of 170 children.



It has been a long 10 years of building up all the medical requirements to support the clinic, including employment of three members of medical staff on a daily basis, and a Doctor to oversee the day to day running. Some of you already support these employees on a monthly standing order scheme set up a few years ago. Some reading this may like to consider joining that scheme, as without it, and without the staff we employ, the clinic would not survive.

The two primary needs are those associated with having a high percentage of young children and the prevalence of HIV/AIDS. With these come the many opportunistic African diseases, attacking those made vulnerable by the frequent bouts of malaria. As well as the various treatments required, there is a growing need for health monitoring and education, particularly in the areas of nutrition and hygiene.



Due to Covid, our annual fundraising event had to be cancelled in 2020, but we are having luncheon on the 6th November 2021, when we shall be hoping to raise

some more support for the clinic.

I'd like to take this opportunity to say a huge thank you to everyone involved in the clinic, both here in the UK and our team in Kenya.

Happy Anniversary! Jan

Groups Progress Report

Daniel Ogongo (Kironko Field Officer) writes: It is my pleasure to send you this progress report. Our groups through the help of Amani UK have shown a lot of improvements in nearly all the sectors covered by the project.

For instance, provision of farm inputs to groups has empowered both women and our youths because previously these essential farm inputs were the responsibility of the head of the family (men). The group members now have direct access to these vital products and can make proper use of them. This has also ensured proper timing of seasons since, most of our farm inputs are always made available at the beginning of each season.

Working together in a group is also another very important area where our groups have improved greatly. It allows for pooling together of the resources and this has not only reduced the production cost but has also contributed greatly towards community goodwill. New ideas are also shared among people as they work in their various groups since two or more brains are better than one. The level of trust and confidence also increases between the community members as they get to know each other better in their various groups

Pass on pass back activities stand out. From the few animals that were given to different individuals in different groups, the offspring of these gifts have either been passed on within the group or back to the other groups. This has led to a growth in numbers of these animals within the community which is a great achievement. By the grace of the Almighty, we hope there shall come a time when each and every individual within a group shall possess their own animal as the result of the pass on pass back programme.



OK Chun group maize field

NEWS & INFO

WWW.TEDSCLINIC.ORG

NEXT FUNDRAISER

10th Anniversary Luncheon

Saturday 6th November at 12:30pm

Holy Trinity Church, Hazlemere

Tickets £15

with cards by



CONTACT

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Postponed until March 19th 2022

Orphan Support



Mealtime at this year's orphans' camp

A few years ago Amani UK refocused on our main purpose which is to fund groups of people rather than individuals. Consequently, we decided to stop providing support to newly identified orphans and widows especially because running the orphan programme was draining our limited resources.

Even so, we remained committed to the orphans who were already in our support programme. A number of these orphans have now finished their education and

are able to support their siblings. Many have now moved from primary school to secondary and others are being sponsored through college and university. Higher education costs have increased rapidly and under pressure from university staff, the Kenyan government has just awarded them a significant pay rise which means that some universities are now more than doubling their course fees. The details about this are only just emerging but we expect this situation to create many challenges for most of our sponsors who are supporting orphans through higher education

Challenges such as this can often deflect us from recognising the tremendous impact college and university has on the lives of the orphans we support and the poem to the right, written by a young man just starting his second year at university in Nairobi just shows how much our orphan sponsors are appreciated:

THANKS

*When my sky was dark ,you
Came changed them to blue
At the time I were stuck , you
Came along Mrs Sue
Knowing you was a good luck ,
I owe my all to you
You knew I would track ,
You wore me a shoe
Because of you ,my dreams will
Come true*

*At the point of despair
No help came from anywhere
My worries I could share
No one would care
But fate was that fair
It brought you near*

*Alone, I couldn't have won
It's you who made me known
True love you shown
For my dream realization
You've supported my education
You've built me a firm foundation*

*Receive this lyrics of my heart
From them known that
I do love you from my heart
You worn me my shirt
You washed my dirt
How can I forget you ??
Thank you Mrs Sue.*

KaGiS & Pants!

Sometimes we discover how easy it is to make incorrect assumptions and for the following story we need to mention something which would not normally be discussed in the UK.....

KaGiS is now providing the funds to support over 3000 girls with sanitary towels (STs) so that their education isn't interrupted each month. This level of support is amazing in itself. However, during the last year we found out that many girls are unable to use their STs because they simply did not have suitable underwear if, indeed, they even had pants to wear.

The KaGiS team therefore decided to fund the purchase of hundreds of pairs of girls' pants and these were distributed in three phases to girls in all of the supported schools where the need was identified. One headteacher said in a letter of thanks about the provision of STs and pants: "This....has enhanced the performance and confidence amongst the girls which led to the girls posting a better result in KCPE2020 as compared to the boys" (KCPE are the national exams). A girl from the same school wrote: "The girls don't engage in boy-girl relationships to buy pads because we know we get them from school monthly".



Groups Progress Report (cont. from Page 3) Reinvestment is another sure way of ensuring that our groups do not only become responsible and accountable to the way they manage resources within themselves but it also helps them to plan and scheme on how to sustain themselves because sustainability is the dream of each and every group. Most groups can now take the excess produce within their groups to the market and use the money earned to either purchase some fertilisers and seeds, some beehives, some animals or hire land for their farming activities. This has helped to increase the productivity in different agricultural sectors undertaken in our groups.

The level of knowledge within the community groups is increasing day by day, all thanks to our able field officers who have ensured that they take to the community the latest agricultural ideas since learning is a continuous thing which keeps on changing to fit the current market requirements. As our field officers meet the groups, they also get the opportunity to learn from these farmers and pass on this knowledge to other groups. Farmers have the experience and experience is the best teacher.



Community fish farming