

Amani UK Newsletter

UK Charity No. 1073357

May 2026

From the Coordinator

In the Spring newsletter of 2016, my predecessor Jim Leftwich introduced me as the new International Coordinator and it has been a privilege to serve in this capacity for the last 10 years. On May 16th 2026 we held our AGM which was followed by our 6-monthly Trustees and Advisors meeting where we planned Amani UK's next steps for the future.

During these last 10 years we have seen significant changes in the UK and Kenya, including significant growth of over 50% in Amani UK's income, thanks to you, our wonderful supporters. At the end of last year we recognised that the role of International Coordinator needed to change if we were to keep to one of our foundational principles of relying solely on volunteers to operate the charity. In other words the job of International Coordinator had grown too big for one person and we set up a working party to see how we could shape ourselves to ensure that Amani UK could continue supporting the people of Western Kenya for many years into the future.



Peter Fish

The findings of the working party were discussed and agreed at the recent meeting and the first step of our re-shaping will be to split the role of International Coordinator into two. I am therefore very pleased to confirm that Colin Knight will take over responsibility for our operational oversight with the Upendo Foundation, our NGO partner in Kenya. Since coming on board as a trustee, Colin has led a number of team visits to Kenya and has shown enormous commitment and enthusiasm for what is happening in Kenya. Handing over of this significant part of my responsibilities will happen over a period of a few months and it will leave me to concentrate on the financial side of how Amani UK's funds are deployed in Kenya. Adrian Goode, Amani UK's Treasurer, continues in his current role, looking after our UK finances and he and I will be working closely with one another on financial matters. In his new role, you will be hearing a lot from Colin as he oversees the re-shaping of Amani UK and the delivery of your support which enables Upendo, Hope, Kirongo, KaGiS and Ted's Clinic to carry out their life-changing work.



Colin Knight

As yet, we haven't finalised titles for these new roles but if you read pages 2 and 3 of this newsletter you will see the results of one piece of work we have done together. This stemmed from last year's February Expo event and other discussions where it was evident that people did not realise the full scope of what Amani UK funds in Kenya and we therefore wanted to lay out our scope of operations from a financial viewpoint. We hope you find this informative and that it inspires you to continue, or even increase, your support! Thank you.

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Fundraising Peak

Maria Pailin and her son Pedro have just completed an amazing fundraising feat. On their JustGiving page Pedro writes: "Unfortunately my mum and I lost husband / dad on September 21st 2024 and it was always his dream to finish doing the 3 peaks. So in his memory and to celebrate his life, mum & I and a group of dad's close friends have decided to take on Ben Nevis, the last challenge to dad's 3 peaks."

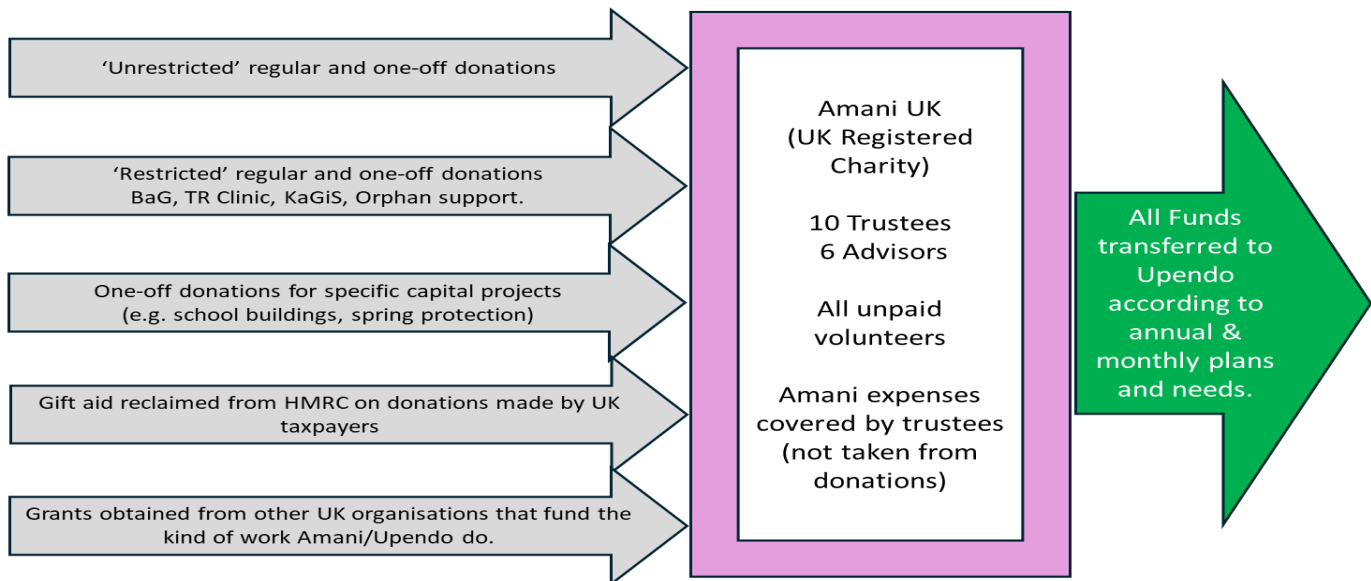
They completed the challenge on 5th May and took this opportunity to raise funds for Amani UK with 50% being used to support our KaGiS programme and 50% to support the Upendo, Kirongo and Hope staff in their work with the 50 community groups they are responsible for. So far, the amount raised is still rising and has almost reached £4,000. If you would like to support their amazing achievement, their JustGiving page can be accessed via "www.justgiving.com/charity/amaniuk".

Maria was part of the team which visited Kenya in January and she says it was an unforgettable experience. Pedro hopes to be able to visit in the near future.



The team with Maria (2nd from the left) and Pedro holding the sign which says "Roger, we did it!! You remain in our hearts forever".

Amani UK – Where the money comes from.



Notes.

'Unrestricted donations' mean that the Amani Trustees have complete discretion to use them in whatever way they think will best meet Amani's objectives 'Restricted donations' can only be used for the precise purpose for which the donation was made.

Unrestricted donations (by Colin Knight)

Most UK charities receive a mix of 'restricted' and 'unrestricted' gifts. Whilst donors love to see directly where their money is going (e.g. to the Clinic, KaGiS), the reality is that a lot of the work done in Kenya is less 'eye catching' but critical to community progress. Amani needs 'unrestricted' gifts to enable Upendo to pay the salaries of field workers and support staff who are the critical link into the communities we serve.

We are blessed to have supporters who make monthly donations and one-off gifts that amount to about £25,000 / year, with no restrictions on use. The trustees work with Upendo to decide how best these gifts are used e.g. paying field worker salaries, motorbike transport & PPE or community gifts like seeds & fertiliser that are vital for progress.

Grant funding (by Jim Leftwich)

We apply for several grants each year. Applications take time and expertise. To be successful, Amani must be clear about who we are and what our purposes are. Applications need to be project focussed, set out the issue or opportunity, the proposed solution and a clear statement of the beneficiaries, benefits and cost.

A compelling story of community wanting to move forward and willing to cooperate and contribute to the proposed project makes an ideal case. Amani typically obtains grants of between £5k and £10k each year and in 2025 we raised and spent £12,200. Grant bodies receive far more requests than their funds can support. They set financial limits and do not expect applicants to apply every year. Nevertheless, successful projects have enabled Amani UK to obtain follow-up grants as in 2025 with the Mercury Phoenix Trust.

Restricted donations such as - KaGiS (by Peggy Bannister) & Ted's Clinic (by Jan Rayner)

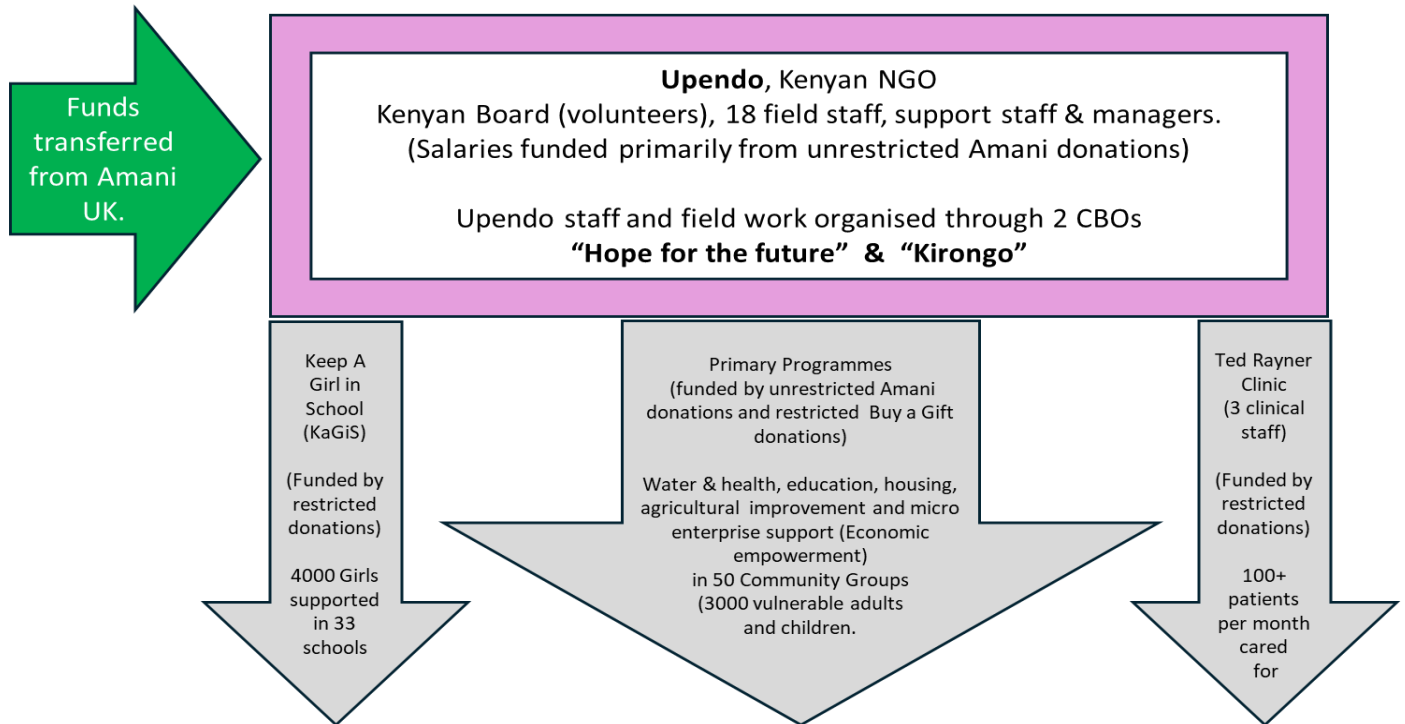
Keep a Girl in School income comes from standing orders, coin collections, events and other donations totalling £25k in 2025. To keep supplying STs to 4,200 girls @ £5 p.a. we need £21k p.a. This enables them to attend school throughout their monthly periods, otherwise falling irretrievably behind and becoming vulnerable to all kinds of dangers – exploitation, pregnancy, HIV/AIDS, STI's. We hold 4 main events a year. Our very successful Ladies' Breakfast in April, for 70, raised approx. £1,150. Future events include a Supper Party, a Concert and a Family Film Night. God prompts hearts to donate towards the cause of these girls and some supporters now organise events themselves to help reach our fundraising total.

Since the inception of Ted's Clinic in 2011, brought about by the passing of Ted Rayner and funds raised at that sad time, we have, through fund raising events, built up a standing order base of £950 a month. This covers the regular salaries of the medical staff, who run the clinic. Without these loyal donations, the clinic would not function. Fund raising events, such as the Fashion Show in 2025, raising £1,800, go towards further expenses such as insurance, supplies, medical equipment, training etc. The Health Department has requirements which also cost money to implement.

Gift Aid

Many of you know that the UK government allows Amani UK to reclaim 20% tax on donations given by UK taxpayers. This applies both to monthly or one-off gifts. It's a significant source of income, amounting to £16,819 in 2025. If you can donate, please sign a gift aid declaration if you pay tax in the UK ☺.

Amani UK – Where the money goes to.



Notes.

The KaGiS Programme, Ted Rayner Clinic and Buy a Gift Programme operate within Upendo and require Upendo staff expertise, time & support for them to function. A small percentage of the restricted donations to these programmes is used to support Upendo staff costs.

Orphan Support is no longer a primary Amani programme. Existing supported orphans remain on the programme until they finish education.

Community Programmes (by Colin Knight)

The heart of Upendo’s work is with 50 community groups. The field workers and support staff have the passion and expertise that can help these marginalised and neglected communities find ways forward to a more sustainable life. A field worker salary is about £75 / month and the total cost of the salaries of the entire Upendo team is £20,000 each year. The staff are paid below market rates in Kenya and both Amani and Upendo would like to increase these salaries if funding permitted.

The staff are out in the field almost every day visiting the groups and the only practical way to get there is by using one of the projects’ motorbikes. The costs of fuel and repairs are similar to those in the UK and one bike has to be replaced every year at a cost of £925.

Ted Rayner Clinic (by Jan Rayner)

The main cost of the clinic is the staff salaries. Central to the healthcare the clinic provides we have a nurse, a nurse-aid and lab technician, all under the oversight of a doctor. In addition to the staff, we also spend about £1,750 on drugs/consumables a year. Although the clinic (in theory) can reclaim some of this from the Kenyan Government health insurance programme, or occasionally from individual patients, in reality very little is able to be reclaimed despite our efforts.

Buying, maintaining and running equipment for enabling diagnosis in the lab and subsequent treatment is also a major cost.

KaGiS (by Peggy Bannister)

Upendo staff audit numbers of needy girls in our 33 schools. School KaGiS ‘Champions’ collect appropriate allocations of STs and distribute them in schools. STs for 4,200 girls costs £21K. Remaining funds are retained for emergencies e.g. girls who have no pants, increases in the cost of STs and as security against a funding shortfall in the following year.

Girls have appreciated a recent change of ST supplier for better absorbency and softer fabric. Our local supplier means lower transport costs so better value all round. The impact of ST provision has been recognised as giving improved safety, health and wellbeing, self-esteem, exam results, life choices and better employment opportunities.

Buy a Gift

The Buy a Gift programme, has been providing practical and much needed resources to community groups since 2005. In 2025 over £ 3,600 was donated via this programme and this enabled the purchase of 7 goats, 1 high-yield cow, 3 sheep, 4 flocks of 5 chickens, 6 sets of school uniforms, 4 water butts, 4 watering cans, 3 school desks, 3 sets of mosquito nets and lots more!

For livestock a ‘pass back, pass on’ programme operates. When a group receives an animal, the first offspring of that animal is passed back to the project for redistribution to another group. The second offspring is passed on to another individual within that group. In this way the blessing of the first gift is multiplied.

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 funds resources and expertise.

Amani UK (Amani means "Peace" in Swahili) is linked with the Upendo Foundation which is our Non Governmental Organisation (NGO) partner in W. Kenya. Upendo works with two community based organisations (CBO). These are Hope for the Future based in the area around the town of Oyugis and Kirongo which is located near Ringa 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.

News in Brief

Visits to Kenya: One visit has taken place so far this year and that was a one week visit in January. As reported on Facebook, the schedule for Maria, Sue, Colin, Martin and Peter (L-R in the photo taken with our old friend Vitalice) was jam-packed with many visits to community groups, schools, orphans, spring protection projects as well as Colin, Peter and Sue having various meetings with the staff and the Upendo board.



We agreed that next time we should try and slow the pace down a bit by adding an extra day to the trip but we'll probably end up just trying to fit more in!

Peter is planning to lead another similar trip in October and Colin is leading a full two week trip in January which will include visiting the Kakamega rain forest and the Masai Mara. Please let us know if you're interested.

Ted Rayner Memorial Clinic: The clinic continues to provide vital medical care to people in the Kirongo area. We continue to expand the services it provides and in the coming year we hope to be able to fund a haematology machine for the clinic lab. This will put the lab in the unique position of being able to provide a wide range of lab services to some of the other clinics in the area.



The new SHA health system in Kenya mandates registered clinics to have a biometric scanner (see picture) in order to claim back treatment costs for registered patients. It is hoped that this extra income will help cover some of the clinic's running costs.

Keep a Girl in School: The KaGIS team, led by Peggy, continues their amazing fund raising efforts such as the ladies' breakfast mentioned on p2.



The Healthy Choices programme, funded by the Mercury Phoenix Trust, is still bringing together young adults for teaching in personal development and for voluntary HIV testing.

Agriculture is still the foundation of people's lives in the countryside where Hope and Kirongo work. Last



season's harvest was poor but people have been busy in the fields during this year's first rainy season. Upendo board members are also making regular visits to community groups.



Welcome to Wicklife Otieno (also nicknamed "Bishop" as he is a lay church leader) who has moved from Kirongo to become Hope for the Future's new manager. Phelix, the previous Hope manager, has moved back to join the Kirongo staff.



The Upendo board set up a selection panel to interview all the applicants, scoring each applicant on merit with Wicklife being the clear winner. Having spent time with him in January, Colin and Peter look forward to working with him.