



UPENDO ORPHANS SUPPORT PROJECT

P.O. Box 898, Kilifi

NEWSLETTER – October 2009

This newsletter covers the period January-October 2009. It's yet another year that the Lord has made. Upendo ladies and orphans said "We will rejoice and be glad in it" as they wished each other a Happy New Year 2009.

In January, the members, orphans and guardians gathered at the Centre for a meeting to re-pledge their commitment to the children. Every orphan was sitting in the midst of a family guardian and Women's Group guardian. Facial expressions of the orphans portrayed the feelings of being secure.

Since then the year has continued following its normal routine, as outlined below.

FEEDING PROGRAMME

Our 40-odd children continue to get their two hot meals per day of nutritious food which they eat with relish. Seeing this is particularly poignant because of the current widespread hunger in the surrounding district and across the country. The food comes from your donations with supplements from well-wishers around the town such as the Rotary Club. We also provide meals for children attending the commercial nursery school that the Women's Group operate in order to supplement our income.



Grace, one of our cooks

EDUCATION PROGRAMME

Between meals the children go to school, either to the local primary school or to our nursery school. Primary school classes are too large to get good education so most of our children get extra coaching on Saturdays and during the holidays. We also enrolled most of our children into fee-paying schools to try and improve the quality of their education.



Soon we will have our oldest children going to secondary school. Secondary education is not free in the Kenyan education system so we have to find the funds for this. We have approached Rotary and others to help with this. The money that Upendo UK claim back on Gift Aid from the UK government is also going into a separate fund for

Irene, our Head Teacher, taking a class.

secondary education for the children. Below is a breakdown of the number of children for whom we have to find secondary school funds for over the next 7 years. The total cost comes to KES2,800,000 (£21,500 assuming a cost per child of £270 per year and four years per child (80 child-years in total).

Year	No. children starting Form 1	Total no. children -years
2010	1	1
2011	2	3
2012	2	5
2013	2	7
2014	4	10
2015	4	12
2016-2019	5	15+13+9+5=42

Psychosocial support

Trained counselors conduct group counseling sessions on Saturday afternoon. However, individual counseling, health education on issues such as HIV/AIDS, hygiene, malaria and STDs are arranged for those in adolescence. As those who have visited will know, the youngsters are almost always happy and clearly enjoy the safe and fun environment in our compound. We try hard to keep the teenagers feeling welcome so that we don't lose them at this very vulnerable age.



Brian, our youngest.

Health care

One of our orphans who is physically handicapped receives physiotherapy twice a week. It has changed the life of this boy who was virtually immobile and very unhappy. We also use the Upendo facility to give physio to 3 other needy children from Kilifi.



Mwinyi with crutches instead of a wheelchair

De-worming is done every six months and the children have good access to hospital treatment when they need it. Some of our children are on anti-retrovirals which we supervise in partnership with their guardians.

Visitors

We have had many visitors, both local and foreign, this year. Increasingly we are getting holiday-makers staying at the local hotels dropping by to donate clothes, toys and money and spend some time playing, singing and dancing with the children. We have built up quite a large number of new sponsors through this route. One couple (Hazel and Martin) went home and raised the funds to purchase a gazebo and chairs for the Women's Group to hire out and thereby raise some funds. We have also had a number of short-term volunteers. The children love these visits because they get some rare one-on-one attention and a chance to exercise their great sense of fun.

News from Upendo UK

Joanna Jenkins, Upendo UK Treasurer



The Upendo Project in Kenya is almost entirely funded through Upendo UK, a registered UK charity through which many of you make your donations. Our Upendo UK Treasurer, Joanna Jenkins, has just moved from Oxford to Birmingham where her husband, Neil, has taken a new job. If you have not yet sent in your Gift Aid forms to Joanna, please do so to her new address at: Brake Mill Cottage, Off Stakenbridge Lane, Hagley, Stourbridge, Worcestershire, DY82XY.

Website

We are still (!) updating our website but hope to complete it by this Christmas. Please visit it at www.upendo.co.uk. We are looking for a volunteer to take on the job of regularly updating it. If you have such skills and some time on your hands, please get in touch.

We have also produced a DVD on the project which we have mailed out to you. If you want to receive more copies, please write to us.

Once again, thanks for all your support. Every year, as we make more and more friends, Upendo gets the chance to help more and more children. Please continue to spread the word.

Best wishes

Grace (Administrator), Margaret (Fundraiser) and Joanna (Treasurer, Upendo UK)

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