



2022 ANNUAL NEWSLETTER

www.upendokenya.org

19th December 2022



Greetings ladies and gentlemen,

Welcome to our 2022 newsletter-
highlighting this year's project activities.

Our special thanks to all our sponsors and
supporters for the overwhelming support to
Upendo this year.

Wishing you a Merry Christmas and a
Happy New Year 2023.

With lots of love.

Lemic Ngalla,
Project Director.





INTRODUCING NEW SPONSEES

Upendo received numerous applications for sponsorship this year from needy families in Kilifi community.

8 new students were admitted into the project this year.

These children will attend Upendo school, get 3 meals a day, get a health insurance cover and other services to ensure that they grow up to become independent and responsible men and women.



A big thank you to our new sponsors.

Our target is increase our beneficiaries from the current 62 children to 100 children in the next 3 years.

This is possible because we are non-residential and can support hundreds of children.





56 children were supported through school:

- 24 in primary school;
- 27 in secondary school,
- 4 in colleges/universities, and
- 1 in a special school.



3 groups did their final examination this year:

- 2021 Kenya Certificate of Primary Education & Kenya Certificate of Secondary Education (grade 8 and form 4)- 5;
- 2022 Kenya Certificate of Primary Education and Kenya Certificate of Secondary Education (grade 8 and form 4) - 19;
- Kenya Primary School Education Assessment (grade 6 under the new curriculum) - 2.

The grade 6 graduands will be joining junior secondary school for 3 years and thereafter proceed to senior secondary school for another 3 years. Upendo meets their school fees, extra-tuitioning and other educational costs.

We believe that access to quality education is the greatest equalizer of conditions of men. We make this possible by meeting their educational costs in school. Upendo pays their school fees, boarding equipment, uniforms and other learning materials.

Tailoring

Upendo Children made 116 school uniforms (shorts, shirts and dresses) for students at Mbwana Primary School in Ganze, Kilifi. County.

The children also made uniforms for themselves and the new students admitted into the project.

A total of 25 sessions were held this year with 16 children as trainees.



The children also underwent training in:

- Barbering - 12 sessions (12 children);
- Hairdressing - 7 sessions (15 children);
- Crocheting - 13 sessions (10 children);
- Bead-work - 10 sessions (8 children).

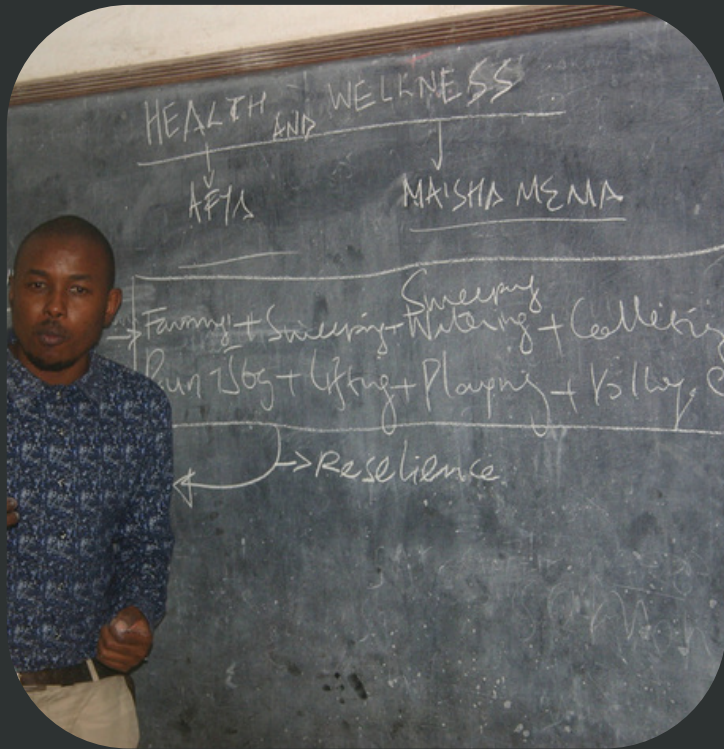


- The children made 40 pairs of Maasai sandals. 18 pairs were sold at Mnarani Club & Spa and a few others at the project.
- The children made 30 pairs of bracelets which were sold at Mnarani Club & Spa.
- Hairdressing & Barbering - the children shave and plait their own hair while at the project.



Health Programme

The children are insured through the National Health Insurance Fund (NHIF). Besides this insurance, Upendo held 3 physical health education sessions aimed at promoting good health and disease prevention.



There were 50 recorded visits to Mephi Hospital by our children for outpatient services.

Upendo also issued tooth brushes and tooth pastes to all the children.

20 girls were educated on menstrual hygiene and provided with sanitary pads across the year.

The children's health is maintained through a balanced diet, a loving environment and through the insurance cover.

When our students are healthy, they will be able to attend school and will be better able to focus in class, which ultimately leads to better performance in class.





Feeding Programme

Half of our students are in boarding secondary schools across the country.

We provided 3 meals (breakfast, lunch and dinner) to our children across this year.

A total of 1,471 meals were served to the children this year.

Feeding is critical to students' health and well-being, especially for students from poor households whose families cannot afford 3 meals a day.

Our feeding program enhances students' psychosocial well-being.

It enhances concentration and attention in class which results into better academic performance.

Psychosocial Support & Pastoral Care

The psychosocial support and pastoral care aim at addressing psychosocial and social needs and promote mental health and the wellbeing of our children.

It enables healing and growth within individuals and their relationships and nurtures growth toward wholeness, and provides guidance in decision making and challenges obstacles to positive development.

20 sessions were conducted by the founders and Board of Management.



Collaborations & Outreach Programme

Upendo conducted two community service activities in the community. Upendo Children and staff participated in a mangrove planting exercise organized by Little Action Environment Foundation at Gastonia Beach.



Upendo Children also did a cleaning exercise at the Kilifi County Hospital and also gave out fruits for the patients in the wards.

Community Service Activities are one way of Upendo thanking the Kilifi Community for supporting the project in so many ways.



Upendo previously conducted beach cleaning exercises in collaboration with the Department of Environment (Kilifi County Government), planted trees at Pwani University in collaboration with the Kenya Forest Service and mudded a house for a needy family in the community.



Pwani University - Department of Social Sciences

Upendo partnered with Pwani University, Department of Social Sciences. Upendo will be offering volunteerism and attachment opportunities for Pwani University students.



Upendo Library Upgrade



Figure 1: Before renovation



A library is an important facility to a community. The resources and services they offer create opportunities for learning, support literacy and education, and help shape the new ideas and perspectives that are central to a creative and innovative society.



Figure 2: After renovation

Upendo received several donations from several donors that was used to extend and renovate the Upendo Library.

Many thanks to all donors who made this possible.

We are still looking for funds to put in glass windows, ceiling and connect the library with electricity.



Upendo Trip

During the August school holiday, the children had a day out to Malindi International Airport in Malindi and Gedi Ruins historical site in Gede.



Creative Arts



The children had a drawing and painting competition and they did lovely drawings and paintings.



Upendo held a child rights and protection and parental responsibility training to Upendo guardians.



The healthy development of children is crucial to the future well-being of any society. The training aimed at providing information to help the guardians better care for the children to achieve their potential and develop into responsible citizens.



WISHING YOU A MERRY CHRISTMAS
AND A HAPPY NEW YEAR.

