

# BREAKING

# DOWN

2012 ANNUAL REPORT



# BARRIERS



# **It is with great pride that we reflect on our work and accomplishments every year, and 2012 is no exception.**

## **We continue to grow both our reach and our positive impact in the lives of children and communities**

Five years ago, I started the work of helping poor but talented children from Kibera Slums live a decent life through sports. The most compelling issues - pulled me back home to work on building the community to which I was born and raised up. An underserved place for every child, where young girls and boys face extreme barriers. Parents wake up every day not knowing whether they would get enough food for the family to eat while the children wonder if they will be able to attend high-school in pursuit of their dreams and single mothers often having to sleep with men, to have food on the table for her children. I initially started working with a group of 350 children, and the idea is to train them to become professional athletes, coaches and sports administrators as well as provide them with athletic scholarships to attend high-school. Five years later and even after having lost 68 of them to early marriage, death, drugs and crime, my resolve and commitment to helping these children succeed is even stronger.

Every day, the stories of young boys and girls that I work with inspire me. From the story of Kennedy, a young boy born in the confines of a remand-prison 16 years ago where his mother, after his mother was arrested for selling, *changaa*, a traditional brew then considered illegal-which was their only source of income. Born to a father that he never knew, and a terminally ill mother whose health was fast deteriorating, Kennedy assumed the role of a bread-winner at the age of 8, he worked in farms and looked after animals so he could put food on the table for himself and his mother. For 3 years, he worked and took care of his ailing mother while his hopes of going back to school dwindled. In 2009, the ailing mother handed over Kennedy to our organization, just a few days before her death. And from then on, we began the long-journey of putting Ken back on the life-track; we arranged for an alternative family and placed him back at primary school; we patiently and diligently instilled in him the values that we strive to nurture in each and every one of these children; a sense of limitless possibilities. At 11 and having gone through a life-time of incredible toughness, Ken had already put in many years of 'training-in-necessity' unknowingly, perhaps, in readiness for an athletic career in the future; and he is currently our finest athlete. Today, he is not only in high school, but he has also learnt that he can turn his misfortunes earlier in life into jet-fuel for his athletic success.

I am always drawn to the power of a single story, like Ken's, which shows the impact of our work. But each of the children enrolled in our athletic programmes, has their own stories. What they experience no ordinary circumstances, but ultimate barriers to their dreams. My organization has always strived to break down these barriers. And, together we are creating change. Inspirational young like Kennedy are the future of their countries. For all of the girls and boys in our programs, play is an opportunity to find happiness today and hope for tomorrow. We are ever more motivated by our results and our potential to grow. Thank you all for your unwavering dedication. It is because of your enduring support that we can transform the lives of so many children in Kibera through sport.

I am proud of the progress we have helped achieve, not only because of its impact on an entire community, but because, in very concrete ways, our work has improved the lives of individual children, families and by extension, the entire community. Our programs prove that where the child sees a barrier, we also see an opportunity. We will continue to push for this—our cause—to overcome barriers, not for ourselves, but for our community and Kennedy, his children and grandchildren. And for theirs.

Vincent Ochieng

Founder/Director

Kibera Sport Development Programme

# Some facts about Kibera Slums



- ✚ The Kibera Slum of Nairobi houses 1.2 million people (nearly 50% of Nairobi's total population) on less than 5% of Nairobi's landmass.
- ✚ The people of Kibera live in an area of 2.5sq kilometers, the size of Michael Jackson's ranch.
- ✚ It is one of the most densely populated places on the planet.
- ✚ Life expectancy in Kibera is 30 years of age compared to 50 years of age in the rest of Kenya.
- ✚ Half of all Kiberians are under the age of 15.
- ✚ 1 out of 5 children in Kibera do not live to see their fifth birthdays.
- ✚ There is no running water to most homes in Kibera. To obtain water, residents must purchase water from private vendors, paying two to ten times what is paid by a Nairobi resident outside the slums.
- ✚ Kibera's 1.5 million residents share 600 toilets, meaning that on average one toilet serves 1,300 people.
- ✚ 43% of girls and 29% of boys in Kibera do not attend school at all.
- ✚ 66% of girls in Kibera routinely trade sex for food by the age of 16. Many begin as early as age six.
- ✚ Young women in Kibera Contract HIV at a rate 5 times that of their male counterparts.
- ✚ Only 41 percent of boys and 32 percent of girls know that condoms are effective in preventing HIV transmission.
- ✚ Life Expectancy in Kibera is only 30 years of age compared to 54.2 in the rest of Kenya.
- ✚ Only 8% of girls in Kibera ever have the chance to go to school.
- ✚ Even the most promising child in Kibera lacks opportunities to lead a decent life, get formal education and lead others as an agent of change.





***'I will show you, how great I can be'***  
**Kennedy**

Our programmes provide structured and supportive learning opportunities through education and sports. We are educating and training 350 children allowing them to 'Run the Change' and provide for their own/families health and well-being. Youth runners will have the potential to become successful scholars and athletes, coaches and managers, who will invest in their communities and help uplift the Kibera slums out of its current impoverished conditions.

***We would like to thank the following for their support and donations that has enabled us to achieve what we have:***

Companies

Credo Reference

Runners Point

Wildflower Events

**Donations between \$500 - \$2500**

Susanna Krueger, Michelle Russell, Louise Topham, Peter Liese, Ian Lovell, Tracey Whittington, Cathy Burke, Natalie Maule, Jennica Nichols, Hanny Allston, Carina Meyer, Megan Perkins

**Donations between \$10 - \$499**

Clare Martin, Jennifer Hsieh, Eleanor Clifford, Fiona Mitchell, Trevor Harding, Annabelle Christopher, Jody Gebhardt, Michiel Meijers, Sarah Huntley, Lindsey Gottschalk, William de Glanville, Greg Khan, Kevin Hamler, Regina Montroy, Roger Picton, Naomi Lundman, David Flynn, Lisa Weldon, Niral Gudka-Shah, Amy D’Aoust, Francine Rivkin, Maureen Kane, Karen Nichols, Laila Motran, Nancy Motran, Andrew Attia, Meral Trigiani, Ben Bellows, Mila Polos, Fady Dawood, Samer Fahmy, JP Kamel, Ashley Motran, Kelvin Cocker, Steven Roe, Lori Lerma, Olivia Munoru, Emily Savage, Kimberley Townsend, Oliver Verzosa, Carla Ehnert, Marc Schulze, Susan Thomson, Miriam Christensen, David Baden, Patrick Omeara, Melissa Higbie, Susie Weeks, Rachel Vreeman, Sarah Laisney, Susie Crowe, Olivia Ross-Hurst, Pippa Tanner, Elaine Gebhardt, Carole Bayer, Molly Fitzpatrick, Sandra Stephenson, Gunar Kraft, Peter Park, Lian Doble, Carolin Averbeck, Emily Evans, Geoffrey Parkes, Natalia Pshenichnaya, Adrian Gardner, Joan Bengtson, Greg Khan, Katharina Rochelle, Michael Krake, Raju Singh, Selin Pekcan, Josephine Lamshed.

In-kind Support

Gottfried Von Gemmingen, Neesha Velani, Elaine Gebhardt, Clare Martin, Selin Pekcan





## Our Mission

To empower Kibera Children through Sports and Education

## The Vision

Our Vision is to provide opportunities for sporting achievement and personal development for Kibera children and empower them to become competent, confident and responsible adults.





There are over 400,000 kids living in the vast Kibera slums. Too many of these kids are being lost. They're becoming school dropouts, teen parents, victims of violence and drug or alcohol abuse. They struggle to survive against the odds. What they lack are essential life skills and lessons – how to behave well, make good decisions, build healthy relationships.

Developing these skills helps kids communicate well, team up effectively with others and be self-motivated. They learn how to motivate themselves to cope with the everyday difficulties of life. Behaviour change involves acquiring skills to adopt and maintain behaviours and attitudes such as self-esteem, resistance to peer pressure, ability to problem-solve and a capacity for communication. K.S.D.P's methodology ensures that both children and communities are able to put into practice the skills and attitudes learned through our programs. Our innovative methodology is founded on a unique understanding of social learning theory and child development needs.



A young girl with dark skin and her hair in small braids is looking directly at the camera. She is wearing a purple t-shirt with a white flower graphic. The background is a blurred outdoor scene with other people and laundry hanging on lines.

# ***Breaking***

# ***Down***

# ***Barriers***

Even the most exceptional and promising youth in Kibera lack opportunities to get formal education, live a healthy life, and lead others as agents of change. What follows is a selection of the obstacles these children face—and what KSDP has done in the past year to break these barriers down.



# Gender Inequality



We seek to address systemic gender inequality—which begins at birth and extends throughout a lifetime—often girls are given less food than their brothers, must take on grueling domestic chores, are denied access to education and may be given away in early marriages. Over a lifetime and across generations, these traditions trap families in cycles of poverty, vulnerability, poor health and violence.

In Kibera, 28 percent of girls are wed by 16. Because of the prevalence of early marriage, most girls fail to complete school. The knowledge they are forced to give up—may even cost them their lives.

We believe that to empower girls and women it is critical to prevent early marriage by keeping girls in school. We are currently providing 20 promising students with full and part-time scholarships; half of them are girls. Sensitization workshops for parents whose children are involved in our

programmes have changed their perception and increased support for girls' education and improved communication and relationships through between the girls and their parents, brothers and friends.





## Lack of Education

When we initially started our work in 2007, 38% of school-going age children, who enrolled in our programmes, were not even in the educational system and 70% of the children attending school had limited access to informal schools and community centers. School-going girls had to miss a few days of class each month during their menstrual cycle, and they use the locally available materials during their menstrual cycle: pieces of blankets and mattresses, pieces of old clothes, tissue papers. This leads to embarrassment which has a severe psychological effect as it erodes one's self-esteem and self-confidence. What we have done:

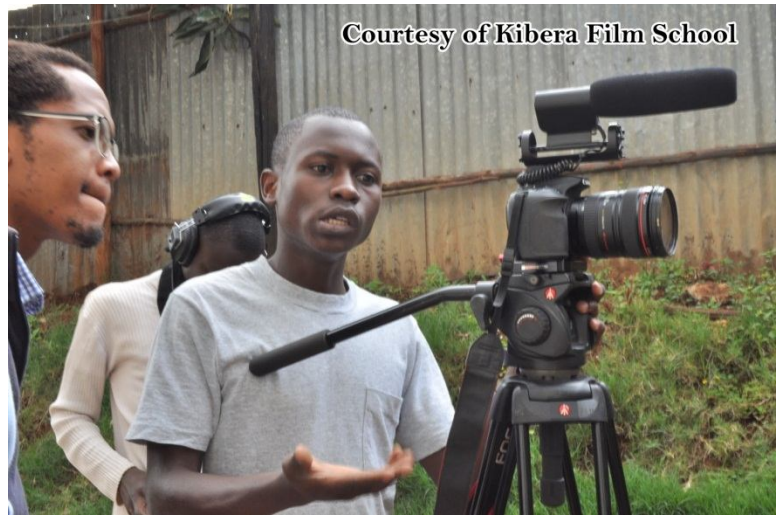
1. Placed back 22 children in the free-primary education system by providing the basic school requirements that they lacked.
2. Offered Athletic Scholarships to 20 poor by talented students who finished primary school but could not proceed to secondary school without financial aid.
3. Distributed over 8100 packs of sanitary towels to young girls at school-going age. This has improved school attendance amongst girls thus enabling them to achieve higher grades.





## Lack of Employment

Approximately 80% of all youth in Kibera lacked formal employment, while 35-45% of their parents were unemployed or underemployed. The vain pursuit of employment to meet basic human needs has left so many of Kibera's youth without hope and purpose. In December 2012, we started an apprenticeship programme that will enable youths from Kibera to gain skills and practical experience in various most of their training is done while working for an employer who helps the apprentices learn their trade or profession, in exchange for their continuing labor for an agreed period after they would have achieved measurable competencies. Already, we have placed 10 youths on apprenticeships in various organizations to enable them acquire skills that they can use to become coaches, sports administrators, sports media producers or set-up sports-related businesses.





# Our School Fee Appeal

We would like to thank everyone who has continued to support our project on global giving through their donations.

Our project has raised over \$7000 so far that will enable three children to attend four years of high school education.

The following are profiles of 8 children who urgently need sponsorships to go to high school; without the help of a well-wisher, each of these eight children will not be able to join high school, effectively throwing their dreams in disarray.

Donations of as little as \$10 is accepted through our global giving page on the following link

[Click Here](#) to visit our donation page

[Click Here](#) to view the profiles of the children who need sponsorships

Thank You for your continued support.