

TIBA AFRICA FOUNDATION

Annual Report For the Year ending May 2017

Board Members

Said Rajab- Chairman; Ishmael Juma- Vice Chairman; Gertrude Mung'oma, Treasurer; Lilian Omwenga, Assistant Treasurer; Anastancia Makokha, Moses Murabula, Stanley Njuguna and Fred Chavulimu, Members; Andria Falk –UK patron; Daniel Marungu-CEO and Secretary to the Board

Background

Tiba Africa Foundation is a registered Non-Governmental Organization established in 2008 under the Kenya Non-governmental Organization Act. It operates under International due diligence standards for charitable organisations and its accounts are audited annually.

Tiba Africa Foundation aims to empower people from all walks of life using recognised techniques in personal growth and development.

Tiba Africa Foundation runs three projects in the slums of Nairobi, Kenya: in Kibera, Kabiria, Kawangware and recently also in Waithaka.

These projects are:

- A. Abundance School
- B. Joy Babycare
- C. Give me Another Chance (G.A.C)

A . Abundance School

Aims at ensuring that every child is enabled to access primary education, however challenging this may be for their families. Why should children miss out on education? How will they cope in life without education? How can we achieve a sustainability goal without educating our children? These were some of the questions that have kept us wanting to improve on the quality and sustainability of our school.

B. Joy Babycare

In the slums of Nairobi, many financially-disadvantaged parents are unable to pay for secondary school education for their children or support them emotionally and financially, especially girls, due to high costs of living. Some of these girls can then become rootless, end up in unstable early sexual relationships or even be forced into prostitution. Babies born out of these relationships are often malnourished due to lack of regular income and a proper feeding program; some are left unattended and alone for the whole day. The young mothers are torn between caring for and providing for their babies. Joy Babycare offers a shelter for these babies. At Joy Babycare day care centre the babies are fed and offered stimulating activities that help their development. Young single mothers are able to go through the day with peace of mind while they seek day labour. They are sure that their children are safe and well cared for. We also have a visiting doctor who checks on the health of the babies and advises their mothers.

C. Give Me Another Chance (G.A.C.)

G.A.C. is a movement of people living with HIV or AIDs. This movement has got one message for the community and the whole world: HIV/AIDS is a manageable condition, not a death sentence - a person living with HIV or AIDS is equally important and as resourceful as everyone else in the community.

People are typically shocked and emotionally distressed when first diagnosed with HIV or AIDS: some withdraw, while some get depressed. Some are discriminated against, sometimes losing their jobs, while some are unable to open up to their family and hide their diagnosis. *Yet this is like any other challenge of life that can be managed and this philosophy underpins Tiba's work.*

G.A.C supports people to accept themselves and their diagnosis and restart their lives. It uses a number of techniques that enable people to heal their past, accept life as it is and set and achieve their goals for life. This includes: confidence-building, medical knowledge, medication, diet and self care, breathwork, life coaching, meditation, micro financing, work opportunities, etc.

Source of Funds

The main sources of funds for Tiba Africa Foundation are:

- (1) Global Giving, an on-line crowd-funding organisation
- (2) Tiba Africa Support group - UK
- (3) Tiba Africa Foundation corporate department – Kenya
- (4) Transformational Breath Foundation- USA
- (5) Friends and Individual donors of Tiba Africa Foundation from across the world
- (6) Members of the International Breathwork Foundation
- (7) Board members of Tiba Africa Foundation-Kenya

See Appendix 2 for details of these sources of funding

Tiba Africa Foundation is proud and grateful to receive support from all these different sources. Without the love and commitment it receives from near and far, Tiba would not be able to operate and provide its life-changing and life-giving programmes that are valued by so many people.

Details of financial receipts for the financial year 2016/2017 are in Appendix 1 at the end of this report.

This year's programmes

Due to the wonderful support received, we have been able to do the following activities this year.

A. Abundance School

The school has been supplied with teaching and learning materials as well as writing and reference books to enable learning.

Teachers received their monthly upkeep allowances hence being available to serve our children.

A temporary iron sheet barrier was erected between the school and the nearby road. This has helped boundary the school from the community, minimise distractions and unnecessary interruptions between the school and passers by. Initially this side of the school compound was open and children would easily be distracted by nearby activities rather than paying full attention to learning.

Continued drainage of stagnant water and proper disposal of waste materials has helped to curb waterborne infections and unpleasant smells, hence making our school a safer and healthier environment that is more conducive to learning.

We used to be disturbed by rodents i.e mice, frogs and sometimes snakes from the thick grass field at the back of the school, but this was controlled by the insulation that was done. The classroom is warmer and insulated by the plywood from within.

The school has continued to experience increased demand for new enrolment. Our Christmas campaign 'Soma Soma' where each child received a back-to-school gift pack has been really helpful here and in raising the profile of Abundance School in the community. Tiba would like to thank Global Giving donors and Kevin Boylin who organised the campaign. Thanks too are due to Ibrahim Kunyali (MCA political aspirant) who stepped in to make up the short fall, via a donation of school supplies worth ksh 80,000, so that no child would be left out.

Children maturer than standard five, are always helped by the school to be admitted to public schools for further learning. This is because of the limited resources in our school. We focus more on children at the beginning of their school career. Once they attain a level where they can cope with going further afield to school, then parents have more trust and courage to continue supporting their children. We have continued to follow up on these children from their respective schools. It's our hope that one day a new school will be built to accommodate all these children so our school will also have a chance to prepare children for secondary or college learning. We have begun to make plans and to fundraise for this on Global Giving. We recently applied for a Global Giving community grant for Abundance School. It was not successful this time because of the number of other organisations who applied and priority was given to organisations who had not been helped previously. We will apply again in the future. We have been very fortunate this year in receiving \$1,462 from people who sponsored Les Elms who so generously agreed to run in the London Marathon in aid of Abundance School.

We are pleased to announce that Lilian Meroka has completed her teacher's training diploma course in early Childhood Education. She is scheduled for the National Examination by the end year. Her expertise has brought new energy and enthusiasm in learning at the school. She is involving children in finding and creating teaching and learning aids, hence making learning experiential and fun. She has furnished our school with all the teaching and learning aids she developed while undertaking her training. These aids are attractive and children are benefitting greatly from using them.

Our continued feeding program has kept our children safe from malnutrition. At least every child is sure of a meal a day. When children dont get fed at home, they always look forward to coming to school. This relieves parents from day-to-day worries about their children. Children are also more active and attentive in classes.

We have also welcomed and benefitted from three teacher trainees from a teacher training college at Abundance School for teaching practice.

The Government is rolling out in a few selected schools a pilot project on proposed new curriculum changes in education. Teacher Fred has been privileged to attend some of these meetings on the new proposed changes. These will require more facilities than we currently have at Abundance School and we are looking to remedy this with fundraising for a new building with extra resources.

B. Joy Babycare Project

We received Ksh101,589.06 from Tiba Africa Foundation this year, donations made through Global Giving.

We have also raised Ksh 10,340.00 from single mothers' support funds.

With these funds, we have been able to feed babies while their mothers are away on casual labour.

The care givers have also continued to be paid for every day they serve at the project.

A visiting doctor has been visiting our babies once per month to check on our babies' health and advise parents accordingly. This has lowered the rate of communicable diseases. Babies are also protected from unnecessary or inappropriate medication bought on the street.

We have noted that the young single mothers who use Joy Babycare are changing their attitude towards their children. They appreciate the fact that care is there for their babies when they are not present. They are more peaceful and less stressed. They seem more relaxed with a changed attitude towards their caring responsibilities. Before, these babies were often seen as a burden and an obstacle to finding casual labour. Some mothers could not work regularly because of their babies' needs or even at all. Many were forced to leave their babies alone at home with no one to care for them. But today, they feel much relieved leaving their children under the care and support of Joy Babycare. They are happy to contribute part of their daily earning towards the sustainability of the daycare and income of the care giver: "TOGETHER WE STAND"

Our thanks to Komal Shah who has donated new clothes to the babies of Joy Babycare.

We have recently had 5 children graduate from day care to nearby primary schools. We still follow up on growth and development of these children. We are pleased that they are settling well into school. This also has led to vacancies for five more babies, which has been helpful to new families.

Due to our strength, we are able to maintain an average of seven babies a day. The attendance is irregular since these children are only present when their mothers are busy, but when they don't have work, they stay with their babies. This makes more room for those in need.

We have bought new bedding since the old ones had worn out and were no longer comfortable for the babies.

We have also been helping the babies wellbeing using fun breathing exercises to help their immune systems and emotional wellbeing.

C. Give me Another Chance project

We received Ksh.174,402.15 from our donors through Global Giving this year.

This amount has enabled us to:

- Provide transport and lunch for our beneficiaries every time they have come for self-healing empowerment workshops, 1:1 sessions, talks and discussions.
- Pay Transformational Breath coaches who facilitated sessions and other visiting experts.
- Send out our breath ambassadors, who have been through our programme, to schools, churches, homes and gatherings where they have continued to inspire and motivate other people living in denial to overcome this and access our services and medical services available.

We are also very pleased to announce that our breath ambassadors are definitely helping to reduce stigma in our community. Their openness, self acceptance and solid presence in public is influencing the perception of the public, thereby making our community generally more supportive to people living with HIV and AIDS.

They are also helping in curbing the spread of HIV and AIDS by encouraging safe sex practices. As a preventative measure, they are advising people who may be at risk to have the courage to find out their HIV and AIDS status. When necessary, they are guided and supported to use appropriate medication. Family members and sexual partners are taught about how to live safely with their loved ones. This in turn is helping to reduce the myths and lies that mislead people and contribute to stigma and denial.

Ten people have successfully completed our empowerment programmes this year, who were formerly in denial. They have all been put on medication. Seven of them are going on to work as Breath Ambassadors. One family was heading towards separation, but appropriate medication, reconciliation, acceptance and forgiveness has been achieved through Transformational Breath and life coaching sessions.

We need to invest more on work training programmes for these people living with HIV and AIDS as lack of regular employment is a huge problem for our beneficiaries. The less they worry about being hungry('stomach emptiness'), the stronger will be their mental and physical resilience. The more they keep themselves active, the less the negative thoughts to their minds.

We have continued to provide a safe and confidential service for people to face and address their personal challenges after they have finished our formal programme and to offer free breath sessions and empowerment workshops.

Six of our beneficiaries were this year invited to attend World HIV and AIDS Day events that took place in Nairobi. They were able to get up-to-date statistics and information about HIV and AIDS in the country.

This conference made us realise the need for us to expand our activities to school children and the elderly and to target teenagers in different ways.

For example, it was explained that teenagers could spread HIV and AIDS more than adults, because their immune systems are very strong and they can manage the virus without physical symptoms longer than adults. As a result, their immune systems are weakened and the virus can become resistant to drugs. Some teenagers are more sexually active than older adults and may have multiple sexual partners, struggle to take responsibility and be in denial that they are at risk of spreading or contracting the virus.

Due to these findings, we are looking to train workers who can reach out to teenagers and other groups. We have so far been focusing on parents and children in primary schools.

Daniel and Andria are in the process of applying to a UK Charity for funding for this. Just like we have achieved a lot with adults, we CAN also achieve with the teenagers.

Testimonies to Tiba's work

Below are randomly-picked feedback from a few of our beneficiaries

“ Before i never knew that it would be possible to have my child in school. But the Abundance kept on suplimenting where possible until i can know say that YES my child deserves Education. Today i can confidently send my child to a higher school because from the experience i know it is possible.”

“My child used to suffer in the house alone while i moved from one homestead to another in serch of casual labour just to buy her milk. My heart used to be troubled because of the risks i used to take for my baby. I was not sure everytime i left her alone. Finding joy babycare was a such relief. I can confidently, peacefully look for work or work while deep in my heart in know she is safe at the joybabycare”

“its untill i joined GAC project that i knew how possible it was to start my life again. I have come to accept the person i am. I have let go of anger and grages i held against myself and others. I have discovered my tallent in bracelet making. I have found like minded friends. Its such relieving to breath and talk to someone about my personal issues. Something that only those with money can afford. I feel like a queen when doing these free sessions offered by Tiba Africa Foundation.”

“ many live tiba”

“ Breathing is powerful and to me it shall always be my source of help , my lifestyle , my everything ...name it”

D. Corporate work

The corporate arm of Tiba Africa Foundation has continued to run workshops and one-on-one breathing and life coaching sessions to paying clients. We also charge for our services where possible to raise funds for our charity work. We offer seminar weeks trainings, workshops and one-on-one sessions to the public. In our training, we use a model that allows everyone to participate regardless of their financial circumstances. We do it in a way that is private and confidential. Those who are able to pay are invited to pay, while those who are not able to pay are invited to participate (while funds allow). None of the participants knows about the financial status of the other. When they come for the training, we want them to feel equal, respected and valued. The people we support are mainly financially poor yet in dear need of personal uplifting. They need to connect with their own inner sources of help. To enable them to participate they often need money for transport and they need food to eat during the session, otherwise they lack the energy to take part. Sometimes we feel concern that after the session someone may not have a meal at home. In a such a case we provide a meal for that person so that they don't feel they have failed to find food for their family on the days they come for sessions. We do this until this person is stable and able to stand on their own two feet. Our focus isn't to give hand outs, but to give 'hand-ups' so they can benefit from our work and find their own level of personal transformation.

Centralised administration costs (See project D in our account)

We have spent Ksh 302,500.00 (USD 2,868) on centralised costs this year.

This has covered the salary of our Chief Executive Officer (USD 1,137) and the admin costs, including

- phone and internet access
- stationery
- Maintenance and care of our computer and photocopier
- Transport
- Training (Global Giving Webinars)
- Hire of buildings for talks, workshops, meetings etc
- Refreshments, room hire and expenses for the Board
- etc.

Other important news

This year has been a very challenging year personally for our CEO Daniel and Board Member Lillian. Their 11-year-old daughter, Benta, has been critically ill. With the help of Andria Falk, Tiba's UK-based Patron we had people from all over the world joining hands with our Kenyan friends in praying for and supporting Benta. This was a miracle and remains something very big to thank everyone for. We are delighted that Benta is now well and life is getting back to normal. Benta has resumed her classes and, indeed, it's a miracle that we see her alive today. We don't know what would have happened had it not been Andria's quick response and understanding of what we needed and the help, prayers and financial support from our friends across the world.

Thank you

We look forward to expanding and building on Tiba's work next year. Thanks to everyone who has and continues to support us.

We are especially grateful to the following:

- Friends from across the world who have supported our campaigns and/or pledged regular financial donations via Global Giving
- Judith Kravitz and members of the Transformational Breath Foundation, for professional guidance, training and financial support; Judith's solid presence both materially and financially is close to our hearts. Through breathing consciously, people are able to transform their lives at a most profound level. Whenever we have had people to train as Transformational Breath® facilitators, Judith has always guided us and supported those in need with financial aid.
- Andria Falk, our UK patron, for her continued commitment, motherly love and dedication to Tiba
- Members of Tiba Africa Support for their support, advice and financial assistance, especially Julie Ann, Ange, Sue, Andria and Morag and the Officers of its parent organisation Transformational Breath Foundation UK
- Members and officers of the International Breathwork Federation.
- Members of Breathing Circles, especially to their organiser Natalia Brown, who has always supported us so generously and lovingly.
- Eleanor Harrison, (CEO) and staff of Global Giving for their advice, support and training opportunities and willingness to go the extra mile in helping us
- All our friends and supporters in Kenya, especially Ibrahim Kunyali (MCA political aspirant) who stepped in with our Soma soma campaign to make up the short fall, via a donation of school supplies worth ksh 80,000, so that no child would be left out.
- and most especially to our hard-working Board members who work unstintingly supporting the work of Tiba.

Next year

We need to develop our fundraising and ensure a more secure financial base for our work. In particular we hope to develop our work with Give Me Another Chance to new groups and work opportunities.

We expect to develop plans for a new school building for Abundance School.

We are also looking to expand the work of Joy Babycare to other places i.e duplicate our model to other places where this service is highly needed.

Rajab Saidi, Chairperson

Daniel Marungu, CEO and Secretary to the Board.

June 2017

APPENDIX ONE TO 2016/2017 ANNUAL REPORT

FINANCIAL STATEMENT

The table below shows the donations that were received for financial year 2016/2017.

It shows where these funds were coming from and how it was disbursed to intended project.

Source of donation	Amount in Ksh.	Projects of Tiba-africa Foundation			
		Abundance	JBC	GAC	ADMIN
Global Giving	724,572.75	293,716.38	90,589.06	157,895.46	182,371.85
Tiba Africa Support	60,923.85	22,100.00	8,000.00	12,546.69	18,277.16
The corporate arm of Tiba africa Foundation	82,560.00	5,410.00	5,170.00	1,980.00	70,000.00
Friends and individual donors of Tiba	20,000.00	0.0	0.0	0.0	20,000.00
Total	888,056.60	321,226.38	103,759.06	172,422.15	290,649.01
	(USD 8,420.76)	(USD 3,045.94)	(USD 983.868)	(USD 1,634.95)	(USD 2,756.00)

Below are expenditure records of the projects of tiba africa foundation

Project A:

INCOME AND EXPENDITURE RECORDS OF ABUNDANCE SCHOOL FOR THE YEAR JUNE 2016 TO MAY 2017

Local income	10,820.00	
Add Grant from Tiba Africa Foundation	14,000.00	
Add International Donations	301,816.38	
Total income		326,636.38
Less Expenses		
salaries & wages		72,600.00
Rent		45,700.00
Intertainment (Birthday gifts)		1,800.00
Food		70,620.00
water		2,000.00
Security		8,700.00
Trips		6,200.00
Stationaries		2,550.00
Transport		2,400.00
communication		1,300.00
School uniforms		6,420.00
school bags		84,200.00
Entertainment		2,000.00
Trainings		6,470.00
Health		-
Cooking fuel		2,250.00
Maintenance		2,480.00
Tuition		-
soap and detergents		3,760.00
Library		2,850.00
sports and games		2,000.00
Total Expenses		326,300.00
Balance carried Forward		336.3800000000005



Project B

INCOME AND EXPENDITURE RECORDS OF JOY BABY CARE FOR THE YEAR JUNE 2016 TO MAY 2017

Local Income	Ksh 10,340.00	
Add grants from Tiba Africa Foundation	Ksh 14,000.00	
Add donations	Ksh 87,589.06	
Total Income		Ksh111,929.06
Less Expenses		
salaries		Ksh 16,700.00
wages		Ksh 4,000.00
Rent		Ksh 13,200.00
Entertainment		Ksh -
Food		Ksh 30,598.50
water		Ksh 4,000.00
Security		Ksh -
Health		Ksh 12,000.00
Stationaries		Ksh 1,525.00
Transport		Ksh 2,040.00
communication		Ksh -
Toys and games		Ksh 5,699.00
cooking gas		Ksh 6,000.00
Maintainance		Ksh 350.00
Total Expences		Ksh 96,112.50
Balance carried Forward		15816.56

Project C

INCOME AND EXPENDITURE RECORDS OF GAC FOR THE YEAR JUNE 2016 TO MAY 2017

Local Income	3,960.00	
Add grant from Tiba Africa Foundation	10,000.00	
Add Donations	160,442.15	
	Total	
Income		174,402.15
Less Expenses		
Wages		45,750.00
Lunch		24,780.00
Food		23,560.00
Transport		8,000.00
Workshop		17,500.00
Venues		24,700.00
Trainings		22,734.00
advertisements		2,000.00
Printing and photocopying		2,490.00
Hospital charges		2,600.00
Total Expende		174,114.00
Balance Carried Forward		288.10

Project D

Expenditure records of Administrative costs of Tiba Africa Foundation Main Organization(10% of total donation/income received)

INCOME AND EXPENDITURE RECORD OF THE ADMINISTRATION OF TIBA AFRICA FOUNDATION FOR THE YEAR
JUNE 2016 TO MAY 2017

Balance B/F		29,833.00	
	Add local Income	32,000.00	
	Add International		
Donations		255,649.00	
Total Amounts			317,482.00
Less Expences			
	Accounts Audit		20,000.00
	NGO annual Return		2,000.00
	salaries		120,000.00
	office stationaries		5,600.00
	Computer mantainance		
(anti-virus)			1,500.00
	Wages		2,000.00
	Transport		2,400.00
	Telephone/internet		12,000.00
	Lunch		8,600.00
	workshops		86,000.00
	coaching		34,000.00
	National Hospital		
Insurance funds			6,000.00
	National Social		
Security Funds			2,400.00
Total Expenses			302,500.00
Balance carried Forward			14982

APPENDIX TWO TO 2016 ANNUAL REPORT

Main sources of funding for Tiba Africa Foundation

Global Giving

A world-wide crowd funding organization that supports grass root organizations through online fundraising, trainings and networking. They give us a platform to pitch our projects. Because we do not have online payment services, they receive donations from wellwishers on our behalf. These donations are later disbursed via our bank account to our projects. Donors in the US are able to offset their donations against tax and UK donations may be gift aided. Donations can be made in US dollars or UK pounds; Global Giving is also hoping shortly to be able to accept donations in Euros.

Tiba Africa Support group-UK

This is a group of a few breathworkers in the UK that supports Tiba in a number of activities. They offer mentorship and training services to the management of Tiba Africa Foundation.

They raise funds through their breathwork clients, friends and relatives for Tiba Africa Foundation

They also offer monitoring and oversight services to Tiba.

They locate other funding bodies from the UK and across the world for Tiba.

Tiba Africa Foundation corporate department – Kenya

Tiba Africa Foundation corporate department, Kenya is an arm of Tiba Africa Foundation that funds the charity arm of Tiba through Transformational Breath sessions, workshops, training and life coaching services, offered locally to financially-secure clients.

Transformational Breath Foundation- USA

An American-based organization that trains, monitors and controls Transformational Breath® activities around the world. It trains and certifies Trainers and Breath Facilitators of Tiba Africa Foundation.

Friends and Individual donors of Tiba Africa Foundation from across the world

Tiba Africa Foundation has friends in and outside Kenya who love and appreciate its work. These friends sometimes give donations in kind, some give financial aid, while others volunteer their services.

Board members of Tiba Africa Foundation-Kenya

The Board is the 'Think Tank' of Tiba Africa Foundation and works unstintingly throughout the year.

