



**Bread and Water
for Africa UK**

2018 ANNUAL REPORT

Dear Friends and Supporters

At this time each year we take the opportunity to look back and see the wonderful work our partners are doing in some of the poorest countries in the world: Burundi, Kenya, Rwanda, Sierra Leone and Zimbabwe.

As we often say: our partners are our heroes. They work tirelessly to improve the lives of children and families in their communities, often in very difficult circumstances.

The stories they relate to us are ones of resilience, hope and determination. Sometimes they are dramatic too. They tell us that the hardest part of their job is having to turn children away or tell parents they're not going to be able to help them this week.

Thanks to our wonderful supporters here in the UK, they don't have to do that very often.

This year, I was fortunate enough to visit the Murakaza school in Burundi and our We Are the Future programme in Sierra Leone. Both places were filled with the joy and laughter of the children. I was able to witness first hand how critical these programmes are for their communities. I also witnessed that our precious funds are used carefully and efficiently. Finally, I was showered with gratitude. As much as I'm in awe of our partners' work, they, in turn, are extremely thankful for our donors' support. One of the teachers in Freetown told me: "They don't even know us, yet, they are willing to give some money so our children can eat. That is really heartwarming."

So, on behalf of our partners in Africa, the children and the families they serve and from all of us here at Bread and Water for Africa UK, I would like to thank all our supporters for making all this possible. By caring for strangers on the other side of the planet, you are doing the most selfless act of generosity. Thank you from the bottom of our hearts.

Warm wishes,



Sylvia Costantini , CEO
Bread and Water for Africa UK

Who we are

Since 2004, Bread and Water for Africa UK has been fighting poverty, relieving hunger and increasing access to healthcare, education and nutrition in some of the world's poorest countries. We work with local grass-roots organisations, founded by local people, who have built schools, set up mental health clinics, loving homes for abandoned and orphaned children and provided nutritious meals for children.

We focus on long-term projects rather than temporary relief efforts, so we can give African communities a hand up, not a handout. We realise that local organisations are central actors of their own development and these projects are sustainable and can continue to support future generations.

Our programme partners are our heroes. They do the hard work - often in extremely difficult circumstances - and are literally changing lives every day.

Our other heroes are our amazing supporters in the UK and around the world. Since 2004, you've helped us raise £2,876,372 to support our programmes in Africa - £208,663 in 2018 alone.

Our African heroes



Phyllis Keino is the founder and director of the Lewa Children's Home for orphans in Eldoret, Kenya. She also set up the Kipkeino Primary School and the Baraka Farm, which provides milk, food and income to the Home. In 2018 she was honoured with the World of Children Humanitarian Award in New York, for her lifetime work to protect orphans and abandoned children in Kenya.



John Donald Sandy, the founder and director of the We Are the Future centre, a thriving educational centre for early childhood education, a primary school and a youth training centre in Freetown, Sierra Leone. John has dedicated his life to his community in Aberdeen, earning him the title of Community Chairman and police liaison officer.



Melanie Blake MBE, Founder and Director, the Kamili Organisation, Nairobi, Kenya. Melanie's lifelong passion for, and understanding of, Kenya and her commitment to improving mental health wherever she lives, have combined to become a force for extraordinary good in Kenya.



Françoise Najean, Voluntary Director of Centre d'Aide et de Protection de l'Enfant (CAPE), has been living in Burundi for most of her life. Since 2012, she dedicates all her free time and energy to the Murakaza school in Bujumbura. The school teaches basic literacy skills to 360 children aged 3-11 and offers vocational training to their parents.

Our Impact

Offering children the chance of an education

34 million (20.8%) of primary-age children, and 62.8 million children of secondary school age in sub-Saharan Africa do not go to school.

- We've helped put 6,110 children through school.
- We've helped build or rebuild schools in Burundi, Sierra Leone, Mozambique and Zimbabwe.
- We provide scholarships for deserving students to attend secondary school and university.

Giving orphans a home

There are currently approximately 52 million orphaned children in Africa. In most of the countries we operate, governments want to move away from orphanages and towards a foster care system. However, little or no resources are allocated.

- We've supported over 2,000 orphaned, abandoned or street children to find a safe and loving place to live in Kenya, Rwanda and Zimbabwe.

Helping people into work

Unemployment in Africa is the highest in the world, and in 2018 in sub-Saharan Africa the unemployment rate rose to 7.2% in 2018 with an additional one million new entrants.

- We've trained 402 adults with skills in agriculture, vocational training, teaching and nursing. In 2018 we supported nurses to train in mental health care in Kenya, and offered vocational training for women in Burundi and Rwanda.

Supporting mental health sufferers

In sub-Saharan Africa 75% of those who suffer from mental illness do not have access to the mental health care they need. Low-income countries allocate only 0.5% of their health expenditures to mental health.

- We help provide nearly 10,000 mental-health sufferers access to healthcare services and have supported the opening of new mental health facilities in Kenya.

Food and Nutrition

In 2018 there were 83 million children under the age of 5 in Africa suffering from some form of malnutrition.

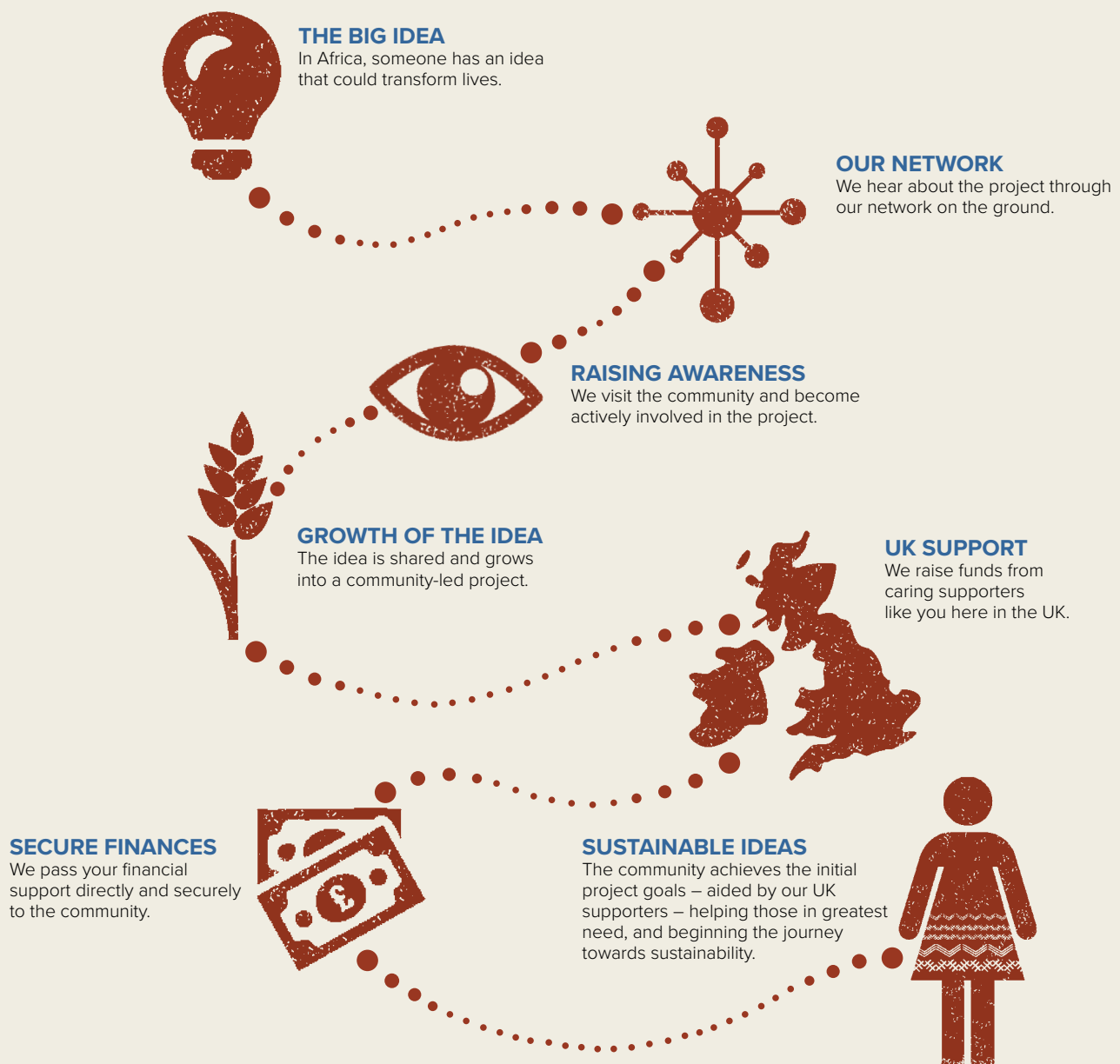
- We've helped 10 grassroots organisations in six different countries implement food production projects. In 2018 we supported school feeding projects in Burundi and Sierra Leone.

You can learn more on our website: www.forafrica.org.uk

Our Approach

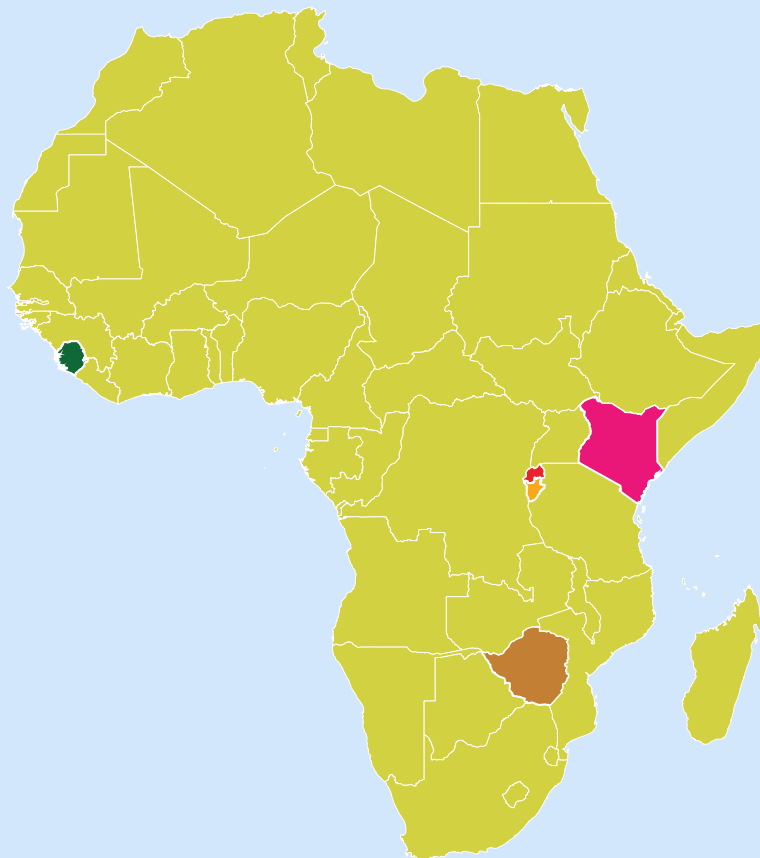
We work directly with small grass-roots organisations which don't have access to other sources of finance. We believe that organisations like these are best placed to know the needs of their communities, identify the solutions that exist and work best within their cultural and religious contexts. They are efficient and cost effective because they use local staff and local resources and are quick to adapt.

We work directly with them, providing the vital funds they need to implement their life-saving activities, and supporting them to develop income-generating activities and become more independent.



Where we work

-  Zimbabwe
-  Burundi
-  Kenya
-  Sierra Leone
-  Rwanda



OUR PARTNERS

Burundi

- Centre d'Aide et de Protection de l'Enfants (CAPE)

Kenya

- Lewa Children's Home
- Kamili Organisation

Rwanda

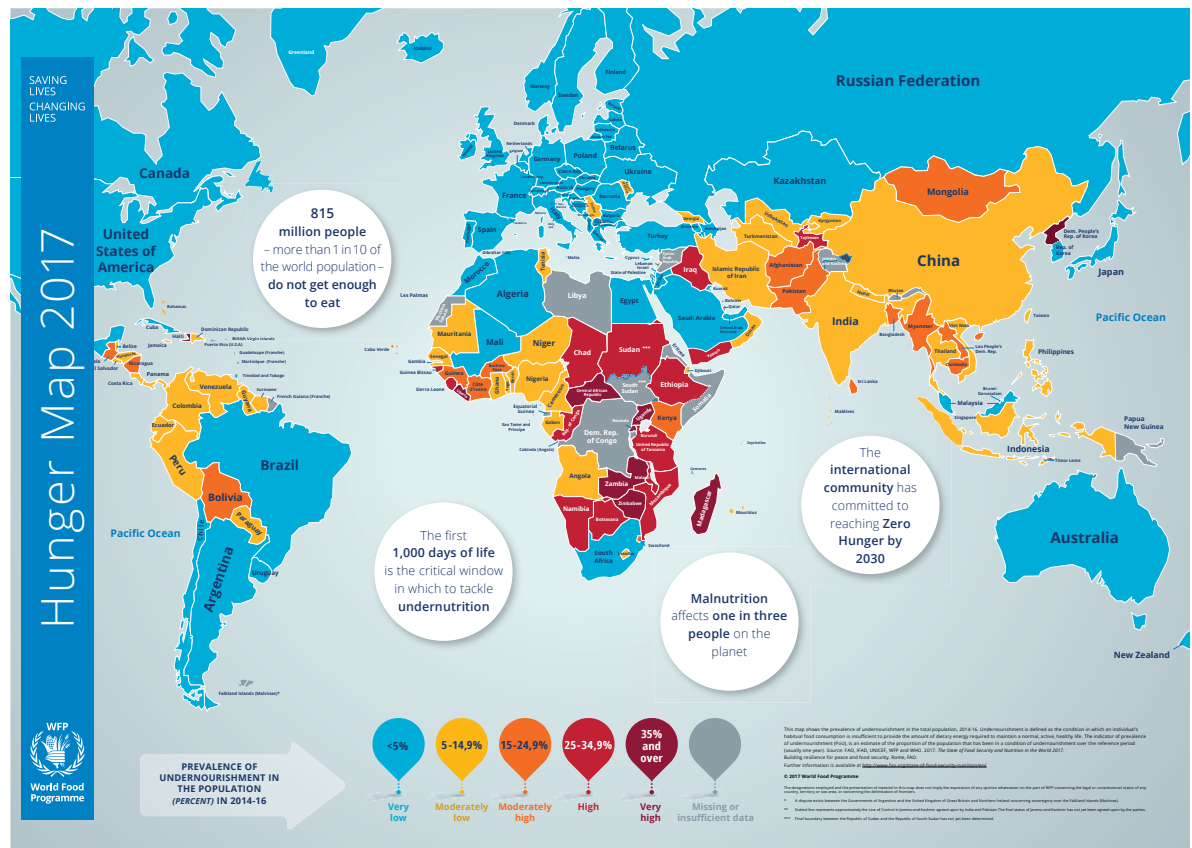
- Imizi Children's Centre and Primary School

Sierra Leone

- Faith Healing Development Organization (FHDO)
- We are the Future

Zimbabwe

- The Shinga Development Organisation and Trust:
Children's Village and Farm



Nutrition

Good nutrition allows children to survive, grow, develop, learn, play, participate and contribute – while malnutrition robs children of their future and leaves their lives hanging in the balance.

After a prolonged decline, world hunger appears to be on the rise again, as a result of conflict, drought and disasters linked to climate change. In 2017 there were 815 million people who went hungry, up from 777 million in 2015.

In Africa 59 million children suffer from ‘stunting’, (low height for their age) Stunting occurs when a child is undernourished during the first 1000 days of their life, leading to stunted growth as well as impaired cognitive development.

The number of children suffering from stunting in sub-Saharan Africa now stands at 56.8 million, 40% of the total global figure. In Burundi, where we support CAPE, the percentage of children suffering from stunting stands at 44%, which is even higher than the regional average.

In addition, 14 million children in Africa under the age of 5 suffer from wasting (low weight for height) also known as acute malnutrition – with 4.1 million children categorised as ‘severely wasted’.

For this reason Sustainable Development Goal 2 is to “End hunger, achieve food security and improve nutrition.”

In addition to arrested development, children who are hungry and constantly wondering where their next meal is coming from cannot concentrate on other things such as school work.

These are the reasons why Bread and Water for Africa UK is supporting projects which are offering school feeding programmes.

Nutrition



Murakaza School in Burundi

As one of the poorest countries in the world, Burundi has faced constant civil unrest and political turmoil, leaving children to bear the brunt. Before the school was opened by CAPE (Centre d'Aide et de Protection de l'Enfant), the children had to walk miles to another school, often seeing the results of the previous night's fighting. Ten year old Fadila described how: "This morning I saw the heads of people which had been cut off. I am scared to go to school because I think they can kill us too". Murakaza, which is the only free school in the area, now has 260 primary school pupils, who learn literacy and numeracy skills and French.

Highlights

We help to improve nutrition for some of Africa's most vulnerable children by supporting our partners at

- the Murakaza school in Burundi,
- the Lewa Children's Home in Kenya,
- the Imizi Children's Centre, Rwanda,
- the We Are The Future project, Freetown, Sierra Leone.

Too hungry to concentrate

The teachers noticed that many of the children were too hungry to concentrate and fell asleep during lessons and didn't have the energy to play during recess. Other children missed school several days in a row, as they were so hungry. The teachers realised that many children come from families, which are just too poor to feed their children every day.

The school identified that a simple bowl of fortified porridge was easy, cheap and quick to make and gave the children the energy and nutrition they needed. With BWAUK support the school was able to equip a small food preparation area, provide eating utensils for the children and buy porridge and vital supplements.

On the 28th September 2018, the kitchen started operating and the first batch of porridge was served. Francoise Najean, who runs CAPE described how: "It was a big surprise for the children, who didn't expect it. It is astonishing to see the difference: the children are healthier, more focused and less absent due to illnesses".

“ Providing
a safe
haven,
education
and a
healthy
meal ”



Education

According to the United Nations, obtaining a quality education is the foundation to creating sustainable development. As well as supporting developing countries progress, education improves a country's citizens' quality of life, helping to equip people with the tools required to develop innovative solutions to their country's problems. For all these reasons Sustainable Development Goal Number 4 is to "Ensure inclusive and equitable quality education and promote lifelong learning opportunities for all".

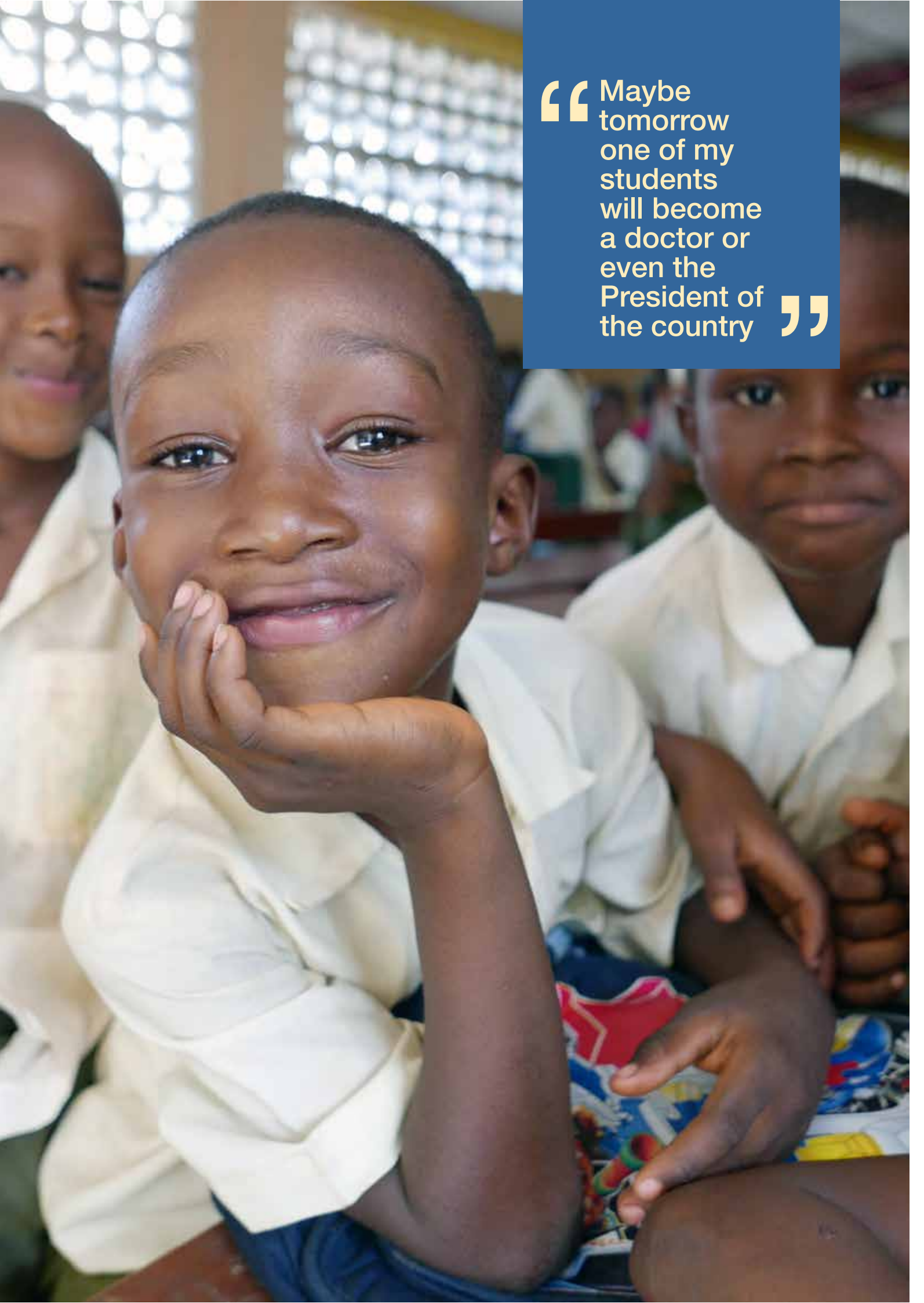


Over 265 million children worldwide are currently 'out-of-school'. More than 58 million (22%) are of primary school age, and more than half of these children live in sub-Saharan Africa. To make matters worse, over the last decade, basic education aid from donors to sub-Saharan Africa decreased by 7%.

Even when children are able to go to school, they may only gain a very basic education – if any at all. This is because of a lack of adequately-trained teachers, the very poor condition of school buildings, and the difficulty of persuading good teachers to work in rural, remote areas. These are issues that affect all the countries that Bread and Water for Africa UK works with in sub-Saharan Africa.



An estimated 50% of out-of-school children of primary school age live in conflict-affected areas, and this happens in some of the countries where we support schools. For example in Burundi, children report being too scared to walk any distance to school because they pass through areas where fighting is still continuing, and they fear they may get injured.

A young boy in a white school uniform is the central focus, resting his chin on his hand and looking directly at the camera with a slight smile. He is wearing a white short-sleeved shirt and a dark blue skirt. In the background, two other children are visible, also in white uniforms, looking towards the camera. The setting appears to be a classroom with a window featuring a grid pattern in the background.

“ Maybe tomorrow one of my students will become a doctor or even the President of the country ”

Educational opportunities

Highlights

We help deliver an education for some of Africa's most vulnerable children by supporting our partners at:

- Lewa Children's Home and Kipkeino School in Kenya.
- Murakaza School project in Burundi.
- We Are the Future centre in Sierra Leone.
- Imizi Children's Centre in Rwanda.



Kipkeino Primary School

The Lewa Children's Home provides orphans and vulnerable children with food, shelter, medical care, and a loving family environment. The Kipkeino Primary School was created in 1999 by Phyllis Keino, who started and runs Lewa Children's Home, so the children there, and many other deserving children from the community, would have the opportunity of a proper education.

As one of the best primary schools in the country, Kipkeino students go on to study in prestigious national or country schools or well-performing private schools. BWAUK has provided critical funds for the continuing construction and repair of Kipkeino School buildings, and for equipment, computers, library books and musical instruments.



Giving all local children the chance to go to school

In addition to putting her energy into the Kipkeino Primary School, Phyllis is very keen that local children, including those in her care, can attend other local schools, particularly as they move on to secondary school. She has created a fund to provide all children with the opportunity to pursue education. We tell two stories of students who are being sponsored.

Joy, who is being sponsored and is currently in Grade 3 at Mokoywo Primary School, has high hopes for her education: "I would like to be the best in my class throughout my primary and secondary education so that I can make it to university", she says.

Phyllis took Hadijah under her wing by sponsoring her education (with support from BWAUK). She started in class 4 and received sponsorship until she completed her Kenyan Accounting Technical Certificate. Thanks to this qualification, she was able to secure a job which helped her to fund her Professional Accounting Qualification. She is now a Certified Public Accountant.

Health and Mental Health

Sub-Saharan Africa has the highest level of mortality of any region in the world. Overall life expectancy at birth is 46 years, 21 years less than in Asia, the region with the second-lowest life expectancy. While all other regions have experienced uninterrupted increases in life expectancy, life expectancy in sub-Saharan Africa peaked in the early 1990s at 50 years, and has declined since.

Sub-Saharan Africa also continues to be the region most affected by HIV/AIDS and malaria. It has 69% of all new HIV infections, 67% of all people living

with HIV, and 72% of all AIDS-related deaths. Africa is also home to 92% of malaria cases and 93% of malaria deaths.

Sustainable Development Goal 3 focuses specifically on ensuring healthy lives and promoting well-being for all people at all ages. For the first time mental health issues are recognised. SDG 3's target 3.4 stresses the need to treat and promote mental health and well-being. Target 3.5 requests countries to strengthen the prevention and treatment of substance abuse, including narcotic drug abuse, which is often the cause of mental illness.

Mental illness a neglected field in sub-Saharan Africa

However, mental health issues are frequently ignored and 75% of mental health sufferers in sub-Saharan Africa do not have easy access to the mental health care they need.

According to the WHO, in most countries, less than 2% of health funds are earmarked for mental health, which prevents those who suffer from schizophrenia, depression or disorders resulting from alcohol-use being able to access affordable care.

Many mental health problems among African populations have been tied to poverty, warfare and natural disasters. It has been found that governments that put in place programmes to respond to their populations' mental health needs are more likely to succeed in meeting their development objectives.

Health and Mental Health

Highlights

We support those suffering from mental illness in Kenya through our partners **The Kamili Organisation**.

The Kamili Organisation

Mental health in Kenya has been woefully under-funded, accounting for only 0.5% of the national health budget.

Since 2009 the Kamili Organisation has been running mental health clinics, and now runs three clinics, offering clients and their families holistic care covering diagnosis, long-term treatment and counselling.

Kamili now operates clinics at Lower Kabate, Kihara and Kangemi throughout the year, serving 9,643 patients, with 2880 new patients enrolled this year. Altogether it has given 16,530 patient consultations, including 13,650 with new patients.

It also organises group therapy sessions: married couples' therapy; a single parents' group; and an epileptic teenagers' workshop. John, who attended the therapy sessions described how: "Therapy was life-changing. I used to have seizures once a day. I had to quit my job. Since getting medication and counselling from Kamili, I can live a normal life again."

Kamili also offers occupational therapy to improve patients' skills and self-esteem, and provides them with vocational training so they can earn a livelihood, such as learning to prepare food and drink to sell locally using ingredients from their gardens and local fruits.

Spreading the mental health message and training nurses.

Kamili realised that it was important to spread its unique approach in caring for mentally-ill patients across Kenya, so since 2012 has sponsored a Nurse Scholar Programme at Mathari Hospital.



Grace, who qualified in 2017, persuaded the hospital in Kajiado to open a mental health clinic, and is now training Community Health Volunteers. Another recently-qualified nurse from Kakamega, in East

Kenya, runs four outreach clinics every month, and has seen over 2,500 patients in the last 12 months. A third nurse in Machakos, south-east of Nairobi, runs four outreach clinics a month, and has seen over 700 patients in the last 12 months. A fourth nurse, based at Kiambu hospital has seen 1800 patients during the last year.

A new future for William

William, a Kamili patient, was abandoned when his mother died from HIV, but luckily was adopted by a local family. All went well until three years ago when he started having epileptic fits and became psychotic. As the local hospitals weren't used to



Workshop for people with epilepsy

dealing with mentally-ill patients, he was passed from hospital to hospital which all treated the symptom: psychosis, not the cause: epilepsy. Eventually his fits left him paralysed on the left side of his body.

Finally, a friend recommended Kamili. The results were immediate! Within weeks his seizures subsided and his psychosis disappeared. William and his father still visit Kamili for treatment. The pride in his father's eyes shines out, as William is participating in Kamili's savings and loan programme, and plans to open his own sweet shop.

Activity and Results in 2017/8

Burundi

Centre d'Aide et de Protection de l'Enfant (CAPE)

Provided finance to complete the rehabilitation of Murakaza School and staff accommodation and to provide additional kindergarten classrooms.

Continued to provide operational support for Murakaza School, and supported the school feeding programme which provides each pupil with a daily bowl of fortified porridge. Provided support for counselling and basic health and hygiene training to families and sewing workshops.

Kenya

Lewa Children's Home

Gave financial support to older children from the Children's Home and its community to attend higher education institutions.

Provided finance for a new water filtration system to replace the existing one at the Home to ensure that the children have clean drinking water, and for electrical repair equipment to ensure that the solar electricity system at the Baraka Farm cheese factory works properly so that the fridges work 24/7. Lastly, BWAUK covered the Baraka Farm manager's salary for 6 months.

Kamili Organisation

As well as providing funds for Kamili's Nurse Scholar Programme, also gave a grant to support Kamili's outreach clinic programme in four districts of Kenya. This included the provision of medicine, equipment, transportation and communication to the nurses trained in the Kamili system who were working in these areas.

Rwanda

Imizi Children's Centre

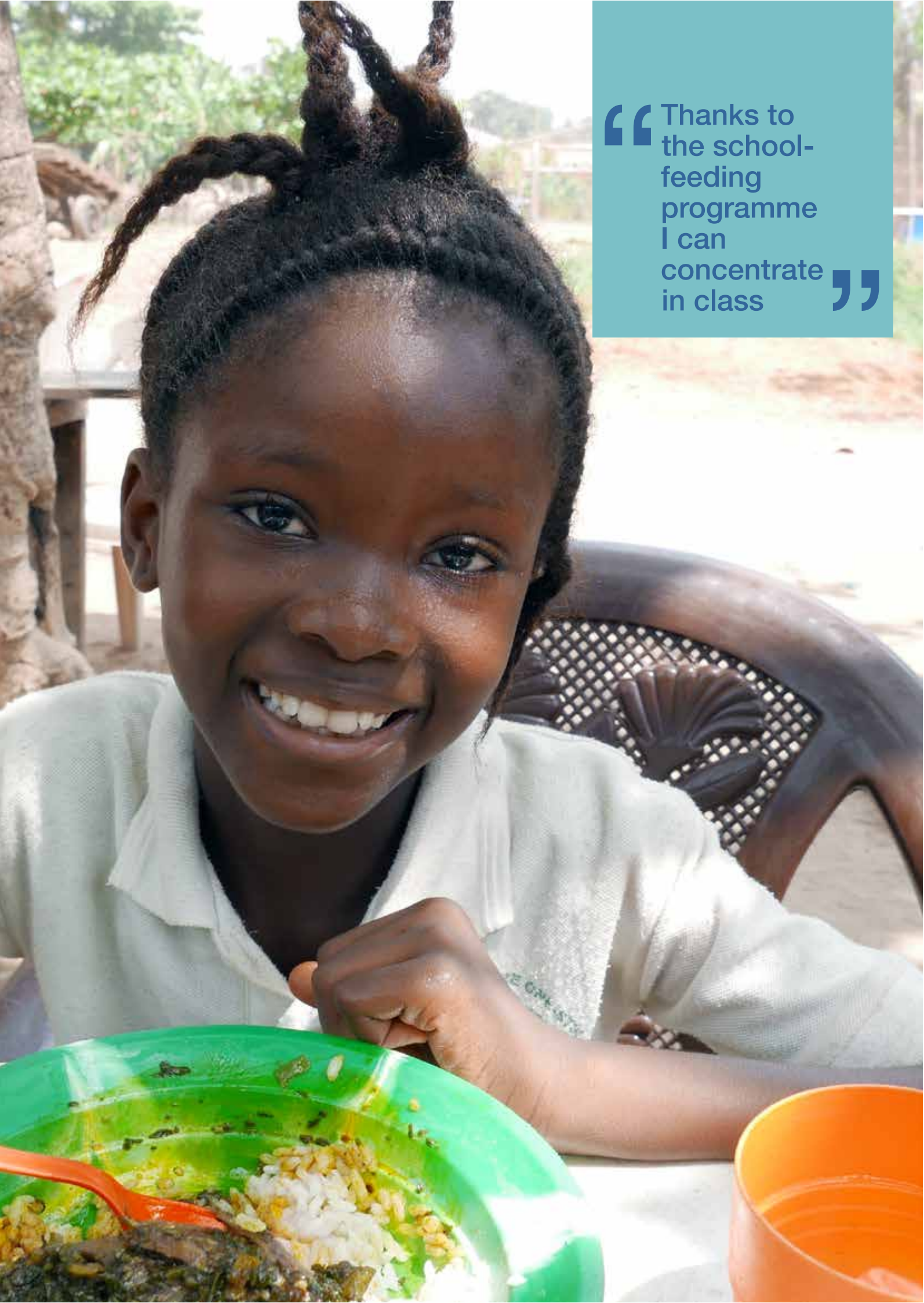
Provided funds to pay the salaries of seven caretakers who act as educators, counsellors and mentors to children at the Imizi Children's Centre. The centre runs a holistic programme to provide Rwandan street children with a home and an education. The Centre also offers counselling, skills training and other support to local families.

Sierra Leone

We Are The Future

Enabled We Are the Future (WAF) to continue and expand the Kids Kitchen and Garden to give 230 nursery and primary school children a daily nutritious lunch, improving both the children's health and their learning ability.

WAF sells the surplus garden produce to raise funds for the school and other WAF programmes. The success of the Garden Project has prompted parents to start their own gardens at home. Several schools are now interested in implementing a similar programme, demonstrating the value of the project in providing a model to other communities in Sierra Leone.



“ Thanks to
the school-
feeding
programme
I can
concentrate
in class ”

GOVERNING BOARD

Christopher Queree

Chairman of the Board

Christopher has worked as an Investment Director at Ruffer LLP since 2004 and has over 25 years' experience in Investment Management.

He has travelled extensively in Africa, and is a keen supporter of practical and tangible development projects that make a real and long-lasting difference to African communities, which resulted in his joining the Board of trustees.

Trustees

Alexandra Buist

Alex is a linguist and translator currently working in Germany. Over the years she has travelled in a number of countries in Africa. She is passionate about helping communities to break out of the cycle of poverty.

Siobhan Franklin

Siobhan has over 16 years' experience in economic development, financial inclusion and agri- and impact-investing in sub-Saharan Africa. Having lived and worked extensively in the region, she is passionate about development and improving livelihoods.

Samia Khatun

Samia has worked in various programme management and research roles focussing on gender and rights-based programming for women, education, and youth economic employment in East and Southern Africa. She has also volunteered in Tanzania. She is a strong advocate of capacity building of grassroots organisations.

STAFF

Sylvia Costantini

Chief Executive Officer

Sylvia is in charge of all the day-to-day operations of the charity.

She has over 13 years' experience in international development, with a focus on nutrition and agriculture policy in Africa. She has been collaborating with Bread and Water for Africa UK since 2008 and is a strong advocate for BWAFUK's amazing African partner organisations.

SPECIAL THANKS

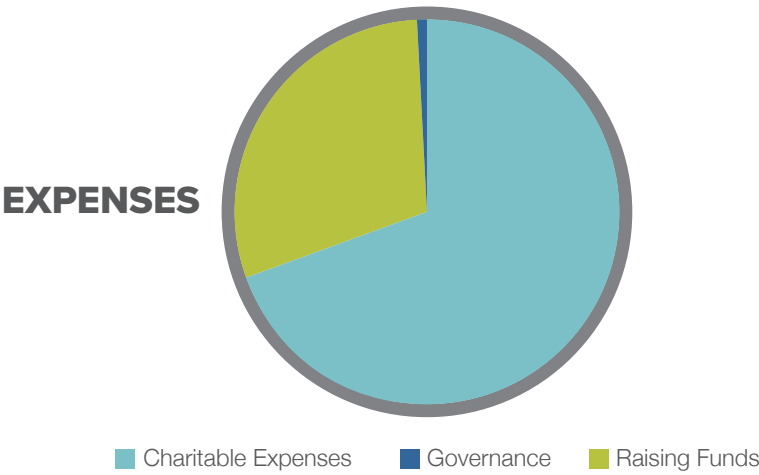
We'd like to say a very special Thank you to Daphne Davies (editor) and Ric Wilson (graphic designer) who put together this report and to all the amazing volunteers and supporters who have gone above and beyond to help raise awareness and funds for the children and families we support in Africa.

- Cristien Natal
- Daisy Crabtree
- Miguel Alvarez
- Kate Baker
- Elliot Darren
- Carol Hobbs and Marie Newcombe at Dovetail
- The Souter Charitable Trust
- The Hilden Charitable Fund
- Advent of Change
- The Bandenburg Choir Festival
- Jonny Ross Music
- The eBay Community Foundation

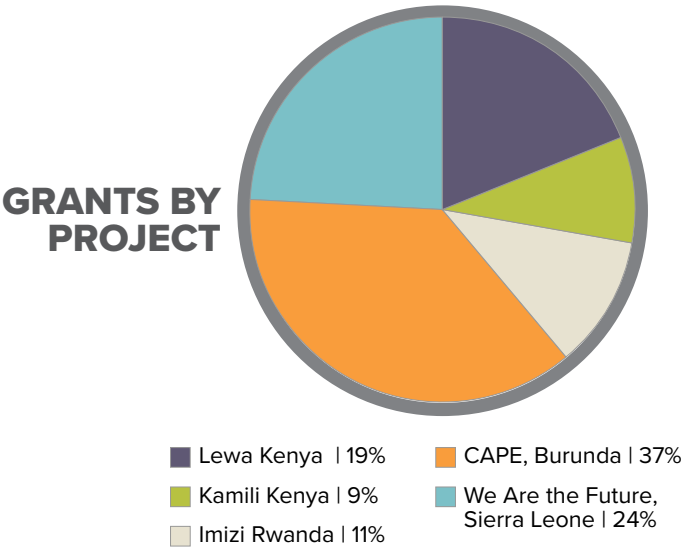
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FINANCES: ANNUAL TRUSTEE'S REPORT AND FINANCIAL STATEMENT

The financial results depicted here are derived from the **Bread and Water for Africa UK** annual trustees report and financial statement for the fiscal year ended 30 June 2018. The complete financial statement, including the unedited independent examination, can be obtained on our website at: www.forafrica.org.uk/where-your-money-goes or by calling 02032890707 and requesting a copy.



We are a member of the Fundraising Regulator. The Fundraising Regulator is the independent regulatory body of charitable fundraising. Members of the Fundraising Regulator must abide by the Code of Fundraising Practice and sign the Fundraising Promise, thus ensuring the highest standards in fundraising. This demonstrates our commitment to the very best practice in fundraising.



Legacies are vital to our very survival, a fact that most of our supporters don't realise. To raise some much needed awareness, we've joined forces with Remember A Charity, the largest consortium of its kind in the UK working to promote legacy giving.





Bread and Water
for Africa UK

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