

The Autism Awareness 5Km Run 2022Report

Presented by Step Up 4 Autism



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EXECUTIVE SUMMARY

Step up 4 Autism is a non-profit organization that helps children with autism and other neurodevelopmental disorders by giving them access to therapy services for free.

We have recently held an event, Autism Awareness 5Km Run on Saturday 16th of April, 2022 at Eldoret Sports Club in Eldoret. The theme of this project was to open doors for autism inclusion. The goal of the event was to raise the awareness on the autism spectrum and raise funds that will be used to set up an autism therapy clinic in Eldoret to offer therapy to children with autism and other special needs conditions.

The activities planned for the event took place systematically and it was a success.

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1. INTRODUCTION

1.1. Event background and history

A significant number of autistic Kenyans, including children and adults, are locked up in homes and hidden from the public sight due to the stigma and misunderstanding of autism spectrum condition. For this and other reasons, Step Up 4 Autism hosts an annual event called the AUTISM AWARENESS 5KM RUN to raise autism awareness, provide caregiving skills to parents and caregivers, and provide therapy to children with autism in Kenya.

This event is significant because it informs the public about a widely stigmatized and misunderstood disorder. Indeed, children with Autism have long been socially and economically marginalized. On April 5th, 2019, the first Autism Awareness 5km Run was held in Iten, Elgeyo Marakwet County, and it was a success.

There are countless incidences of children born with autism and other neurological problems throughout the rift valley and Kenya at large. There are, however, insufficient public awareness campaigns and intervention centers to educate the public about these issues. As a result, many children are denied their fundamental rights, such as access to education, therapy, play, and social connection. Cultural and religious prejudices about impairments play a crucial part in inhibiting efforts to receive help for children born with disabilities, as seen by the stigma that these children's parents and caregivers experience in the community.

The autism awareness 5Km run seeks to raise cash to ensure the availability of these programs by bringing the community together and increasing awareness.

2. DATE, TIME, VENUE OF THE EVENT

The second autism awareness 5Km Run event took place on Saturday 16th of April, 2022 at Eldoret Sports Club in Eldoret, Uasin Gishu County. The event began at 8.00am and ended at 4.00pm.

3. ATTENDEES PROFILE

Children with special needs, caregivers/parents, athletes, teachers, and distinguished visitors all attended the event. A total of 200 people attended the event.

4. EVENT ACTIVITIES

4.1. REGISTRATION AND SET UP

Volunteers who were in charge of registering attendees, athletes, children with special needs, and their parents/caregivers arrived on time, as did those in charge of event setup. The media; the Standard Group and the event media team, the event's MC; Modecai Wekesa and the DJ were all on time for the start of the event.

Branded T-shirts for autism awareness were sold to the interested individuals and athletes at the registration desk to raise funds to help in the set up therapy centre in Eldoret for autistic children.

4.2. AUTISM AWARENESS 5KM RUN: THE SPECIAL NEEDS RACE AND PROFESSIONAL ATHLETES' RACE

Following Mr. Kibet's warm-up exercises, Ruth Tenai, the president of Step UP 4 Autism, gave the opening statement.

The Autism Awareness 5Km Run began with special needs children running a 100M race, with volunteers recording the first three winners. Male professional athletes were next, followed by female professional athletes in a 5-kilometer race. The first four winners in each category were registered by volunteers.

4.3. SCREENING AND ASSESSMENT

The event was graced by the following medical teams operating different establishments within the rift valley region.

Medi heal group of Hospitals.

Free therapy services and consultations were provided by the Mediheal group of hospitals, including speech therapy, physiotherapy, and a BMI check. The same group also provided a free neuro-doctor, a ready ambulance and refreshments.

St. Luke's Orthopaedic and Trauma Hospital

The following services were provided by St. Luke's Orthopaedic and Trauma Hospital: physiotherapy, BMI check, blood pressure, and blood sugar test. They also had an ambulance on hand for the occasion.

Avenue Hospital

The avenue hospital team was present and they concentrated on offering nutritional advice, checking blood pressure and sugar levels for the numbers present at the event. Through this initiative many people got to know how their weight affects them and what to do to become better.

Equity Afia

The Equity Afia team had set up a tent which provided medical screening and consultations to all the people present.

The various services provided by the medical teams present are a sign of their commitment to the local people and encouragement for the local communities to embrace modern medical solutions and explanations to the various health challenges they get. This is a good step towards making sure that traditional myths in regards to various physical and mental illness are done away with and the community is allowed to grow its health care capacity to meet the rising demand.

Step Up 4 Autism thanks these medical teams for their services which they offered free of charge in addition to other benefits they brought to the event.

4.4. COUNSELING FOR PARENTS/CAREGIVERS

Specialists in autism and other special needs conditions provided counseling to parents/caregivers of autistic children and individuals with other special needs conditions. Equity Afia, Mediheal group, Avenue hospital and St Luke's were present to offer quality doctor's consultation. Developmental pediatricians, pediatric neurologists, psychiatrists, physical therapists, speech therapists, and others with relevant knowledge were among the specialists.

4.5. PLANTING OF TREES

The planting of trees activity took place immediately after the run which was sponsored by CN APPAREL African Design. Miss Lora was in charge of this activity. Several volunteers who took place in the activity made it a success. The planting of trees was meant to bring the public together in the creation of autism awareness.

4.6. Awarding

The first three winners of the children with special needs who took part in the 100M race were awarded.

1. Jerome Asanyo
2. Anna Wanjiru
3. Alvin Mwangi

The first 4 winners of both the male and female professional athletes were awarded.

Male professional athletes:

The winner – Wesley Kimutai

1st Runners up – Fredrick Domong’ole

2nd Runners up – Abraham Nyayo

3rd Runners up – Alfred Cheruyiot

Female professional athletes:

The winner – Martha Chelimo

1st Runners up – Sharon Chepngetich

2nd Runners up – Vivian Rop

3rd Runners up – Damaris Chebet

All the participants were awarded certificates.

Different individuals gave out their speeches concerning the event; all the sponsors available and the chief guest Ruth Tenai.

4.7. Entertainment

All of the crowned models that were present provided entertainment by exhibiting their talent and expertise to the audience. Mrs. Zipporah gave a vote of thanks and said a prayer at the conclusion of the ceremony, and honored guests were free to leave at their pleasure .

The following are the photos taken to document the event:





















5. EVENT OBJECTIVES

1. To improve the skills of parents and caregivers of children with Autism by offering appropriate information. Diet instructions, first-aid response manuals and an ABCs of Autism guide are among the resources available.
2. To educate the general public about the nature of autism spectrum disorder.
3. To generate funds for the Step Up 4 Autism Therapy program for autistic children, which we will establish in Eldoret and which will provide free therapy services to children with special needs throughout the county.

6.EVENT SPONSORS

We would like to express our sincere gratitude to the following companies and organizations for playing an active role in sponsoring the event in kind and in cash.

1. Safaricom plc
2. The Standard
3. Kass international
4. Mediheal group of hospitals
5. Equity Afia
6. CN Apparel
7. Bama diaspora
8. St Luke's orthopaedic and trauma hospital
9. Kill gei animal feeds
10. Hilten view hotel
11. Simta rift enterprise international grain feeds
12. Avenue hospital

THE EVENT PHOTOS LINK

https://drive.google.com/drive/folders/10f8tugzbNMlbXMLZ4OQsEjvMPNR_A2rf?usp=sharing

REPORT SIGNED AND SUBMITTED BY:

YOURS SINCERELY,

A handwritten signature in black ink, appearing to read 'Ruth Tenai' with a stylized flourish at the end.

RUTH TENAI

PRESIDENT,

STEP UP 4 AUTISM