

UPENDO CHILDREN KILIFI

2023 NEWSLETTER



Upendo's Growth & Success in 2023

As we come to the end of the year, we are thrilled to announce that Upendo experienced significant growth and success in 2023.

Our sincere gratitude to all our sponsors and supporters for their continued support to Upendo Children and activities.

Your immeasurable support ensures that we continue supporting these wonderful children to achieve their dreams.

Thank you.

**Lemic Ngalla,
Project Director.**



New Sponsees/Beneficiaries

10 new students were admitted into the project and started school at Upendo this year. Upendo paid their school fees, provided them with school uniforms and learning materials, feeding, vocational skills training, healthcare and psychosocial support services.





More Collaborations

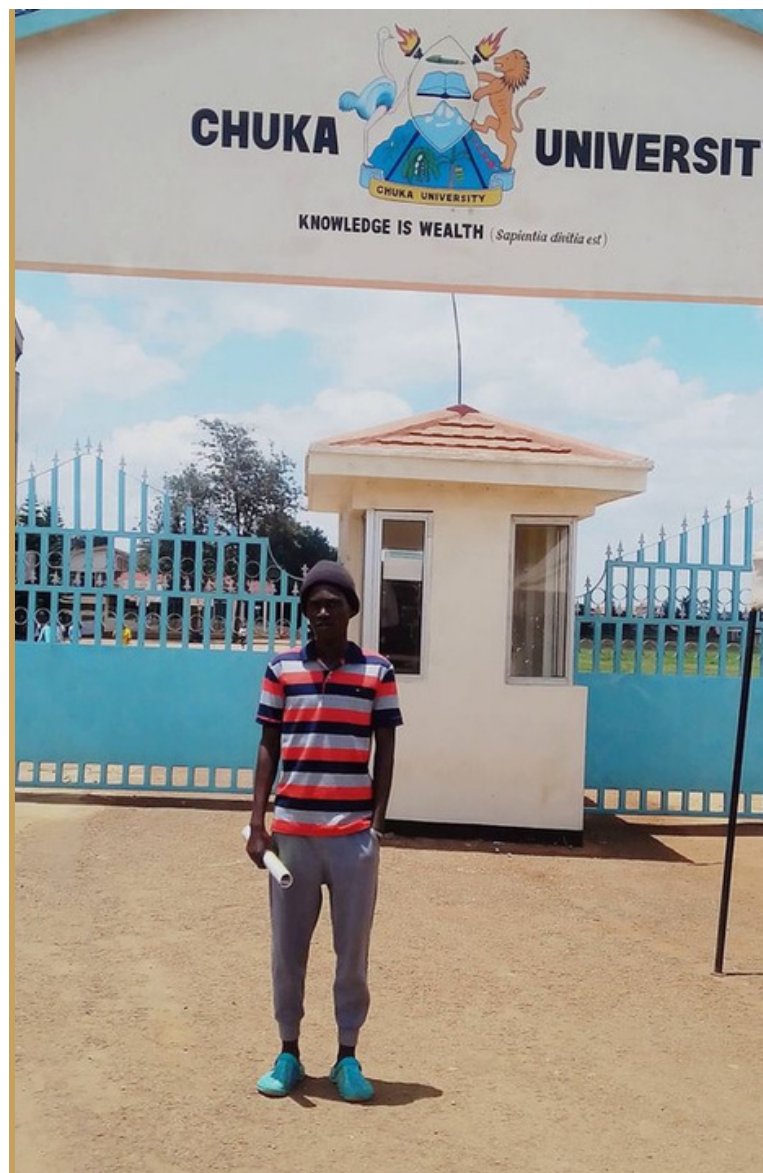
During this year, we were able to work closely with other like minded organizations and government institutions for the betterment of our beneficiaries. These include: The Children's Department, Kilifi Police Station, Gender Desk, Kilifi County Hospital, Kilifi Gold Triathlon, Mephi Hospital, Learn! Foundation among others.

Transition to College/University

11 students did their KCSE examinations in December, 2022 and passed. They all qualified to join different universities and Technical and Vocational Education and Training (TVET) institutions.

1. **Pius** joined Chuka University to study a Bachelor of Science degree in Economics and Statistics.
2. **Purity** joined Masinga Technical and Vocational College to study Journalism.
3. **Maureen** joined Kenya Coast National Polytechnic to study Social Work.
4. **Margaret** joined Godoma Technical Training Institute to study Hairdressing and Beauty Therapy.
5. **John** will join Mkwajuni Polytecnic to study Electrical Engineering.
6. **Shadrack** will join Coast Institute of Technology in January to study Electrical Engineering.

The rest are awaiting admission into various colleges and universities in the country.



Pius Charo at Chuka University



Transition to Secondary School

Six (6) students joined secondary school this year after sitting their final primary school examination in November last year. They were placed and admitted into various national, extra-county and county secondary schools within Kilifi and in other counties.

They have already adapted so well into their new environments.

Two (2) students joined junior secondary school this year after completing grade 6 at Upendo in 2022.

One (1) student sat for her final primary school grade 8 examination (KCPE) in November and will be joining secondary school in January, 2024.

Four (4) other students sat for their final grade 6 examination and will be joining junior secondary school in January next year. These are under the new curriculum.

Extra-Tuitioning

All secondary students underwent extra-tuitioning on the Sciences (Mathematics, Biology and Chemistry).

These extra-tuitioning classes are held every school holiday. They aim at addressing areas the students had difficulty understanding.

The students also have personal study times and group discussions of students from different schools who are supported by Upendo.





New Library

We have a new library and it is so lovely and the children love spending time there reading story books.

We are also expecting a books donation from Just Be a Child organization to stock our library.

Over the school holidays, we held reading sessions. The children also borrow story books to read at home and at the project.



The reading sessions aim at:

- (i) creating interest among students regarding the importance of reading and
- (ii) spreading the reading culture among students.



SKILLS TRAINING

We continue to train our beneficiaries on vocational skills to enhance their employability and self reliance.



Tailoring

The tailoring group was contracted to tailor 250 pairs of uniforms for Bofa Primary and Bofa Junior Secondary Schools this year

Many thanks to our incredible partner Learn! Foundation for believing in us.

They also made uniforms for all students going into new grades/classes.

Hairdressing

Children continued to learn hairstyling, shampooing and chemical services.

Crocheting

Children made 20 pairs of caps for babies and adults for sale.

They also made skirts and tops.

Bead Work

The children Maasai sandals, bracelets, necklaces, wedding top jewelry and earrings for sale. These are sold at the project and at a local restaurant and during trade fairs in Kilifi.



Barbering

This is an exciting new skill. The children have quickly mastered the haircutting skills and cut their own hair while at the project. These vocational skills aim at giving the children skills to enhance their employability and self-reliance.



Feeding



For more than two decades, our feeding programme has been generating real and measurable change in the children and the families we support.

Eating a healthy, well-balanced diet improves our children's mental health.

A healthy diet also helps improve attention spans and promotes positive attitudes to focus better in school.

Upendo provided the children with 3 meals a day across the year.

Christmas Food

Upendo distributed Christmas food stuffs (assorted) to all children and their families as we released them for the Christmas and New Year festive season.



Christmas is a time to share and we know that not all families in Kilifi celebrates Christmas.

The Christmas Party provides an opportunity for the children to celebrate with group guardians, family guardians, staff and guests. The Christmas food distributed is meant to last them for the days they will be at their homes with guardians.



Healthcare

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



Mental Health Training



Upendo beneficiaries also underwent a training on Mental Health, Drugs and Drug Abuse and Nutrition. The trainings were facilitated by a nutritionist and a nurse from the Kilifi County Hospital.

Upendo also held a first aid training to all our beneficiaries over the November/December holiday. The training was facilitated by Pwani University First Aiders Group.

Psychosocial Support and Pastoral Care



Our psychosocial support programme addresses all essential elements of positive human development – that is our children's emotional, social, mental and spiritual needs.

The programme helps build internal and external resources for our children and their families to cope with adversity, supports families to provide for children's physical, economic, educational, health and social needs and also helps build resilience in the children.

Our social worker and pastor continued to meet with the children and their guardians and learnt several areas including: adolescence and related changes, drug use and drug abuse, effective communication

skills, goal setting, HIV/AIDS, male and female anatomy, menstrual and physical hygiene, relationships, peer pressure, self-awareness and self-esteem.



Outreach Activities

Upendo Children , staff, guardians and founder members had a tree planting exercise at Kilifi GK Prison. Upendo also participated in this year's Kilifi Gold Triathlon event at Mnarani Club to raise funds for Soko Community Trust.



Upendo Children Trip

Upendo Children, staff, guardians and founder members had a trip to Hell's Kitchen in Marafa and Mida Creek Boardwalk in Mida.

Hell's Kitchen is one of the historical sites at the Coast. It is an odd sandstone canyon outside of Malindi, Kenya. It was once a great sandstone ridge worn by wind, rain, and floods into a series of jagged gorges.

Mida Creek Boardwalk provides a walk over a suspended boardwalk/swinging bridge. The Boardwalk is a long 200-metre Tibetan bridge suspended inside the mangrove trees and is built over the evergreen mangroves with panoramic views across the Creek.



Welcome on Board Peris!

Ladies and gentlemen,
We have a new employee joining our team! We are ecstatic to introduce Peris, a true professional Social Worker and Counsellor.

This brings the number of our team to Seven (7).

Peris has vast experience working with children and youth in Kilifi.

Before joining Upendo, Peris worked with Moving the Goal Post organization, the Department of Children Services in Ganze and UNICEF.

Peris is responsible for the provision of case management and psychosocial support to children and their guardians and persons at risk, enabling a conducive environment at the project and their homes while ensuring complete safeguarding and monitoring the welfare of all our beneficiaries.



Thank you all for supporting **Upendo family**. Upendo family wishes you a **Merry Christmas** and a **Happy New Year**.



Thank you.

