



Why I chose to Sponsor a child with Amuka Foundation

Donna Convery - retired police officer

Having retired from the police service, I, like many, wanted to get involved in charity work and 'give back'.

There are many charitable organisations who arrange volunteering holidays and do a fantastic job, only they were not for me. I had one stipulation that was to over-ride everything and that was I wanted the majority of my money to go to the people I wanted to support.

A friend then introduced me to Amuka foundation. The foundation is a charity based in Kenya and was founded by a former senior police officer, Ellie Bird. The main aim of the charity is to empower young people to reach their potential through a variety of projects which are underpinned by a well structured mentorship program.

Having spoken with Ellie I decided to go and see the work that is done for myself. In brief, I visited project sites in Kibera (Nairobi) and Karare (northern Kenya), two completely different areas with different demographics. Ellie and her team have forged relationships with, for example, schools and community elders to progress the aims of the charity.

It's challenging work, but having witnessed first hand, the desire from the children to be educated, I came away inspired and in awe of what Amuka foundation was striving to achieve. The mentoring program includes discussions on critical issues such as reproductive health, protection from HIV, STI, alcohol and drugs misuse and teenage pregnancy and focuses on key life skills such as decision making, self confidence, negotiation skills and building healthy relationships. These are all very relevant issues for young people in Kenya, where tribal traditions are part of every day life. The charity does more than outlined here. More information can be found at www.amuka-foundation.org

As a result of my visit, I now sponsor a child called Abraham. The money I donate pays for his education fees, uniform and 3 food packages a year. There are no administration costs and I know that all of the money I donate goes to Abraham and his family. Furthermore, by signing up for Gift Aid, the organisation invests that additional benefit into the package of support.

It is a small way for me to give back and yet it makes an incredible difference to a child.

Please email childsponsorship@amuka-foundation.org for more information on how you can make a difference.

