



AMUKA

foundation

Annual Report 2023

FOREWORD

The timeliness with which I find myself preparing our latest Annual Report reflects not simply how days and weeks pass by so quickly, but also how so much can happen in the space of a relatively short period of time. What's more, it is not just what happens, but the impact it has on communities across Karare.

I have also learnt that it is these milestone events within the culture of pastoralist communities that define memories, records of decisions and significant changes. Such events and the actions we took will be ingrained in memories for years to come.

Throughout 2023 we witnessed the continued devastation of prolonged drought, the loss of livestock, financial resources and family assets. Many women and girls suffered adversely through exploitation, violence and exclusion. The situation, the threats and risks all provide opportunity for us to continue to better understand complexity of problems, and to define effective sustainable solutions. We continue to define those solutions through consultation with beneficiaries, their families and the community who advise and guide us.

I was delighted to have the chance to visit Karare in person this year, meeting with members of our expanding team, members of the Karare Board, new partners, community members and of course so many beneficiaries. It is humbling to hear how even a relatively small or simple effort can make such a significant difference and impact.

I concluded every engagement feeling immensely proud of what we have achieved and inspired to do even more. Thoughts, ideas and decisions seem even more tangible when sitting in the manyatta of a family whose youngest daughter has been sponsored through school, is able to share termly food parcels with her family and talks openly of her confidence of a brighter future than her elder siblings.

During this year, we moved to our new offices. Amuka House provides a fitting tribute and legacy in memory of Patricia Ntomuson Lenawarungu. The open space in a secured compound provides safe environment for our projects to thrive. It also provides space for beneficiaries to meet with our team members to seek advice, help and learn more about the work that we are doing.

Finally, I am delighted to share details of our successful application to Peter Stebbings Memorial Charity for funds to deliver a training programme for young women. I hope you will be inspired, reading of the impact it had in such a short period of time.

My sincere thanks once again to everyone who continues to support our work and helped to make this year a success.

Stephanie Barnwell

Chair; UK Board of Trustees.



Stephanie Barnwell
Chair; Board of Trustees



Ellie Bird Lenawarungu
Founder; Amuka Foundation

Karare Dispensary

We continued to distribute donations of food, baby and toddler clothes through the Dispensary, working with nursing staff to identify children and families in greatest need. As well as providing a nutritious supplement, porridge served during the early morning hours brings members of a family together. For parents and older siblings, this may be their only meal of the day.

A consignment of knitted hats and jackets arrived in time for the onslaught of torrential rains and flooding across Karare. Such heavy rains immediately after drought bring different challenges, with risk of traditional houses and outbuildings being washed away, brick constructions collapsing with erosion of soil, impassable roads and serious health issues.

With the risk of pneumonia very high amongst young and elderly, we deployed in gum boots to distribute resources deep into the bush. Everyone was incredibly grateful and once again we were able to transform a simple gesture of knitting a hat with remnants of wool into a lifesaving impact.



Mwangaza Women



Throughout the year, Mwangaza Women grew from strength to strength. They literally enhanced their presence in the new office and workshop with assigned stations for each woman and creating shared space for measuring, cutting and pressing. As their confidence and ability grew, so they accepted new and ambitious assignments.

At the start of the year they were commissioned to make uniforms for local children who perform the Offertory dance at Our Lady of Assumption Catholic Church, Karare.

With our continued focus and

commitment to women led businesses, we commissioned Mwangaza Women to make shopping bags and purses for sale through various donor outlets. All monies are invested back into the project, whether to the women making the item, the purchase of equipment, carrying out servicing of machines and repairs or to buy more fabric.

No doubt their greatest achievement this year has been making school uniforms for more than sixty children. Our Child Sponsorship programme includes provision of two sets of uniform. One set is provided immediately

sponsorship is confirmed, along with a pair of school shoes and a voucher for a food parcel.

Mwangaza Women meet each child at Amuka House, measure them for uniform and be available for any future adjustments and repairs. Taking on such a huge task has required some careful planning and logistics, but with the challenge comes success!

We are immensely proud of the ambition, the commitment and the achievement of these women. They really are testament to what can be achieved with belief, support and empowerment.



Peter Stebbings Memorial Charity

We were delighted to learn of our successful application to fund a six-month project to train young women in sewing skills. With a requirement that they had completed their Kenya Certificate of Secondary Education, the six young women enrolled into a programme to learn basic measuring, cutting, hand sewing and machine skills.

Under the tutelage of a mentor from Mwangaza Women, and equipped with a basic tool kit, they were able to make skirts, blouses, dresses and trousers. Mentoring and business skills complemented the technical aspect of the project and the provision of monthly food parcels and transport allowance helped

to strengthen their commitment to timely and regular attendance whilst continuing to support their families.

Their growth in confidence and skills was palpable with the buzz of chatter around the sewing machines, their support to each other to solve problems and the pride with which they wore their new outfits, all evidence of the success of the programme. Some of the young women have gone on to find employment, whilst others have joined Mwangaza Women to make school uniforms for sponsored children.

We sincerely hope that further successful applications will enable us to continue developing the skills and confidence in more young women across Karare.



After School Programme

Full participation in academic learning can often be a challenge for girls. A lack of confidence to ask questions, to respond to tasks and participate in discussions can significantly impede learning and development. The daily burden of having to complete caring responsibilities, fetch water and firewood often impede girls being able to complete homework and revision after school.

The need to share text and revision books in a tight working space with boys can be daunting, particularly for girls who may be menstruating and lack protective sanitary wear. For those girls whose uniform is torn, ill-fitting or soiled, they prefer to either stay away from school or avoid drawing further attention to themselves within a classroom.

Our After School programme is now well embedded within three primary schools across Karare. Twice a week, under the guidance of an academic teacher, girls receive extra tuition, supported by text and revision books, stationery and craft supplies. Each girl has been issued with a report book and every month is provided with sanitary towels, bathing soap and washing powder.

We have supported the establishment of Academic

Clinics which bring together student, parent and teacher to monitor attendance and progress, and discuss where additional support is needed. Often parents may not be educated themselves and so do not understand the challenges their daughters face in the classroom, the demands of homework, revision and exams or quite simply cannot read the termly reports.

This approach continues to strengthen the school, pupil, parent relationship within which everyone provides the best support and education for each girl.

Financial donations towards this programme are critical in enabling us to provide sufficient stationery, exercise, text and revision books. Allocating each girl her own copy of core textbooks ensures that she has the right resources to complete all assignments and can find her own time and space to study.

Teachers provide monthly reports on their programme and regularly engage with our team on the ground, alerting us to any girl in particular need of additional support.

Girls tell us that they would like access to story books, both in Kiswahili and English. We hope to find resources to support this in the coming year.



Girls' Mentorship Programme

In support of academic learning, mentorship strengthens additional skills which help develop and enhance girls' confidence and understanding. Addressing issues such as relationships, decision making, critical thinking, fairness and equality, girls have the chance to engage in open discussion, ask questions and challenge each other in a safe and conducive space.

Each term, a team of qualified nurses from Karare deliver sessions on adolescent and reproductive health, addressing myths and stigma. This opportunity to engage directly with the nurse helps to build trust and confidence, so that they can easily seek further assistance when needed.

Mentorship develops cognitive skills such as problem solving, critical thinking and decision making. The provision of art and craft materials, scissors, colouring pencils, glue, paints and paper allows them to be creative, free thinking and bring out their personality and preference in each assignment.

The absence of such items in schools, impedes the completion of key components of the curriculum and delays personal development of many critical skills.

We maintain contact with many of the girls after their graduation from the Mentorship Programme, tracking their progress and reflecting upon how they have grown in confidence through better understanding of challenges, and equipped with skills to make decisions

and navigate risks they might face.

We recognise the tremendous value of this work and continue to explore opportunities for funding so that every girl in Karare can access our After School and Mentorship Programmes.



Child Sponsorship Programme



At the start of the year, we were forced to appreciate the challenges many families have faced throughout the drought, and the adverse impact this has on girls.

A mother came to Amuka House with her teenage daughter seeking assistance with school fees. She shared the story of how she used to raise money selling milk and small livestock to pay for her son and daughters' school fees. Now, as the drought had caused the death of most of her livestock, she has lost her main sources of income, and must decide on who to continue to support.

She spoke openly about how she considered investing in her son would bring greater long-term benefit to the family, and stated clearly that given the difficulties they were facing, the daughter was now a burden to the family. Whilst able to help with chores, her daughter consumed scarce family resources of food and water, and continued to demand sanitary wear, toiletries and support for her education. These demands were beyond her means.

We realised that if the girl could not get support, she was at risk of being married in exchange for a dowry,

and highly unlikely to complete her education. Through our network, we were able to secure sponsorship for the girl. We paid her school fees, provided uniform and issued a voucher for a food parcel which immediately benefitted the girl and her family.

Our Child Sponsorship programme continues to grow with more than sixty-five children benefitting from support with school fees, provision of uniform and shoes, termly food parcels and regular access to donations of clothes and educational resources.

This year we have incorporated subscription to National Health Insurance Fund which provides quality and affordable healthcare in Kenya. Despite a requirement for nominal monthly contributions, this remains beyond the reach of many families. We have established a good relationship with the NHIF County offices, and grateful for their outreach presence into Karare which ensures registration, full understanding of benefits and timely access. Many of the children who are sponsored are orphaned, and so this engagement ensures that parents and guardians are aware of specific benefits for the child.



Thankyou!

This is a timely opportunity to share thanks to some of those who have made a specific contribution in supporting us throughout this year.

Westende Junior School, Wokingham. UK

For some time, Westende have facilitated the donation of navy-blue sweaters, school dresses and uniform trousers. This year we calculated that more than 300 children have benefitted from this incredible effort.

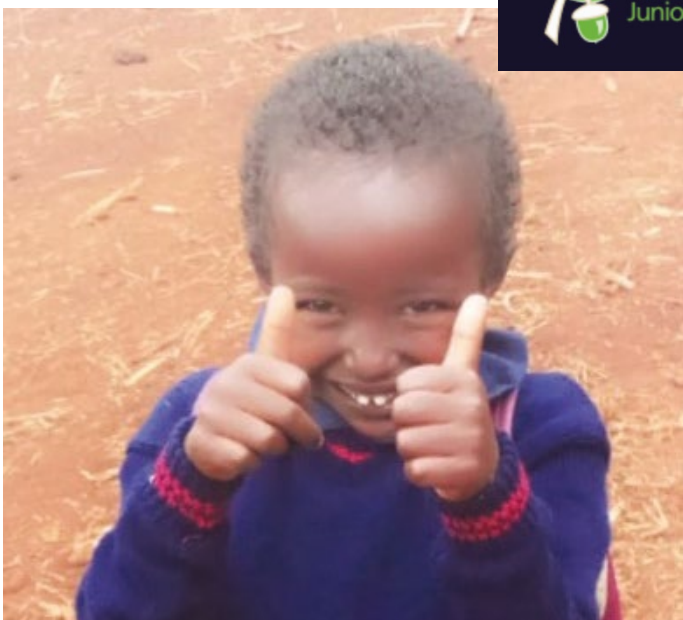
Pupils from Loruko Primary School designed their own logo, and we commissioned a businessman in the townships of Nairobi to transform this into embroidered badges.

Upon receipt of uniform, Mwangaza Women stitch

on the Loruko badges and sweaters are distributed throughout the school. These sweaters are a valuable addition given the absence of jackets and warm clothing for most children.

In addition, Westende Junior School sponsor a young girl from the village of Karare. Their support ensures that Sabdiyo is enrolled into school and has access to all the educational materials she needs. Sabdiyo regularly attains top position in class and enjoys passing her learning onto her two younger siblings.

There is no doubt that their support ensures that another girl has access to education and chance to grow in confidence and ability. On behalf of the community of Karare our sincere thanks to Westende Junior School.



Looking Forward

As we witness the closure of another chapter in the life of many families, so we are prepared to respond to new challenges. We are committed to continue to build upon success and strive to expand benefit and impact in areas of greatest need.

Women and girls remain at the heart of our intent, and we continue to strengthen our engagement and relationship with men and boys who are enablers of change. We look forward to growing, building upon evidence of success.

Girls thrive when they have a better understanding of the challenges they face, have the confidence to make

informed decisions, and equipped with resources that enable them to demonstrate their true capability and potential.

Women are critical to maintaining the safety, security, health and wellbeing of her family and the community. We will continue to create opportunities and strive to minimise the impact of threats that undermines her role.

Once again, we express our sincere thanks to our Boards of Trustees, volunteers, donors and sponsors for making this possible, and look forward to an ambitious programme for the year ahead.



AMUKA FOUNDATION

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Receipts and payments accounts							
For the period from	Period start date			to	Period end date		
	Day	Month	Year		Day	Month	Year
	1	January	2023		31	December	2023

Section A Statement of receipts and payments

	Unrestricted funds to nearest £	Restricted funds to nearest £	Expendable endowment funds to nearest £	Permanent endowment funds to nearest £	Total funds current period to nearest £	Total funds last period to nearest £
A1 Receipts						
Donations	13,876	13,787			27,663	20,413
Legacies					-	-
Grants					-	-
Receipts from fundraising activities					-	-
Gross trading receipts					-	-
Income from investments other than land and buildings					-	-
Rents from land & buildings					-	-
Gift Aid	4,351				4,351	-
					-	-
A1 Sub total	18,227	13,787	-	-	32,014	20,413
					TRUE	TRUE
A2 Receipts from asset & investment sales						
Proceeds from sale of fixed assets					-	-
Proceeds from sale of investments					-	-
A2 Sub total	-	-	-	-	-	-
Total receipts	18,227	13,787	-	-	32,014	20,413
A3 Payments						
Expenses for fundraising activities	19,475	3,170			22,646	13,521
Gross trading payments					-	-
Insurance Costs	867				867	-
Shipping Costs	2,037.25				2,037	-
Grants and donations					-	-
Governance costs:					-	-
Audit / independent examination	100				100	100
Preparation of annual accounts					-	-
Legal costs					-	-
Other					-	-
					-	-
A3 Sub total	22,480	3,170	-	-	25,650	13,621
A4 Payments relating to asset and investment movements						
Purchases of fixed assets					-	179
Purchase of investments					-	-
A4 Sub total	-	-	-	-	-	179
Total payments	22,480	3,170	-	-	25,650	13,800
Net receipts / (payments)	(4,253)	10,617	-	-	6,364	6,613
A5 Transfers to / (from) funds						
					-	
Surplus / (deficit) for year	(4,253)	10,617	-	-	6,364	6,613

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Karare Board of Trustees

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