

A woman in traditional beaded attire is shown in profile, looking down at a baby she is holding. The woman wears a large, colorful beaded necklace and a matching headpiece. The baby is wrapped in a red blanket and wears a small hat. The background is a wooden wall. A large red circle is overlaid on the left side of the image.

# AMUKA

foundation

Annual Report 2024

# FOREWORD

I am delighted to have this chance as Interim Chair to present this years' Annual Report. As a Board of Trustees, we recognise the need to support each other and ensure flexibility to take over some responsibilities when demands in our personal and professional lives require even greater focus and attention. Continued close working between Board meetings ensures minimal disruption to delivery of projects on the ground and maintaining the direction of our efforts.

This year has brought exciting opportunities and further realisation of the challenges that many of our beneficiaries and their families are facing. Successful applications for trust and grant monies has in itself been a huge achievement. With more and more organisations seeking support and a worldwide decline in availability of financial resources, the chance of being successful in such applications is limited.

Our ability to present compelling evidence of success, impact and credibility as an organisation is key to success. We are inspired and motivated to pursue more grants for funding and I am grateful to the members of our Board of Trustees, working together to prepare budgets, data and narrative to make this happen.

Additional funding has enabled us to strengthen our Girls Mentorship Programme, with additional resources for the beneficiaries as well as introducing a programme of development for our mentors. The appointment of a lead person for all our mentorship and academic activities allows for greater engagement with Head Teachers, class teachers and enables closer monitoring of performance.

Throughout this year, the communities across Karare have continued to wrestle with challenges of limited supply of water, increased food prices and unseasonal torrential rains and flooding. Our closer engagement with beneficiaries and their families has helped us better understand the impact of such challenges and the chance to explore how we can strengthen our support.

I hope that you will enjoy reading more about our work and achievements and will be inspired to support us in making a difference to the lives of children, adolescent girls and women. My sincere thanks to everyone who continues to make this possible.

**Elizabeth Owsley**

**Interim Chair; UK Board of Trustees**



**Elizabeth Owsley**  
Interim Chair; UK Board of Trustees



**Ellie Bird Lenawarungu**  
Founder; Amuka Foundation

# Karare Dispensary



Some years ago, we learned how our support had impacted the only dispensary in Karare. The Head Nurse reported that our donations of clothing and blankets, linked to their own campaigns to encourage expectant mothers to deliver their babies at the dispensary and enrol their children into immunisation programmes, had gone some way to reduce mortality rates of those under three years and a significant reduction in cases of pneumonia.

The recent establishment of an additional dispensary in Lakartinya will go some way to extending the benefit of these programmes. The remote, rocky and arduous terrain of Lakartinya poses considerable challenges for expectant mothers to access much needed services. Despite roads being impassable for cars, women can at least use local motorbike services to reach the new dispensary.

We welcome the provision of these services and throughout the year made frequent visits to both dispensaries to share donations of baby and toddler clothes as well as an array of brightly coloured knitted blankets, hats, sweaters and cardigans.

Our visits are coordinated through the Head Nurse to coincide with immunisation and well-being clinics for mothers and children. This ensures that we reach the greatest number of beneficiaries and that those in greatest need are identified and where possible provided additional support.

Most children in Karare wear the same set of clothing throughout many days. The sweater that keeps them warm at night is the one that is expected to protect them from wind and rain throughout the day. Mothers hope for a burst of sunshine to dry their children's

clothes before they retire to bed. Draughty conditions in the traditional style home or makeshift shelter heighten the risk of pneumonia.

Classrooms also pose risks to some young children. Broken windows and doors expose children to draught and dust, and for those without shoes, the walk to school and the poorly maintained classroom floors are particularly harsh on their feet. We regularly extend the benefit of donations of clothes and shoes to those in Early Child Development classes at Karare's three schools.

We are regularly reminded that pneumonia is the leading cause of death of children under the age of five years in Kenya and so we will continue our efforts throughout the coming year to secure donations of clothing and shoes.



# Girls' Mentorship Programme

Planning for our mentorship programme starts at the end of each academic year. We engage with Head Teachers to identify those girls who will graduate into Junior Secondary School at the start of the new calendar and academic years.

This year we hit the ground running, enrolling forty-five girls from Class 7 from Karare, Loruko and Lakartinya schools. Our mentors started introductions to the programme and the girls were tasked to prepare contracts - a commitment to engagement, attendance, participation and learning.

The programme covers a wide range of topics designed to enhance skills and confidence as well as build peer support mechanisms. Understanding healthy relationships, safety and wellbeing, communication skills, managing frustrations and emotions as well as problem solving skills and critical thinking are crucial for adolescent girls to manage so many of the challenges they face.

Each term a qualified female nurse from Karare supports the programme with a session on adolescence and reproductive health. Such access in a safe learning environment allows girls to debunk myths and to build a trusting relationship with a qualified professional which they can access at any time.

We were immensely grateful for support from School in a Bag for the provision of a rucksack and resources for each of the forty-five girls, and Sals Shoes who donated sports shoes.



# Mentorship Camp



Inspired by a significant donation of monies by our Interim Chair in her role as Ladies Captain of Sheerness Golf Club, the UK Board of Trustees prepared a budget and sought further support to host a Girls Mentorship Camp.

Girls were invited to apply to attend the Camp and tasked to prepare a letter expressing their interest, outlining why they should be considered. It was apparent that for most of the girls, the thought of travelling more than 500 kilometres to Nairobi inspired a sense of adventure. Many stated that they had never travelled further than Kamboe bridge less than ten kilometres away from their school.

We reached out to supporters and sponsors to raise the £250 needed to host each girl for one week in Nairobi. In support of delivery on the ground, several Trustees funded their own travel, food and accommodation costs as well as fully sponsor one girl to attend Camp.

We enrolled Naituro and Stella, two alumni of our Mentorship Programme and 2019 Camp, to support the team of Mentors. Despite a significant shipment of donations of clothing being delayed due to the conflict around the Red Sea, we scrambled together to collect much needed supplies.

Arriving somewhat tired, cold and overwhelmed, the girls were quickly allocated into teams and issued with tee shirts, hoodies, blankets, toiletries, stationery and an array of sportswear and casual clothing. Their chatter and laughter soon filled the air, and we were quietly confident of a highly energised and interactive week ahead!

Camp provides a unique opportunity to take a girl away from the chores which impede her ability to study outside of school, fetching firewood and water, and being tasked to take care of younger siblings. At some time, every family considers a girl's participation in school a lost opportunity to the family, losing a valuable pair of hands to carry out chores and generate much needed income. Adolescent girls, like women, are expected to provide for food and medicines required within a family. Many girls are expected to generate income to fund the education of their younger brothers.

Through mentorship, we consistently need to prove that such an investment in girls brings considerable value and benefit now and for the future.

Torrential rain did not stop play, our programme focused on problem solving, critical thinking, team work and leadership.

We worked with the girls to identify challenges that they might face and took time to explore ways to overcome them. Focusing on me, my family, my school, my community and Amuka Foundation helped the girls to define different ways and resources to address problems and create their own Pathway to Success.

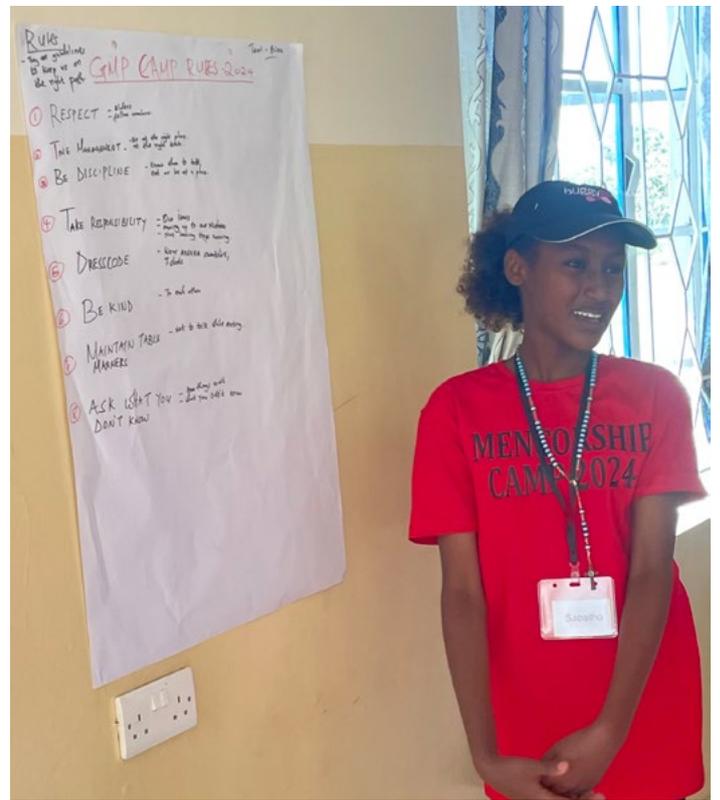
The presence and participation of Head Teachers Mathew and Rosalia was not just a testament of their support, leadership and commitment but a clear message to all the girls that they could reach out for support and guidance.

We heard a very moving account of how one of the Head Teachers had played a crucial role in the rescue of one the girls from marriage, had engaged the community Chief in breaking the bond of a dowry and supported the family financially in ensuring that the teenage girl was enrolled into school.

A resounding message from the girls at the conclusion of Camp when trying to find the confidence to take on some of the challenges - "If you are scared – do it scared"

Success of Camp was defined, not simply by the buzz and excitement as the girls boarded the bus home, but the remarkable improvement in confidence of many to step forward in front of their peers to share feedback on a task, to take a leadership role in group activity and to consistently be the first to volunteer to organise resources at the start of each day. Despite this success, we laughed each time, as they were selected to choose an item from the Lucky Dip box and their hesitation and inability to make a decision - whether to choose socks, hair comb, deodorant, nail polish or a notebook!

Recognising the importance of activities such as school-based mentorship, After School and Mentorship Camp, we have developed sponsorship packages which we hope will secure more support over the coming years.



# Child Sponsorship Programme



It is incredible to reflect on our 2019 Annual Report and securing sponsorship for twelve child beneficiaries. Fast forward to 2024 and we concluded the year with an incredible eighty-five beneficiaries!

Boys and girls are eligible for our sponsorship programme. We receive notifications from community members and engage with Head Teachers to ensure suitability through need and commitment of the family. We recognise that enhancing the status of a girl within a family and community cannot be sustained without the understanding and support of men and boys. Boys need to grow alongside bright and confident girls, build respectful relationships with their female peers and together build trust.

A standard sponsorship package ensures that school fees are paid on time and that children are not chased away from the classroom. They are provided with two sets of uniform, school shoes and on production of their end of term academic report they receive a voucher for a food parcel. We continue to support three women led businesses who provide all the foodstuffs in each parcel.

Whenever we receive donations of clothing and academic resources, sponsorship beneficiaries are a priority. All UK visitors this year have utilised additional baggage allowances when flying with British Airways, bringing much needed donations of clothing.

They enjoy the sorting, sizing and distributing of clothes at our termly events when we bring beneficiaries, parents and guardians together to deal with administrative matters, share lunch, and the children can prepare thank you letters to their sponsors.

One of our commitments as an organisation is to better understand the complexity of the problems and challenges that communities face, in particular women and girls. This in turn helps us to ensure that localised solutions are fit for purpose and that we help to bring about sustainable change.

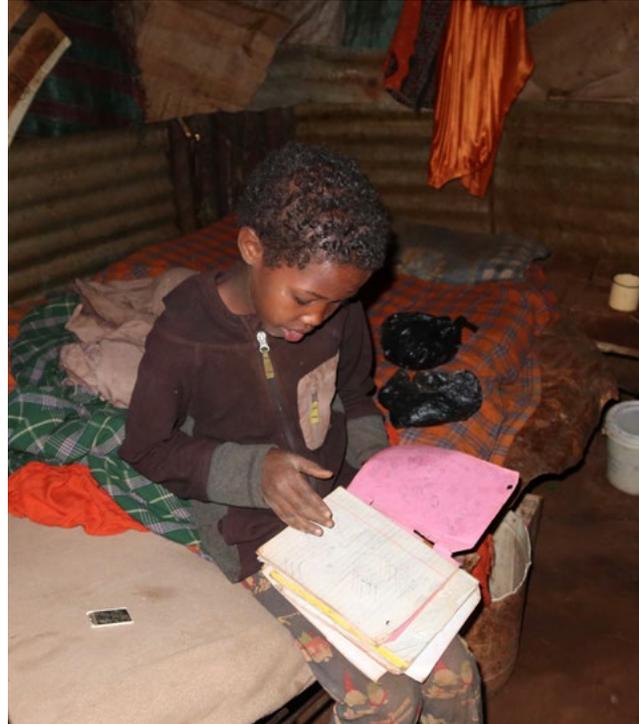
This year we brought the Karare team together and scheduled visits to every beneficiary of the Child Sponsorship Programme. We visited their homes, to meet with parents, guardians and siblings. A structured questionnaire helped us to better understand the aspirations of the child and to hear from parents how each element of the sponsorship support helped them. We asked about the payment of school fees, provision of uniform and shoes, access to donations of clothing and the provision of food vouchers. Finally, we asked what more Amuka Foundation should do or do differently.

The responses were consistent, food parcels meant that the family did not go hungry for those few weeks. Access to clothing meant that mothers could divert

money to other priorities within the family. The timely payment of school fees meant that children were not chased home to find money and that other siblings could be supported within the family. In terms of what more could we do, the answer was simple 'please support more children'.

The team collated and reviewed all the responses; they reflected on what they had seen and heard. They identified some of the homesteads and living conditions where children need additional support whether this is bedding, a solar lamp, jerry can for water or additional food parcels.

A key component of our Child Sponsorship Programme is the ability to regularly engage and monitor, to predict and respond to emerging needs, to make best use of resources available and to maximise impact. We maintain our commitment that all administrative costs associated with the Child Sponsorship Programme are covered through the monthly contribution of Amuka Foundations' founder and 100% of the donors sponsor money is attributed to the child.



# After School Programme

Complementing our Mentorship Programme, a qualified teacher from each of the three schools is responsible for delivering academic tuition to the forty-five Class 7 girls.

Our support has included revision books, stationery and monthly sanitary towels and bathing soap for each of the girls as well as a small monthly allowance to the teachers. The opportunity to engage more closely with a teacher encourages girls to participate in discussion, to ask questions and feel motivated when recognised for their contribution and achievements in class.

This year we introduced a Contract with each of the girls, focusing on attendance at school, participation and commitment to learning. With the support of class and Head Teachers we have access to performance records which will help us to monitor progress and adapt our support where necessary.

We recognise that skills developed through mentorship complement a girl's ability and confidence to fully engage in any academic programme. Her ability to challenge inappropriate behaviour, confidence to participate in discussion groups and demonstrate her understanding and grasp of the subject being taught better equips her all round. Good sanitary and hygiene protection help her to move freely in the confined space of classrooms and in the presence of boys.

Regular engagement with academic teachers is another way to raise awareness and understanding of the challenges girls face. Not all teachers are from a pastoralist community and so they need to learn how to maximise enrolment and participation of girls. The challenge of getting girls into school is not achieved simply when she sits in the classroom. Full attendance,

participation and evidence of learning is what success starts to look like.

Teachers submit a report outlining their activities and achievements throughout the month. On occasions these same teachers have flagged welfare concerns and identified needs for girls. During a visit to one of the schools, we identified that most of the girls were wearing uniform which was torn and dirty. Broken zips created anxiety and concern over their dignity and girls were tying sweaters around their waist to cover the exposed area.

We realised that each girl only had access to one set of uniform which they wore consistently for five days each week. We quickly tasked Mwangaza Women to visit the school, measure each girl and prepare a new set of uniform. Posting on social media the delight of the girls upon receipt of their uniform, a sponsor immediately responded to a plea to provide leggings for them. Swift action and support made such an incredible difference to the confidence of the girls, minimising further disruption to their attention in the classroom.

We have now developed a sponsorship package which ensures that a girl has the confidence of a well-made, clean uniform.



# Mwangaza Women

We continue to be inspired by the tremendous achievements of these women. Equipping them with technical skills, empowering them with belief and confidence in themselves and enabling them through opportunity creates sustainable development and growth of women.

Commissioned to make two sets of school uniform for every beneficiary of our child sponsorship programme was a challenging task that required significant effort and skill. Working together they were assigned responsibility for specific schools and were tasked with measuring each child.

Over many months, Amuka House was transformed into a thriving hub of activity, measuring, cutting, stitching and fitting to ensure that every sponsored child was prepared to enrol into the new academic term in a smart, well-fitting uniform.

One of our guests from the UK spent a week mentoring the ladies and sharing some of her own techniques. Mwangaza Women thoroughly enjoyed learning new skills from Angela in fitting collars and zips, and better use of both electric and manual machines.

Success when working with women is not simply defined by the product of the day, new learning or understanding. Success is about the sustainability of what she has learnt and the chance to enable her to make better informed decisions, the confidence to do something differently which in turn enables her to better protect and provide for her family.

Economic empowerment of women ensures that more girls are enrolled into school and that they grow up with a role model, capable, competent and confident to do great things.



# Community Recovery Initiative

Every family and household are affected by drought. For most it is impossible to replace lost livestock and the chance of a harvest of maize and beans to compensate for that loss is slim. We reached out to sponsors of children and asked if they would fund a goat to support the family in their recovery.

With local support we monitored carefully the price and the quality at local markets and were delighted to facilitate handing over several goats to parents of our beneficiaries.



## Celebrating Success

When asked how we can demonstrate the success and impact of our work, we are proud to highlight two amazing young women.

Naituro and Stella were enrolled into our first Girls Mentorship Programme and participated in Camp 2019. They both performed well at the conclusion of primary school. Stella was supported to attend Pangani Girls one of Kenya's best performing National Schools. Naituro enrolled closer to home into Bishop Cavallera Girls School.

During this year, both girls graduated their Kenya Certificate in Secondary Education with B-. Both are a testament of what can be done when we believe in girls, and they are empowered, equipped and enabled to perform at their best.

We look forward to monitoring and reporting on their progress as they enrol into university.

# Thank You!

We would like to give thanks to some organisations and individuals who have helped to make success possible. To everyone who continues to donate monthly and annually we are immensely grateful for your tireless support. The impact is great.

## Westende Junior School

For their support in continued sponsorship of a young girl through 'mufti' dress down days and fundraising activities. Sabdiyo continues to perform well and fully participates in all Amuka Foundation activities.

For donating much loved school sweaters which Mwangaza Women then sew on new badges and distribute to children at Loruko Primary School.



## School in a Bag

For the forty-five rucksacks and resources to support Girls Mentorship and After School Programmes.



## Smalls for All

For the donation of hundreds of pairs of pants for boys and girls.



# Sals Shoes

For more than fifty pairs of sports shoes which enable girls to participate in sporting and recreational activities.



# Sheerness Golf Club

For a year long effort supporting the Ladies Captain to raise funds to initiate the Girls Mentorship Camp 2024



# Laura Grant & Brittany Andrew

For completing the York Marathon, raising money to support Girls Mentorship



# Creighton Family

For their commitment to collect and transport hundreds of kilogrammes of donations of children's clothing, educational and craft resources, the painting of classroom for Loruko Primary School and the sponsorship of children.



## AMUKA FOUNDATION

SC047985



Receipts and payments accounts							
For the period from	Period start date			to	Period end date		
	Day	Month	Year		Day	Month	Year
	1	January	2024		31	December	2024

## 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 £
<b>A1 Receipts</b>						
Donations	16,229	24,365			40,594	27,663
Legacies					-	
Grants		2,000			2,000	
Receipts from fundraising activities					-	
Gross trading receipts					-	
Income from investments other than land and buildings					-	
Rents from land & buildings					-	
Gross receipts from other charitable activities	4,624				4,624	4,351
<b>A1 Sub total</b>	<b>20,854</b>	<b>26,365</b>	<b>-</b>	<b>-</b>	<b>47,219</b>	<b>32,014</b>
<b>A2 Receipts from asset &amp; investment sales</b>						
Proceeds from sale of fixed assets					-	
Proceeds from sale of investments					-	
<b>A2 Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>20,854</b>	<b>26,365</b>	<b>-</b>	<b>-</b>	<b>47,219</b>	<b>32,014</b>
<b>A3 Payments</b>						
Expenses for fundraising activities					-	
Gross trading payments					-	
Investment management costs					-	
Payments relating directly to charitable activities	47,463	6,860			54,323	25,550
Grants and donations					-	
Governance costs:					-	
Audit / independent examination	100				100	100
Preparation of annual accounts					-	
Legal costs					-	
Other					-	
<b>A3 Sub total</b>	<b>47,563</b>	<b>6,860</b>	<b>-</b>	<b>-</b>	<b>54,423</b>	<b>25,650</b>
<b>A4 Payments relating to asset and investment movements</b>						
Purchases of fixed assets					-	
Purchase of investments					-	
<b>A4 Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>47,563</b>	<b>6,860</b>	<b>-</b>	<b>-</b>	<b>54,423</b>	<b>25,650</b>
<b>Net receipts / (payments)</b>	<b>(26,709)</b>	<b>19,505</b>	<b>-</b>	<b>-</b>	<b>(7,204)</b>	<b>6,364</b>
<b>A5 Transfers to / (from) funds</b>						
<b>Surplus / (deficit) for year</b>	<b>(26,709)</b>	<b>19,505</b>	<b>-</b>	<b>-</b>	<b>(7,204)</b>	<b>6,364</b>

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Ellie Lenawarungu	Founder Trustee
Ingrid Rowlands	Treasurer
Philippa Marks	Secretary
Elaine Grant	Trustee
Adrienne Williams	Trustee
Stephanie Barnwell	Trustee

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