

Volume 2 Issue 1  
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# HOPE 4 KENYA!

## New Year, New Start!

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### *HOPE CAN CHANGE A LIFE!*

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**HOPE 4 KENYA, INC (H4K)** finished 2022 with a big step forward as both a 501(c)3 and a Certified NGO in Kenya. In February 2023, H4K started the year with a visit in Nakuru by two of our US board members, Steve House and Marsha Myers. Not only did they see what we can already accomplish, but they participated in a number of these projects. In addition, we were able to hold a joint US/Kenyan Board meeting. Introductions and face to face conversation was very productive and beneficial.

**Why we do what we do!** At the end of the day, H4Ks primary goal is to support the vulnerable populations with services they would otherwise not be able to have or participate in, such as food and education.

Some of the main areas of discussion for the board meeting included fundraising, websites (social media), budget and project development.

- **Fundraising:** This included the increase of both the US and Kenyan boards to incorporate those individuals who could help develop, participate in and support fundraising issues. Each US board member is to recruit and submit names for additions to the board by March 31, 2023. The board would be increased to 10 members. The Kenyan board was to add two additional persons who could contribute specific support to project development.

- **Project Development:** Discussion focused on the creation of a one-year project plan. This was outsourced to a Kenyan Project Manager, Betha Akoth, who has been supporting H4K local missions and outreach. The draft of this proposal is due to be submitted by April 31, 2023, on the (4) areas of development. The discussion was around the initial project which was to be a pre-school. The area of the project has been identified as Mzee Wanyama on the south side of Lake Nakuru.

- **Website (Social media):** The need for an expandable website is paramount to the growth of H4K. Luckily H4K was blessed with Kait Fast. A web developer with a heart for service and Kenya. At this time, we are in the process of identifying the web domain and issues that must be provided to create a site that will showcase H4K. Stay tuned for more on the development of this site.

- **Budget:** While I wish we had the funds to jump start our project goals, this is an area that we continue to work toward through fundraising and potential partners. Whether it be a little or a lot, each donation provides a way for H4K to reach the community.

H4K is determined to move forward with our commitment to the community and the vulnerable populations we encounter.

In early 2023, the Bahati Police Station located 2 little boys, John we think about 5, and Stephen about 9 who had been in the bush for about 4 days. The boys were taken to the **Emily Martin Domestic Violence Center** and their injuries treated. The young boys had run away from home due to abuse. Their father would heat a spoon in the fire and place it on the boys' arms and legs. Esther called me and asked if we could have them placed. I contact Robert at **Jammi Children Home** who agreed to take the boys. The boys were taken to Robert who has a true heart for children. Between **H4K** and Emily Martin Center, we purchased uniforms, school supplies and desk. In addition, H4K was able to provide some clothing, and food supplies for the home. Working together we can accomplish so much more.

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*And the king shall  
answer and say  
unto them, Verily  
I say unto you, in  
as much as ye  
have done it until  
one of the least of  
these my brethren,  
ye have done it  
unto me.  
Matthew 25:40*

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During our Spring 2023 missions in Nakuru, we were able to touch a lot of other organizations and support a great deal of persons. Some of these projects included:

- **Food Distribution** – H4K provided needed food and sanitary supplies to the elderly and disadvantaged in **Upper Kiamaina (20)** and **Lower Kiamaina (20)** communities. With the raising costs of food and the drought conditions, times are extremely hard times for this group. Each distribution included rice, beans, cooking oil, flour, toilet paper and soap. **The Malaika Initiative for Persons with Disabilities** is a group H4K has helped to support for a couple of years. Mama Grace started this project out of a love for special needs children. As word spread of her love and support, more children came. She began with a couple of children and now has almost 40 that find some support in her tiny facility. Food supplies, diapers and soap are always an issue with these mothers as they try to make a better life for their children. H4K was privileged to support them with a donation of these items.
- **Sanitary Pad Distribution:** One major concern for young girls in Kenya is the inability to purchase monthly sanitary pads during menstruation. I can't image the emotional issues that these girls go through each month. This leads to high school dropout rates for girls, early pregnancy, STD's and contributes to the lifelong poverty of the families. H4K distributed pads to the 250 young ladies at **Limuko Primary School** from the generosity of one of our donors. We plan to distribute a second month for this donor to the girls at this facility in the month of April. In addition, we received a request for pads to be distributed to the young girls on the soccer team.
- **Uniforms:** Normally H4K places our scholarship support to disadvantaged students to support their tuition needs. This year the need was different. To begin school, all students must have a uniform, books, sometimes even a desk. Hope for Kenya placed our support in this area of need. On the first day in Kenya, Board Members visited the **Limuko Primary School**. They were introduced to 24 students who did not have uniforms due to poverty. The principal, due to her generosity and heart was allowing the students to attend without them. H4K was able to supply uniforms to all 24 of these students. I am sure that it made them feel part of the school and not outsiders. H4K also was able to supply uniforms to the **Cornerstone Academy Pre-School** in Njoro. With the coming of cold weather, the school requested sweaters for the children, however, we were able to supply uniforms for the fifty-five 3-, 4-, and 5-year-old students. We also distributed underwear, socks, workbooks, and food items, including rice, toilet paper, cooking oil, and flour.

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**\*\*\*\*\*H4K wants to thank the Rotary Eye Care International Project 2023. We were able to join them for the last day of their clinic where about 900 persons were seen. It was a great day of service and we had the opportunity to meet and interact with Rotarians from the US, VOSH student chapter from Masinde Muliro University Science & Technology. During the three days of clinic over 2500 persons were seen, given both prescription or non-prescription classes and those needing further evaluation for cataracts or other issues were given appointments for check-up with local clinics. The Project was very well executed and we appreciate the opportunity to support.**

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May the God of hope fill you with all joy and peace in believing that ye may abound in hope, through the power of the Holy Ghost.  
**Romans 15:13**

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# Some H4K Facts

## Mission Statement

To mobilize comprehensive and interrelated resources in facilities that would be a source of formal education system, quality healthcare and sustainable development.

## Vision Statement

To improve the quality of life for the vulnerable in Kenya through increased access to education, healthcare, and creating opportunities for personal, family and community sustainability.

## Target Population

To support the disadvantaged community youth and women in rural Kenya.

## Main Objective

To promote access to quality education, healthcare services, alleviate poverty, provide water, improve sanitation among the disadvantaged communities.

## Specific Objectives

- a) To plan and implement infrastructure development that supports educational, healthcare and skills training within a disadvantaged community.
- b) To ensure access to quality and affordable education through partnerships with families by cost sharing scholarships in a conducive learning environment.
- c) To create individual empowerment by developing skill and educational training opportunities that create a community with sustainable life skills that can provide for family support and train leaders for tomorrow.
- d) To ensure water, sanitation and environmental programs and resources through awareness, education, and development of long term sustainable safe projects with community participation in program management and public health.
- e) To develop and build access to a quality and affordable community healthcare system, as stipulated in the Kenyan Constitution, for public health, maternal and infant care through collaboration with Ministry of Health.
- f) To apply to governmental or other authorities, public bodies, corporations, companies, or persons for and to accept grants or gifts of money and of any moveable or immovable property, donations, gifts subscriptions and other assistance with a view to promoting the charitable objectives of the Organization.
- g) To take such steps by personal or written appeals, private meetings, public meetings or representations to Parliament, government entities and other bodies as may be deemed expedient to promote any of the objectives of the Organization.
- h) To raise, secure and utilize funds for the attainment of any and/or all objects of the Organization, and to do such other things as are incidental or conducive to the attainment of these objectives.

Hope can Change a Life!

Thank you to Circle 9 for their support and contributions. We also want to think our board members for their support.



Sanitary Pad Distribution – Food Distribution – Sanitary Pad Distribution



Uniforms before and after!



Sweet Distribution – US Board Member Steve House meets School Principal – Food Distribution



Sanitary Pad Distribution



Food Distribution – Official Certificate from NGO Board





(4) 14-15 pregnant young ladies. The 4<sup>th</sup> deliver last night via c-section. Thanks Esther.

Malika Center for Disabilities – Emily Martin Center – Jammi Children Home



Cornerstone Academy



John and Stephen before and after receiving their uniforms. They have returned to school and doing great. Thanks to Emily Martin Domestic Violence Center, Hope 4 Kenya and Jammi Children's Home together.

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