

Newsletter

*Harambee
For Kenya*



No 40 Aug & Oct '15

Well the Summer, or should we say August, probably had worst weather in the UK than the "winter" months in Kenya! But hey! You cannot odds it can you? We have had an amazing summer with positive fundraising activities that involved camping for both a whole week and a weekend at two venues. We have been extremely busy, hence the double newsletter.

Firstly we attended Peak Camp 2015 held at Chatsworth House in Derbyshire where there were 6000 Scouts and Guides from various parts of the UK and the world, camping in the most beautiful surroundings. It was a really busy time for the team of 8 we had working there. We had 2½ hour slots in the morning and afternoon each day selling soapstone and carving. Shirley, Patricia and Roger did a sterling job in the shop area while Dave taught the carving of the woggles; John and Mary ensured the smoothing down was done correctly, standing out in the rain for the first day; Lesley was stamping pictures of various sorts on the finished woggles as well as correcting things where the youngsters went wrong with their own artwork and Mick was chief polisher. WHAT A TEAM! We were all extremely shattered at the end of each day and even more so by the end of the week before the long drive home. BUT we made it. And thankfully raised enough money to keep the projects going for a couple of months at least. Next year we hope to be doing another big camp although we may have a slightly different team. So if any of you are willing to help us, please contact us.

We have been blessed with news that the boys are all fine and that there have been a number of visitors to the projects who have been generous in bringing things for the boys. But one bit of great news is that Andrew and his wife Grace, from Kisii, have had a baby girl who weighed in at 3.1 kilos. They have named her Lesley. Many congratulations to you both and we all look forward to seeing her.

We are made our next trip back to Kenya in October where we visited both projects. We had a couple of new people go with us this time which was exciting. We took some Christmas cards, made by Cubs in Durham and gave them to the trustees to give to the Meru boys in the middle of December to give them time to write back before Christmas. If any of you have young people who would like to make cards, draw pictures or letters to the boys, do contact us and we can get the boys to write back about themselves.

Oh yes and while we are talking about contact, our email addresses have been changed. They are now h4kinfo@gmail.com or h4kchairman@gmail.com or h4ktreasurer@gmail.com depending on who you wish to contact. We hope you enjoy the newsletter.

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Project News Nyakoe

We were delighted to have met the new carer at Nyakoe, Lydia. She is a strong, kind lady who has had a lot of experience working in other institutions, particularly with difficult boys. So she knows exactly how to handle our boys when they try to misbehave albeit not too often these days.

When we visited in October we found the house to be a really peaceful, happy and relaxed place. The boys seem to love Lydia and although, as with all children, they try to push the boundaries, they are faced with a firm but kind "enforcer" of the rules who helps them understand how their behaviour is not necessary. Julius, the gardener also has a key role in looking after the children too as well as the gardening and has risen to the challenge. With Andrew and Ken on the ground too we have confidence that the project will go from strength to strength.

The boys are doing well at school and three of them are taking their end of primary exams (KCPE) which gives them a chance to receiving a secondary education, which unfortunately we have to pay for. Two of the boys, Hudson and Benard, already have sponsors for which we are grateful but we need a sponsor for the third lad, Vincent. So if you know of anyone who would like to sponsor him please contact us.



Glynis and Hayley decided that the living room needed a fresh coat of paint....which we agreed had been long awaited. They bought enough paint that will not only do Nyakoe project but Meru as well. Thank you ladies.

The boys also taught them about the food they eat and how to cook it. They are all becoming very competent in cooking which is great so they will be self proficient for when they leave home.



Above...finished room Four pics. Top left milling the maize for flour to make Ugali...top right mixing the Ugali. Bottom left...greens and bottom right ...serving up.



Thank you to Christian Dicken who is a Scout doing his Bronze DOfE. He chose to do some of his service by doing a boot fair to raise some money. He was thrilled to have raised nearly £50. Well done Christian and thank you.



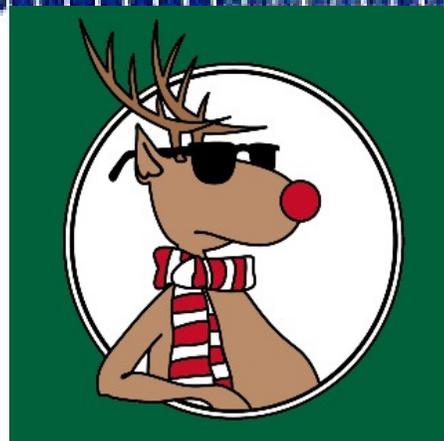
1st Heaton Sea Scouts from Stockport raised nearly £500 by doing a sponsored swim. Well done to you and thank you.



In case you have not noticed Christmas is coming and as our boys do not have families to celebrate it with we would like to give them something extra....a small present and some special food and sodas. So if you would like to help us by donating a little something to help please go to our just giving page. Just go to the link. Thank you. www.justgiving.com/Lesley-Dann4



We took two new visitors this year, Glynis and Hayley. Glynis' colleagues in the Integrated Continuing Healthcare Team at East Sussex County Council all pulled together (Harambee) and raised about £500 which meant all the boys were able to have new mattresses. This is an amazing figure. You can see the "small" stack in the warehouse (above) and the order for Kisii outside the safe house. The Meru mattresses arrived just after we left. All the boys are so grateful to you all.



ASANTA SANA - Thank you!

If anyone would like to help us to fundraise by having a table at a craft sale this Christmas season, please contact us and we can give you stock of beautiful soapstone carvings, jewellery and other gifts for people to buy. Just contact us on h4kinfo@gmail.com

As the saying goes..... every little helps!



Our Thanks go to the following for their Support.

- Roy & Shirley Johnson
- Peak camp and all the participants.
- Tristan French
- Christian Dicken
- Gillian French.
- John & Hazel Savill
- Glynis and Hayley Sands
- Mick & Mary Wilding
- Dave & Shirley Prout
- East Sussex County Council Integrated Continuing Healthcare Team
- Michelle Wheatley and all her family and friends & 1st Howden-Le-Wear Scout Group
- Calibre Comms. Chris and Gwenol Pickles
- And all our regular supporters

Meru

Well we just finished the last newsletter to hear that little Joe, Stevie's 3yr old brother had been brought to the project because he had been neglected in the home where the authorities had placed him. Dennis and a lady who works for us, as well as Ruth, Toms new wife, have been taking care of him and buying pampers for him as he was not been potty trained. So there was a lot of work to be done with him. They also have to buy different foods for him to help his growth including milk to drink and extra fruits. This is not unusual for us in the UK but the staple diet of the older children is very different so the guys out there have had to adapt and learn a lot about little children's needs. But they are doing a grand job and when we saw Joe we could see how well they are caring for him. We also found that in fact little Joe is now potty trained in the daytime (barring accidents) but is still wetting at night. But the good thing on that score is that he is settled and sleeping a lot better. One step at a time!

When we visited we started to do Sand Play Therapy with both Joe and Stevie. Joe is actually a little young to do this but we felt it was important that he learns about playing with small toys in the sand as this is quite alien to children in Kenya, not least for the fact that they don't have small toys to play with! So after half an hour of him playing on his own we introduced Stevie to play with him. For those that do not know, Sand Play Therapy is a chance for children to express themselves and their feeling through play and has been very successful with children who have suffered trauma. We are not experts but have been shown how to use this with foster children that we look after in the UK. Glynis is also a foster carer so we were able to start this with both the boys. This can take a very long time to get results so we were not expecting miracles however.....

The boys were asked to make a picture in the sand with the toys we had. After nearly half an hour of Stevie putting all the toys in the bowl of sand we asked some very simple questions.....What is your picture about? Are you in the picture? And then pointing to a figure of a black man (the only one we had!) We asked who he was? Stevie had put the man on the opposite side of the bowl from where he had put the two figures which he said were him and Joe. The answer to the last question about the man was.....We don't know but we don't like him! From this we are confident that over time the boys would be able to talk about their lives, their family and their feelings about

what their mother tried to do to them, which for those that missed the last newsletter.....she tried to bury them alive! We need to make it clear that we are not experts in this field and work very closely with Social workers in Kenya but we know that many of them have not been taught this method of counselling, so hopefully what we do will help them in their work to help our boys. Our Social Workers are happy with this. We will keep you updated of their progress.



Gallery



Andrew and Grace's new baby, Lesley



Making sheets

