



Taking the fight against Covid to the next level



Our Sunshine Centre watchman Fredrick Mose checks Victor Ochieng's temperature when he arrives to collect his family's emergency aid pack. As lockdown eases, people in Kenya are having to take more responsibility for keeping themselves safe from Covid 19.

Current situation in Kenya

- New cases of Covid 19 spiked in July, but fell back in August.
 - Schools colleges and our Sunshine Centre remain closed and are not scheduled to re-open until January 2021.
 - People who earn their living in the tourism sector, hotels and flower farms are still out of work or suffering reduced incomes.
 - Our team in Naivasha were trained on how to stay safe and combat Covid 19 effectively, knowledge they can share with the families we help.
-

This month...

...We extended our emergency aid programme to include 108 families in the kwa Reuben slum in Nairobi



School directors Bernard and Ruth Ndeti (photo below left) reported: "This was a timely rescue for families that were on the verge of starvation and / or

exposure to Covid 19 owing to the challenge of having to move around seeking something to eat, with no regard for Covid 19 precautionary measures."



In each emergency pack we provided essentials such as maize, beans, flour, cooking oil and soap.



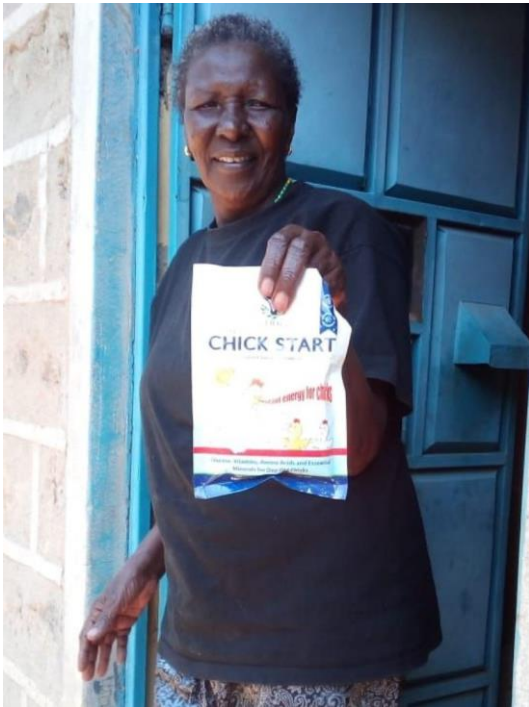
Bernard and Ruth said, "The joy on the faces of the families and staff is obvious from the photos. We would like to thank everyone who went out of their way to help us in these uniquely difficult times.

Subject to availability of resources, we would like to continue supporting other families because the need for this in our community is very pressing."

If you would like to help, an emergency pack costs £30.

[Donate now](#)

...We helped set up income-generating projects for people impacted by the crisis



Covid 19 put an end to Magdalene's job, so we helped her buy some chicks to start a small business which will provide her with some much-needed income.

...For the 6th consecutive month, we issued 200 emergency packs to street boys' families and people in Naivasha who are struggling in the crisis



In total we reached 1,100 beneficiaries, providing them hope and encouragement along with food and hygiene products.

...We issued 48,000 litres of fresh water free of charge



Regular hand-washing is crucial in preventing the spread of Covid 19. But, for people on low or no income, the cost of buying water can be prohibitive.

In August we issued over 48,000 litres of fresh water from the Naivasha Polytechnic borehole free of charge to vulnerable families. This is the fifth consecutive month we have helped families in this way.

...And gave away free fresh vegetables to keep families healthy.



Sammy Mburu proudly shows off a cabbage he grew on the Sunshine Centre farm.

In the past 4 months we have invested to increase vegetable production at the Sunshine Centre and Bishop Wambari School so we can now give away kale, tomatoes and onions, too.

The free fresh vegetables in the emergency aid packs provide families with vitamin C which is crucial in boosting immunity against Covid 19.

We care for two former street boys at the Sunshine Centre called John Wainaina. Their stories are below:

John Wainaina (1)



There are ten children in his family, so John Wainaina made sure his emergency pack contained plenty of food when he came to collect it from Mama Chege at the Sunshine Centre (photo above).

Displaced from their home several years ago during tribal clashes, John and his family became refugees in their own country. Then, when his father died, his mother found it impossible to provide for her large family on her own, so John left home and went to the streets to scavenge for food.

In January 2012 Mama Chege found him and offered him a place at our Sunshine Centre. He re-started his education at primary school and will complete secondary school next year.

John Wainaina (2): sowing seeds for the future



John comes from a single-parent family of 7 children. With his mother struggling to provide for them all, John left home and lived on the streets of Naivasha for 3 years, suffering severe hardship and hostility from members of the public.

Rescued by Mama Chege, he joined the Sunshine Centre in 2009 and was able to resume his education. He has just been invited to join Meru University to take a Diploma in Horticulture.

George is still ambitious to be a chef



Even though his course has been interrupted by Covid, George is still keen on qualifying as a chef.

While waiting for his food and beverage course at Kenya Industrial Training Institute to re-start after the Covid crisis, George has been keeping his dream alive by cooking at home using ingredients from his family's emergency aid pack.

George is one of the 140 former street boys who are under our care at the Sunshine Centre.

Increased focus on health and hygiene



Bishop Wambari School student Ashley Gathoni and her grandmother Tabitha know that responsibility for combatting Covid 19 in Kenya is shifting increasingly on to individuals, so they welcome our plan to increase our support next month to include:

- Reusable face masks for vulnerable families;
- Surface disinfection spray kits and thermal guns for our staff to use;
- Sanitary towels for girls from poorer families, including students from Bishop Wambari School and NTTI.

What you can do now

Accept our thanks! We are immensely grateful for the help we have received over the past 6 months. Without the help of many, many donors, we could not have kept so many vulnerable people fed and healthy. Your support has kept families together, and reassured them that they are loved and have not been forgotten in their time of need.

If you are in a position to give (or maintain your existing giving), please do so. We will continue to provide emergency aid packs for the rest of the year. Each one costs £30 - your gift of whatever size will help us meet this need.

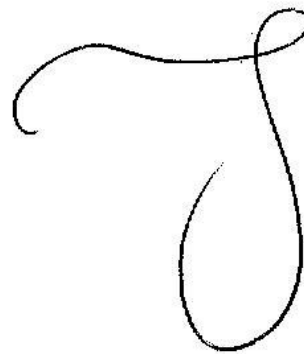
We are also planning for the future - we will need to invest in our projects to ensure that there is life 'after Covid'.

There is a donate button below and on the [home page of our website](#).

[Donate now](#)

If you pray, we hope you feel that some of your prayers have been answered (those who benefitted from the emergency help certainly do!).

Stay safe and well, and be as generous as you can.

A handwritten signature in black ink, appearing to read 'Martin'.A handwritten signature in black ink, appearing to read 'Mary'.

Martin and Mary Print
Co-founders, Footsteps International