



## The future looks bright!

**For Emmanuel Barasa the future looks bright! Abandoned as a baby, then a street boy, he came to our Sunshine Centre in 2018. Today he is back in school where he is doing well.**

During our trustees' visit in October, we met many young men and women who have made the most of the opportunity we have been able to give them. With your help, their futures look bright!

Once again, we enjoyed the company of visitors from the UK who played an active part in our projects and climbed Mt Longonot to raise sponsorship.

**What makes this welding workshop unique?**  
Find out on page 7.



### Footsteps International

-  Transforms the lives of 140 street boys at the Sunshine Centre
-  Cares for 28 orphaned and abandoned children at the Tumaini Centre
-  Strengthens education of 410 children in Nairobi's slums
-  Supports employment-focused education and training for 350 young people
-  Is run by Christians committed to putting their faith into action.

# Street boys: "This is my story..."

## Francis Kimani (age 15, class 6)



My father divorced my mother who then left me with my grandmother (Mary Waithimu) and grandfather (Joseph Kamau) who have cared for me since I was three years old.

My grandparents are very poor and they survive on support they get from their son. They live in a one-room house with no electricity and use a candle for light at night.

I started stealing to survive. Often the neighbours knocked on the door to ask my grandparents why they let me steal from them. There was no money for fees so I dropped out of school and started going to the streets.

One day, I hid in the back of a lorry carrying cabbages and travelled 30 kilometres to Naivasha. I joined a

small gang and started to live on the streets - we slept outside and begged for a living.

I had been on the streets for a month when Mama Chege found me. She woke me up and asked if I wanted to come to Sunshine. She bought me some food and took me there. Then she found my grandparents and told them where I was.

At Sunshine I used to steal, but I stopped because I realised I didn't need to any more. Alan from UK sponsors me, and I like to tell him that I am doing well in school.

In the holidays I go back home to my grandparents and help around the house. I sleep on a foam mattress on the floor.

## Samuel Ngondo (age 16, Form 1)

Because my parents could not afford to send me to school, I was staying at home, so eventually I decided to leave for the streets.

I lived on the streets for a year before I was rescued in January 2013 and came to Sunshine.

All that time my parents had no idea where I was, and the first they knew that I was OK was when the Sunshine staff reconnected me with my family.

My father died last month; he was disabled and could not work. My mother struggles to earn enough money as a casual farm worker. She can earn about 250 shillings

(£2) a day doing farm work, but when there is no rain, she has no work.

My father's brother helps her by letting her stay at home without paying any rent.

Mum is very strong. She can collect 3 jerrycans of water and carry them on her back, even though they weigh over 60 kg!

When I finished primary school, I moved back home and started in Form 1 at Mununga High School which is close to our home. I am still a Sunshine Boy because Sunshine pays my school fees and buys my uniform.



Because of the help we get, I can stay at home and help look after my mother and my brother John who is in primary school.



## Patrick Ngoiyi (age 12, class 8)

My mother (Jane) and father (Jeremiah) both suffer from the effects of polio which they had when they were children. After Martin and Mary and their friends visited our home two years ago, they arranged for dad and mum to have new calipers which have helped them a lot.

Dad went to work in Loitoktok which is about 250 miles away, but he has struggled to send any money home.

A few days ago when my sister was cooking, a pot of boiling water slipped off the fire and scalded mum's leg and ankle. It hurt a lot but she is beginning to get better.

Mum is very sad because dad is not sending money home and she doesn't work. She is depending on relatives for food, but has to collect water from the muddy river to drink. The

good thing is that her new caliper is helping her a lot and she can now walk to church on Sundays.

*Note from trustees:*

*We were sorry to see Jane in such a bad way. After our visit, we discussed with our Kenyan partners how we might help further.*

*Two ideas are under consideration:*

*We are getting estimates for the cost of installing a rainwater tank at the house to ease Jane's problem collecting water.*

*Jane is a trained tailor and has a treadle sewing machine she can use despite the limitations of her mobility. We may be able to help her set up as a dressmaker to generate a small income for herself and her family.*

# Bright futures for former street boys

**Samuel Kamau was abandoned by his mother when he was very young, leaving him in the care of his elderly grandmother.**

His grandmother was unable to afford Samuel's school fees, so he dropped out of school. In 2008 he went to the streets where he survived by collecting and selling scrap metal.

Life on the streets was tough, so when a Good Samaritan brought him to the Sunshine Centre, he was delighted to find a place of loving care, plenty of good food, and the opportunity to go back to school.

He settled in quickly, and was soon given the nickname Escobar by his fellow Sunshine Boys (named after the famous Columbian footballer - don't ask why!).



Samuel did well at school, finishing with good enough grades to secure a place at Kenyatta University. In August 2015 he commenced a degree in Psychology and Sociology.

Samuel graduated in July 2019 with a 2.1 degree, and started working as an intern Psychologist at Kenyatta National Hospital. We caught up with him there during our trustees' visit in October.

Samuel gave us a tour of the departments he had worked in since April. He came across as a complete professional – mature, knowledgeable and clearly well-known among the staff we met. Although his experience as a street boy made him uniquely qualified to work with youth, he

told us that his preference would be to work with adults. He mentioned the intensive care, burns and renal units where he could put his Psychology degree to use helping patients and their families come to terms with life-changing illnesses and events. He felt that many of the psychological problems experienced by the youth were 'self-inflicted'!

As we prepared to leave, we talked to Samuel about the time in 2010 when we had visited the mud and sticks home he ran away from, where we had met his grandmother.

With a broad smile on his face, he said, "I have come a long way since then, I never dreamed that I would be able to get a degree when I was living on the streets."



## Celebrating Sunshine successes



### Joseph Kiiru

With little food at home and no money for school fees, Joseph drifted to the streets in 2007. He came to our Sunshine Centre in 2009, did well at school, and progressed to Thika College where he took a laboratory technician course.

His hard work has paid off. The photo shows him, with our social worker Simon Kuria, proudly holding up his offer of employment at Mwachiringiri High School. He started his job at the school on 1st October.



### Kelvin Otieno

Mistreated at home, Kelvin ran away to the streets at the age of 8. After migrating from town to town, he ended up in Naivasha where he was rescued and enrolled in our newly opened Sunshine Centre.

After running back to the streets, Kelvin finally settled, did well at school, and took a Diploma course in Finance and Banking. We met Kelvin in October in the smart offices of telecoms company Safaricom where he is completing an attachment. Hopefully, a good job is just round the corner.



### Elvis Okoth

Elvis was one of the first group of street boys to come to the Sunshine Centre when it opened in 2004. A family tragedy caused him to leave home to live on the streets, begging to scrape a living.

Elvis did well at school, earning him the opportunity to study (and achieve) a degree in Kiswahili and Communications at Laikipia University. While he waits for his graduation ceremony and degree papers, he is working in a garage repairing car seat covers.

# Education and training: the keys to success



**Lucy Wanjiku is a very bubbly personality who greeted us with a huge smile at the gates of Laikipia University.**

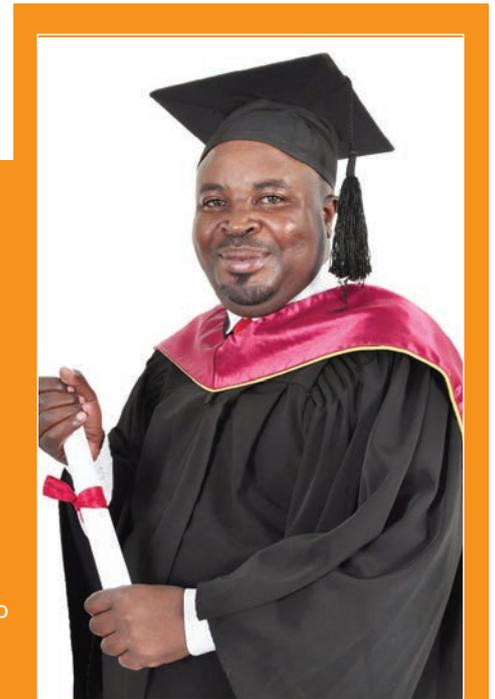
She is sponsored through the Maisha Bora programme and is studying for a Diploma in Education which will equip her to be a teacher.

Lucy explained that she was an orphan who was cared for by her cousin. With no ability to fund her course, she was thrilled when the Maisha Bora programme offered to help pay her fees. She still lives with her cousin whose home is 20 minutes' walk from the campus, which saves accommodation and travelling costs.

Lucy is studying for a diploma in education focusing on art and design.

In her spare time she told us that enjoys making and modelling fashion clothes and is a member of the university Fashion Club. She has even represented the university in fashion and design competitions.

With help, Lucy has a bright future ahead.



## Degree success for Sunshine social worker Simon

When we first started the Sunshine street boys' rehabilitation centre in 2004, it is fair to say we had a lot of faith, huge enthusiasm, but rather less knowledge about what it would involve!

Since his arrival as the social worker at Sunshine in 2008, Simon Kuria has brought enormous skill and expertise in rehabilitating street boys, as well as knowledge and interpretation of the increasingly complex government regulations that impact our work.

For the past three years while working full-time, Simon has studied, using his weekends to attend lectures at St Paul's University.

On 4th October, he received his Leadership and Management degree - a justified reward for his hours of hard work.

Simon is already putting his new skills into practice, while working towards his Master's degree!

## New classrooms provide huge boost to polytechnic

**Footsteps trustee Mary Print admires the three smart new classrooms at the Naivasha Technical Training Institute (NTTI) which will provide a greatly improved learning environment and facilitate enrolment of more students.**

The classrooms were built in record time thanks to a very generous grant from Swiss charity Fondation Eagle. NTTI manager George Otieno expressed his thanks for the grant, and explained that, because they now had the space to teach theory in separate rooms from the practical lessons, they would be able to boost student numbers by moving to 3 intakes a year.



On the day of our visit, the classrooms were already in use, despite needing paint on the walls (this will be done in the Christmas holidays when the wall plaster has dried out).

The Kenya Youth Employment Opportunities Programme has temporarily hired the new classrooms to teach life-skills to young people who have dropped out of education, before they move on to learn vocational skills.



# No longer orphaned, nor abandoned



## No brakes on Pauline's career!

Abandoned and orphaned as a small child, Pauline was left in the care of her grandmother who peddled illicit alcohol for a living. When her grandmother also died, Pauline was taken in by a friend of her grandmother's, before eventually being offered a place at our Tumaini Centre.

Because she had missed a lot of school, Pauline struggled with academic life. But when she was offered a chance of vocational training on the Maisha Bora programme, she seized her opportunity and chose to train as a vehicle mechanic.

We managed to track her down at a garage in Mombasa where she is working on an industrial attachment as part of her course. When we arrived she was changing a brake disk and pads on a vehicle, her long hair hidden under a huge cap and her hands covered in grease.

She was delighted to see us and said she was getting a wide range of experience. Her boss said she was working hard and if she kept it up, maybe there would be a job for her. Pauline said she would wait for the end of the year to decide her next move. She wants to learn to drive as she thinks a mechanic should be able to!



The children at Tumaini love to invent their own games.

On this home-made football pitch, the children use sticks half-buried in the ground to skilfully flick a pebble 'football' through goalposts that are made from bent, dry grass.



Foster mum Evelyn is doing an amazing job bringing up four orphaned children Norah, Chris, David and Purity as part of her own family

On the day we visited it was pouring with rain, so the family had put buckets out to collect the supply of free drinking water!



Njagi checks the school reports and agrees the children are doing well, but must try harder!

We help village elder Njagi and his wife Constance foster four children (Joram, Amigo, Caroline and Naomi) alongside their own children.

## Crucial healthcare roles for Tumaini alumni



It is always a great pleasure to meet up with young people we have cared for over many years.

Vivian and Emily were both members of the first group of orphaned and abandoned children we took into Tumaini when it opened in 2004.

Today, Vivian (left) works as a community health carer and trainer. She was keen to show Mary Print her certificate for completing an HIV testing and counselling course.

Emily (right) juggles responsibilities as a wife and mother with her job as a nurse at a Mombasa hospital. She also supports some of the current Tumaini children.



# Strengthening education in Nairobi slums

Footsteps has been helping schools in Nairobi's slums since 2005. In that time we have been able to supply over 800,000 school meals, textbooks, and new classrooms.



We asked Ruth Ndeti, director of the Church on the Rock School in the kwa Reuben slum to reflect on the difference this had made to the children over the years.

She told us that the free school lunch was the only proper meal that some children receive each day. Free lunches encourage parents to keep sending their children to school, help the children concentrate on their lessons, and reduce illness. Happier, healthier children are more likely to succeed.

*Left: children at Church on the Rock School enjoying lunch. Right: Visitors from UK delivering beans, rice and maize to the Imani School, Kibera*



## Pius: the smile is his thank-you letter



Pius Kyalo is 9 years old and is in grade 2 at Church on the Rock School. He lives in the kwa Reuben slum in Nairobi with his mother Christine and father Kyalo. His mother runs a small retail shop, selling household goods to the community.



Pius has only recently started to learn English at school, but his smile shows his appreciation for the school lunches, text books and classrooms that he enjoys at school.



**"My name is Caleb Ondieki. I am 13 years old and I am in class 7 at Church on the Rock School. My mother is called Grace and she keeps chickens and has a small retail shop. My father is called Bernard and he is a mechanic.**

I thank Footsteps International for what they have done. Sometimes my mother had no money to buy food for me and my brothers, but when you started buying food for the school it became better for us. You have helped a lot of children in the school, and now there is always food in the school. When I was young there were

no desks in the school and I was not able to write well. When you bought us new desks I am able to write well and do my work neatly.

When you constructed classes we have been more comfortable than before. I felt better even more than we were in the former smaller rooms. We used to borrow text books from other schools, although they did not want to give them. It became easier for us to study and do homework when you provided.

Thank you Footsteps International for what you have done for us."

# Sunshine Centre: a unique place



**Francis Kamau dropped out of school and drifted onto the streets of Naivasha in 2007. The youngest of six children, his family was very poor and his decision was driven by the poverty he experienced at home.**

On the streets he spent his time ferrying loads for a few shillings, and collecting scrap metal to sell.

In January 2008 he was rescued by Sunshine staff and admitted to the Centre for care and support. When he had settled, he joined class 8 of Karai Primary School, before moving on to train as a welder at Naivasha Polytechnic.

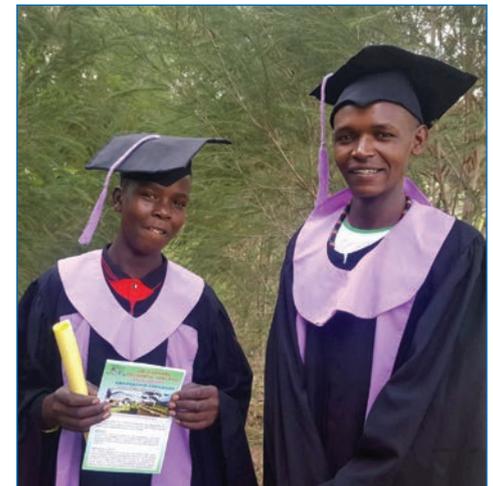
He qualified well, and was employed at several different welding workshops in Naivasha before taking the ambitious step of setting up his own business in the Mwiki area of Nairobi in 2012.

In 2014, Footsteps trustees visited Francis to see how his new business was going. We were pleased to find he had lots of customers, but he told us that his welding machine kept breaking down, causing a delay to the completion of their orders. We immediately decided to invest in a new machine to help him.

He has continued to work with great skill and passion, building up his Unique Welding Workshop business, and now has a wife and young son.

But Francis has an ambition to build more than a successful business. He wants to repay the support he received from Sunshine by employing former street boys.

In August 2018, Joseph Thiong'o and Peter Gathoga joined his business, even before they had graduated as welders in May 2019 (photo right).



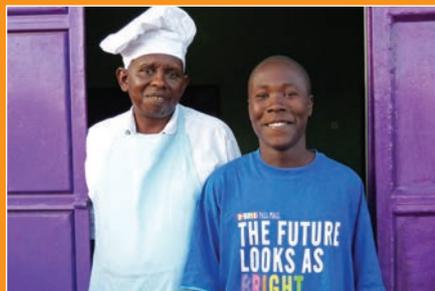
When we visited Francis in October, we were delighted to hear him describe his dream of repaying the investment we made in him in this unique way!

## What makes the Sunshine Centre unique?



### Warm beds

Street boys often sleep under lorries or in shop verandas! But when they come to Sunshine, each boy gets a bed of his own with warm blankets (these were crafted by industrious UK donors).



### Nutritious food

Street boys eat garbage! But at Sunshine, chef Patrick ensures each boy eats mountains of nutritious food every day to keep him happy and healthy.



### Wonderful staff

Street boys aren't loved, but they are at Sunshine! Our staff give the boys the love and care they need to succeed. The photo shows Peter Njenga with Sunshine staff members Susan and Tabitha.

# About Footsteps...

Our projects are mainly in Kenya:



- Caring for children in need
- Supporting education and training
- Fighting poverty and disability



Footsteps works with trusted partners to ensure that your money actually gets where it's needed.



We do not discriminate against any needy person on the grounds of their religion, tribe or nationality.



We are delighted to receive single and regular donations in support of our work.



Footsteps is managed by five trustees, all unpaid volunteers, committed to putting their Christian faith into action. They are:

*Martin and Mary Print, Barbara Huntley, Barrie Francis and Paul Robinson.*



Trustees carry out regular visits at their own expense to check progress on the projects.



This newsletter was compiled following visits to our projects in Kenya by trustees Martin and Mary Print in October 2019.

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# We can't succeed without you!



On 12th October, 90 (former) street boys, staff and visitors from UK scaled Kenya's 9,000 foot dormant volcano Mt Longonot, raising thousands of pounds in sponsorship. Your generosity helps our youngsters succeed. Thank you.



Having just finished his polytechnic course, former street boy Peter Mbatia is ready for the next stage of life's journey. "I meet all the requirements, so I am applying to join Kenya's armed forces as an electrical engineer," he told us. "I can't imagine what my life would have been like without the help I have been given."



Eric Chege went to live on the streets at the age of 8. In August, he started his Economics and Statistics degree at South Eastern University. Your support has helped Eric come this far!

[www.footstepsinternational.org](http://www.footstepsinternational.org)



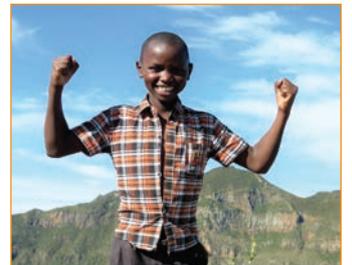
**MARAFUN 2020**  
Runners, walkers and helpers needed! Limited places!

Date: June 2020  
Location: KENYA!!!

[www.kenyamarafun.com](http://www.kenyamarafun.com)



## Could you conquer Mt Longonot in October 2020?



A one-day climb around Kenya's (hopefully!) extinct volcano Mt Longonot in the company of a crowd of Sunshine Boys and staff. Visit Footsteps projects and enjoy a safari too!

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## A priceless investment!



Each £1 invested in rescuing a child from poverty yields a priceless return. Becoming a regular, monthly donor helps us maintain and expand our work.

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