

The Story So Far

The Amara Charitable Trust is a non profit organisation that was set up in 2008 with a mission to Educate, Empower and Enhance the lives of children in rural Kenya. We use a holistic approach which benefits the students in the long term. This includes constructing classrooms, kitchens, libraries as well as implementing a Kitchen garden, feeding programmes and so on.

07 Highlights of the year

Looking Forward

KEY UPCOMING PROJECTS IN 2021

- Kitchen, Store, Open Air Hall and a 40 bed boys dormitory at Empakasi Secondary School.
- Launch of the Educational Fund seeing 25 Primary students transitioning to Amara Secondary Schools.
- 1 Girls' dormitory, 1 kitchen and store and water solution at Oldonyonyokie Girls Secondary School



Highlight 01

Food Parcels distributed to children and their families of over 7 schools

Highlight 02

Forestation project at four Amara Schools

Highlight 03

Successful Golf fundraiser

31 Jan 2021

Highlights | 2020



Students enjoy githeri and rice at Kwa Mboo Primary School in Athi River

A Note To Our Donors

AN UNPRECEDENTED YEAR WITH UNPRECEDENTED SUPPORT

2020 has been an unprecedented year for the whole world with the Covid 19 pandemic. It has left us all confused, anxious and afraid.

In Kenya, it has hit the poor, the weak and the vulnerable the most.... people who depended on casual or temporary employment, small

business owners, cooks, cleaners and others. None of the mentioned in this newsletter would have been possible, in this impossible year, without the goodwill, encouragement and support of our donors.

To you all we say a big Asante Sana

Highlight 04

Joined hands with other charities to reach out to wider communities

Highlight 05

Launched a Reading Program at Ngalalya Primary School

Highlight 06

Installed a playground at our very first school Kwa Kalusya Primary School

Highlight 07

3 boys from Kyangoma Special Needs School were employed as masons

In this newsletter
A detailed insight to the years brightest highlights.

Food Security

According to the World Health Organisation, chronic food deficits affect about **815 million** people in the world including 20% of the population in developing countries.



1:5

1 in 5 people affected by food deficits

Around **45%** of deaths among children under 5 years of age are linked to undernutrition. These mostly occur in low- and middle-income countries. At the same time, in these same countries, rates of childhood overweight and obesity are rising.



Highlight 01 Food Parcels

To date, 2300 food parcels have been donated to 7 Amara primary schools. Each food parcel costs approximately 1,500ksh/-

The food parcels contained 4 kgs maize flour, 1 kg rice, 2 kgs beans, 2kgs sugar, 1 kg cooking fat, 500g salt, tea leaves, a bar of soap and a bucket. 4 masks to every family was also given out.

Amara's Food Parcels

1500/-
Price of 1 Food Parcel



Food parcels donated to Kanaani Primary School in Athi River.

In May, 2020, Amara decided to take up the food parcel distribution for families of children who attend Amara Schools with the help of school teachers and Board Members and the Area Chief.

Food items were sourced from local suppliers, thereby, empowering the local area kiosks.

Amara also distributed a total of 200 bales of flour to families of students of 5 Secondary Schools, 8 Primary Schools and to 3 Children's Homes



2021

Amara's feeding programme continues in the 7 primary schools. We are proud to report that parents at 4 schools are



continuing to partner with Amara in providing lunch to their children 2 times a week. Amara provides lunch to 4 schools 3 days a week and to 3 schools 5 days a week..

A recap of the year

In 2020, the Amara team partnered with students and parents from the Agricultural club to start mini forests at Kitengela Magereza Mixed High School, Katani Secondary School, Kwa Mboo Primary School and Kanaani Primary School.

Amara is blessed to have agriculture volunteers:



Arnold, Ananya, Festus and Wambugu who overlooked and supervised this project successfully to attain 80% survival of the total number of seedlings planted.

When schools closed down unexpectedly in March, the school's subordinate staff and parents continued to nurture the trees because they are empowered to maintain a beautiful environment.

Highlight 02 Forestation

The total number of trees planted in 2020 at Amara's schools were 945.

The various tree seedlings planted were: Mulberry, guavas, paw paws,

zambarau, mango, avocado, oranges, tangerines, almonds, golden apple, moringa, oleanders, acacias, bottle brush, neems and hedging plants.

Amara's Forestation Project



Top: Trees prepped for planting at Kwa Mboo Primary School
Left: Volunteers plant a papaya tree
Bottom: Planting various seedlings by students of Kitengela Magereza Mixed High School



Why reforest?

Amara's intention is to create an awareness surrounding planting trees and improving the soil quality in schools in arid areas through the growth of fruit trees, boosting both nutrition and beautification of the school.

In 2021, Amara hopes to teach students how to plant and nurture saplings for continued planting and creating an interest in agroforestry

The Scorecard

We held our 9th golf tournament on 20th November 2020 at Sigona Golf Club and we are overwhelmed and grateful for the support we received from our regular and new donors.

Despite the challenging situations brought about by Covid-19, players turned out in large numbers to support and grace the event. Kind donors donated branded towels and assorted give-away snacks for all players and their caddies.

80 registered players



Highlight 03 Golf Fundraiser

Funds raised from this year's tournament will be channelled towards construction of a much needed boys' dormitory at Empakasi Secondary School.



Amara's Golf Fundraiser

9th

Golf
tournament



Why is the golf tournament important?

Amara's Golf tournament has been held consistently since 2012. The main aim is to raise funds for our ongoing and new projects for that particular year. The Golf tournament is supported tremendously by our ardent golfers who play every year along with new well wishers.



Top: Prizes donated
Middle: Players enjoy the tournament
Bottom: Tournament registration by Amara volunteers and trustees.

A Team Effort

When schools were shut down in March of 2020, The Amara Charitable Trust looked for ways to help students and families in and around the areas of our schools.

We started off in May, 2020, by supporting Team Pankaj, in distributions of food parcels, followed by Earth Angels who helped families in Kwale, Kilifi and Tana river to receive fresh vegetables from local small scale farmers and finally the Vaishnav Samaj, who helped families in Kisumu.

A Special Mention

INTERNATIONAL
WELL-WISHERS

We would like to extend our appreciation to our international donors:

Care Education Trust UK
Flair Foundation,
Saima Siddique
Ann Nicholls

who raised funds for food parcels provided by Amara.

Accross- Right: Covid parcels to Kisumu Vaishnav Samaj.
Right: Earth Angels Covid parcels to Kwale and Kilifi Families

Highlight 04 Joining Hands with Charities

Help was extended in a variety of ways in 2020. One such way was in the form of maize flour to:
The Nest - A home for abandoned babies and orphans.

Dada's Children - A home for orphans.

Butterfly Care Centre - An orphanage for physically and mentally challenged children.

Amara's Alliances

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**New
Partnerships**



Above: The Kenya Brahma Sabha donates food parcels

Below - Left: Food parcels to Kwale and Kilifi Families



**OFFERING
A HELPING
HAND**

**Team
Pankaj**
May 2020

**Earth
Angels**
May 2020

**Vaishnav
Samaj**
May 2020

**Butterfly
Care centre**
May 2020

**Dada's
Children
Home**
May 2020

The Nest
May 2020

**Brahma
Sabha**
May 2020



Why Play?

Experts in a variety of fields including psychology, biology, health and education have conducted a multitude of studies on the concept of childhood play all proving the same critical fact — play is an essential aspect of learning.

Keeping these in mind, Amara decided to put up playground equipment at Kwa Kalusya Primary School built by Amara in 2012

It gave us immense joy, seeing the students enjoying the slides, swings and the Climbing frame.



Highlight 05-07 Embodying Empowerment

01. Mr. Musau, our contractor trained 3 boys from Kyangoma Special Needs School in the art of masonry, free of charge. He went on to attach them to Jongi Builders and General Contractors Ltd

to master the skill for 6 months. He further employed one boy at his Company and assisted him in saving wages and planning finances making him self sufficient for life.

Amara's Playgrounds

02. Musenya of Kyangoma Special Needs School did std 8 at Agape Hope Centre Primary school and is now in Form 2 at Agape Secondary School



Above: Students speak to our volunteers at Ngalalya Primary school

Below: Students at Kwa Kalusya Primary School enjoy the Climbing bar and Slides.

We are looking for volunteers to carry on reading activities at all our schools



Our Std. 4s

The reading initiative was started at the Ngalalya primary School by our two young enthusiastic volunteers, Isha Dave and Aashana Savani. The girls are concentrating on the standard 4's to start off the program. Weekly visits are carried on by Isha and Aashna with a timetable of activities to be carried on with the std. 4. They are really positive about the abilities of the students.

Amara is currently in the process of researching and gathering approvals for our next project; Constructing a dormitory and providing a sustainable water solution to Oldonyonyokie Girls' Secondary School in Magadi area.

The school has become a center for rescuing Masaai girls from early marriages and teen pregnancies. Over 80% of the girls are already young mothers who are eager to stay in school and pursue higher education or at least make it to Form 4.

Currently the girls are housed at the primary school which has a dormitory. Two girls share a bed in an already crowded dorm.

There is no water at this school, but, a company in the area provide bowser water periodically. We hope the number of girls increase exponentially within three years once the dormitory is built, ensuring all primary girls transit to Secondary School.

A note to our donors

Amara's upcoming project for 2021 is to construct a 40 bed Boy's dormitory at The Empakasi Secondary school following the construction of a 60 bed girls dormitory in 2018.

Construction of a Kitchen and Store has already begun at the school in December 2020.

The Path Forward for Amara

18th

Project in progress



Thank You All

None of this would have been possible without our wellwishers who have supported us every step of the way



Top: Empakasi Kitchen and Store underway
Bottom: Amara Team