

HESHIMA

Monthly Newsletter

Swahili for Respect
Registered Charity Number 1114419
P.O. Box 9813, Kisumu Tel: +254 725 863 362

July/ August 2007

Dear Supporter,

We have now been open for a year and during these summer holidays we have been very busy with a number of exciting projects. It is hard to remember that no-one had heard of 'Heshima' just a year ago!! Together, with your continued support and interest we have come so far.

At the beginning of July Gary, a trustee of Heshima, arrived with his family Robyn, Jess and Felix. They only had two weeks with us but they set immediately to work. Gary worked on mending the paddling pool as sadly it had sprung a leak!



The roots of the surrounding trees had formed cracks in the stream and as a result we were losing a lot of water and it could no longer be used. The children who visited were disappointed as they all enjoyed splashing around in clean, safe water. Gary helped us to block up the end of the paddling pool so we no longer use the stream and now it seems fine. We have filled it back up and children are able to enjoy it once again.



Robyn, developed an idea for the stream! She thought it would make a great musical obstacle course for toddlers. They could get in at one end and wander down hitting different objects to make different noises.

It would then become a musical stream! Jess and Felix got involved in running children's workshops in art and football, all of which were really appreciated by the local children.



Whilst they were with us we had four children on a work's experience placement. Robyn and Gary organised a wonderful five days of training and experience where the students got to work on important issues such as how to carry out a risk assessment, how to deal with customers, how to work as a team and how to carry out training. They were able to put their skills into practice when they visited Kakamega to help facilitate on a team building course for 32 adults from a local health research company. The work experience programme was really well received as no-one else offers work experience yet in Kisumu. The children were very complimentary on the whole course. It would be nice to be able to offer it up to more young people in the future.

HESHIMA NEWSLETTER



Next to arrive were three A level students: Lily, Polly and Anna from London and Reading. They stayed with us for two weeks and offered wonderful workshops in art and music. The children from Nawa and Usoma Primary schools attended every session with great enthusiasm. They benefited from how the girls made learning interactive and fun and we all decided that the girls were natural teachers!



We became busy at the end of the academic year when schools brought their children to come for picnics and to play. We organised lots of games and problems solving activities for the students of Jalaram Academy. The children then worked together as a team to BBQ and cook their food in their class groups. It was a lovely way to end the term.

Navdeep, another Heshima Trustee arrived at the end of July for her first visit to the centre. She arrived at a busy time as it coincided with the arrival of 20 girl guides from London and the South East! This meant that Navdeep spent a lot of her time in the kitchen. This prepared her for the later weeks when she was able to offer some valuable staff workshops to further improve staff working relations and to make the running of Heshima more efficient.



The Guides came to help out at Heshima from 29th July – Saturday 4th August. They worked at the centre for four mornings from 10am – 1pm and organised three 45 minute sessions which children visited in rotation. They enjoyed sticking and pasting in art and craft and then moved onto a storytelling session where they sang songs, listened to stories and acted out bits. After that they played on the bouncy castle, in the soft play areas, the role play areas and on the tricycles. They had a wonderful time. The confidence, cheerfulness and sense of fun created by the guides was infectious. At 12.15pm the guides cooked and served them all a meal. The children left full and happy and holding the things that they had made. By the end of the week they had fed and played with a total of 320 children. When we later passed one of the primary schools they had worked with, every child was proudly wearing a wrist band they had made whilst here. They worked with the 3-7 year olds, some from the local primary schools and some from the community orphanages and really made a difference.





Another organisation who worked with us in July and August was 'Jambo Tennis'. This organisation consists of a group of British students who love tennis and had come out in their holidays to introduce tennis to the local Kenyan schools in Western Kenya. They set up their tennis nets in our car park along with cones and other equipment, they brought the racquets and introduced the children from our locality to the sport. This was a unique experience where the children got to learn new skills. Maybe we'll be able to compete at Wimbledon some day!

The Red Cross have decided to use our site to host their International Youth Club in October. This will involve 170 young people and will provide them with a place to meet, exchange ideas, best practices, cultural experiences talents and skills. It will also enable them to discuss topical issues such as Leadership skills, HIV/AIDS and sexual health, Drugs and substance abuse, Youth and Gender and community service. In between an action packed programme the young people will be able to go on hikes, or compete in games together such as the crazy Olympics. We feel it's a real privilege that they want to bring this camp to Heshima. But we also know it means a lot of work.

Over the next 8 weeks we need to sort out our water situation. 170 young people will want to shower, use the toilets and drink clean water. We need to build a storage tank and ensure that our water is filtered and safe. A number of donations have already gone towards starting up the water project.

Thank you for your continued support and interest in our work.
Best wishes,

Steve Ngugi and Alison Rogers



On Thursday 9th August, PaMoja, a Dutch programme for orphans, is visiting Heshima for its annual fun day out. We are offering them an action packed programme as well as food and entertainment.

It is good to see the place so well used and by so many happy and satisfied children. It is also good to see it as a place where so many people from around the world are able to come and interact with our community.