Haagbeuk 21
5453 LH Langenboom

administratie@amarafoundation.org
www.amarafoundation.org

IBAN: NL52 RABO 0148319394
BICcode: RABONL2U

KvK: 02093018
ANBI: 8156 41 813

Newsletter April 2025

News from Kisumu
- Therapy: Change of therapists at the workplace
- Therapy: ACTION for special education Sint Maarten
- Sports: Kisumu Shakers participate in selection
- Help to individuals: state of affairs
- Care: the children of our reintegration project

Activities
- Christmas bingo Expedition Kenya
- Christmas market Langenboom
- Deposit action Jumbo Den Dungen
- Sales table Zumba Marathon at HUP Mierlo
- Presentation and collection church service Oppenhuizen
- Benefit dinner Expedition Kenya
- Collection church service Ysbrechtum

Agenda
- Film for charity Heerbeeck College Best
- Four-day walking event Langenboom
- Cultural day in Zeeland

News from the board
- Sale of products made in Kenya
- Students in action for Expedition Kenya

Change of therapists at the workplace
Within the therapy project we have one workplace. This place is intended for therapists who have a degree, but do not yet have sufficient experience and cannot yet get a fully paid job. Through this opportunity they gain work experience and several therapists have already moved on to a regular paid job.

January 21 we received the message that Levis (work experience therapist) - whom we wrote about in October and who Evelien and Fem only met for the first time in July - has gotten a new well-paid job with the government. How nice to see that this construction works positively! Levis is very grateful to Amara.

Fortunately, our contact person from project therapy (head therapist Samoo) immediately found a replacement. Samoo will guide him to get settled with the therapy in our target group with often multiple disabled children. Small steps forward, but above all the main goal is to prevent deterioration. From Hassan, the new therapist at this place, we received a letter in which he introduced himself: *"Hello, I hope you are doing well. This report serves as a short introduction to help you get to know me better. I am happy to join the Amara Foundation, Kisumu! I have a degree in occupational therapy from Kenya Medical Training College. I have a year of experience as an OT. My professional journey has provided me with a diverse set of skills and especially in the areas of pediatrics and safe dysfunction. After my training, I started working in Kitui, where I was responsible for restoring the function and independence of children with various disabilities. I have been working for Amara since February and now I have the opportunity to immerse myself in a dynamic and collaborative work environment at St. Anthony and St. Martin, where teamwork is truly valued."*

ACTION: St. Martin De Porres school for special education
Headmaster Beatrice asks us for support in the construction of a paved path with a roof on the school grounds. St. Martin de Porres is a school for children with multiple disabilities, located in Sondu. Three of the children from our therapy project go to school there and in that capacity our new therapist Hassan also provides therapy on location one day a week. Of course he treats our children, but other children also come in for treatment on the 'therapy day'.

Every time we visit the school we are received enthusiastically. We see a committed head of the school and committed teachers who treat the children lovingly. The school is located in a hilly area, so the terrain is not completely flat and the classrooms are higher than the main building. There is no paved path to the classrooms, which makes it very difficult to get children in wheelchairs there. The school is therefore saving for a path of reinforced concrete that leads from the main building, where the therapy is located, to the classroom. In that area it can go from bright sun to chilly and rainy. That is why they also want to roof over this path. We are very happy to support this request and are therefore starting a special campaign to raise money for this path! We would love it if you would help us with a donation for a paved path at this school for special education.

Project Care
Thanks to the gifts we receive from our sponsors, the children of St. Claire can eat uji porridge again this year. The social worker made home visits during the holidays. Now that Sister Lucy is back, she has more time for that, too. Thanks to donations from Amara, 17 children will go from primary school to secondary school this year. Six young adults are now also going to college or university. These are mostly sponsored through periodic donations. The young people from the Klaartje Derks project are also moving on to the next academic year and are partly currently doing an internship. The photo shows some of the children with the Christmas box they received last year. In the meantime, it has been 25 years since Klaartje passed away and we are proud to be able to continue this part. There are still loyal sponsors from that time.

Project Help to individuals
We started the year with 9 wonderful microcredits. Thanks to these resources, small businesses can be started and training can be followed. It contributes to the empowerment of women and men who could use a helping hand and we are happy to support that. We are now looking at which new small-scale projects we can support with a microcredit. Keep an eye on our newsletters and socials for updates.
Project Sport

Sitting volleyball club Kisumu Shakers is looking forward to the month of April and will participate in the selections for the Regional African Championships 2025 for sitting volleyball players in Nairobi. We wish the athletes the best of luck! For 2025, another nice closed budget plan has been provided to pay for this, among other things, and a few more projects to support some companies / self-employed people. Mondolokaal Land van Cuijk has supported this project by means of a donation! Asante

Christmas bingo expedition Kenya
On December 13, the Christmas bingo took place. The first event of the 16 students of Heerbeeck College will participate in our projects in Kenya in October 2025 The bingo presented by an enthusiastic quizmaster, who smoothly talked everything together and knew all kinds of petty facts. It was an evening with a good atmosphere and beautiful gifts.

Christmas market Langenboom
On December 21, a Christmas market was organized in Langenboom. Outside, the Christmas atmosphere was complete with glühwein and a skating rink. The stalls were both inside and outside the church. We enjoyed the ambiance, the chats and our proceeds made the day complete.
Deposit campaign Jumbo Den Dungen
A deposit campaign took place at the Jumbo in Den Dungen in the month of January. Many customers knew where the donation box for Amara was and that yielded a nice amount.

Zumba Marathon sales table at HUB hotel Mierlo
January 18 was all about the Zumba Marathon for the Make a Wish foundation. During this vibrant event, participants could dance and were provided with fruit and drinks during the break. In addition, Amara Foundation was allowed to set up a stall in the dance hall as a sub-goal to sell Kenyan products. It was a fantastic event with a nice proceeds for Amara!

Presentation and collection church service Oppenhuizen
On Sunday, January 19, the collection of the ecumenical church service in the Johannestsjerke went to our foundation and we are very grateful for that. The presentation prior to the collection resulted in nice conversations and questions about our projects.

Benefit dinner Expedition Kenya
On February 18, the second event of Expedition Kenya took place. 78 people enjoyed a great 3-course menu at Quatre Bras in Best. The students can even get to know Kenyan circumstances when there was a power failure at the back of the kitchen. They washed the dishes by hand and prepared everything with flashlights. The guests in the restaurant never noticed the stress that took place in the kitchen. A big compliment to students and staff of Quatre Bras, who were voluntarily present. Together they have made it a great success! Thank you all again for your commitment and presence.

Collection church service Ysbrechtum
On March 2, the collection during the church service in the Frisian Ysbrechtum also went to Amara. People were told about our projects and received a flyer. We are happy with so much interest!

AGENDA
- Film for charity at Heerbeeck College
On Wednesday 16 April, students of Heerbeeck College Best are organising this special event. Come to this film day with your friends, family and neighbours!
Movie afternoon: 4-6 p.m., € 6.50 (including lemonade and bag of chips) - enjoy the movie Paddington and his adventures
Movie night: 7-9 p.m., € 7.50 (excluding drinks and snacks) - appropriate to the charity an African film: The boy who harnessed the wind.

- Four days walking event Langenboom - 10 to 13 June
From 10 June we will walk again for charity! Four evenings of walking along different routes through Langenboom and the surrounding area.

- Cultural day in Zeeland - June 29
On June 29, Amara will have a sales stand at the cultural day in 't Dorpshuis van Zeeland. Come and visit us!

News from the board: sale of products made in Kenya
Mother's Day and Father's Day are just around the corner. Do you want to put someone in the spotlight on these special days and contribute to a good cause? Then take a look at our web shop. We all have

beautiful products such as jewellery, soapstone figurines and cards. Soon it will be an exciting time for the exam candidates: exams, choosing a further education or perhaps a gap year? We wish all exam candidates and their families bahati nzuri sana! Good luck! Do you also want to wish an exam candidate extra success or congratulate him/her in the original way? Take a look at our webshop for a nice gift.

News from the board: Students in action for Expedition Kenya
In October, 16 students from Heerbeeck College Best will go to Kenya. To raise money for their trip and for Amara, these students have already organized various events. There was a Christmas bingo with great prizes, a benefit dinner at Quatre Bras in Best and soon a film day is planned. It is great to see how enthusiastic and creative the students are to raise as much money as possible. On our socials we keep everyone informed about new promotions. Everyone who has participated or sponsored: Asante Sana! The students learn a lot from organizing these events, the group becomes closer and they raise money: 50% for their trip and 50% directly to the projects of Amara Foundation.

During the expedition in Kenya, these students visit some parts of all our projects. At St. Martin, a school for children with multiple disabilities, they will help make products for sale on the market. They will help at the St Clare children's home, where they will work in the vegetable garden, among other things. And they visit a secondary school several times, where they learn from and with peers through all kinds of activities. We also visit an art academy, where the expedition members get an impression of how the products we buy are made. In the weekends, they will play sports with sitting volleyball club the Shakers and they will play fun games with the club members in Manyatta, the district of the football players of Urusi. Of course there is also time to see some of the beautiful country. In Kisumu they will make a safari walk in the mountains (with high school students) and they will go on a boat safari on Lake Victoria early in the morning. All expedition members are looking forward to this trip.

Thank you for your interest!

On BEHALF OF THE BOARD AND ALL THE PEOPLE FROM KISUMU!

Evelien Hommes-Romonesco - Carmen van Bergen - Esther van Rooij - Nynke Bosker-Haagsma - Martine Plantinga