



Upendo Children's Centre



Newsletter 3 -2022

News from Upendo

Vorige maand zijn de kinderen weer naar school gegaan. De vakantie was geweldig deels ook door de aanwezigheid van vrijwilliger Sophia.

Baby nieuws

Een van onze oud inwonsters, Rukia is vorige maand bevallen van een gezonde zoon.



Ook oud inwonster Eshther, die voorheen het project had voor jonge vrouwen in de corona tijd,

Volunteer Sofia from Italy!

Hello everyone,

I am Sofia and I stayed with the Upendo family for about a month. What to say about this experience? Just wow. I have had such an amazing time there, I have learned so many new things, embraced a completely different and interesting culture, saw some breathtaking places, and finally the best part was meeting some incredible and loving people that I will keep in my heart for the rest of my life.



My journey began on the 4th of July, that day I arrived at Upendo's home, even if my suitcases were lost somewhere, I felt as if all I needed was right there. Everybody welcomed me, a

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is moeder geworden van een zoon. Esther is nu gaan studeren voor kapster en nagelstylist (beautyschool) en vanuit Upendo maken we dit voor haar mogelijk.



In Kenia is het normaal om op jonge leeftijd moeder te worden maar toch blijft het gek dat deze meiden nu al mama's zijn, in mijn ogen zijn ze nog de kleine meiden die bij ons binnen kwamen jaren geleden. Time flies!

Housemothers and Jackson

Onze huismoeders en natuurlijk Jackson zijn de constante factor in het leven van de kinderen van Upendo. Mary en Annie verdienen dan ook een keer een leuke foto in deze nieuwsbrief.



stranger, with so much love, laughter and curiosity. We played the whole day together, with not many things really, but happy.



The children helped me so much, through good and bad times, they taught me all there is to know about their culture, about what and how they eat, about how to do laundry without a washing machine, about all the different plants in the garden. They always accompanied me everywhere, tried to protect me from unwanted attention and helped me when I was doubtful. They were also really eager to show me all around their neighbourhood, we went together to some waterfalls, we went to the equator and also we did a hiking trip to Nyeri Hill. So much fun.



Even if I was there completely alone, I never felt like I actually was. Next to the children, there

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Jackson with Chris and Sofia

Lang leve Skype



Gelukkig is er skype en kan ik de kinderen toch spreken en zien. De knuffels moeten nog even wachten maar tot die tijd is dit een heel fijn medium!

were amazing housemothers that took care of me every time I got sick (mostly from the food ahah). We helped each other a lot and I am really thankful for them.

This experience taught me that it is not having material things that makes one happy, but it's the people we love, that we share our life with, that makes it so special.

I feel so blessed to be part of this amazing family.



I wanted to thank Tessa as well, for making all of this possible, and for making sure that this family is still there up and running. She is amazing

