A note from our Executive Directors

Every day we hear from community members about lives saved, skills learned, and futures unlocked. We are eager to share these stories with you because your support makes it possible.

This brief newsletter doesn’t capture all that we do, but it offers a glimpse of the change happening in Kibera. We hope in these pages you find statistics and testimonials that inspire you. And if you’re eager to read more, please visit our blog where we post new stories each month.

As always, thank you for your support.

Tuko pamoja (We are together),

Hillary Omala & Leann Bankoski
CFK Executive Directors

January through May

$428,210 spent
10,249 patients treated at the Tabitha Medical Clinic
14,651 children under the age of 5 vaccinated against polio
35 high school scholarships awarded
1,520 girls protected in the Daughters United program
75 soccer teams registered in CFK’s annual tournament
120 children successfully brought back to full health and discharged from the Nutrition Center

(Data from Jan. 1, 2014 – May 31, 2014)

Inside this issue:

Why do girls play soccer?

34 children’s health restored
AMOS, A “CHANGE ENGINE”

Adam Kridler,
CFK COMMUNICATIONS INTERN

Though Amos Koketch was not born in Kibera, he is the first to admit that his time in Kibera—and at CFK—was the most formative. Volunteering with CFK inspired him to become a self-described “change engine,” and helped him find opportunities for himself, the thousands of Kenyans he now works to help, and those he is close to. “All my family depends on me now,” he says with pride. “The destiny has been changed because of CFK.”

After moving to Kibera from his home county of Homa Bay on the shores of Lake Victoria, Amos became involved with CFK in 2009 as a Youth Peer Provider in the Sexual and Reproductive Health Program (SRH). Over the next 3 years, he worked hard to earn a CFK scholarship to attend university and became the first in his family to do so. He now holds a degree in business administration from Kenya Methodist University.

Upon graduation, he began looking for work that would allow him to combine his experience at CFK in mentoring others about health with the skills he acquired at university. After a year of searching, he found the perfect opportunity: a position at a county-level subsidiary of the National AIDS Control Council (NACC), which creates policy regarding HIV/AIDS prevention education and helps implement it across the nation. The added bonus? He works in Homa Bay and gets to be with his family!

His accomplishments don’t stop there. He is the youngest chairperson of the Homa Bay County AIDS Control Council (CACC), one of several subsidiaries of NACC at the county level. He mentors youth groups working to combat high infection rates of HIV, and then recommends those groups for grants from NACC, valued at $4,000 each. Since he began work in July 2013, Amos has helped over 20 groups write proposals to receive federal health and education grants—including a youth group in CFK’s own SRH program in Kibera. He checks up on them often when visiting his brother, who still lives in Kibera.

Many Kenyans grow up in similar circumstances, where poverty and high barriers to education stand in the way of success. But Amos’s work demonstrates that when given access to the right tools and opportunities, the impossible can happen. He says, “If Amos is able to instill the spirit, the vision of Carolina for Kibera wherever he wants, then it means that the fruits of your work as a family in CFK are taking off and we are moving.”

WHY GIRLS PLAY SOCCER

For girls in Kibera, choosing to play soccer is not an easy decision. Whereas it is normal for boys to be athletic and active, girls find it difficult to convince their families that sports are just as important for them. Overcoming the stigma that girls can’t or shouldn’t play sports takes a lot of willpower and courage. With the odds stacked so high against playing soccer, why do they do it?

Because soccer is more than a pastime. In soccer, girls can find refuge and family. It helps to build confidence and a sense of accomplishment. Most of all, it provides a way to take a break from the hardships of daily life. If you ask any one of the girls in Carolina for Kibera’s Sports Association why they play soccer, it becomes clear very quickly that life without it would be even more difficult.

This year, as part of Carolina for Kibera’s annual Kick for Kibera Soccer Clinic, we decided to capture the answers to that question in pictures. We asked the clinic participants, members of the UNC Women’s Soccer Team, and female athletes in CFK’s Sports Association to write down in a few words what soccer means to them. Their answers illuminate why being able to play soccer is so important for girls across the globe.

Check out more photos from the “Why Girls Play Soccer” photo project here: cfk.unc.edu/playsoccer
Learn More

Over the past few months, there have been many inspiring stories from Kibera, including:

» Mildred’s mission to secure education for her daughter

» Richard’s effort to build a health education network

» CFK’s participation in a government-sponsored polio vaccination campaign

» A local youth group’s efforts to clean up the Nairobi River

Check out these and other stories at cfk.unc.edu/blog