



Thank you for all the support you have given to our students and teachers during the pandemic.

Our chairperson Carol and supporter Steph will be taking part in the 'My ride London' free cycle challenge and will be cycling 30 miles on 15th August. As this event cannot take place in London this year, people can cycle for a charity wherever they wish. Carol and Steph are still deciding their route, but more news



and pictures in due course. In the meantime, please click on the link below if you would like to sponsor us and read more about why we are doing the ride. If you would like to find out more about the event go to www.myridelondon.co.uk

The link below will take straight to Carol's sponsorship page:. Copy and paste or type it into your browser

<http://uk.virginmoneygiving.com/CarolGroves5>

With all our usual summer-time fundraisers cancelled or postponed, opportunities like this are vital to our efforts to support families in Mombasa. Please help if you can.

There will be more information before the 15th on our Facebook page as well as 'live' updates on the day. Go to www.facebook.com/mombasachildren to keep up to date with all our events.

There is also news of our 'African Hamper' winner on our Facebook page.

Reporting from Mombasa

Police officers give out face masks and hand sanitiser in Mombasa's slums to prevent the spread of Covid-19. It's 4.30pm, about two and half hours to the 7 o'clock curfew time. The expansive Kisumu Ndogo, Shauri Yako slums of Nyali constituency are bustling with activities.

Characterised by insecurity, low-quality housing, lack of basic services and poor sanitation,

these informal settlements might soon explode with Covid-19 infections. - A report from "The Star" Newspaper published in Kenya says that many people show a carefree attitude to Covid-19 since they consider the daily hazards of life to be far more threatening.

Unity School is situated in Freretown which is not a slum area but many of our children live the Kisumu or Bombolulu slums from where they walk to school.



More news, received from Mombasa this week, follows on the next page.....

We have just received this information from Dr Luke Odiero:

It has been difficult times for all of us in the face of the Covid-19 Pandemic. In our country, we have an active on going community infection now; especially in the big towns of the Capital and Mombasa. Apart from the escalating morbidity and mortality, the risk of our public hospitals' isolation centers being overrun is real. There is already talk of converting our stadia and public boarding schools into isolation centers to contain the rising numbers of positive individuals who do not need critical care in hospitals but can't self-isolate at home.

There is also the more devastating effects on the socioeconomic state of the community. Jobs and businesses have been ruined, people have had to vacate rented premises because they can't pay. Even the private schools that were domiciled in rented premises- the teachers have had to go without pay for over five months and the premises themselves have been repossessed. *(Our school is owned by the Charity—so not vulnerable as are many others)*

In all this, it is good to know that the children of the charity still have a school in place, still have their teachers and when they are sick, they still have a hospital to access treatment without having to dip into their pockets.

News from Unity School— sent by School manager, Mr Norbert Werre

Corona virus came with tremendous challenges that affected our school greatly. This caught us unaware and in consultation with FOMC trustees we came up with ways of mitigating the challenges. We have consulted with parents requesting their help in providing paper packs of assignments for the pupils (very few parents have internet access). Some parents are able to give some financial help and we are grateful to FOMC for their financial help. In addition, with their help, we are able to support those families in desperate need with a food parcel each month. Our medical aid is continuing at least for the next few months, and we are looking at ways of whether any local Rotary could support us.

We are very thankful that we have access to the internet at the school and can keep in communication with FOMC. Their support has kept our spirits up.

Get ready for more fund-raising ideas.

Cooking and eating Kenyan food. Could you cook Ugali and Kale? - and live off this and other basic Kenyan food for a week? In our next newsletter: Ideas, recipes and spend as little as some Kenyan families are living off.



Amazon SMILE

We have regularly received donations from Amazon SMILE as a result of our supporters clicking on the link before shopping with Amazon. Amazon have recently made it even easier to use SMILE when shopping on-line, and thus, we hope, increase the donations they give to our charity.

Amazon Smile customers can now support Friends Of The Mombasa Children C.I.O. in the Amazon shopping app on iPhones and Android phones! Simply follow these instructions to turn on AmazonSmile and start generating donations.

1. *Open the Amazon Shopping app on your device*
2. *Go into the main menu of the Amazon Shopping app and tap into 'Settings'*
Tap 'AmazonSmile' and follow the on-screen instructions to complete the process

*You can donate to Friends of the Mombasa Children via
<https://uk.virginmoneygiving.com/charities/mombasachildren>*

Friends of the Mombasa Children C.I.O. is a registered charity number 1155625

There is more information about Unity School, Mombasa and all our activities on our website:

www.mombasachildren.org.uk