

When we visited Kenya for the first time five years ago, we tried to imagine how we could improve the lives of one hundred children who were living in wretched conditions at the Makarios Orphanage at Nyeri. We envisaged a new building without holes in the floor; without ceilings that leaked every time it rained; with toilets; with showers and hot water. We envisaged a place where they could play safely; a place where they could live with dignity and where their dreams would find a home. This place would cost euro 400,000. Five years ago this seemed like an impossible dream.



However, today, after a great deal of hard work, difficulties, and the contribution of all of you, we have completed the most important phase of this project. A few weeks ago the 130 children of the orphanage went into their new dormitories, where each child had his or her own bed and did not have to share with three other children all curled up on one mattress. A few weeks ago they ate in the new dining room with its large kitchen capable of cooking for 200 children. As of last June, the children of the Makarios Orphanage are finally living in human conditions with access to things we take for granted, such as chairs to sit on, food served on a table in front of them, the use of baths and toilets, beds to sleep in and a roof over their heads.



None of this would have been possible without the help of all of you and our major sponsors, the people who helped to make such an ambitious project a reality. We

would therefore like to say a big thank you to all who contributed so significantly to the success of this ambitious project, and in particular, Nicos and Elpida Shacolas, Nicos and Myrna Pattichis, Loucas Grigoras, Erica Vasiliou, Katia Theodotou, Anna Vissy, Leftieris Ataliotis, Elita Michaelidou, Stavros Christodoulou, Stamatis Kraounakis, Irene Charalambous, Theodoros Philippou, Liana Toumazou, Constantinos Charalambides, Andreas Aloneftis, Saverios Vrachimis, Demetris Mouskos, Christina Prastiti, Carolina Fotiadou, George and Galatia Pamporides, Avlil Conroy, Pieris Panayi, Costas Con-

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our goal a reality. All together we have managed to give life, dignity and a future to the 130 children of the Orphanage.

But there is still a great deal more to be done. To begin with, we must renovate the old rooms of the 15 babies and children under five who were abandoned at the Orphanage by their parents. Secondly, the dormitories previously used by the children will be converted into quarantine areas for sick children, a nurse's room, a study area and laundry room. We are certain that with patience, persistence and your help we will manage to achieve this objective as well.



International Distinction for Sophia

The voice of Judy, a resident at the Makarios Orphanage managed to move everyone who heard her, and her rendering of a traditional prayer for the Foundation's camera for the TV spot 'Just Care' earned us a spot on Euro News! The spot which was created by communications company Partners/Y&R with scenes from our last trip was aimed at raising awareness and enhancing our work at Nyeri, competed at the international 'EACA – Care Awards', and won four months of free air time on Euro News, on the programme 'One Minute of Responsibility'.

MCC Holland Medical Mission

In March 2012, for the fourth successive year, two medical missions headed by Dr Nadine Van Dijk and Dr Karlien Bongers in cooperation with volunteers Dr Matthaios Demetriades, Nopi Tilemachou and Panayiota Panayiotou, examined 20150 children in schools in Nairobi, Kibera, Kawangare, Waithaka (a school for special needs children), Imani, Naivasha, Chipsata, Kesengei, and Kimerek, where they provided primary medical care. We paid for the hospital care and referral to the appropriate hospital for any children who required more specialised tests.



TURKANA

A Well in the Desert

A year and an half ago, as we were travelling in the vast Turkana desert, we came across 7-year old Samel digging for water in a dried up river bed. She told us she walked 15 kilometres a day to fetch polluted water –the only kind she could find- for her family. Her story touched us so we built a well close to the local primary school, in order to help the families and children, as well as the animals of the Keroge community, by providing clean, potable water. We also provide dry food stuffs (sugar, rice, etc) to the families, as well as mosquito nets as the area is rife with famine and malaria.



'ADOPT A CHILD' PROGRAMME

Through our 'Adopt a Child' programme thousands of children have had the opportunity to go to school, have daily meals and receive basic medical treatment. We also support the schools by providing stationery, books and balls and we have set up a large number of playgrounds.

Nyeri

In addition to the children of the Makarios Primary School, we also look after 100 children from extremely poor families in Nyeri village. Through this programme, we provide breakfast and lunch to a total of 200 children and by offering extra classes, we enable the children to pass their exams and go as boarders to a high school in order to continue their education.

West Kenya

During our last visit to Kenya last July, we donated 500 pairs of sandals to Kimerek Junior School, and over 600 pairs to the school at Kesengei. At this school, those in charge received the Red Cross donation of school bags. We also handed over the drawings made by children from various schools in Cyprus that are sponsoring classes at Kesengei.



Kibera

At St George Kindergarten in the Kibera shanty town, we bought new mattresses for the young children who have to stay at the school during the afternoon hours as their mothers are out looking for food or work and cannot look after them. We have also covered medical care for all the children at the school through an NHS card which gives them access to free medical care at all Kenya's state hospitals.

Nakuru

So far we have secured the release of 25 children who were held at the Nakuru juvenile detention centre with no hope for the future. At our initiative, they are being transferred to the orphanage or to boarding schools where they will be safe and receive an education and hope for a better future. Indeed, some of them have already become excellent students and models of good behaviour.

EDUCATIONAL PRESENTATIONS Information and awareness-raising

In the last two years, with permission from the Ministry of Education and Culture, we began a series of presentations at various primary and secondary schools in Cyprus, with the aim of raising awareness about the work of the Sophia Foundation for Children, but above all to promote our goal to 'Just Care'. The presentations enable the children to realise that basic and fundamental rights are not something the children of Kenya can take for granted and that they have very little hope in life. We also discuss how important it is for a child to have

food and clean water every day, as well as clothes, medicines and the opportunity to go to school. And all this for only euro 20 a month. Once these children have had their awareness raised by our action, they often take the initiative to organise jumble sales and to sell cakes and cards made by them in order to raise money for our cause. Schools like the 5th Aglantzia Primary School, the 2nd and 3rd Makedonitissa Primary Schools and the 2nd Latsia Primary School are participating in our 'Adopt a Child' programme. This year we are beginning a



new educational programme with material we are preparing in cooperation with the teachers, and children from various schools all over Cyprus will have an opportunity to 'adopt' a corresponding class in Kenya.

Our Little Shop

In our 'Little Shop' you can find a variety of handmade African items. Indeed, many couples choose such items as favours for weddings and christenings, thereby helping extremely poor communities of women. The items come with a little card stating that they are handmade and that the money goes to the Sophia Foundation for Children.

ITEMS ON SALE AND ON ORDER

- ▶ Small **hippopotamuses** in various sizes made of soapstone
- ▶ **Rag dolls** in different sizes and colours made of soapstone
- ▶ **Bracelets** made of beads or seeds
- ▶ Beaded **key rings** in the shape of Masai warriors and lizards which traditionally bring good luck



For more information call us at **70000787**
or visit our website at www.sophia-foundation.com

About Us

The Sophia Foundation for Children was established in 2008 by a team of Cypriot volunteers whose only aim is to take care of the sick children of Africa.

The members of the Board are:

Marina Shacola President
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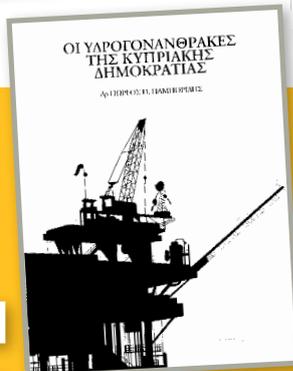
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Editor:

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Designer:

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Events

- ▶ On **1 November**, Dr George Pamporides (lawyer, Expert on International Affairs), presented his book 'The Hydrocarbons of the Cyprus Republic', a study on the legal and institutional framework of natural gas. The net profits from the sale of the book will go to the Sophia Foundation for Children. ▶▶▶
- ▶ On **17 and 18 November** at the **Ermou300** café in old Nicosia, and from **15 December** at the **Mall of Cyprus** (Nicosia) and **My Mall** (Limassol), we will set up our little shop to sell small handmade African items.
- ▶ On Saturday **1 December** at 18.00 at **Pavilion 3 of the Cyprus State Fair** we will be showing our latest documentary 'Imagine' to our friends and sponsors and we will give information about our recent activities.