



# VISION

A NEWSLETTER FOR HENRY WANYOIKE FOUNDATION (HWF)

VOL. 1

MARCH 2012

## HENRY WANYOIKE HOPE FOR THE FUTURE RUN

The New York Marathon is one of the most respected and oldest marathons in the world and when Henry Wanyoike participated and run the 42Kms, in 2005, an idea struck his mind and hatched the idea of starting a community run.

This idea was brilliant but the challenge was enormous as he did not have enough resources for such an undertaking. There was also the other problem of little enthusiasm for sporting activities in and around Kikuyu. Henry toyed with idea and when he could not hold it any longer, he consulted his partner and guide Joseph Kibunja. This resulted in the formation of a five-member committee to look over the issue. It comprised of Gideon Gachara, Henry Wanyoike, Samuel Njoroge (Chairman Youth for Change), Joseph Kibunja, the late Pius Ndung'u (Coach & former guide) and Margaret Wangui.

The committee tasked itself with the duty of organising a run around Kikuyu town with the objectives of tapping and exposing the raw athletic talent among children and youth in Kikuyu as well as fundraising and to promote Kikuyu town as tourist hub. After brainstorming the run was dubbed Henry Wanyoike Hope for the Future Run. The inaugural run was held on May 31, 2007 and which attracted over 3000 participants. The Run has grown in stature and today it attracts well over 10,000 people, both young and old.

Despite initial teething problems the Henry Wanyoike Foundation is committed to grow the Run to become one of the greatest athletics events in Kenya. We believe that through our sponsors and the community at large our dream will become a reality.

The Henry Wanyoike Foundation extends its gratitude to various sponsors like Safaricom Limited, Sports Station, Crystal Industries, Tamu Tamu Industries, Babs Security, Longhorn publishers, P. C. E. A. Kikuyu hospital, Redcross (Karen Langata branch) among many others for their continued support. We would also like to appreciate the various schools and learning institutions, who through their principals and head teachers, have continued to support us by encouraging their students to register and take part in the Run. To our esteemed HWF Run Organising Committee and the volunteers in our registration centers across Kikuyu Districts thank you and God bless you.





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**Dear readers,**

I am honored to welcome you to the inaugural issues of the Henry Wanyoike Foundation newsletter dubbed Vision, whose mandate is to inform Kenyans and friends of Wanyoike internationally on community projects and initiatives that are being carried out across the country.

Vision will provide information that will enhance networking, collaboration and partnership with like-minded organizations, institutions and individuals on various projects we are undertaking, as we reach out to the less fortunate in our society, in our bid to make the little difference we can.

I have to admit that am honored and blessed to have you all as my supporters who continue to encourage me as

I go about my charity work.



Initially I never thought I will make any significant change in the society but after five years the impact is out for all to see. It is humbling for me to know that I have contributed to life-changing situations and provide hope and livelihood to be able-bodied and disabled persons in our society.

I am immensely indebted to my colleagues, who have worked tirelessly to achieve the HWF objectives, our

sponsors, who have stood with us through their corporate social responsibility, have continued to support our projects. Elected leaders councilors, MP and the government especially the district commissioner's office (kikuyu) have given us their unwavering support. I also would not forget the hundreds of volunteers and the community at large for the support and ownership of our various projects. May God bless you and grant you strength and resources to partners with HWF in the future.

**Henry Wanyoike—Chairman HWF**

*"I am only one; but still I am one. I cannot do everything, but still I can do something; I will not refuse to do the something I can do." - Helen Keller*

**From HWF Desk**

It is with profound humility that HWF acknowledges our partners (sponsors), both local and international, who have been a pillar of support for HWF charity work across the country for the last five years.

During our endeavors in these five years we have seen changes in our society in the various projects we have undertaken. We have given smiles to children/youth from humble backgrounds by offering education scholarships/bursaries both for secondary and tertiary institutions.

In sports, the various clubs like darts, athletics, Tae Kwon Do, volleyball and football clubs have benefited from sporting aid. Some of the less fortunate families have also benefited through grants to establish small income generating activities like greengrocers, chicken rearing, dairy cow/goats farming among others.

Our brothers and sisters with disabilities have received their fair share of help through mobility aids like wheelchairs, hearing aids, Brailles, talking watches, sporting gears. Orphans and vulnerable children have found solace at the Theresia House of Hope, a nursery school offering them Early Childhood Education at the Kanjeru slums.

We do realize the backbone of viable sports is a good and conducive environment, thus we have taken deliberate measures to partner and sponsor institutions and organization in planting trees and we are

proud to have magnificent and beautiful trees at Kinari forest, Kerita forest, Kericho, Kisumu city, Kikuyu district, Machakos, Karura, Uhuru park and Ngong Hills. These trees are our constant reminder that we need to plant more to give back our country the green it deserves.

We cannot forget our stand-alone projects like the borehole at the Machakos Technical Institute for the Blind, the disability resource centre at Naivasha, in partnership with Safaricom limited as well as a special class for children with disability at Kasambara primary school in partnership with Lake Nakuru lodge at Gilgil.

We cannot forget foodstuff donations to various children homes across the country and organizations of people living positively with HIV/Aids and persons with disability. In the course of our motivational program Henry Wanyoike has been the role model and through his life story he has been able to motivate children and youth in school through the values of teamwork, determination, focus (vision), sacrifice, handwork, commitment and overcoming fear of the unknown.

The annual Henry Wanyoike Hope for the Future Run, has been bringing together kikuyu residents and other Kenyans for the last five years has also as put kikuyu town in the global map, through international

and local media. The run also attracts with a fair share of foreign participants and dignitaries who sacrifice their valuable time to be with us.

This has promoted local integration and unification of the district making it an open and fun filled day vis vis addressing vital issues on healthy living, education and disability. Out of this run, local talent has been tapped and exposed internationally.

Last but not least, HWF having outlined some of its achievements we

would like to reiterate our commitment to partner with other organizations and individuals in areas of health, livelihoods, sports, environment, education and disability as we better our community standards. We thank our esteemed sponsors (companies, organizations, institutions, government and institutions) for being our pillars so far.

**God bless.**



## Social Economic Empowerment

### Boris Becker and his gift to the poor

A plate of food in 2005 in Germany changed the lives of over 50 families in Kikuyu and gave them livelihoods that are sustainable. It never occurred to me that an invitation by a friend, Mr. Jorg Heingmeyer, would be a fundraising dinner organized by the legendary Boris Becker, a former World Tennis Champion, for the Boris & Cleven Foundation Projects.

As we chatted with Boris, over dinner, he wanted to know how he would be of help to the work I was doing for the community. I told him that I wished to be able to purchase cows for poor families. A week later, we bumped into each other in Lisbon, Portugal during the Laureus Awards Gala Night for World best in sports.

We revisited our earlier conversation and a year later, the Cows for Kenya Project became a reality. The project was meant for the very poor in the community around Kahuho, Kanjeru and its environs.

Milk from the cows was meant to supplement the family's diet, while the surplus would be sold to

meet basic financial needs. The arrangement was such that the families that got the cows would donate the female calf to another needy family for sustainability of the project.



The initial 15 cows were given to 10 families while the remaining five went to the Goodwill Community Centre for orphans and vulnerable children. The project was undertaken in the three phases. In total, the Boris & Cleven Backer Foundation donated 45 cows to families around Kahuho, Muthure, Gitaru, Kanjeru, Mutego and the Machakos Technical School for the Blind.

Due to its positive impact to the community the project attracted other donors namely Safaricom through its Moi Avenue Customer Care Office, who donated 3 cows to children's homes around Kanjeru, namely, Gate of Hope and Amani Cottage Home. Two other families

from Karai and Gikambura were lucky and out of wonderful gesture of Ramesh Vishram and Wangare Murugu their lives were changed.



The Henry Wanyoike Foundation also took the

challenge and donated one cow to Eric Sang a blind young man in Kericho.

Although the project has had its fair share of challenges it has continued to thrive and some of the beneficiaries have been able to donate calves to other needy families.



### Unique cow project transforms lives of poor families

#### How a cow transformed life for IDP family

Following the ethnic clashes that rocked parts of the Rift Valley after Kenya's first Multi party elections in 1992, Margaret Wanjiru and her family were displaced from the Rift Valley and were forced to move to Karai Muslim Village, in Kikuyu as squatters. Although the Kikuyu Town Council offered them a piece of land where they built a house, life has not been a bed of roses for the family with 8 children.



Ramesh Vishram of Cementers Limited donates a cow to the family of Margaret Wanjiru

In the course of her work as a social worker Joyce ----- introduced the family to the Henry Wanyoike Foundation, which gave them a milking cow. For three years now the cow has provided the family with milk, which has really improved the health of the children particularly the younger ones. The rest of the milk is sold and the family is able to meet its financial obligations.

Nowadays, Margaret's children are not sent away from school as money obtained from the sale of

milk ensures that school fees are paid on time. "From that money we have also managed to buy household furniture as well as buying chicken," says Margaret.



Henry Wanyoike poses for a photo with the family of Margaret Wanjiru (left)

Their situation today is a major improvement and the mother of eight cannot thank the Henry Wanyoike Foundation enough. "Before we got the cow, many were the nights when the family went to bed hungry as there was no food to eat," she recalls. "Today things are better and we do not have to worry about where the next meal will come from."

#### Widow, our help comes from this cow

When we visited Grace Wanjiru's home in Kahuho, we found the 13 year-old girl taking care of her younger sister. She informed us that her mother had gone to market and that she would be back soon. In one corner of the compound was a cow pen holding the family cow and its calf.



Grace Wanjiru's children outside their cow pen

When we asked her how the family acquired the cow, the girl said that her mother told her that it was donated by Henry Wanyoike.



Grace Wanjiru and her family with their calf

"The cow gives us milk some of which we sell to buy food," said Wanjiru. "Mum tells us having this cow has made life easier for us."

A few minutes later Wanjiru's mother, 35-year-old Caroline Wanjiru joined us. She says that the Henry Wanyoike Foundation gave her the cow after she lost her husband in 2008.

"I am quite grateful to the Foundation for coming to our aid in our hour of need," she adding that the cow has calved three times.



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*Thank you for your continued support—  
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## How Wanyoike's generosity shone on shoe shiners

34-year-old Paul Mahingo has a lot to be grateful to the Henry Wanyoike Foundation. He has been a shoe-shiner in Kikuyu Town for over ten years. Although he had heard about Henry Wanyoike, he never thought their paths would cross, let alone getting assistance from him.

That changed when they were approached by a director with the Foundation. "He asked us to organize ourselves into a group as the Foundation was interested in helping us," says Mahingo.

"We knew that this was a serious offer as the Foundation is well known around this place for assisting people." When the shoe-shiners formed themselves into a group of 12, the Foundation informed them that it was

going to donate shoe shining racks that came complete with a client's seat and a locker for storing their tools of trade.

"The only thing we can give back to Wanyoike, for his generosity, is prayers so that God can bless him with more resources, which



Wahington Akumu from Safaricom Ltd. And Henry Wanyoike presenting shoe shiners stools to the chairman of Kikuyu Shoe shiners group.

"I am yet to overcome the fact that the Foundation gave us these racks free of charge," says an

elated Mahingo.

"These ones are quite strong and durable as they are made of metal. Before this we used ones made of timber and they needed repairs every now and then."

He now says that their business has improved a great deal, as they are now officially recognized by the local council, and therefore are not harassed.

would enable him help many more people," he adds.

*"Generosity consists not the sum given, but the manner in which it is bestowed" - Mahatma Gandhi*

## Chicken and egg story for needy family

Margaret Wanjiku, 46, is a single mother of three who lives in Karai Location of Kikuyu District. Apart from fending for her own children, she also takes care of her aging mother as well as her sister's mentally disabled children.

A community social worker who knows of her plight introduced her to the Henry Wanyoike Foundation, who offered to support her family through her youngest son, nine-year-old Victor Mburu. At around that time, the Foundation was piloting a chicken project. Under this project the Foundation would give a child from a needy family a number of chicken.



Victor Mburu holding some of the chicken donated to his family by the Henry Wanyoike Foundation

would start laying eggs. The eggs would thus be consumed in the house to supplement on the family's diet, and the surplus sold to meet the household's financial requirements.

Young Mburu was given 5 chicken, which quickly multiplied to 15. Unfortunately for them, a disease wiped out the chicken leaving only 3. "Life was good when we were selling the eggs," says Margaret. "The remaining ones are still young and are yet to start laying eggs."

Margaret is now appealing to the Foundation to give her a cow as she reckons it would be of more help to her as the family would be able to consume milk and sell the rest.

*"You will find, as you look back on your life, that the moments that stand out are the moments when you have done things for others." - Henry Drummond*



## Lio College: We are more than just beauty

When Ruth, Nderitu, the Principal of Lio College of Hair, Beauty and Computers heard about the Henry Wanyoike Hope for Future Run, she did not wait for the Foundation to come to her. "I approached the Foundation seeking to know how we could be of assistance," she explains.

After discussions with the Foundation, Lio College offered to give massage and First Aid services to the runners. Additionally, Lio College, has been offering Beauty and Computer scholarships to needy, but deserving students referred to them by the Foundation.

Mrs. Nderitu says she has no problem working with the Henry Wanyoike Foundation as it is their way of giving back to the society her school operates within.

She gives an example of John Karanja, a young man who benefited from a Beauty scholarship at the college. "We follow

the career paths of our graduates and we have been particularly impressed by the glowing reports we get from his employers," she explains. "This makes us very proud to have empowered someone who would ordinarily not have had such a chance in life."

Mrs. Nderitu adds that being associated with the Henry Wanyoike Foundation is a prestigious thing for them. Since word about their cooperation with the Foundation has gotten out there, Lio College has no problem attracting new students in an otherwise competitive field.

Lio College, now in its ninth year, currently has more than 50 students undergoing the various courses on offer. "We plan to acquire land and expand the range of courses by including Catering and Fashion and Design," Explains Mrs. Nderitu.

*"As one person I cannot change the world, but I can change the world of one person." - Paul Shane Spear*



Top: Mrs Ruth Nderitu the proprietor of Lio College working on a client at her salon. Above: Students of Lio College whom served as ushers during the Henry Wanyoike Run



## How computer training transformed life for amputee



Left: Samuel Njuguna at his work station. Right: Njuguna and his benefactor, Wanyoike, outside his Cyber Café.

37-year-old Samuel Njuguna is an amputee who had tried his hand at many things but his friendship with Henry Wanyoike changed all that.

In the course of their many discussions Wanyoike asked Njuguna how his Foundation would be of help to him:

"I told him that training in IT would suit me very well, and that is how the Foundation introduced me to Lio College in Kikuyu Town where I was offered a scholarship to study five computer packages," explains Njuguna.

After his training, Njuguna decided to become an entrepreneur. He set up a

cyber café in Kanjeru Village, which today earns him steady income.

Prior to the scholarship, Njuguna was a small scale farmer, and since the kind of farming he engaged in involved a lot of manual work, it put him at a disadvantage due to his physical condition.

"Thanks to the Henry Wanyoike Foundation I now can earn a living comfortably without exerting myself physically," he says. "My only prayer is that they get more resources to help more and more needy people." Njuguna now plans to expand his business

*"We make a living by what we get, but we make a life by what we give." - Winston Churchill*



Partners Profile

**Youth for Change Action Group (Yofcag)** was started in 2001 and registered with the Ministry of Culture and Social Services in 2003 as a community based organization, registration Certificate No.050. The organization was founded by a group of youths drawn from the 4 divisions of **Kikuyu District**.

Its formation was necessitated by the youth's realization that they needed an avenue through which they could address the myriad issues affecting their lot and the larger community in the District. These issues include:-

1. Governance and leadership
2. Health
3. Education & Information dissemination
4. Environment
5. Positive recreation

**Yofcag** works with young people across



Youth for Change Free Community Resource Centre

the board to equip them with the relevant information to empower and build their capacities to be responsible citizens.

Through key partnerships we have continuously expanded our service delivery and improved our range of interventions to include children and caregivers.

**MISSION**

To create an enabling environment where youths can meet and access information pertaining to them.

**VISION**

A molded empowered self reliant and well informed youth

**OUR VALUES**

Our organization operates on the following key values.

1. Integrity
2. Impartiality
3. Justice & fairness

**OBJECTIVES**

1. Advocate and create awareness on health issues.
2. Develop and strengthen youth capacity in leadership and good governance at local, county and national level.
3. Disseminate information and promote access to quality education.
4. Engage young people in environmental conservation and protection.
5. Promote positive leisure

Contact: 0723 887 250, 020 206 5936 Email: yofcag@yahoo.com, yofcag@gmail.com, website: www.yfcg.wordpress.com, P.O. Box 945-00902 Kikuyu, Piazza Archade 1st Flr. Rm 6 Kikuyu.

## Computer course opened up my horizons

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Above: Ms Wambui during the interview. Right: a student at Lio College with the instructor.

26-year old Mary Wambui is one of the beneficiaries of the Henry Wanyoike Foundation scholarship program. She was sponsored to undertake a certificate course in computer packages at Lio College in Kikuyu Town.

"Thanks to the training I have gained valuable skills that have opened up my horizons," says the mother of one.

"I am very grateful to the Henry Wanyoike Foundation for giving me this opportunity. If I get an opportunity I will definitely further my education in IT. I hope to go all the way," she adds.

"I do not have to miss any job opportunity just because I am not computer literate.

I was also able to open an email address and can now communicate with people who are far off including those living overseas at the touch of a button."

## Supporting Henry Wanyoike Foundation has helped us grow

Hudson Ambaza is the manager of E-smart College in Kikuyu Town. For five years now his college has supported the Henry Wanyoike Foundation in various capacities. "Our college and the Henry Wanyoike Foundation have the same interests of promoting the society we live in," explains Ambaza.

E-smart College offers mainly IT and business related courses.

Ambaza met with Gideon Gachara, a director with the Foundation and they got talking about how the two institutions would work together. "After our discussions I realized that the Foundation does a lot of good things for the community.

Through the Foundation, we realized that we could anchor our Corporate Social Responsibility activities," adds Ambaza.

Their initial cooperation started with the annual Henry Wanyoike Hope the Future Run. "We print all publicity materials for the Run free of charge," he says. The cooperation has not just been beneficial to the Henry Wanyoike Foundation; the college has reaped benefits as well. "Since our name is included in the publicity material this has been a big advertising opportunity for us as the many people who attend the Run get to

know about us," he explains.

Thus through their cooperation with the Run, many people from around Kikuyu now know the college and this has seen a steady increase in the number of people who seek out the college to know what courses are offered there. Many have enrolled into the college as a result.

"When we started the college, we operated from a single room. Today, as a result of the publicity we get from the Run, we have grown in leaps and bounds," says a beaming Ambaza.

Through the Henry Wanyoike Foundation, E-smart College also offers scholarships to needy students around Kikuyu. "We give out scholarship forms to the Foundation who in turn vet the applicants as they are the

ones who are on the ground and know the needs of the people better," explains Ambaza. The scholarship program started in 2009.

Esmart College opened its doors in 2007, with only four students taking computer classes. With time they started introducing business courses. Currently, the college has a student population of over 150 students, with 7 lecturers. Ambaza says that over 1,500 students have graduated from the col-

lege since its inception.

"Our accounting courses are recognized by the government affiliated KASNEB," says Ambaza. Now that things are looking up for the college, they are planning to



Top: Esmart college Director Hudson Ambaza with participants during the Henry Wanyoike Hope for the Future Run 5th Edition 2011 Below: Esmart college stand during the run.

affiliate themselves with universities so that they can offer university recognized degrees and diplomas.

"We are currently holding negotiations with St. Paul's University based in Limuru," he reveals. "Before we do this we must first of all seek approval from the ministry of Higher Education."



Students during a lecture at E-Smart College



## ATHLETICS

### Reborn Athletics Club: Wanyoike gave us wings to fly

Henry Wanyoike made his name in athletics and has thus become a role model to many young people. The Kikuyu Reborn Athletics Club is one of the many sporting institutions that has benefited from the Henry Wanyoike Foundation's generosity.

Geoffrey Mutahi, 30, who is the trains athletes at the Kikuyu Reborn Athletics Club says that Wanyoike is their benefactor as well as ambassador. "Apart from providing us with training kits and running shoes, Wanyoike buys food for athletes at the club. He also secures

competing opportunities for our athletes as well as paying their air tickets," explains Mutahi.



Above and below Athletes from the Reborn Athletics Club after receiving training shoes from Henry Wanyoike Foundation.

Members of the athletics club were worried after their founding coach passed away. "Wanyoike did not abandon us even after our coach passed away. He has always been steadfast in supporting us, partly because our late coach was his great friend," he says.

Through Wanyoike's support, many athletes from the club have made a mark internationally and many more are hoping to follow in their footsteps.

### 60 and still running...

Simon Gikanga might be over 60 years old but whenever the annual Henry Wanyoike Run for the Future is announced he rolls back the years and gives it his best shot.

Mzee Gikanga explains that he first heard of the Run on radio and right then decided to become a participant.

When he registered for the 3 kilometer Wazee (old people) category in 2010, he came in at second position. Encouraged by his impressive showing, Mzee Gikanga registered for the Run, the following year and he scooped the top prize. Running is not exactly a new thing to the old man. "I used to run during my younger days in school, and I have maintained my fitness since then," he says excitedly.



Henry Wanyoike with Mzee Simon Gikanga

"Henry Wanyoike is our son and we love him for the many good things he has done for our people in the community," explains Mzee Gikanga.

"The only way I can show my gratitude to him is by participating

in the Run. And as long as there is strength in my limbs, I will continue taking part in the Run." He adds that he has embarked on a campaign of encouraging more of his peers into taking part in the Run.

### Tribute to Harrison Mwaura "Kadadi" and Pius Ndungu "Coach"

The words to describe the two by Henry Wanyoike Foundation fraternity might be a million because of the brotherhood we had forged with them. Their sudden demise in Augusts of 2010 and 2011 for Pius and Harrison respectively was a blow to us and a big void was left.



Harrison Mwaura "Kadadi" with Henry Wanyoike

Each an everyday has always been a struggle for us to fit in their shoes as both of them had distinct values, ideas and sense of humour we cannot give. Having worked in same organization brought us closer; we shared the successes and never worried the competition. Our friendship grew and shared thoughts, experi-

ences and challenges both personnel and as friends. We can cry, mourn and wish otherwise knowing well we cannot bring you back but your memories will always comfort us.

It was a big blow to the Henry Wanyoike Foundation and we will always empathize with their families for the big loss. May



Pius Ndung'u "Coach" with Henry Wanyoike  
almighty lord always give you strength and comfort you.

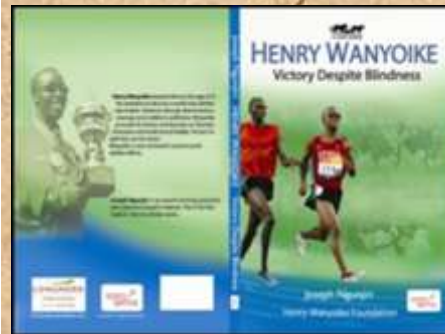
Rest in Peace!!

## BOOK REVIEW

PAGE 7

### Henry Wanyoike's book "Victory Despite Blindness"

This book is about the life story of one of the best sportsmen that Kenya has ever produced – Henry Wanyoike. He was born on 19th May 1974 in the village of Shauri Yako. He was not born blind. But in the year 2000 during the Sidney Paralympics, he lost his eyesight. But his blindness did not discourage him from pursuing his passion of running.



He took part in running competitions like the Sidney Paralympics and won very many gold medals for Kenya. He continued his win-

ning streak despite his blindness. So from being a village boy, he became an international icon. Today, he is the loving husband of Petra Wangui and a proud father of his two daughters: Herschel and Mylo and has a son called Peterson Nderi.

This is an excellent. It is about the life of a famous African runner called Henry Wanyoike. This book tells us about the humble life that Henry lived at Shauri Yako and how he loved running which was in his blood. Henry comes out as a mistakenly mischievous boy.

As he took part in running competitions like Sydney Paralympics, his fame all over Kenya grew. He then became an international icon. What I liked about the book was that it tells us how someone who lived in a village became an international icon of hope and peace to many. Some incidents that happened in Henry's life are inspiring and some are funny.

The book is written in simple narrative that make it easier for kids of my age to understand. I wish the book gave more details about the life of Henry's guide Joseph Kibunja and how he started his career. These extra details would have made the book more complete.



This book is proof of how a strong human mind and determination can make one achieve the unattainable despite all odds.

By: Aditya Anand Shah, 12 years old Oshwal Academy Nairobi Primary.  
Buy your copy today





### ACHIEVEMENTS 2011

1. We were able to offer bursaries to 25 Children with disabilities across Kikuyu District.
2. We have been able to donate over 80 wheelchairs across the country (Kikuyu, Muranga, Limuru, Githunguri, Nairobi, Nakuru, Nyeri, Molo).
3. We were able to donate over 100 brailers frames (Machakos, Thika, Kikuyu and Nakuru).
4. We were able to donate over 150 white canes across the country
5. Awarding bursaries to 3 able kids (less fortunate).
6. We sponsored last year's winner in junior category for a marathon in Austria as part of exposure in conjunction with Light for the world organization
7. Henry Wanyoike visited over 50 institutions mostly schools to give motivational talks across the country
8. Donating seed money to 7 parents for small income generating projects in Kikuyu district
9. Offering 8 full secondary scholarships for 2011 K.C.P.E candidates from poor background from Kikuyu district
10. Donation of sporting aids to various sports clubs e.g. 110 footballs to Kikuyu district football clubs, dart boards at Kahuho youth darts club, running gears for athletics club.
11. Sponsoring Kiambu West disability sports day and UN disability day 2011
12. Opened doors of a nursery school at Kanjeru slums targeting Orphans and vulnerable children.
13. Small donations for medical assistance for 4 families.
14. Donation and planting over 500 trees in various institutions across the country.
15. Donation of sanitary towels to various institutions in Kikuyu district.
16. In partnership with other sponsors we have been able to construct a disability classroom in Kasambara primary school (Gilgil), disability resource centre at Naivasha District Hospital a low vision eye unit at St Mary's school Nakuru and a borehole and a dormitory at Machakos Technical Institute for the blind
17. Donation of foodstuffs to vulnerable families.



***"Kindness is the language which the deaf can hear and the blind can see." - Mark Twain***

*"Every first Saturday of the month of June, people from all walks of life gather in Kikuyu Town for the annual Henry Wanyoike Run for the future. As the pictures above illustrate the Run has grown to be more than just a sporting event : It has now become a social event"*