

# Mama Na Mtoto

## Newsletter



### Points of interest...

- **Krafts for Kenya**— we have volunteers that are giving their time to making gifts, clothing, bags and toys to either sell or take to Kenya,
- **Jumble Sale**— We all love a good rummage for a bargain. We are currently planning our second charity jumble sale and hoping to beat the £300 pounds raised in December —Watch this space.
- **Christmas Raffle**— Over the festive season a Christmas raffle was held at ST Angelo's Italian restaurant in Wetherby — We managed to raise an amazing £300 pounds—A big heartfelt thank you to all that where involved.
- **Kenya 2015**— Some of our trustee's and volunteers will be making their 6th self funded trip to Kenya in April this year to review the work undertake in previous years , we also have big plans for future developments.

**If you have any fundraising ideas or would like to be involved in any of our up and coming events please contact us on the link at the bottom of the page,**

### The story so far....

Continuing to build on the charitable work completed over the past 3 years we now find ourselves in the embryonic stages of a brand new charity.

We are currently made up of 4 trustee's and a small army of dedicated volunteer's that work tirelessly to support and under pin this new venture

Mama Na Mtoto in Swahili means Mother and baby - this is where life's journey begins and so do we. Working holistically with the mother during pregnancy we have an opportunity to improve all aspects of her and her families health and well being.

We are lucky to be born in a part of the world where we can get food, water, shelter, medical help and education for our children ensuring they are healthy safe and able to reach their full potential. In the coastal province of Kenya this is almost impossible as these services are not accessible or available.

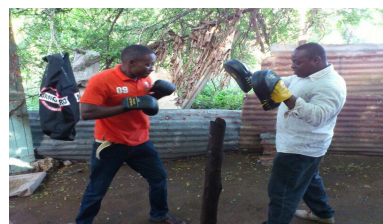
We are all born equal and deserve the basic human right to survive, to be born, thrive, grow and have a chance of a fulfilling and productive life.

Mama Na Mtoto offer free antenatal and post natal care to vulnerable pregnant women unable to access care in their community. By training local women to implement this service we are also able to increase employment,

### Health, Sport and education

We would like to increase access to sport and exercise in Kenya as part of one of our health objectives. The benefits are well researched , increasing access to exercise and sport is crucial to improving the health of both parents and children. We are working to deliver sport and education programme's enabling men, women and children to become healthier, improve their emotional and mental wellbeing whilst bringing communities together. Engaging families in sporting activities Improves family relationships

and reduces incidences of domestic violence. This is an ideal for fathers to interact with their children therefor building strong attachments.



For our work to be sustainable we need the continued support of our dedicated volunteers and donors



**'Be the change you want to see in the world.'**

**- Ghandi**



This photograph was taken in our Mother and Baby tent in August 2015—These women are waiting for antenatal, postnatal and baby checks,

**'60% of women don't have any medical care during their pregnancy, birth or postnatal period'**

At this event 120 women were seen in 5 hours by one mid-wifery lead and a translator, highlighting that given the opportunity women will access

**Coming together is a beginning, keeping together is progress; working together is success...**

**Volunteer Programme**

We hope to encourage you to join us in fund-raising for our charity, Every penny we raise will be spent on the vulnerable pregnant women and their families in the poorest areas. Women who face the most difficult job in the world, to protect and nurture their children under the most difficult circumstances.

If you would like to get involved please contact us on -

[mamanamtoto.uk@gmail.com](mailto:mamanamtoto.uk@gmail.com)

---

**'1 in 17 women die in childbirth from preventable causes'**

---

Many women die in childbirth which has a devastating effect on their families and often means their younger children will die before they are 3 years old.

In 24 hours 1,497 women will die in child birth in Africa. We want to make a difference to these families—You can too.




---

**'1 in 15 children die in the neo-natal period'**

---

Thank you from all of us at Mama Na Mtoto charity and all the people we serve in Kenya.

It is impossible to Thank you all individually but you know who you are and we are most grate-