

# SUN MAGAZINE

FOR KSH25

Briefing you with more, in and out of ghetto

## SHOFCO feeds school-going children amid COVID-19 pandemic



# Editor's note

## State must help the urban poor

**T**here is no doubt the coronavirus pandemic has disrupted lives in a manner never experienced before. People have lost lives, thousands have been infected, businesses closed and jobs lost.

Family routines and social relations have been altered dramatically as Kenyans respond to the safety guidelines meant to prevent the virus from spreading.

There have also been disturbing reports of individuals exploiting the pandemic to mint millions of shillings through dubious tendering of medical supplies in the Covid-19 fight.

But there have been heartwarming stories of frontline workers staking lives to save patients while the pandemic has brought out the generosity of some Kenyans who have contributed cash and supported efforts to stem the pandemic.

Besides the elderly, the urban poor, especially in big cities such as Nairobi and Mombasa, which become the epicentre of the virus, were some of the worst affected.

Many lost sources of livelihood as the State imposed a nationwide curfew while thousands were rendered jobless after businesses in which they worked closed shop.

This prompted the government to set up a kitty to cushion the elderly and youths. However, there is concern most of the targeted beneficiaries are yet to get aid.

Indeed, a survey by research firm Tifa, reveals that majority of households have been seriously affected for the past seven months.

Stories of job losses, reduced remittances, higher commodity prices, heightened insecurity, disruption of healthcare services and education are all too common.

According to the study, while the pandemic has affected most households across the country, it appears to have had more profound and longer-lasting effects among the urban poor.

Many young people said they had found it difficult to make ends meet due to restrictions initially placed on movement in and out of Nairobi, the night-time curfew and crowd-limitation.

In fact, 80 per cent of respondents said lives have become "much worse" since the arrival of the virus.

As the President has consistently stressed, the country is still at war. Information from the Health ministry shows cases continue to surge even as Kenyans settle with the "new normal" and the governments eases some restrictions to open the economy.

There is every indication it will take long for normalcy to resume.

This means the government and communities must continue to bear the burden of needy cases such as residents of slums and low-income earners.

## Editor

Evans Maritim

## Designer

Denis Koech

## Technical Support

Isaac Gomba

## Writers

Walter Mbita

Mukanzi Lauretta

Japheth Ogamba

Ayub Abdallah

Phyllis Wakiaga

## FIND US ONLINE



[www.sunmagazine.co.ke](http://www.sunmagazine.co.ke)



[sunmagazine@shofco.org](mailto:sunmagazine@shofco.org)



[@SunMagazineKe](https://twitter.com/SunMagazineKe)



[@SunMagazineKe](https://www.facebook.com/SunMagazineKe)

# Table *of* Content

---

## Editor's note

---

State must help the urban poor 2

---

## News

---

SHOFCO feeds school-going children amid COVID-19 pandemic 4

---

## Opinion

---

Youth must be careful about rosy promises in BBI Report 6

---

## Entertainment

---

My break-up with girlfriend is personal, says Mulamwah 7

---

## Lifestyle

---

Cyclists advocate for clean air through trek tours 9

---

## Business

---

Quintet earn a living from selling 'KDF' 10

---

## Sports

---

Mathare-based goalkeepers' academy decries lack of equipment 11

Shofco FC's journey to Division Two League 12

# How SHOFCO's education programme makes life easy for vulnerable children, parents in Kibera and Mathare slums

By *SUN Magazine Correspondent*

English footballer Marcus Rashford has spent the better part of this year lobbying the country's parliament to make sure underprivileged schoolchildren are able to access free food over the holidays.

The Manchester United striker scored big in June when the government yielded to his calls and extended free meal vouchers to children during the summer school holidays.

However, Rashford's push to extend the government's free school meals campaign to function over the holidays until Easter 2021, instead of only during term time, hit a snag when MPs voted against it, drawing anger and condemnation in equal measure.

But thousands of miles away in Kenya, hundreds of children have not needed any lobbying to access free school meals.

Over 600 children, who attend school at SHOFCO's School for Girls in Kibera and Mathare, have had an unrestricted access to free meals at the institutions during the months schools have been closed due to the coronavirus pandemic.

Under the Girls Leadership and Education Programme, the schools are a brainchild of philanthropist and SHOFCO founder Kennedy Odede, who set them up as a way of empowering girls from the slum community.

Odede grew up in Kibera, where poverty was his second name, and witnessed first-hand how girls from the slums were marginalised while suffering various forms of abuses.

"The vision of Kennedy is that if you educate a girl, you empower an entire community because they give back more than boys once they make it in life. So we are actualising Kennedy's vision because we believe they will become agents of change in their communities," says Hecky Andera, the Education Director at SHOFCO.

Indeed, statistics show that in Kibera, only 25 percent of girls report that there is a place in their community outside of their home or



I never imagined my daughter getting access to all these. To me, SHOFCO are Godsend. I do not have to worry about any expenses for my daughter who maybe would never have gone to school if it was left to me to alone.

MILLICENT AWUOR,  
MATHARE

school that they feel safe, compared to 58 percent of boys.

This is because the informal settlements are hostile to girls who have to deal with sexual and domestic abuses while some take on the burden of raising their siblings once their parents fall sick or die.

This is what informed Odede's decision to set up the schools, which are one of the initiatives at SHOFCO (Shining Hope for Communities), the others being offering clean water, healthcare and empowerment programmes through its SHOFCO Urban Network (SUN).

To get admission at the schools, a through vetting process takes place to ensure only the needy get the once in a lifetime opportunity.

"We have a sort of poverty index where we place these cases in different categories. There are known cases and those we do not know, we conduct home visits through the help of our social workers. Some of these visits are impromptu and that is when we catch up with some of those that had lie to us. We could get up to 300 applicants but will end up with only 60 who really need these opportunities," says Andera.

Once admitted, the girls have access to a full scholarship. Uniform, fees, medical and food is all catered for and all they have to do is stay focused on their education.

It is an opportunity like no other and parents with children here cannot thank SHOFCO enough.

"I never imagined my daughter getting access to all these. To me, SHOFCO are Godsend. I do not have to worry about any expenses for my daughter who maybe would never have gone to school if it was left to me to alone," says Millcent Awuor, a widow, whose daughter attends the SHOFCO School for Girls in Kibera.

"SHOFCO do not just offer financial support, they also have guiding and counselling programmes which shapes the behaviour of these girls. My daughter is well behaved



because of attending this school which rubs off on her other siblings,” Selina Atieno, who has a child in Grade 2 at the SHOFKO school in Mathare told this writer.

At the schools, girls have access to education from pre-primary up to Grade 8 after which they graduate and join various secondary schools in Kenya while a few lucky ones get opportunities to study abroad.

So far, the school in Kibera, which has over 350 students has had students sit for KCPE in 2017, 2018 and 2019. There were high hopes this year before COVID-19 disrupted the education calendar.

In Mathare, 250 students from pre-primary to Grade 5 are already on their books.

For all SHOFKO has done for these parents over the years, it was perhaps during the COVID-19 period that they felt the organisation’s generosity the most.

During that period, the girls were still going to school just to feed and even after the partial reopening of schools on October 4 when Grade 4 and Class Eight were ordered back, the rest, who are yet to return, still enjoy free meals to date, giving their parents a huge relief.

“Most of us are casual labourers. For

example, I used to do odd jobs in Industrial Area but when coronavirus happened, I lost my job and had to stay home without an income. But SHOFKO came through for us in a big way, giving us food and cash which really gave us a boost,” says Joshua Aketch, whose Grade One child schools in Mathare.

“Coronavirus made life difficult but SHOFKO made it easy for us. Some of us who used to do cleaning jobs in places like Eastleigh could not get them anymore due to the lockdown. However, SHOFKO never abandoned us, our kids were going to school to feed and they would even carry more to share with their siblings at home. We were also being called for food packages, soap, money and if kids are sick, they attend to them. How could we have managed this with our little income gone?” poses Atieno.

According to Mercy Kasiti, the Head Teacher of the SHOFKO school in Mathare, this was meant to provide a conducive environment for the children at home.

“These children come from some of the most vulnerable communities. If you leave them on their own, they might slide back which then beats the whole purpose of this initiative. We ensured their needs and that of their parents are well taken care of so that the homes are safe for them,” says Mercy.

Handling vulnerable children is a delicate affair and is for this reason that teachers who work here are selected carefully. “The teachers we have do not just have to be well-trained but must also have emotional stability,” says Mercy Mwema, the deputy head teacher at the Mathare school.

With all these in place, it is no surprise that students at SHOFKO Kibera have been excelling in exams with the top performer in the pioneer class of 2017 scoring 416 out of 500 in KCPE. The figure has been going up and last year, the top student scored 431.

“We have been beating some of the most established schools in Kibera sub-county yet we are just a few years old. It serves as a motivation to the rest when they see their peers in newspapers and on TV being celebrated for exemplary performances,” Andere said.

Slowly but surely, Odede’s vision is being actualised as after school, these girls will return well educated, more empowered and sit at the policy making table where decisions about their community are being made, hence becoming the agents of change that SHOFKO’s founder envisioned.

# Youth must be careful about rosy promises in BBI report



President Uhuru Kenyatta and former Prime Minister Raila Odinga. Photo: The Star

By Mukanzi Laretta

The much anticipated launch of the Building Bridges Initiative (BBI) report earlier this month seemingly tore the country into three camps; those for it, those against it and those who, frankly, do not care.

The report is the product of a decision between President Uhuru Kenyatta and his bitter rival, former Prime Minister Raila Odinga to put aside their personal interests and work together for the good of the country.

It highlights changes to be implemented which are necessary to push the country out of ethnic rivalries, promote inclusivity, improve devolution and lower corruption, among other issues.

While this definition paints a beautiful picture of a nation whose opposing forces are finally coming together, public opinion about it is split. For instance, when it comes to the role the youth play and how the document will impact them.

Included in the report, are youth targeted proposals such as a seven-year tax break and establishment of business incubation centers to provide business advisory services, which includes access to capital and government contracts, to businesses initiated by the youth.

Also proposed is the establishment of a youth

commission to advise national and county governments on the design, implementation and evaluation of pro-youth policies, as well as ensure inclusivity of their perspective in planning and decision-making among others.

But, the proposals, while very positively framed, feel like recycled lines from former political candidates' manifestos. The song of "youth empowerment" has been used as a tool to win elections for years, and is often quickly forgotten. We have been here before.

How exactly will the implementation process go? What about the young people that are being slapped with six figure demands by KRA before their businesses have broken even? What will be included in the government contracts in fine print?

Young people in Kenya, aged between 18-34 years, constitute about 30 percent of Kenya's total population, and with a size that big, it's not hard to see why so much emphasis is put on them to back the report.

With this in mind plus the other proposals that aim to bring back the prime minister seat and establishing pension funds for those holding office, the BBI begins to feel less like a step to further the country or the youth, and more like a push to benefit the two opposing parties.

*But, the proposals, while very positively framed, feel like recycled lines from former political candidates' manifestos. The song of "youth empowerment" has been used as a tool to win elections for years, and is often quickly forgotten. We have been here before.*

Kenyan youth, especially with the recent exponential growth in corruption, have grown wary about the motives behind the policies the government drafts. With the BBI referendum set to cost Ksh. 14 billion, many wonder if once again, the government is spending money it does not have for something that does not need to happen right now.

Right now, the BBI only looks like a start to better policy changes that will benefit the youth and prove the government competent. But that is only if it is well implemented. Until then, we refuse to look at the document with rose coloured glasses.

# My break-up with girlfriend is personal, says Mulamwah

*By Walter Mbita*

*Our entertainment reporter, Walter Mbita, talked to David Oyando, popularly known as Mulamwah, about his break-up with long-time girlfriend Carrol Sonie.*





Online comedian David Oyando, popularly known as Mulamwah, has said he will not comment about his break-up with long-time girlfriend Carrol Sonie.

In an exclusive interview with SUN Magazine, the comedian said people were bothering him about the break-up as if they cared.

"It is not like the way some bloggers put it. They should read properly what I wrote on my social media pages so that they don't misinterpret the message. For now, it will remain the way it is and I will not talk about it anymore because I am now focusing on some of my upcoming projects that are taking my time," he said.

The relationship that took almost two years ended due to some unfulfilled expectations by the two parties.

"Only the two of us know what is going on between us not like the way some bloggers and some people put it outside there," the comedian said.

The comedian announced the break-up on social media.

He wrote: "I always carried you on my shoulders; I don't know what you saw ahead while was too preoccupied making sure that you remain at the top. I always believed that when you elevate your woman she will stand in for you when you are at your worst, and for many others in society too. That's all I ever wished and still wish for you, the very best in life, and, in all aspects. Lessons are there to be learned, and eggs have to be broken to make omelettes. Mwenye alienda haja husahau, but mwenye alikanyaga hatawai. I believe all this will one day make sense. Asante sana for always being there for me. You made sure that am not a caricature."

He added: "Can't say any more but wish you all the best the world can offer in your business, family and career. I respect everything about you and decisions, what makes you happy makes me happy too, for the gander is for the goose. For this, some will be happy (Kamati), some sad but what matters is how you feel and progress on, even as we part ways I will always love you and keep you at heart until the day I will undergo rigor mortis, livor mortis and algor mortis. The when, the why and the how remains between us. Merci mi amor."

Away from relationship matters, Mulamwah said for now the only thing he is focusing on is his projects that include a series of 20-minute videos to be aired on local television station.

*Only the two of us know what is going on between us not like the way some bloggers and some people put it outside there.*

## MULAMWAH

"I am doing short videos that runs for about 20 minutes and some of them will be aired on a local TV station soon," he said.

Being in the industry for a while now, the comedian says he has supported a number of upcoming artistes.

"Holding hands and helping where you can is what matters and that is what I am doing. I want to continue doing this as long as I am still in the industry. I want to support more upcoming artistes," the comedian said.

The comedian, who is also a singer, advised upcoming artistes to not focus on their failures, but learn from them as they forge ahead.

"The past obstacles are there to build you up not to destroy you. Use them well to build your future," he said.



# Cyclists advocate for clean air through trek tours



By Japheth Ogamba

The Arctic is melting, sea levels are rising, rivers breaking their banks, wild fires are destroying forests in America and an unbearable heat across the African plains.

This only points to climate change and global warming. Cutting trees for our own personal use and development yet failing to replace them is not helping the situation.

In the name of development, we have normalized destroying the environment by accepting dangerous human activities which is akin to waging war against Mother Nature.

Carbon emission is the greatest source of air pollution and 17 per cent of that comes from transportation as motor vehicles and motorcycles burn fuel and contribute to carbon emissions.

Countries are dealing with global warming through sustainable development. This is the act of encouraging development but at the same time looking out for future interests.

Cars are going electric, solar panels and wind panels replacing hydroelectric power and nuclear power.

According to Eldridge Cleaver, there is no neutrality in the world. You either have to be part of the solution or you are going to be part of the problem.

The Chief Executive Officer of Go Green Deliveries Elijah Mureithi is embracing this by ensuring that he is part of the solution.



*It is not an easy task. You need to prepare mentally and physically to take on this challenge. We also do long gym hours to get ourselves not only fit for work but for the next awareness tour. As much as cycling looks effortless, it is a physical activity. We work out hard before embarking on this journey.*

ELIJAH MUREITHI

CEO, GO GREEN DELIVERIES

A rugby player, an enthusiast of cycling and an activist for clean environment, Mureithi came up with the concept of making deliveries through cycling. Go Green Deliveries offers deliveries from point A to point B with zero carbon emissions.

The price for deliveries depends on the size of the package and the distance. Not only is the delivery fast and flexible, the personal communication with the rider doing the delivery ensures efficiency and security.

Every delivery made is a step towards creating a cleaner and better environment. Mureithi has also created employment opportunities for other youth, something that has been a thorn in the flesh of many in this era where unemployment rate is skyrocketing.

According to 'Lee' as he is popularly known, it is the only satisfaction he needs. He relies on youth because of their vibrancy and the will to give it their all in the work place.

There are a number of challenges associated with cycling. Unlike other countries like the Netherlands and UK that have dedicated lanes for cyclists, Kenya has not embraced this mode of transport fully.

Kenya is in the process of doing so. Cycling lanes are being created to accommodate cyclists. There are also inadequate laws created to protect them. This is an issue that has led Mureithi to create awareness campaigns for cyclists through an initiative called Trek Tours.

Once in a while, Mureithi brings cyclists together to cycle from county to county creating awareness for cyclists. The last tour took place last month in Narok County.

The distance from Nairobi to Narok is 140 kilometres. The trek tour took them nearly a whole day. They had to take rests in between and refuel their energy levels.

He said: "It is not an easy task. You need to prepare mentally and physically to take on this challenge. We also do long gym hours to get ourselves not only fit for work but for the next awareness tour. As much as cycling looks effortless, it is a physical activity. We work out hard before embarking on this journey."

# Quintet earn a living from selling ‘KDF’



**By Japheth Ogamba**

In 2013, a group of five men, having had a hard time looking for jobs, came up with a plan to start a business.

Geoffrey Ekapten, Boniface Ouma, Boniface Odhiambo, David Ekesa and Joseph Ouma saw a growing market for doughnuts, popularly known as KDF. The Kenyan doughnut is known to keep one full for a long time. The doughnut goes for Ksh10.

“It was a trial and error. We saw that there was a market and a rising population and this is a snack that everyone loves to eat. It is sweet and one can get full from just consuming one ‘KDF,’” says Geoffrey.

The group came up with a budget of Sh150,000 which they all equally contributed to. This was enough to set the group up with necessary equipment which included the jikos, dough making machines, bicycles for supplying and a small room for their operations.

“It was not easy. We started in a small room

at first. We faced the challenges head on. However, patience pays and it did indeed,” he says.

The group supplies the doughnuts within Kibera and Kawangware where they sell to retail shops at a wholesale price of Ksh50 per packet, which consists of six doughnuts. The buyer gets a profit of Ksh10 per packet.

On a good day, they sell 400 packets making a whopping Ksh20,000 and on a bad day, they sell about 150 packets. It is a profitable venture.

They say meeting the rising demand of doughnuts, inability to access certain areas, licensing and safety requirements are some of the challenges they face.

According to Geoffrey, with patience, hard work and determination anything is possible.

The group of five has been growing their business steadily and they want to expand their operations by finding a bigger place to operate from.

*It was a trial and error. We saw that there was a market and a rising population and this is a snack that everyone loves to eat. It is sweet and one can get full from just consuming one ‘KDF’.*

**GEOFFREY**

# Mathare-based goalkeepers' academy decries lack of equipment



**By Ayub Abdallah**

Shortage of training equipment is dragging down ambition of Mathare Goalkeepers Union Academy founder Levi Otieno Ojuok.

The Titans FC goalkeeper started the academy in May this year to generate modern goaltenders from the slums to the top leagues.

However, inadequacy of training equipment has made it difficult for Ojuok to impart high quality training to the union's keepers.

The final year IT student at Zetech University said his decision to initiate the academy was influenced by the less number of goalkeepers in the country.

Mathare-based academy has recruited over 50 keepers who rely on Levi to sharpen their goalkeeping skills.

Levi is requesting football stakeholders and well-wishers to come on board to support

***My objective is to build a modern goalkeeping academy where I will be training the youth who are interested in football.***

**LEVI**

the academy with cones, balls, boots, gloves, training beeb and jerseys.

The Titan FC player has been steering the academy single handedly from Tuesday to Saturday every week at Mathare 4 A.

The promising goalie challenged his fellow players to learn to give back to the community.

Ojuok said in 10 years to come, he is planning to start programs that will see youth benefit from the scholarship.

“My objective is to build a modern goalkeeping academy where I will be training the youth who are interested in football,” Ojuok reiterated.

The academy is recruiting goalkeepers willing to learn, whose age range from seven to 25 years.

# SHOFCO FC's journey to Division Two League



## Ayub Abdallah

SHOFCO FC coach Kennedy Onyango has passed two grassroots league levels in his five-year coaching career with the team.

The club was registered in the county league in 2015. By then, SHOFCO FC were not taking part in any competitive leagues.

The team was only featuring in tournaments organized by non-governmental organizations based in Kibera to sensitize residents.

Coach Onyango said it reached a time when football federation came up with guidelines for organizing tournaments, but the organizers did not welcome federation's decision.

This made the NGOs that were using sports as a tool of creating awareness in Kibera to pull out.

"After pulling out, we convened to discuss the way forward. Our main aim was to continue nurturing talents from the ghetto.

That's when we agreed to register the club in county league," he said

Shofco FC featured in County League for the first time in 2015, and managed to finish at position eight.

The following year, they played in the same league for the second time and managed to become champions in their zone to qualify to play in mini league.

In the mini league staged at Camp Toyoyo, SHOFCO FC finished on top and grabbed promotion to regional league.

In the regional campaign, SHOFCO played in 2017 and 2018 consecutively before earning promotion to FKF Division Two.

The club finished in position five in their first year in the league. In the year 2018, the team bolstered its performance and scooped automatic promotion to feature in Division Two league.

The team finished second at Nairobi West Regional league table and got promotion to Division Two.

The following year in 2019, coach Onyango squad featured in Division two for the first time. They finished fourth in the league's standing.

This season, 2020, before suspension of sporting activities due to Coronavirus, Shofco FC were placed second in the table with one match in hand.

The club was behind Division Two table leaders with 6 points. The coach had a target to finish top three but the virus outbreak ruined it.

Onyango was appointed SHOFCO FC head coach in 2006 by Shining Hope for Communities founder and CEO Dr. Kennedy Odede.

SUN Magazine is a monthly newspaper published and distributed by Shining Hope for Communities as part of its programs aimed at empowering slum youth by developing their media skills and also to bring attention to the issues affecting the residents of informal settlements. All the work that goes into production of this newspaper is done by youth from the slums. Correspondence should be addressed to [sunmagazine@shininghopeforcommunities.org](mailto:sunmagazine@shininghopeforcommunities.org). You can also visit our Facebook page <https://www.facebook.com/SunMagazineKe/> and follow us on Twitter [@SunMagazineKe](https://twitter.com/SunMagazineKe) for constant news updates, photos, and videos. For news and advertising call 0716810985.