



# One Horizon

*broadening your horizon... brightening theirs.*

## The Power of One 1-Day Program

You will be visiting Kwangware Self Help Community Group which is found in one of the most economically deprived areas Kenya, Kwangware. Kwangware is found in the centre of Nairobi and is home to 100,000 people. At the centre you can become involved helping cook lunch for the children, in assisting with our health checks and in reading to children whose everyday survival is a challenge. Come and see how your contributions are making a real difference to people's lives. We couldn't feed children and help people have a brighter future without your support. Come and see for yourself and become part of the *One Horizon* family.



## How You Help Us

- Your contributions are incredibly important
- Your contributions fund the children's feeding programs and projects
- Come back and see the progress your contributions help us achieve

### KWANGWARE SELF HELP COMMUNITY GROUP

9.00 am	Depart from the hotel to the slum school <ul style="list-style-type: none"> <li>• Short en route tour on the way to the project</li> </ul>
10.00 am	Arrive at the school <ul style="list-style-type: none"> <li>• Site briefing by the centre founder and introduction to the teachers</li> </ul>
11.00 am	Volunteers commence on various activities which include: <ul style="list-style-type: none"> <li>• Health checks</li> <li>• Cooking lunch</li> <li>• Feeding toddler and babies</li> <li>• Classroom teaching</li> <li>• Games</li> </ul>
2.00 pm	Depart from the project
	Lunch
5.00 pm	Shuttle back to the hotel <ul style="list-style-type: none"> <li>• En route tour of the Nairobi area and its suburbs and a view of the Kibera area at large</li> </ul>

## Our Centres in Context

- Kenya has a population of 43 million
- Life expectancy is 56.5 years
- 45% of the population are under 14 years of age
- Average PA income is \$750
- The unemployment rate is 40%
- 50% live below the poverty line