

MONTHLY REPORT – AUGUST 2026



INTRODUCTION

August is normally a quiet month because schools are closed, but for Moving Mountains Kenya it was a very busy month.

Our main focus was making sure vulnerable children continued receiving meals during the school holiday, supporting families facing hardship, maintaining the Rescue Centre and preparing for the reopening of schools. At the same time, our football, music, ECD, youth enterprise, peer education, guidance and counselling, and outdoor activities continued.

We also used the month to improve our systems and control costs. We introduced a duty rota for the Rescue Centre kitchen, installed a 460-litre water tank, improved food storage and changed the breakfast menu.

We were also pleased to have Rowan, a volunteer from England and a former student of KES, who spent three weeks supporting the Rescue Centre. She worked with the children and staff in peer education, girls' football, music and weekend activities.

August also showed the generosity of our local community, with cash, food and clothing donations helping us support both our children and five vulnerable households.

COMMUNITY GENEROSITY AND FOOD BANK



August brought valuable support from our local community.

Donor

Donation

Elizabeth Njiru

Ksh. 60,000 cash

Lucy Mutua (A.C.K.)

50 kg dry beans

Gerald Family

5 kg maize flour, 25 kg rice and clothing

We particularly thank Elizabeth Njiru for her Ksh. 60,000 donation towards the feeding programme. Elizabeth is the daughter of a close friend of Lilian “Mathe”, who works abroad. We are very grateful for her generosity and support.

Rather than keeping the donated food in storage, we established a small food bank and used it to support five vulnerable households identified through home visits.

The families supported included single mothers, a single father and families living in difficult conditions with unstable incomes.

Each household received food and, where available, clothing.



FOOD BANK HOUSEHOLDS

The five households supported included:

- Mama Florence – a single mother of four living in the slums with an unstable income.
- Mama Baraka – a single mother of four who had been evicted and was being hosted by a well-wisher.
- Baba Alfred – a single father of three following the death of his wife, with particular concerns around his young son’s nutrition.
- Mama Robert – a single mother of four living in difficult conditions.
- Mama Shalin – a single mother of three living in the slums.



RECOMMENDATION

We should introduce a proper food-bank logbook recording the household supported, date, items given and reason for support. This will improve accountability and follow-up.



RESCUE CENTRE IMPROVEMENTS

During August we completed several practical improvements at the Rescue Centre.



WATER STORAGE

We connected a 460-litre water tank to improve water availability for kitchen and hygiene use.

Cost: Ksh. 12,200



FOOD STORAGE

A new metallic food-storage cabinet was constructed to address the rodent problem and improve food safety, hygiene and inventory management.

Cost: Ksh. 28,830

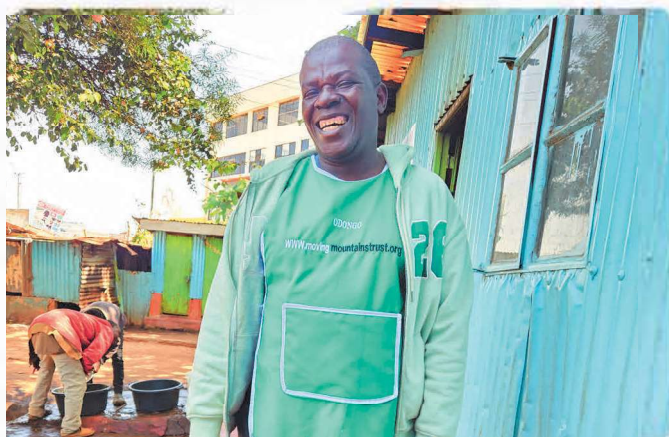


STAFF DUTY ROTA

We introduced a formal kitchen duty rota to ensure that responsibilities are shared fairly among staff. The rota has improved:

- Sharing of responsibility
- Segregation of duties
- Teamwork
- Workload management
- Accountability

These are simple improvements, but they are important in helping us run the Rescue Centre more efficiently and responsibly.



RESCUE CENTRE AND CHILDREN'S ACTIVITIES

Although schools were closed for much of August, activities at the Rescue Centre continued. The children participated in a range of activities including:



Life skills and peer education



Music and creative activities



Football and sports



Outdoor activities and hikes



Guidance and counselling



Support and interaction with volunteers



GUIDANCE AND COUNSELLING

Mrs. Mugandi supported the children during the school holiday by holding two guidance and counselling sessions each week at the Rescue Centre.

Her sessions provided the children with an opportunity to talk openly, receive guidance and discuss issues affecting their behaviour, relationships, confidence and personal development.

Mrs. Mugandi has also continued to offer her guidance and counselling services at the Rescue Centre, providing ongoing support to the children beyond the school holiday.

We appreciate her continued commitment and the valuable support she provides to the children.



COMPUTER SKILLS

Sharon also started providing basic computer classes to three children at the Rescue Centre during August.

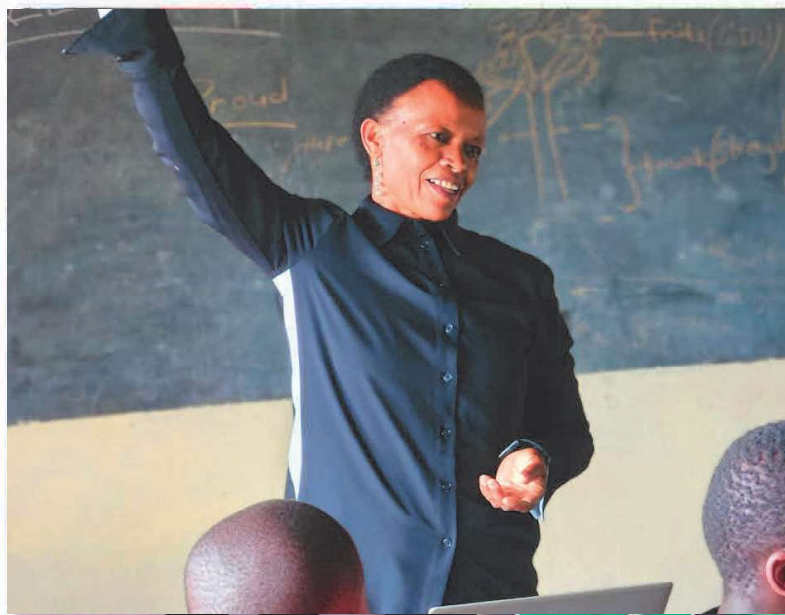
The sessions are already working out very well, with the children showing a lot of interest and enthusiasm in learning how to use computers.

This is a positive development because computer skills will give the children useful knowledge for their education and future opportunities. We will continue with the sessions and, where possible, look at expanding the number of children who can take part.



ONGOING IMPACT

These activities continue to help the children grow in confidence, build new skills and develop positive relationships. We remain committed to creating a safe and supportive environment where every child can learn, grow and thrive.



VOLUNTEER CONTRIBUTION – ROWAN

We were very pleased to have Rowan, a volunteer from England and a former student of KES, supporting Moving Mountains Kenya for three weeks. She worked closely with the children and staff and contributed to several activities.



PEER EDUCATION

She conducted sessions focusing on behaviour change, peer pressure and positive decision-making.



GIRLS' FOOTBALL

She assisted with girls' football training, supporting teamwork, discipline and confidence.



WEEKEND ACTIVITIES

She joined the children for hikes and other weekend activities, giving them an opportunity to spend time outdoors and develop confidence through new experiences.



MUSIC CLUB

Rowan made a particularly good contribution to our afternoon Music Club. She taught the children how to play drums and piano and helped them develop their own original song. The song is not yet recorded, but we hope to complete and record it in the future. We thank Rowan for the time, energy and skills she shared with the children and staff.



BLACK CATS FOOTBALL AND EDUCATION SUPPORT

Black Cats continued football training and activities for both boys and girls during August. The Black Cats girls also prepared for the Ambassador's Ladies Cup in Nairobi, giving them an opportunity to compete outside Embu and gain valuable experience.



EDUCATION SUPPORT – ALSAINT STUDENTS

Another important achievement during August was supporting the 10 students from Alsaaint whose scholarship period had come to an end.

We worked to make sure that none of the students would be left at home because their scholarship support had ended. Moving Mountains Kenya facilitated their admission to County Junior Secondary School, ensuring that all 10 students could continue with their education. All ten students are now settled at County Junior Secondary School and have resumed their studies.

This was an important intervention because the priority was to ensure that the children did not lose their education simply because their previous scholarship arrangement had ended. We will continue to monitor their progress and look at ways of supporting vulnerable students where possible.



FOOTBALL TRAINING & ACTIVITIES

Black Cats continued regular training sessions and participated in various activities that promote teamwork, discipline and personal growth. Both boys and girls are showing great progress and enthusiasm.



CAR WASH

The car wash was started as a youth enterprise to create work opportunities and give young people practical experience in business.

However, we need to be honest that the car wash is currently not doing well enough to sustain the number of boys involved. Customer numbers remain low while the costs of supporting the young people continue.



WAY FORWARD

For the time being, two boys will be enough to operate the car wash. There is also no need for a manager at this stage, as the current level of business does not justify the additional cost.



PERSONAL ROLE

I will continue to personally help and manage the car wash, working with the two boys and looking at ways of improving the business and attracting more customers.



FOCUS

This is not about abandoning the other boys. It is about making the project financially sustainable and allowing us to first establish whether the business can grow.



GROWTH PLAN

Once the car wash is consistently getting more than 10 cars, we can review the situation and consider increasing the number of boys involved.



CURRENT PRIORITY

For now, keeping the operation small, removing the additional management cost and having me oversee the project should give us a better opportunity to make the car wash work without putting unnecessary pressure on the project budget.



MUSIC, OUTDOOR AND LIFE-SKILLS ACTIVITIES

The afternoon programme at the Rescue Centre continued throughout August, with children taking part in music, life skills, sports and recreational activities.

The Music Club continues to be an area with good potential. The children are learning instruments and are also being encouraged to develop their own creative ideas.

Outdoor activities and hikes gave the children opportunities to build confidence, teamwork and positive relationships outside the normal classroom environment.

The combination of music, sport, peer education, counselling and outdoor activities continues to give the children a more balanced programme beyond formal education.



Conclusion

August was a month of meaningful progress, with continued support for the children, practical improvements at the Rescue Centre, and valuable community and volunteer contributions. We remain committed to building on this progress and creating sustainable opportunities for the children and young people we support.

*Prepared by: Gilbert Njeru
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