



Dear Supporters

Here is our latest update on what has been happening in Kenya and here in the UK. Pop on the kettle, make a cuppa then enjoy a sit down while you read our Autumn Newsletter.

The AP Trustees and Volunteers would like to extend their congratulations to Samuel for the completion of his BSc qualification. He has worked extremely hard for this achievement and we wish him well in his future endeavours.

A message from Samuel in Kenya . . .

I am so glad and feel privileged to have an opportunity once again to share with you how I have been doing. I lack words to express my gratitude, it is for sure that without KAP/Acorn Project I would have never got beyond high school, you have given me a career and helped realise my dream. You have turned my life around. God will surely reward you.

My wife Brenda and my Mum, send their greetings to you all. I was at home in Ndhiwa for a weekend visit recently. They have informed me to also thank all of you for supporting me.

Internship experience - this has been a very valuable experience with the opportunity to put into practice what I have learnt in medical school over the past 3 years.

I have had 5 rotations each lasting 10 weeks in all of the hospital departments. I started in the emergency department and community health, then internal medicine, surgery, paediatrics and then lastly reproductive health.

I was able to handle emergency cases, being trained on basic life support and advanced life support. I was also able to perform various surgical procedures under supervision and alone. I advanced my skills in medical history taking and diagnosis of conditions in adults and paediatrics. The most exciting experience was at reproductive health where I did caesarean sections and did some complicated deliveries. The only challenge during internship was having to sometimes be on duty 24 hours if I got called out of hours to attend to any emergencies.

What next after Internship - a BSc Clinical Medicine qualification opens up more opportunities for me both in the private and public sector, despite stiff competition due to many people looking for the same opportunities ... such as at an NGO, County jobs and starting my own hospital. Currently, I have applied for the position of a Clinical Officer working at the Comprehensive Care Centre (CCC) while being on the look out for more opportunities.

Future Plans - Short term, is to ensure economic stability, support my family to grow and finish up educating my younger siblings. Long term, pursue a Masters Degree in Oncology or Emergency Medicine. Start up a community hospital near Ndhiwa. Help less fortunate children get an education.



Good news in a lovely letter from Kenya . . .

A letter of thanks and update has been received from Lilian, who was sponsored through her secondary schooling via the 'Antelope Foundation' charity that KAP worked with. This helped her to gain the academic requirements for her nursing course.



Dear Muriel,

I hope this finds you well.

Below is my life story and a few photographs of me.

In a bustling family of seven siblings, I'm the middle child, situated between two elder sisters and a brother, and followed by three younger sisters. My mother's presence has been a guiding light throughout my life since the demise of my father in 2011. Her love and care provided a foundation of strength amidst economic struggles as I looked for a path to success and eradication of poverty that I was born in.

From an early age, I found myself embracing the roles of both the black sheep and the hope of the family. While I embarked on paths less travelled, my aspirations always shone brightly, giving my loved ones reason to believe in my potential. Early in the years of school I earned a sponsorship from Kenya Acorn Project that saw me through high school. Having excelled in high school, the future became more promising with aspiration for greatness. I joined Kenyatta University and pursued a Bachelors Degree in Nursing and Public Health and graduated in 2019 before a 1 year internship.

My journey led me to the world of healthcare, and after three years of experience as a mental health nurse at Chiromo Hospital Group, I found my true calling. The complex human mind fascinated me, and I committed myself to making a difference in the lives of those struggling with mental health challenges.

My dedication and hard work did not go unnoticed. I rose through the ranks and eventually became the nurse in charge of Chiromo Hospital Group's Nyali branch. It is a position of responsibility that I embrace wholeheartedly, striving to create a safe haven for patients and a supportive environment for my colleagues.

Amidst the challenges and triumphs, the unwavering support of my family and the memory of my mother's nurturing love continued to guide me. With each step, I aim to break barriers and defy expectations, proving that even the black sheep can become a beacon of hope.

As the years passed, my journey in the world of mental health nursing became more than just a profession—it became a mission. I found fulfillment in helping others find their strength, just as I had found mine. And through it all, the lessons from my family and the love of my mother remained at the core of who I was, a reminder of the remarkable power of resilience and the impact of unwavering belief.

And so, the story continues, with each day offering new opportunities to make a difference, to be the hope for those in need, and to honor the legacy of a loving mother who instilled in me the values that would shape my extraordinary journey which is still on the move, I'm soon registering for a masters degree . . .

Warm Regards
Lilian RN

Every child no matter where they are born deserves the right to succeed in life.

I look back and all I can say is thank you.
Gratitude from Lilian



Because of your thoughtfulness I'm now a nurse in charge of a speciality hospital.



Soapstone Box £6

Soapstone Elephants £8

Wrist Band £2 ea

P&P is not included in the price.



Do you ever get stuck wondering what to buy someone for a gift?

Here are a few of the lovely Kenyan Handicrafts which Acorn Project have available to purchase.

100% of the sales goes directly to a variety of charitable work Acorn Project supports in Kenya.

Please email: admin@acornproject.org.uk if you would like more information or make a purchase.

Asante sana
(Thank you very much)



Acorn Project will be having a fundraising table at the Christmas Fayres advertised below . . .

**John Willie Sam Centre
Christmas Fayre 2023**

Market Street, Dudley NE23 7HS

Saturday 18 November, 10am - 1pm



Walkerville Community Centre

6 Pinewood Close, Walkerville, NE6 4SZ

Saturday 2 December, 10am - 2pm

Come and join in all the fun!

It would be lovely to meet some of our supporters, if you are able to come along.

**Saturday Bonus Ball
Winning Numbers**

Date	Lotto Number
July	
8	14
15	30
August	
12	44
September	
30	52

Congratulations to the supporters who have won since the Summer Newsletter.

There are still quite a few numbers available if you would like to join in.

£1 per number per week. You could win £20 if your number is drawn as the Saturday Bonus Ball.

Please email: hello@acornproject.org.uk if you would like to receive more information.

You can find out more via our social media posts:-

Facebook: www.facebook.com/acornprojectkenya

Instagram: [acornprojectcharity](https://www.instagram.com/acornprojectcharity)

Website: www.acornproject.org.uk

If you would like to make a donation please visit:
wonderful.org

