

Feed a Child Challenge

Please help us make a significant difference to a child facing the daily challenges of finding food, clean water and a safe place to sleep for the night.

Liz Formby, MBE, Trustee of ACEF



The Challenge is about helping to feed our vulnerable children in Kenya. We hope you will have fun doing it through challenges and projects reflecting the vibrancy and beat of Africa.

We hope the challenge represents what we want for our children; has freedom, opportunity and challenge. There is no set number of activities - all we are asking is for you to think outside the box, challenge your boldness and think beyond your boundaries, whilst raising a few pennies to support our amazing students who attend Brainhouse Academy.

The school, which Akamba Children's Education Fund (ACEF) supports, is found in Mathare North - one of the world's largest slums, just outside Nairobi in Kenya. Raising just £1.25 will feed a child for a whole week. It is that easy to help a child facing hardships, which we find difficult to imagine. As we are a volunteer led charity, we can keep our costs to an absolute minimum, so you know your money goes to a child and really makes a difference.

You can see more at www.acef.uk.com

Telephone us on: +44 (0) 121 745 2597

Write to us at: Liz Formby, ACEF, Akamba, 101 Sandyhill Road, Shirley, Solihull, West Midlands, B90 2EU

What is the challenge?

Freedom! You could just buy our beautiful badge (£1.50). The 52p profit will feed a child for 2 days. You could decide to have a go at the activities to 'earn' the badge. You could just do the activities; we hope you won't, but that freedom is yours.

Challenge! Dive into the activity pack and have a go at whatever you fancy - we hope we have given you lots of choice or led you to other ideas. You don't have to do the ones here - they are just too whet your appetite and you inspire you to think outside the box.

Opportunity! To think a bit more about our global world and spread the word by hosting a wonderful celebration evening to demonstrate just how creative and free thinking you are. In doing so, you could raise extra money for Brainhouse Academy and support many more young people.



Who is the challenge for?

Anyone! Guiding, Scouting or Boys & Girls Brigade or you could even be part of a school class. You could be in Trefoil Guild or an embroidery club who would like to do something different. Or even just a group of friends who fancy trying something different!

We hope that there is something in here for your all.

The Activities

We want to share the creativity, innovation and rhythm of Africa. Too often the image of Africa is of poverty but is so much more; a tapestry of energy, vibrancy, excitement, a hullabaloo of noise and colour - it is such an exciting and challenging place to be and we hope to capture this in some of the art, music and food challenges we present.

In researching and designing the activities we thought it would be wonderful to be able to showcase the creativity and out of the box thinking at a celebration event - where you could use your entrepreneurial skills to raise additional money to support our young people or even other young people who need your help.



Chapter one - Thinking beyond your boundaries

In Africa kids and adults are incredible at creating something new out of something old - they do it without even thinking, particularly with their art and music. In Africa tins are turned into beautiful finger pianos, shoes made from car tyres, bowls made from the inside of telephone cables, toys made from bits of wire and rubber. Can you do the same? Can you create something new out of something you might throw away?

- Create an art masterpiece out of everyday objects and waste products - look at the stuff you normally throw out and decide how you could create a sculpture, a huge flower, a 3D picture, a piece of art for the garden, a plant pot from tin. Have a look at places like <http://www.designrulz.com/design/2015/01/diy-40-ideas-gardening-recycled-items/> and <http://www.treehugger.com/lawn-garden/diy-seed-pots-common-household-items-starting-seeds-indoors.html>.
- Make new paper from old, add flower petals, glitter, food colouring to jazz it up and then put in small packs to sell. Loads of instructions on the internet, but here are some links. <http://www.auntannie.com/Papermaking/RecycledScraps>
- Make a seed gift out of egg cartons. Or egg cup flowers. This idea and more at <http://www.parents.com/fun/arts-crafts/kid/creative-egg-carton-crafts/>.
- Create pots out of paper.

- Depict Africa through a mosaic of paper, pictures, beans, leaves, flowers and grasses.
- Create bowls using different mediums with a balloon as the mould - confetti, rolled up paper. You can also make a bowl from a CD! <http://www.goodshomedesign.com/decorative-confetti-bowls/>
- What can you make from a plastic bottle? Have a competition? Ideas like bugs or flowers. <http://www.boredpanda.com/plastic-bottle-recycling-ideas/> or <http://pagingfunmums.com/2013/01/24/fun-easy-bottle-cap-bug-craft-louise/>



- Create an outfit from recycled material. Or make an outfit reflecting African culture. <http://www.brit.co/recycled-dresses/>
- Learn about weaving and create your own masterpieces using things that might be thrown away like old clothes ripped into strips. <http://www.wikihow.com/Make-a-Paper-Basket>
- Make pencil cases out of old jeans and trousers. Lots of ideas on the internet.
- Create an orchestra out of recycled material and perform a song from Lion King
- Create new and wonderful animals out of junk. Elephants and skeletons can be made from plastic milk bottles - see all the ideas on the internet - however here are some links. <https://babygenie.wordpress.com/2011/04/19/how-to-make-milk-bottle-elephants/>
<https://www.youtube.com/watch?v=vMaPxtinEs0>
- Create penguin ornaments (there are penguins in Africa too) out of light bulbs. See this and lots of other ideas at <http://www.viralnova.com/cool-trash-ideas/>
- Explore the different dimensions of mask making and create your own. <http://www.artfactory.com/africanmasks/design/design.htm>
http://www.dltk-kids.com/world/africa/make_an_african_mask.htm

Chapter two: Testing the inventiveness and drama inside you

Every African I have ever met is a wonderful story teller who can take something very simple and turn it into a whole drama. They love nothing better than sitting around a fire or the kitchen table and sharing stories of their day and singing songs. Have a go and see if you can create a bit of drama yourself. If that does not appeal be innovative and think about creating something that is useful to use in your everyday life.

- Write and present a drama which tells a story of the African wildlife or a particular animal
- Write and present a drama which portrays the challenges and hopes of young people who live in Muthare North, in Kenya - this is our slum and some of the challenges are in the introduction to this badge and on our website. You can also do further research about living in a slum - here is some basic information about our sister slum
<http://www.kibera.org.uk/facts-info/>
<http://www.street-children.org.uk/african-street-children/kenya>



- Create a drama which helps young people understand the issues around health and poverty living in a slum community
- Create a dance which represents village life or slum life in Africa.
- Write a song which talks about the challenges of living in a slum community.
- Listen to African music and draw whatever comes into your head - let your creativity go and make it big bold and bright.
<http://www.bing.com/videos/search?q=kids+dancing+in+Kenya&&view=detail&mid=B9685992F1576303D80AB9685992F1576303D80A&FORM=VRDGAR>



Chapter three: Discovering your entrepreneurial talents

The drive for creating these badges and ideas for you to explore, is for you to help feed our children at Brainhouse Academy. We need £12,000 every year to make sure that they can eat **one** meal a day, when they are in school. So how could you use your talents to raise some money?

- Hold an auction night to sell your art masterpieces. Or, if you can't bear to be without your creation have a gallery night to show your talents to your family and friends
- Put on a concert and fashion show based on your creations.
<https://uk.pinterest.com/whisperedprayer/recycled-fashion-show-ideas/>
<https://en.wikipedia.org/wiki/Trashion>
- Create a cup cake African village to sell at your events.
- Create cakes which reflect the animals and beautiful sunsets of Kenya



- Research the tea culture of Africa and serve traditional tea and eats.
<http://www.bellaonline.com/articles/art2643.asp>
- Create an African market and sell the produce you have made whilst doing the challenge.
- Have an event charging others to learn from you - have a go at the crafts you've tried.

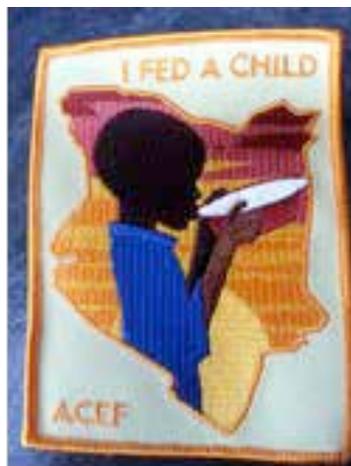


Chapter four - Learning about the beat and dance of Kenya

It seems right that you should also understand a little bit more about Kenya and the way of life there, so this chapter is about you taking time to research and explore more about this beautiful land and share your knowledge with your friends.

- Explore the staple diet of a young person in Kenya and swap your lunch or dinner to try it.
- Research Kenyan food and recreate - peanut stew and goat curry.
<http://allkenyanrecipes.com/>
<http://www.kenya-information-guide.com/kenya-recipes.html>
- Learn phrases in Swahili - can you learn enough to hold a short conversation?
<http://www.bbc.co.uk/languages/other/swahili/guide/facts.shtml>

The Badge!



Badge Order Form

Number of badges required	Cost at £1.50 per badge
<p>Total (adding correct postage)</p> <p>Up to 8 badges = 70p</p> <p>8 - 25 badges = £1.50</p> <p>25-49 badges = £2</p>	

Name and address _____

Email address _____

Landline phone number (optional, just for quick queries) _____

Post to: Janice Addison, 76 Burman Road, Shirley, Solihull, West Midlands, B90 2EU

Queries and feedback: Liz Formby at Elizabethjane07@gmail.com

ACEF Badges - receipt (for us to complete and return to you)

To _____

Amount _____

Signed _____

Telephone us on: [+44 \(0\) 121 745 2597](tel:+44201217452597)

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How will it help?

Every penny you raise will go directly to helping feed our young people who come to school and live at Brainhouse Academy. Your money means our students can put their energy into learning and not searching for food.

Only through learning to read and write can we help them find a new and exciting future.

Our children who come to the school live in a space that is home to 600,000 people in less than three square miles. There is no electricity, no running water or sanitation. Life is very difficult for them; every day is a challenge to stay safe and healthy, find food and clean water and to find a safe place to sleep at night.

ACEF and Brainhouse Academy have a passion and drive to help these young people, to take them off the dangerous streets. We want them to know someone cares about their future. To feel nurtured by giving them an education, so their children won't face the same challenges they do and we break the cycle of poverty.

This challenge is about helping us make it possible for all of our children to have a better future. We could not do it without the help and support of wonderful people like you.

A Message from the Head Teacher

'Believe me; your support does wonders to the children who endure atrocious living and learning conditions in this slum. Your help and support, restores hope to those much less fortunate children who live in Mathare North. I would like to thank you for all your efforts and support in helping us, help our children

I think you all have done so much for the security of our children. I am saying this without exaggerating - our children are now coming to school, they are staying here. They have a home, where they can get a hug, get something to eat, where the teachers are friendly, where they do and learn things that are relevant to their futures and our country. They are safe. You have made this possible.

Thank you so much, thank you again, may God bless you in very special ways.
Aggrey Okuma, Director and Headteacher of Brainhouse Academy

