

Newsletter 1st quarter 2024 - KASH youth projects

Welcome back, best reader!



Where were we?

In our previous newsletter from the end of December 2023 you read what we all did last year. Despite that 2023 would be a 'gap year' for us, we have been very busy behind the scenes setting up the foundation, the solar panel project in the APDK clinic, setting up a sponsorship campaign after floods in Mombasa and of course the many activities that have been organized. The installed solar panels provide major savings on energy costs for the clinic. The money that is saved will be provided as a contribution for the following projects. Finally, on New Year's Day, just after the previous newsletter came out, we baked and sold more than 900 "oliebollen" to raise money for our work trip to Kenya in July 2025.



The new solar panels at the APDK clinic in Mombasa



Our help to those affected by the floodings at Bombolulu Workshops Mombasa

Visit Cathy at our projects

Our secretary Cathy Erbrink recently traveled to Kenya to visit the APDK clinic and Oyiengo Primary School, where we will be undertaking projects next year:

“In recent weeks I have been in Kenya to visit our projects of next year. Yes, You read that right: projects. First of all, I spent a few days in Mombasa, at the APDK-clinic. The therapeutic swimming pool that we completed in 2022 is in beautiful condition. To be sure that it is sufficient, I followed their therapy in the swimming pool with a number of children. What a pleasure to see those children working so diligently and having a lot of fun at the same time. It's very satisfying to see this. I also got to see the new roofs of 2 dormitories with solar panels on them. Especially the workshop, where orthopedic instruments are being made for the children, benefits greatly from this. Delivering the service they want every day. Power all day every day. No longer having to send people home and have them come back again in the hope that there will be power. Awesome. And the financial department is completely enthusiastic. The bills had gone up considerably recently and now with the solar panels they are 99% down. The savings amount to approximately €7,000 - €8,000 per year. This will be used for the investment in projects 2025-2028. Worth a party. We also discussed what we will do next year. The roof will be repaired, but not by us, a local company will do that. We are going to make murals for the children in the dormitories and also in the dining room. We can probably start thinking about what comes next.

I also visited the APDK Bombolulu workshop that was so badly affected by the rains late last year. They are getting back on their feet and are aware that climate change could make it happen more often. They are already preparing for it. The stuff from the ground in the houses, a waterway and at the deepest point a water wheel. Top.

I then flew to Kisumu where we will also be doing a project next year. We made contact with the Oyiengo Primary School through the Kadowinja foundation. We are also going to paint here, but just the walls. The walls are dark and clearly in need of a makeover. We are assisted by the Kisumu women's football team. Fortunately, there was also time for relaxation, although that was also about next year. We shouldn't miss the beautiful sunrise on Lake Victoria, but to be able to talk about it with passion, you first have to see it yourself!

All in all, a successful trip that has strengthened ties with APDK and generated new contacts in Kisumu. We are already looking forward to next year, time can't go fast enough for me.”



Participants wanted!

For the KASH 2024-2025 project, we are still looking for some young people (16 years or older at the time of departure) who would like to join our enthusiastic team.

The project has 2 phases, the first of which takes place in the Netherlands. In the period up to and including June 2025, we will organize activities and promotions to raise money for the work trip to Kenya and do something good for the people in the area. We attach great importance to the personal development of the participants, by giving them the opportunity to further develop social and communication skills, build leadership qualities and make a positive contribution to society. Of course, the participants are supported in this by the board.

In July 2025, we will travel as a group to Kenya to realize the aforementioned projects in Mombasa and Kisumu. During the more than 2 weeks that we are there, we will make a valuable contribution by realizing the projects and of course making a wonderful trip. The trip includes a multi-day safari from Nairobi to Kisumu, watching the sunrise at Lake Victoria, the fish market in Kisumu and trips inside Mombasa.

Are you or do you know someone who is very enthusiastic about this, please contact us via kashjongeren@gmail.com!

Featured activities

After a busy December month with the Christmas market and “oliebollen” campaign, we organized on **March 16** with the **duo cycle activity** the first activity of this year.

On this windy, but fortunately rain-free day, we cycled a beautiful route between the meadows around the Pannehoeve nursing home and around the Berkendonk recreational lake. Halfway, the cyclists and guests were warmly welcomed at our treasurer Bart's home. Both our volunteers

and guests visibly enjoyed this special activity. That is why we would like to organize this activity again on **1 June**, in collaboration with the Duofietsen Helmond foundation. This date is still subject to change. Just like the weather, but we hope for a sunny day!



In response to last year's positive reactions, we have organized another **Easter lunch** this year. Today, on **30 March**, our guests enjoyed an extensive lunch buffet. As usual, the proceeds from this campaign will go to our projects.

There are already in the second quarter of this year a number of activities on the programme. So we from KASH lead a **church service** themed '*inside out*' on **21 april** in our own unique way in the Bethlehem Church in Helmond. Based on personal stories, among other things, poems, and live music we reflect on the connection between life inside and outside the church. This service is from 11:00 AM to 12:30 PM, followed by lunch for €5 p.p. Please register for lunch via kashjongeren@gmail.com

After last year's great success, we are organizing on Saturday **May 11** another **plant market** from 11:00 AM to 3:00 PM in the rectory garden in Stiphout, Dorpsstraat 34 in Helmond. This market is all about sustainability and upcycling, where new, fully-fledged products are made from old materials. Think of wind chimes made from old cutlery and shells, bird food in old crockery and garden signs made from old pallet wood. Of course we also sell many different types of plants that we have mostly grown ourselves. In addition, we give plants, that a garden center has rejected, a second life in the context of sustainability.



This year, in addition to many perennials, we also have aquatic plants, ornamental grasses, vegetable and fruit plants, herbs and bedding plants. You might find a nice gift for Mother's Day, or of course beautiful plants to brighten up your garden, so make sure to drop by!

More information about our activities can be found in the [Overview](#) on our website.



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