

BIRTH AND BEYOND NEWS

Edition 1: Dec 24



Christmas Chapo Fest returns to celebrate teenage mums



Welcome to the first newsletter of the Birth and Beyond charity, which I, Patricia Njeri, founded in Kenya to help disadvantaged teenage mothers achieve a better quality of life.



Guests enjoying games during last year's Christmas celebration



Patricia Njeri has won many awards for her charity work

Christmas was never Christmas unless the famous chapatti, or the popular flatbread affectionately known as 'chapo', was traditionally cooked in your home. Many Kenyan adults can still recall the exchange of one key cooking implement like the pan which was passed from one home to the other, often reaching some families late in the evening. Even more reminiscent, were the new clothes, the layers of oil on the skin, the photos, the jubilant atmosphere and the visiting relatives from far and wide. It is, against the backdrop of such memories that, 'Chapo Fest' was created.



Chapos are so popular at Christmas

Being a time of sharing in joy, and togetherness, Birth and Beyond often chooses to use this time to gather a rare community together. A community that is often forgotten in many societies. The Christmas Chapo Fest gathers teen mums from the low-income areas of Gataka and Kware in Ongata Rongai Kajiado County. It is on Friday 20 December, at Nairobi Chapel Ongata Rongai, from 10am. Donation, including food and drink, is only 1,000 Kenyan shillings (roughly US\$8).



Young mothers engrossed in a fun game

Now in its fifth annual edition, this year Birth and Beyond aims to attract 100 teenage mothers and their families.



A spirit of warmth and cohesion is always a feature

It's more than just a gathering; it's a lifeline of support, a boost of confidence, and a reminder that these young women are valued and never alone. It's a family-friendly holiday celebration with a unique Kenyan twist. Last year's successful event was proof of that.

Chapo is at the heart of the event, symbolising the warmth and comfort of home. Along with a hearty meal, participants receive essential resources, gifts for their children, and a chance to bond with one another in a nurturing and welcoming environment.



An array of cooked food and fruits is always available

Support needed

Raising a child as a teenager comes with numerous social, emotional, and financial challenges. These women often lack the support networks, resources, and opportunities that others may take for granted. The Christmas Chapo Fest helps ease their burdens during the holiday season, giving them a moment of joy, connection, and empowerment.



Giftng to one of the victorious teams.



A past donation event by Birth and Beyond

By helping Birth and Beyond reach its 100 target you're doing more than making a donation. You're giving the mums and families hope and encouragement they need to keep moving forward and building a better future for themselves and their children.

Get Involved

① Donate financially:

Your funds will go toward meals, baby supplies, gifts, and venue arrangements. Every contribution, big or small, helps bring this event to life.

② Sponsor a family:

With a specific donation, you can provide direct support to a teenage mother and her child, covering essentials like food, diapers, and a Christmas gift package.

③ Supply essentials:

We welcome donations of baby items such as diapers, wipes, formula, or food supplies to ensure that these families have everything they need for a happy holiday.

④ Volunteer time:

Want to lend a hand? Join us at the event to help with setting up, serving meals, or coordinating activities. Your presence alone will brighten someone's day.

⑤ Spread the word:

Even if you can't donate directly, you can help by sharing our mission on social media, telling your friends, and encouraging others to get involved. Together, our voices have the power to drive real change.

Collective spirit

This holiday season, let's extend our hands and hearts to the young mothers among us. By supporting the Christmas Chapo Fest, you're helping create a moment of joy and hope that they — and their children — will remember long after the season ends.



Some volunteers at the registration desk during a medical camp organised by the program



Njeri expects this event to be its best ever

To donate or for more information on how to get involved, please visit <https://birthandbeyondkenya.org> or contact us at birthandb@gmail.com

Donate to: <https://www.mchanga.africa/fundraiser/71380>

Christmas is about sharing love and joy with those who need it most. Let's make this festive season a time of true community spirit.