

A letter from the Trustees:

Dear All,

If it's not too late—Happy New Year!

In this issue, we share up to date news of our students as they start a new academic year. We also have updates on new graduates, school leavers and about our support for the women's co-operative SIJE.

At our last general meeting on 7th January the Trustees set a date for our AGM (see below). We very much hope to see some of you there. As in previous years, if you can't make it we would be very glad to receive a proxy vote. Please [email](#) us if this applies to you. Would you be able to stand as a Trustee? We meet 3 times a year and we're always keen to welcome newbies! If so, please contact us for a chat about what's involved.

As always, we are very grateful for your continued support, without it we could not make the difference we do to so many lives. Just a reminder, if you are a tax payer and haven't already signed up please fill in a Gift Aid form! As a small Charity these claims make a huge difference to our income.

Email zflkenya@gmail.com for a form or go to the website.

Best wishes

Annual General Meeting 2026

At 5pm, Wednesday 5th April 2026

Venue: The Bull & Dog, Coton

Please let us know if you are able to attend, can't make it but can offer your proxy vote and/or to request copies of the associated paperwork

mail@zfl.org.uk

Student Spotlight

It's a new academic year so here's a round-up of news about our sponsored students:

At **Innis**, the porridge programme continues to make a significant difference to the learning abilities of the youngest children in the school. Having looked at the Primary School Certificate results and in consultation with the Head teacher we have agreed to support 2 of the highest achieving candidates. Brian and Nicole have now started their studies at their respective secondary schools..

- **Bremah** graduated from at Tengecha Girls School last December and having achieved good results is waiting to see if she is offered a place at university.
- **Sharon** has begun her final year St Francis Rang'ala girls school she's doing very well and has sent this message: *I hope you are all fine. I'm glad to communicate to you after this long period of time. May I take this wonderful time to express my gratitude for your great support towards my academic journey. School has been fine and I have done all the best I could, however, mathematics has scored very dismal grade. I promise to put a lot of effort and come next year, I promise to improve. May you receive a lot of greetings from my family and especially my mother who expresses her joy for the great work you have done since I started my high school education.*
- **Frederick** has reported back to Senator Otiento Kagwang High School Year 3 and continues to make good progress.
- **Fidel** has started his final year at Nyambira High School and is showing promise in his results.
- **Manasee** has received a partial bursary from us to continue his B.Ed with IT and SEN at Maseno University.
- **James Ochieng** is about to start semester 1 of his final year studying a BSc in software development. He will graduate in 2026.
- **George Bush** has graduated from Koderabara High School and has sent us a thank you note: *First and foremost, I would like to thank my sponsorship team, ZEST FOR LIFE, for standing with me from the time I joined high school until I sat for my KCSE examination. Your support has been valuable to my academic journey. Despite coming from a very humble family background and facing many challenges along the way, you never gave up on me. Through your support, I have reached this far. I sincerely hope that you will continue to support me as I take the next step in my academic journey, because through you, I believe I can achieve even greater heights. Once again, thank you for your kindness, support, and belief in me.*



Student Spotlight continued..



Tracie (left) graduated with a Law degree in December.

Moses Fanodo (right) graduated with a Nursing Degree from Kenya Methodist University and is planning a short break before he begins preparing for NCK (Nursing Council of Kenya) exams in May 2026.



Community Project News



Martin Ogondi (seen here with the ladies) carried out a monitoring visit for us this month to report on the progress of our community group project. The SIJE group received funding from us to purchase a tent and chairs to add to the resources they have to deliver their catering project.

As well as proving useful for their collective catering enterprise they can also rent out the equipment to private clients and local groups which offers them an additional income stream.

Having seen the success they are making of the enterprise, we've agreed to spend the final portion of the Waterloo Foundation on a second tent.



Pinboard



Benefact Group: Movement for Good

is once again inviting you to nominate a charity to enter a draw for a **£1,000 cash prize**—it's really easy to do!

1. Click on [this link](https://movementforgood.com/draws/1000?cmp=1) or go to <https://movementforgood.com/draws/1000?cmp=1>
2. Enter the name or number of your chosen charity (hint.....Zest for Life 1126679)

Thank you!



We're celebrating World Book Day 2026 by raising funds to buy **new books for Innis Education Centre Library**.

Our main event will be a coffee morning at Bridgewater Bowling Club, Whitchurch on Tuesday 3rd March 10.30—12.30 hosted by Karen's Dance Buddies.

Don't worry if you can't be there! Donations through the website or bank transfer are very welcome! Just mark your donation 'books'.

Email zflkenya@gmail.com to let us know if you can join us!

