



**“It is our  
obligation to  
put back into  
the world at  
least the  
equivalent of  
what we take  
out of it.”**

*-Albert Einstein*

# Helping Hands Kenya /Jamaica Project

**Helping Hands is a humanitarian group of volunteers who share their time, talent, and treasure with the people living in the Central area of Kenya and the South Central area of Jamaica.**

**We invite you to join us in this special mission...**

**“Service to others is the rent we pay for the space we occupy here on earth ...”**

Helping Hands  
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# Helping Hands

**H**elping Hands was initiated in 1996 with a desire to share our gifts with those who are less fortunate. It provides an opportunity to make a difference for people who are struggling to survive in South-Central Jamaica and Central Kenya. Many of us are unable to devote several years in humanitarian work with any of the many organizations that serve the needs of the poor. Helping Hands provides various opportunities for short-term humanitarian service in a variety of ways:

- Donate time to collect, pack, label, and load materials and supplies into a 40' overseas container
- Donate needed supplies and materials
- Join a group of volunteers who travel to Kenya or Jamaica to serve those in need
- Provide financial support – Helping Hands maintains an operating overhead at less than 2%
- Sponsor education opportunity for an individual (primary school-\$180; high school \$350; or college \$1,000)

These Helping Hands opportunities appeal to many people -- people who care and want to make a difference by sharing their gifts of time, talent, and treasure. Contributors include retirees, teachers, students, physicians, construction workers, farmers, nurses, and many others...

## SERVING THE PEOPLE OF Kenya and Jamaica ...

**T**he volunteers who travel to Kenya, Africa and/or Jamaica, will experience working in local villages, schools, orphanages, and medical facilities. They will have a cultural immersion experience!

We are encouraged and supported by numerous locals - village elders, school headmasters, medical personnel, and others who need our involvement to enhance their vision and objectives. The infrastructure provided by these individuals makes our service possible. We are welcomed as guests and treated with warm, gracious, and sincere hospitality. It is the coordinated and combined efforts of these local in-country individuals and the Helping Hands Volunteers that make this project so meaningful. We invite volunteers of any faith who want to make a difference in the life of another human being.

**WHEN:** Usually January/February, March and November

**COST:** Approximately \$2,000 - \$4,500 per person for 16 days, which includes airfare, lodging, large breakfast, some evening meals, 5 day safari, and plenty of sunshine - tax deductible (IRS CODE #170)

**ACCOMMODATIONS:** The Blue Post Hotel in Thika, Kenya or the Mandeville Hotel in Jamaica. The sleeping accommodations are clean, with toilet and shower facilities.

**MEALS:** In addition to some snacks that you may bring, there will be a variety of food to select off the menu at the Blue Post or the Mandeville Hotel as well as local eating establishments.

Those who join our humanitarian volunteers for a visit to Kenya or Jamaica have a variety of work projects to choose from on any given day. This includes, but is not limited to; new home construction, painting, refurbishing a hospital, pre-school children's activities, visit orphanages and special schools for the disabled, home visits, simply taking time to visit with the locals in the villages by sharing a hug, a smile, or just listening. With the objective of serving those in need, this humanitarian experience is often more interesting and satisfying than a typical "vacation". You will be immersed in the local culture.

The schedule is planned to allow for work, relaxation, rest, and some time to enjoy the unique and scenic areas of Kenya and Jamaica. All events are optional -- even work. If you need a day of relaxation, so be it. If one day you want to be a carpenter and the next day you prefer to paint or deliver home kits, that's what you'll do. At various times, projects will include being a teacher, "carpenter", painter, artist, musician, listener, and friend.

**There is so much that each of us can do.**

The people we serve in Kenya and Jamaica lead simple lives. They are a beautiful, faith-filled people who are surviving without basic necessities. Since their existence is so meager, you can make a significant difference in their lives!

We are always collecting supplies (last page) for our next container shipment. If you do not have any of these items to donate, you probably know a family member, friend, or acquaintance who does.



## How Can I Help?

**We are always in need of financial support.**

Helping Hands is proud to make sure that dollar contributed is used to directly support the people of Kenya and Jamaica. Our operating overhead is less than two (2) percent.

**Sponsor a child's/ adult's education!**

Helping Hands is seeking donors to sponsor children for school. Many children do not attend school beyond primary as they cannot afford the tuition and other costs. Providing an education to these students is a valuable contribution to their future. Sponsors can be families, organizations, individuals, etc. There is a tremendous need to assist children and youth to receive the appropriate education. Amounts required to support their education are often minimal when compared to the USA.

- Basic School** - Tuition, books and uniform for one year ----- **\$180.00**
- High School** --- **\$350.00**
- College** ----- **\$1,000.00**

Your generosity is greatly appreciated! For additional information, call Tom or Mary Pat Roovers at 715-842-4270, or email at [tgroovers@att.net](mailto:tgroovers@att.net) or [mproovers@aol.com](mailto:mproovers@aol.com)

**A most interesting and rewarding experience is to join a group of volunteers as they travel to Kenya or Jamaica and be involved with projects that teach the locals to become more self-sufficient.**

## Our work effort in Kenya and Jamaica:

**Local Villages** - Helping Hands is dedicated to assist and support local villages in Kenya and Jamaica. This includes assisting basic and primary schools, building homes, classroom activities and projects, supporting medical facilities, etc. We will continue to support numerous organizations with container shipments of materials and supplies, as well as volunteer visits.

**Local Supporters** – There are many individuals in Kenya and Jamaica who devote their time and energy in supporting Helping Hands activities in their country. They have a great need for our support and assistance as they perform their work in schools, orphanages, medical clinics, etc. We support them with container shipments and with our presence during each visit. They are marvelous individuals who are dedicated to serving those in need in Kenya and Jamaica.

**If you find it in your heart to assist in this mission, call 715-842-4270 for additional information.**

# Consider Donating Supplies ...

(Items need to be in very good condition)

- School Supplies – copy paper, pencils, wide-lined paper, construction paper, children's scissors, color books with crayons, chalk boards, bulletin boards, white boards, glue, erasers, chalk erasers, markers, stapler and staples, thumb tacks, pens, pencil sharpeners, rubber cement, masking & scotch tape ...
- Teaching Aids/Supplies/AV: Tape recorders/CD players, CD's, rhythm instruments, pre-school learning games, video cassettes, newer dictionaries and encyclopedia sets (2010 or later).
- Puzzles
- Wagons, Strollers
- Lightweight Clothing - especially infant/children's
- All Types of Furniture (desks, bookcases, dressers, kitchen sets, tables, mirrors, chairs)
- Hand tools, garden shovels, hoes, rakes
- Towels and toiletries
- 55 Gallon plastic barrels, 5 gallon pails, rain gutters
- Kitchen supplies, large pots, cast iron fry pans, plastic plates, utensils, all types and sizes of plastic containers with lids
- Playground equipment
- Volleyball/Badminton Sets, Bean Bag Toss, etc.



*Transportation for the cargo/container is generously donated by Helping Hands supporters.*

- Beds – twin & full, sheets, mattress, mattress pads, pillows, pillowcases, blankets
- Highchairs, playpens, baby beds, mattress, mattress pads, sheets, blankets, diapers, baby clothing
- Shoes (especially men's, boy's, girls,)
- Basketball, soccer, tennis balls
- Construction materials: sheets of steel for roofing, nails, doors
- Paint brushes, rollers, paint trays
- Craft supplies, yarn, knitting needles, sewing fabric, thread, buttons, sewing machines
- File cabinets, office equipment, desks, chairs
- Non-dated medical supplies: gauze, aspirin, Tylenol, band aids, cotton balls, medical tape, first-aid creams, etc.
- Crutches, wheelchairs, walkers

## ♦ CASH!

Nickels, Dimes, Quarters, Dollars, Pesos, Francs, Drachmas, Deutschmarks, whatever...

You donate it and it will be put to great use!!!

**“IT IS IN GIVING THAT WE RECEIVE ...”**

**All Items are Tax Deductible for their value (IRS Code #170)**