



Presents

KENYA CHARITY BIKE RIDE

3 DAYS - 500km
24th - 26th August 2018

**Nairobi to
Mombasa**



Raha International

UK registered Charity (No. 1137771)

Not affiliated to any faith.

It is a non-partisan, non-political
and non-profit making organization.

www.rahainternational.com



raha
International

*Empowerment Through
Education*



Raha International

Raha is a UK registered charity (No. 1137771) that was set up by a family who themselves were born and raised in Kenya. They have directly experienced how good the level of education can be in Kenya. Right from a young age, they had always contributed towards charity but then it came to light that a significant portion of the money that they were donating was not actually reaching the cause. This resulted in the creation of Raha, which translates to "comfort / enjoyment" in Swahili and "path" in Indian dialect.

When it comes to education it is a given right in the UK that all children will be given some form of education up to Secondary level at-least. Many of us take it for granted! Poverty and death means that many children are left to start work at a very young age just to be able to live from one day to the next. Many are orphans, be it due to illness or simply their family not being able to afford bringing them up, these children are left to survive on their own.

Over the years the charity has helped support many children through school and University. They work in partnership with local schools and provide educational support to children and young adults. Experts sourced by Raha, help run workshops, which aim to empower the next generation.

Raha work with several orphanages and do not discriminate in anyway. Their objective is to give the young adults of Kenya the chance for a better life and in turn help improve the future of Kenya itself.

Some of the success stories the charity has to date are as follows:

Case 1.

Margaret is an orphan. Her loving aunt is a street vendor and unable to manage the logistics of secondary education. Raha got involved to ensure that Margaret got to school in time and had all necessary support to focus on her studies. These ranges from ensuring school fees are paid, necessary vaccinations are in place to simple things like ensuring transport, uniform and books needed are availed in time.

Margaret is thriving in school and has plans to change Kenya.

Case 2.

Kizito Ajoung transformed University life for students at the Kenyatta University and Kenya School of Law. With the help Raha's trustee and its financial backing, he successfully completed not just his Law Degree but had the University transform its infrastructure to have disability access. As a wheelchair user he has become a champion for the rights of the disabled in Kenya and currently works to improve human rights in Kenya. Before coming under the umbrella of Raha, Kizito struggled with being mobile, not having access to an adequate wheelchair.

He has gone on to publish poetry works and is an incredible ambassador for the work Raha do.

Case 3.

Mary was a young single mother struggling to keep her roadside kiosk going. She approached Raha to help her achieve her dream of being an accountant. Being an exceptionally bright student she excelled during her course and is now also able to support other members of her extended family.

Case 4.

Frances had given up hope of furthering his studies. His mother worked as a vendor by the roadside on the Nairobi - Mombasa road since his father passed away and he wandered idly in spite of having achieved exceptional grades once he finished his basic schooling. He was introduced to Raha and years on is now a qualified engineer with a very proud mother!

..... and the list goes on.

Please read more at: <http://www.rahainternational.com/>

Kenya Charity Bike Ride (KCBR) – 24-26th August 2018

To help better the lives of these young children, Pedalling4Change teamed up with Raha International in UK to organise a bike ride from Nairobi to Mombasa over three days in August of 2018 with an aim of raising substantial funds towards this amazing cause for Raha.

Peddle4change are a group of cycling enthusiasts whose aims include raising funds for worthy causes and at the same time promote cycling and spread the message that everyone, regardless of their age and gender can enjoy the sport.

Having done London-Paris in 2014, Marrakesh-Sahara in 2015 and more recently Bhuj-Ahmedabad (India), senior members of Peddle4change were no strangers to long distance cycling and raising substantial sums for local charities.

In Kenya, these two teams were joined by Tripollo, a Kenyan group made up of equally enthusiastic cyclists, who with their knowledge of local roads and conditions, provided support and guidance during this event. Their cycling experiences and local professional expertise was invaluable in planning and logistics on the ground to ensure security and safety of the riders.

This passion for cycling from all the groups was abundantly clear as together, they fielded 47 riders between the ages of 19 to 58 with varying cycling experience from UK, Australia and Kenya to brave the Nairobi-Mombasa highway, a trek that would strike fear in the

hearts of many motorists, let alone cyclists at the mercy of heavy traffic and often harsh and lonely environment.

The trip required cyclists to ride for about 170km per day, which along with traffic, heat and landscape tested even the most experience riders whose bodies often had to battle with their minds to keep going. This grit and determination from the riders was matched by goodwill and support from local people and businesses who provided assistance with food and water, support vehicles and accommodation throughout to ensure that all 47 riders made it to Mombasa, very tired but having raised £100k and above all safe and sound.