



Annual Report 2021

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ANNUAL REPORT 2021

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c/o Mrs Françoise Kwang
Anse Pansia,
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M-Kids Association is a registered charitable organisation/institution with the Registrar of Association, 11495, with the National Social Inclusion Foundation, NCSRF/2017/0389, and with the Mauritius Revenue Authority.

The figures represented in this annual report are retrieved from the 2021 accounts.

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TABLE OF CONTENTS

A Word From The Founder	04
Letter From The Secretary	05
About M-Kids	06
Organisational Chart	07
The Year In Review	08
Projects & Activities Year 2021	09
Afterschool Remedial Programme	10
Experiential Learning	11
School Materials Distribution	12
Psychotherapy	13
Psychosocial Support	14
Capacity-Building Workshops	15
Poverty Alleviation	16
Share A Meal	17
Meat & Fish Distribution	18
COVID-19 Relief	19
General Health Check-ups & Blood Donation	20
Financial Information Year 2021	21
Future Outlook	22
M-Kids Artwork	23-24
Sponsor/Partner Spotlight	25
How Can You Help?	26



Children welcomed at a hotel for capacity-building workshop



Children visiting Casela



Distribution of Covid Relief Food pack



A short motivational talk by Mr Suneram

A friendly competition of tug-of-war



 **ARIGATOU** | G N R C
INTERNATIONAL
All for Children

 **uri**  UNITED RELIGIONS
INITIATIVE

A WORD FROM THE FOUNDER



The only way out of poverty is to give vulnerable children a strong start in life. And education is that start.



The Year 2021 was again marked by Covid-19 with intermittent lockdowns and strict sanitary measures in Mauritius. While they were meant to save lives, unfortunately, those life-preserving measures also paradoxically further widened the socio-economic gap and entailed a whole new set of unprecedented challenges.

Vulnerable children and families already living below the poverty threshold, in Mauritius and the world alike, were again tossed into the deep end as the repercussions of the 2020 lockdowns carried well into the years 2021 and 2022. Sadly, their problems were compounded by the war in Ukraine and recurring price hikes.

Despite our best efforts to normalise life after Covid by the end of 2020, the 2021 lockdowns and sustained strict sanitary rules, unfortunately, hit our young beneficiaries in more ways than one.

Numerous parents/guardians lost their meagre sources of income, children on the wrong side of the digital divide had no access to education for nearly six months, and there was a shift in multiple households as minors had to take on the role of carers while their guardians were out searching for work and food.

Not to mention that children in precarious situations were traumatised as they watched their families implode while locked down in stiflingly small spaces, creating more rifts in already dysfunctional households.

This, undoubtedly, has set the organisation back by a couple of years. Many of the changes we had worked so hard for in the past years have come undone. Our children's lives were disrupted as they were isolated from the world again. But we marched on. We continued fighting against poor mental health, illiteracy, and poverty for all.

I do not doubt that the climb uphill remains full of obstacles and challenges for organisations like M-Kids, but as ambassadors of change and protectors of vulnerable children, M-Kids is here to stay.

We continue to assist vulnerable households by creating a protective community environment to improve the quality of life and diminish adverse childhood experiences because the cost of inaction is high.

As we navigate the aftermath of Covid-19, it gives me great pleasure to present you with the Annual Report 2021, which showcases the projects and activities the organisation has undertaken despite the challenges that cropped up in 2021. And it was no small feat.

None of this would have been possible without the unwavering support of our generous sponsors, concerned donors, committed volunteers, and well-wishers. Your trust keeps us moving forward.

From the bottom of my heart, thank you.

M. Arshad Joomun

**IMAAM M. ARSHAD JOOMUN
FOUNDER AND DIRECTOR**

LETTER FROM THE SECRETARY

On behalf of the board and team of M-Kids, I am pleased to share with you our Annual Report for Year 2021.

The work that we have been doing over the past couple of years was put to the test by Covid-19 as families were faced with uncertain futures. However, we remained unified, strategic, compassionate and focused on fulfilling our mission to help children overcome the obstacles in their paths, and their families.

I want to express my deep gratitude to all of you, our contributors, who make it possible for us to assist vulnerable children, individuals and families every day.

Thanks to your generosity, we were able to continue operating despite the multiple difficulties and challenges as an invisible virus that claimed the lives of millions, grounded aeroplanes, stalled economic exchanges that heavily impacted consumers and basically halted human interaction.

Despite it all, we were able to offer free remedial classes for the poor performers to catch up at school, daily hot meals to our vulnerable children and their families, as well as guaranteed access to necessary medical care and psychosocial therapy for children who would have otherwise gone without any care.



We also carried out capacity-building workshops both in Mauritius and Rodrigues, reaching more than 5000 children through our programmes.

I hope that the work M-Kids is doing will continue to change the social dynamics and increase social mobility for vulnerable children and families as we break the barriers impeding their progress.

The year 2021 was one of resiliency and one that strengthened the based for the future. I'm optimistic about the future and certain that, working together with the community and our partners we will continue to fulfil our objectives in 2022.

I hope that you will join us in our mission to build a better world for vulnerable children to live to their full potential.

Nawfal Poomun

**Mr. NAWFAL POOMUN
SECRETARY**



ABOUT M-KIDS

M-Kids is a registered national NGO dedicated to alleviating the suffering of vulnerable children¹ and empowering them through multi-stakeholder programmes and activities, without discrimination, to create a bright future where every child can prosper.

MISSION



M-Kids' mission is to "improve the well-being of children and empower the most vulnerable among them through impactful, sustainable multi-stakeholder programmes and activities."

In the pursuit of this mission, M-Kids intervenes in four key areas:-

- Child Poverty Eradication.
- Remedial Education & Life Skills Empowerment.
- Psycho-Social Support & Therapy.
- Youth For The Environment.

VISION



M-Kids envisions a society where "No Child Left Behind" is a reality

M-Kids aspires to a society where:

- All children have equal access to basic needs of modern living;
- All children feel safe and supported at all times;
- And the most vulnerable children are afforded protection and opportunities through affirmative policies and actions.

¹According to NSIF, Vulnerable Children refer to individuals under the age of 18 who are living below or in absolute poverty, have a disability or a severe disease, are abused, neglected, abandoned, orphans, street children, teenage parents, children with incarcerated parents, in conflict with the law, out-of-school and illiterate, or suffering from substance abuse.

CORE VALUES

We disclose our performance clearly and accurately to our board members and regulatory agencies for review and appraisal.

TRANSPARENCY

1

2



3

4

5

PARTNERSHIP

Effective collaboration is key to our success. We work with several partners and collaborators locally and internationally to enhance the impact and efficacy of our programmes.

Our faith is our driving force for social change, development, and shared prosperity

FAITH

ACCOUNTABILITY

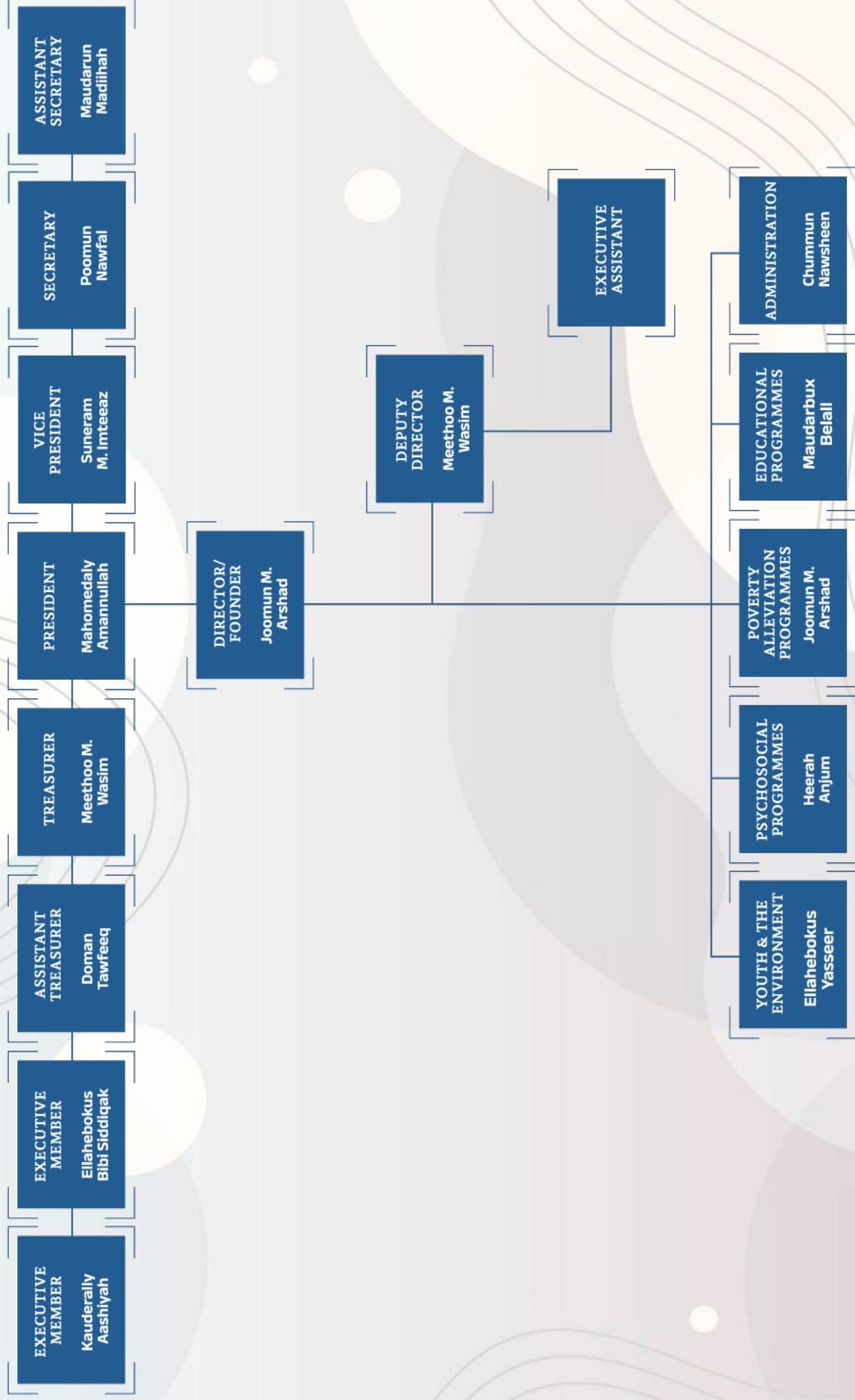
We take responsibility for our actions and are answerable to our stakeholders for our policies and decisions.

JUSTICE

We treat all our beneficiaries equally with fairness and equity and do not discriminate on the basis of race

ORGANISATIONAL CHART

2021-2022



THE YEAR IN REVIEW

5,246 food packs/emergency relief packages were distributed to vulnerable families, saving many of them from hunger and absolute poverty.

M-Kids was awarded *Heroes 2021 Award* for its valuable efforts by the Blood Donors Association

The President Of Mauritius, His Excellency Prithvirajsing Roopun, celebrated the International Day of Peace 2021 with the beneficiaries of M-Kids

SUCCESS

80,692 hot meals were distributed in total.

9,445 children benefitted from M-Kids' programmes and projects.

JUSTICE

7 former M-Kids beneficiaries are now actively involved in the organisation as volunteers, trainees, and board members!

CHILDREN

In December 2021, the M-Kids Association signed a Memorandum Of Understanding with Global Rainbow Foundation

Total number of beneficiaries in 2021 10,000+

DONORS

245 vouchers were provided to vulnerable parents/guardians for their monthly purchases.

2,200 kgs of meat and fish were distributed to families below the poverty line.

FAITH

The United Nations celebrated its 76th anniversary with M-Kids.

148 psychological sessions were conducted.

EDUCATION

5,028 children around Mauritius were given gift (courtesy of Eagle Brand, Giftbox4Syria, NIC & others).

PROJECTS & ACTIVITIES YEAR 2021

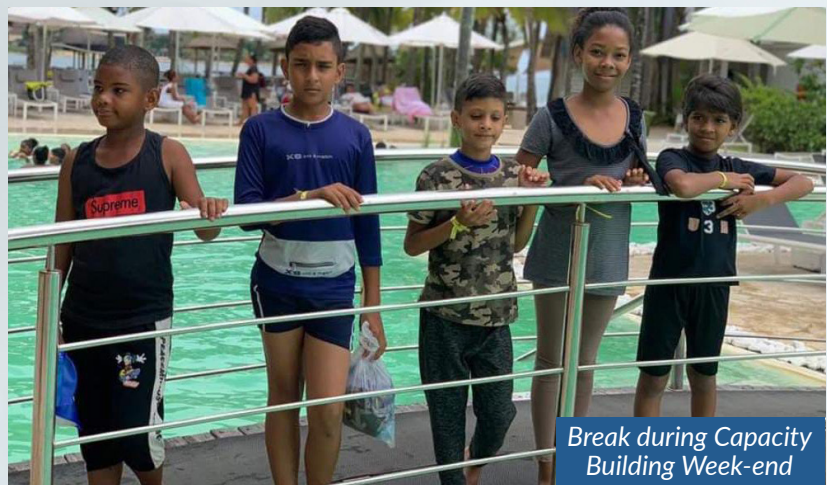
Visit at the Aquarium



Distribution of Gifts



Eye Check-Up



Break during Capacity
Building Week-end



Share A Meal

AFTERSCHOOL REMEDIAL PROGRAMME

4 QUALITY EDUCATION



M-Kids Afterschool Remedial Programme (ARP) is designed to help vulnerable and at-risk youths failing or falling behind in their formal education. With the majority of participants coming from the poorest of backgrounds, especially post-Covid, it was crucial to provide them with solid educational support for a chance to succeed in upcoming examinations.

The ARP consists of basic numeracy and literacy modules (English, French Maths) known as Key Stage I (Grade II & III), Key Stage II (Grade IV & V) and Enhancement Programme (Grade VIII & IX), which gathered students with very poor basic literacy and numeracy skills. Student were given personal attention, and their performance was closely monitored.

Other classes under ARP were History and Geography, Environment, Science, Moral Values and ICT. Some of the classes were children-led, an initiative to empower our beneficiaries to take action themselves to change the world around them.

Our programmes kept young children and teenagers off the streets, away from peer pressure and negative influences. The programme has been a successful initiative against illiteracy and juvenile delinquency.

- ✓ 14 students aged between 12 - 14 years enrolled in EP
- ✓ 68 students enrolled in Key Stage 1 & 11
- ✓ Total Number of classed conducted: 65
- ✓ Total number of students who benefitted from ARP: 171



EXPERIENTIAL LEARNING

4 QUALITY
EDUCATION



The best way to learn is by doing. Part of our educational programme includes immersing young children in specific environments to help them make sense of the world.

13 CLIMATE
ACTION



Education is not just limited to the classroom; the world around us can be one of the most excellent teachers! Besides, it's been proven that nature reduces stress, improves concentration and stimulates their growing brains.

14 LIFE BELOW
WATER



Our beneficiaries benefit from regular trips to the ocean, treks and hikes in nature, visits to museums and so on. What better ways to raise awareness of climate change and the fragility of the ecosystem?

Being outdoors expands the worldview of our children and helps shape their future!

15 LIFE
ON LAND



In 2021, M-Kids beneficiaries visited Casela, La Vallée des Couleurs, the State House, and so many more...



SCHOOL MATERIALS DISTRIBUTION

4 QUALITY EDUCATION



M-Kids is committed to encouraging vulnerable children to go to school. Following Covid-19, parents were confronted with the choice of purchasing essential food items for their survival or investing in school materials for their children.

Unfortunately, school materials were not a priority for unemployed parents/guardians.

M-Kids stepped in by providing the basic school materials to over 150 children in Camp Chapelon, La Butte, Pailles, Vallée Pitot, Anse Jonchée, Ferney, Bambous and Cité Martial.



“Mo ban professeurs dans M-Kids in bien aide moi. Zotte explique moi bien ceki mo pas comprend pou mo passe mo l’examen. Ek tous les jours mo content vine manger dans M-Kids.”

- Sufyan, 12 years - beneficiary since 5 years old

PSYCHOTHERAPY



What society may often deem a violent child or rebellious teenager is often a child who needs love, affection, understanding, and counselling.

After years of welcoming young children and teenagers on our premises, we have realised that a significant percentage of vulnerable children show signs of despair, abandonment and anxiety, preventing them from thoroughly enjoying their childhood/teenage years or performing well at school.

So, we resorted to hiring a psychologist to provide them with a safe space where they can discuss the ongoing issues at home or even at school, or in life in general.

And they had a lot to talk about and share!

Unfortunately, too many children have witnessed domestic violence, parents who've abused drugs or other recreational substances or watched their parents getting escorted out of their homes. These are the unseen wounds pummeling their self-esteem, plaguing their lives.

Our psychologist is here to ensure every 'problematic' child has a sounding board and to help them climb over heart-wrenching obstacles by teaching them how to cope with stress, trauma, painful experiences, and challenges.

We cannot change their situations overnight, but we can build a more resilient group of young citizens by providing troubled children with the tools and support they need for a better, brighter future.

In August 2021, 20% of students enrolled in our ARP had a parent or both missing from their lives



72 vulnerable children benefitted from at least one session with our psychologist



96 psychological sessions were carried out with children in 2021



68 mothers/guardians/individuals had a sit-down with our psychologist

3

GOOD HEALTH
AND WELL-BEING



PSYCHOSOCIAL SUPPORT

At M-Kids, we understand the basic idea that a mentally healthy child will grow into a strong citizen. Vulnerable children with untreated issues will be mentally tired, have low energy, or feel depressed about the future. The consequences of poor mental health can also lead to many problems later in life.

Art is therapy. Under the tutelage of an experienced art teacher, the young students have gradually become talented artists, developing their drawing and painting skills and increasing awareness of their self-worth. Art engages the mind and body and gives the children a different avenue other than speech to express themselves.

It's been proven that an hour of creative activity per day can reduce stress and positively affect mental health².



In 2021, paintings drawn by the children were sold, and the funds were used to invest in educational programmes.

Having their paintings sold was a validation that they mattered, their works mattered, and they were contributing something positive to society.

In addition to this, under the aegis of its Psychosocial Support programme, the M-Kids also conducted Do-It-Yourself and Sports & Wellness classes where young, troubled children practised meditation, sports and other activities to improve their concentration and memory, feel happier, sleep better and improve their overall physical and mental health.



Paintings Drawn: 60



Painting Sold: 27



28 Students were enrolled in Therapeutic Art Classes



44 students were enrolled in DIY and Sports & Wellness Classes

3 GOOD HEALTH AND WELL-BEING



² Kaimal G, Ray G, Muniz J. Reduction of cortisol levels and participants' responses following art making. Art Therapy. 2016;33(2):74-80.

CAPACITY-BUILDING WORKSHOPS



To increase personal knowledge and develop general life skills, soft skills, critical thinking, and leadership skills, the M-Kids organised several capacity-building workshops.

The participants came out of the workshops better informed and learned self-discipline, mindfulness, team spirit, strategy and problem-solving through spending time together, games and other activities.

Some of the workshops were organised by the beneficiaries themselves. The children-led workshops empower the children from a young age to take action themselves and contribute to building a better world.

The skills the participants have learned and inculcated during the workshops will help them not just in their life but also when joining the job market.

The themes covered during the workshops included Teenage Pregnancy with participants, Drug Abuse with at-risk youths, Training for Trainers for stakeholders at various levels, Food & Hygiene for volunteers involved in Share A Meal Scheme, Rules and Regulations on Child Care with board members, Financial Education (JA Notre Quartier) with young children in Rodrigues, and many more.



2,566 Girls



3,986 Boys



47 Workshops

2,566 girls and 3,986 boys participated in M-Kids' capacity-building workshops.

47 Workshops were organised in 2021



POVERTY ALLEVIATION



Our number one cause has always been to alleviate the suffering of families who find themselves in precarious situations.

The Year 2021 has witnessed unemployment rates alarmingly soaring, families unable to make ends meet, children who had to forego basic school materials and clothes in favour of food, and single parents who spent hours working for basic minimum wages that barely covered their monthly expenses.

The M-Kids Association helped relieve vulnerable families by providing financial assistance with food vouchers, utility bill payments, food packs, rental, and medical aid.

We also accompanied vulnerable individuals who have lost their houses to fire or other disasters or need to start procedures with NEF or SRM etc. or any other formalities that they need. The Association has been a pillar of constant support to hundreds of families in the past year.



SHARE A MEAL



Minimum wages, absent or incarcerated parents, ageing and weak grandparents as guardians or inflexible work schedules can add to existing strains in a family.

Children as young as 10 years old find themselves caring for their young siblings while their parents/guardians work two or three jobs to make ends meet.

To remedy this situation, M-Kids has pioneered a scheme, Share A Meal, to ensure that no vulnerable child goes to bed hungry at night. This also alleviates the stress placed on the parents/guardians to shop and cook the moment they step foot at home.

Every child should spend their evening relaxing, studying, practising a hobby, bonding with their family members or doing other activities that build them up. Not stepping into their parents' roles, which can adversely affect their mental health, with a lack of support, loneliness and isolation weighing them down and their inability to focus entirely on their education.

The Share A Meal scheme aims to reduce adverse childhood experiences and provide support not just for vulnerable children but also for the family unit.



- ➔ 18,375 hot meals distributed to children in 2021
- ➔ 110 Students registered for the Share A Meal Scheme
- ➔ 58 elders registered for the Share A Meal Scheme

MEAT & FISH DISTRIBUTION

1 NO POVERTY



2 ZERO HUNGER



With the recurrent price hikes, vulnerable families had to forego certain “expensive” items from their grocery list. Meat and fish contain important sources of nutrients crucial in maintaining good health and are quite important for growing children.

In 2021, the organisation received over 2,200 kgs of fresh meat and fish in donations from the public.

Over 1,300 families below the poverty line received a bag of at least 5 kgs.

“Depi ki mo cone M-Kids, mone senti moi assez soulagé. Zotte in bien aide nous dans lockdown. Surtout Food Programme, ban z’enfants fini manger dans centre mem. L’age ki mone arriver, li pas facile pou mo cuit tous les jours. Li ene extra facilité pour moi, surtout ki dans centre, ban z’enfants mange tout, ek zotte mange bien. Mo remercier M-Kids ek tou ban dimoune ki aide nous.”

- Eliette, grand-mother of 3 young beneficiaries

COVID-19 RELIEF



The second major lockdown and following intermittent ones took families by surprise again as the government announced the total closure of businesses for at least two weeks to bend the infection curve in March 2021.

Vulnerable families with young children and babies, especially those who were self-employed, were caught off-guard without food to sustain them for the duration of the lockdown or essential hygiene products.

M-Kids distributed a total of 238 Food Packs and Relief Packages to vulnerable households in March 2021 only.

The food packs and relief packages contained essential items that Mauritian families usually consume, such as flour, oil, sugar, tea, cereals, and so on. Some of the reliefs packages included essential hygienic products

609 food packs/relief packages were distributed.



The current COVID-19 situation in Mauritius since the Pandemic

September 2022³

262,648
Confirmed Cases

September 2022

1,026
Confirmed Deaths

³Report from World Health Organisation

GENERAL HEALTH CHECK-UPS & BLOOD DONATION

3 GOOD HEALTH
AND WELL-BEING

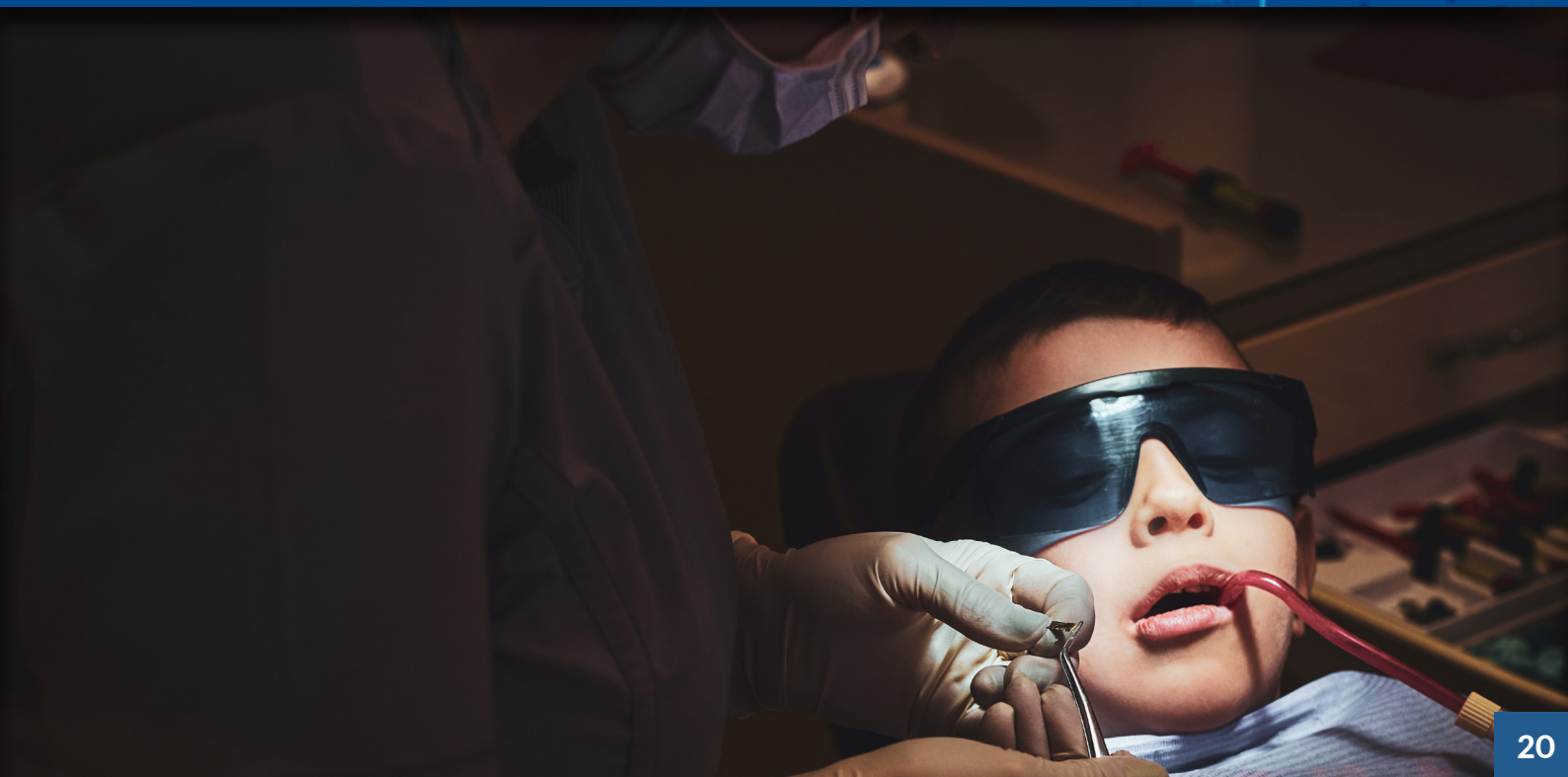


At M-Kids, we are also concerned with the physical well-being of our young beneficiaries and their families. In this light, we regularly carry out medical check-ups to identify early signs of issues and keep track of their health in general.

Doctors, volunteers, and other stakeholders mobilised on the premises to check our children's and vulnerable individuals' health.

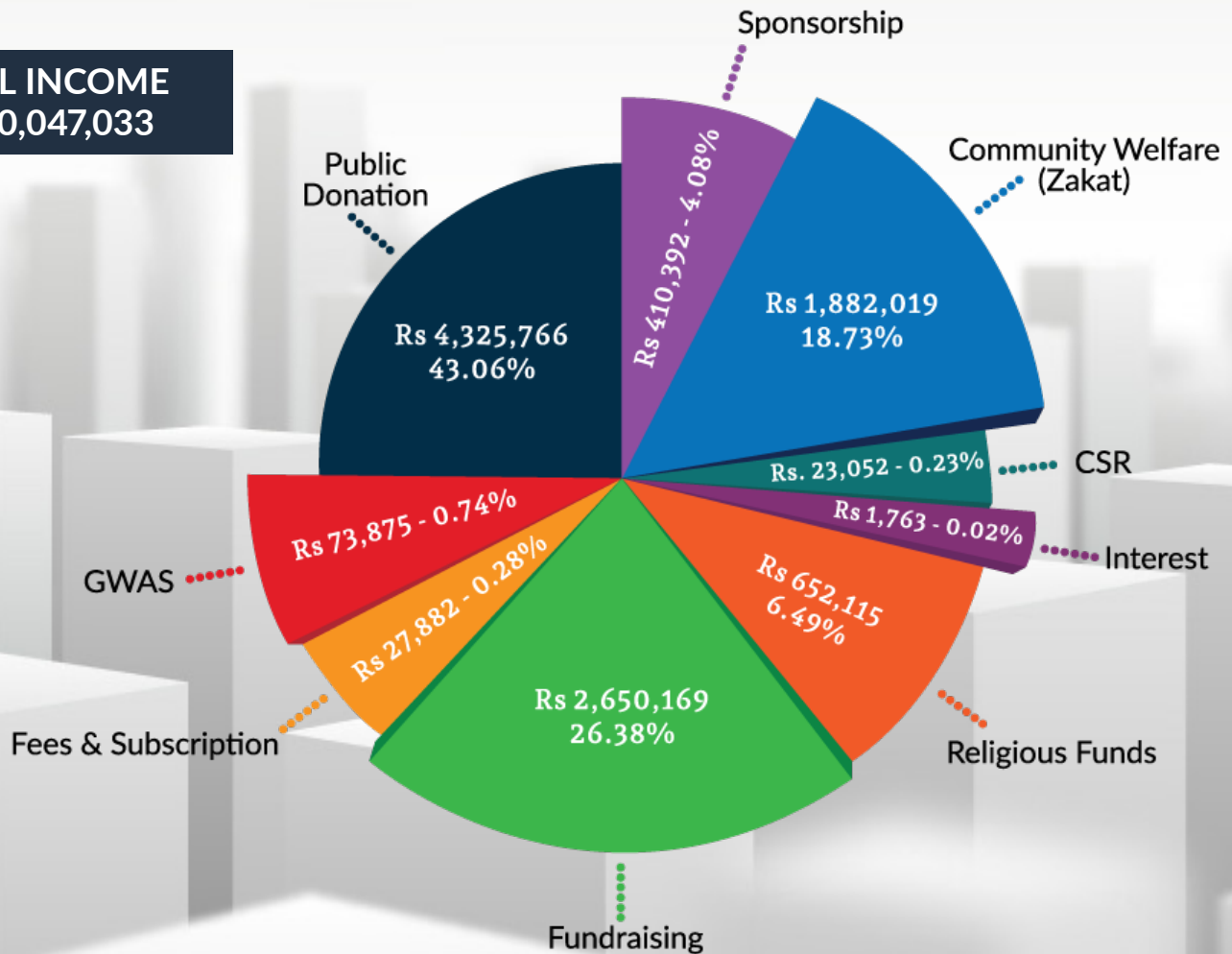
In 2021, M-Kids organised two Blood Drives, one of which was during the lockdown when the blood bank was dangerously low on supplies, and consequently received a **Heroes 2021 Award** for our valuable efforts.

- ⊕ 39% of vulnerable children registered with M-Kids have a health issue of some kind
- ⊕ 14 vulnerable children have respiratory problems, including asthma
- ⊕ 210 adults benefitted from free health check-ups (eye, feet, diabetes, hypertension, obesity, etc.) during sanitary restrictions where access to healthcare was severely limited



FINANCIAL INFORMATION YEAR 2021

TOTAL INCOME
Rs. 10,047,033



TOTAL EXPENSES
Rs. 5,968,489



FUTURE OUTLOOK

As we leave 2021 behind, we now look to the future.

Our upcoming projects involve bridging the technological gap by setting up a SmartLab to introduce vulnerable young children to technology, as it becomes the backbone of innovation and the key to success.

We are also moving to set up a second Learning Centre at Pailles to welcome more beneficiaries to our programmes, expanding our assistance to more vulnerable children and families.

M-Kids has been raising funds to purchase a 15-seater van or a mini-bus to transfer vulnerable children around the island for their activities and educational trips, as well as assist individuals in need. We hope to complete the purchase in the coming year.

We plan to reach out to more vulnerable children and families living in Rodrigues Island, where we already have an office.

In addition to all this, M-Kids has been looking to obtain a building to convert into a halfway home for recovering adults who wish to re-integrate into society.

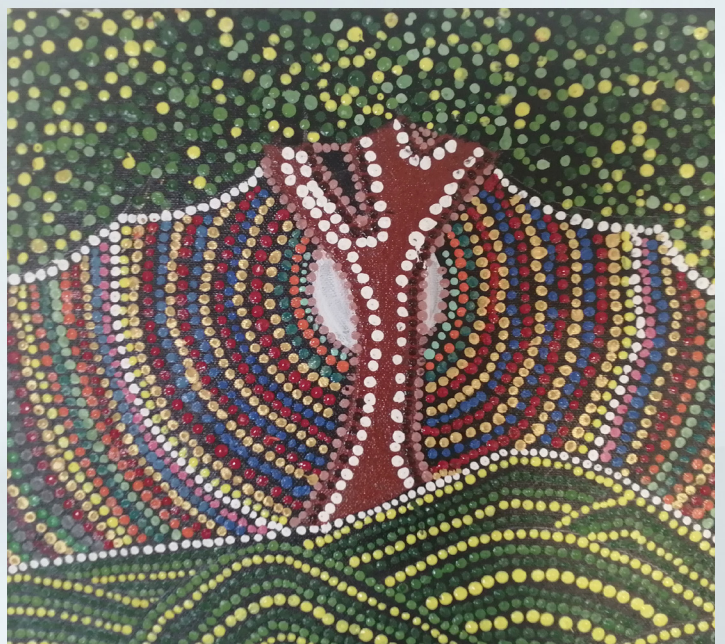
Last, but not least, we have been working relentlessly on a shelter programme for vulnerable children, where orphans and children of abandoned/incarcerated parents can find a safe, temporary roof over their heads, complete with the support they need to weather difficult moments.

To build a resilient community, we need to raise strong children. And that's what M-Kids is focused on. Teach children to be masters of their fate, to be victors, not victims of their situations.

“No Child Left Behind”



M-KIDS ARTWORKS





SPONSOR/PARTNER SPOTLIGHT

Some of the remarkable people and companies making a difference in our community.



HOW CAN YOU HELP?

- ✓ Become a volunteer! Volunteers are the backbones of non-profit organisations, and we are always looking for extra help.
- ✓ Share your expertise by joining our programmes. Teach a class. Take the children on a trip! Or, sponsor a meal.
- ✓ Tell your circle about us! The more people understand the work that we are doing, the more we can do for our beneficiaries.
- ✓ Make a financial donation. It doesn't matter how small or big your contributions are; every cent has a lasting impact on the lives of our beneficiaries.

GENERAL DONATION

BANK ACCOUNT	MCB 000441552552
ACCOUNT HOLDER	M-KIDS ASSOCIATION
IBAN	MU28MCBL0944000441552552000MUR
SWIFT CODE	MCBLMUMU

CSR

BANK ACCOUNT	MCB 000443062234
ACCOUNT HOLDER	M-KIDS ASSOCIATION
IBAN	MU34MCBL0944000443062234000MUR
SWIFT CODE	MCBLMUMU

EDUCATION FUND

BANK ACCOUNT	MCB 000448295830
ACCOUNT HOLDER	M-KIDS ASSOCIATION
IBAN	MU84MCBL0901000448295830000MUR
SWIFT CODE	MCBLMUMU

SCAN THE FOLLOWING
TO DONATE



M Kids Association

58868786

JUICE BY MCB

DID YOU KNOW?

YOUR CONTRIBUTIONS TO THE M-KIDS ASSOCIATION ARE TAX-DEDUCTIBLE
WE ARE REGISTERED AS CHARITABLE ORGANISATION WITH THE
MAURITIUS REVENUE AUTHORITY

NB: You may also send us your Zakat, Lillah, fidya, fitra, etc

“NO CHILD LEFT BEHIND”

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