# How you can help.

There are numerous ways you can help HMF bring change in the society in a meaningful way. Financial contribution, volunteering your time and donations are all welcomed.

**SPORTS**

HMF, through Harold Mbati Champions Cup, promotes the role sport can play in creating sustainable social change. We use the power of sports to unite and transform lives by turning athletic ability into life opportunities.

 Harold Mbati Foundation looks to center health, wellbeing and systemic solutions to the core of community recovery, and ensure that the youths within Luanda are not further disadvantaged. We are dedicated and committed to getting young people realize and make good use of their talents by providing them with guidance and opportunities to grow and succeed.

Currently, we are looking for donors and partners to support and inspire our youths within Luanda realize and make good use of their talents.

**YOUTH EMPOWERMENT.**

From education to entrepreneurship, young people are slowly changing the community. At Harold Mbati Foundation, we believe that the youth are catalysts for development, and thus they deserve a space in the community.

As frontline youth advocacy and policy-oriented organization programming for Kenya. HMF provides a platform for young people to interact, learn, collaborate, and develop leadership and life skills and effect social change in the community.

**EDUCATION**

Everyone has a right to education irrespective of their status. Education is a key to a positive society. We believe in not only just education but quality education. Harold Mbati Foundation is aimed at ensuring children get quality education in the society. We have a wide range of programs touching on education including but not limited to;

* Provision of learning materials to students. This includes exercise and text books, geometrical sets, pens and pencils.
* Giving out school uniforms and shoes to the less fortunate students.
* Donating sports equipment for co-curricular activities in schools.
* Providing sanitary towels to girls in schools.

We are currently looking for partners and donors to ensure that our programs run efficiently and students get the best out of them.