

MAPYA

NEWS



WE STRIVE FOR A JUST WORLD THAT

**ADVANCES CHILDREN'S RIGHTS
AND EQUALITY FOR GIRLS**

FROM A SPONSORED CHILD
TO A STAFF MEMBER
Page 7



INSIDE
INTERNSHIP
Page 22



NILINDE PROJECT
COMES TO A CLOSE
Page 25



CONTENTS

- 4** Sustainable Development Goals Parliament Open Day
- 10** The Solvatten Project: The Progress and Successes
- 14** Pictorial
- 16** All About Endometriosis
- 20** In gratitude to Plan International
- 24** Using Digital Media to Highlight Untold Stories
- 26** In the Midst of Letters

The editorial content and individual opinions expressed herein are solely those of the authors and do not necessarily represent those of Plan International Kenya. Neither Plan International Kenya nor the Publishers accept any responsibility for the content. All rights reserved. Reproduction in whole or in part without permission is strictly prohibited.

Plan International

Mapya Newsletter is a magazine about features, updates and trends in the child protection and development sphere.

Publisher

Plan International Kenya
Methodist Ministries Centre,
Block C, 2nd Floor,
Oloitoktok Road, Lavington,
P.O. Box 25196-00603, Nairobi
Tel: 0722 201293/ 0734 600774
Email: kenya.co@plan-international.org
Web: www.plan-international.org/kenya
Facebook: Plan International Kenya
Twitter: @Plankenya

Guest Writers

Eunice Kilonzo
Dr. Benson Okinyi

Contributors

Dorcas Odhiambo - Communications Assistant
Rama M'mbetsa - Communications Assistant
Allan Musumba - Communications Graduate Intern

Editor

Ann Njuguna - Communications Coordinator

Design Agency

Gecko Media Interactive
E: prime@geckomediainteractive.com





COUNTRY DIRECTOR'S REMARKS

Welcome to this issue of Mapya News!

I am delighted to say that Plan International in partnership with Joining Forces Alliance for Children Rights Now! (Plan International, Save the Children, World Vision, ChildFund International, SOS Children's Villages Kenya) continues to push for enactment of the Children's Bill 2018. Since the promulgation of the 2010 Constitution of Kenya, the Children's Act of 2001 was one of the laws that needed to be synchronised with the current constitution to safeguard children and young people. There has been a number of technical inputs given by children and various like-minded organisations in a bid to harmonise the children's laws into the constitution. Out of these efforts, a Draft Children's Bill of 2018 was presented to the government and is yet to be enacted into Law.

So far, the Joining Forces Alliance has the goodwill of several Members of Parliament, keen on ensuring that Kenyan children realise their rights and that no Kenyan child is left behind. I believe the new law will address a number of emerging issues such as online sexual exploitation, children justice, de-Institutionalisation, bullying

I believe the new law will address a number of emerging issues such as online sexual exploitation, children justice, de-Institutionalisation, bullying and unprecedented rise in violence from family members.

The enactment of the Children's Bill will also ensure Kenya continues to work in tandem with international frameworks to safeguard the rights of children and young people in Kenya.

The project also reached

75,030

households with a range of services over the life of the project.

and unprecedented rise in violence from family members. The enactment of the Children's Bill will also ensure Kenya continues to work in tandem with international frameworks to safeguard the rights of children and young people in Kenya.

Plan International Kenya's USAID Nilinde Project, targeting Orphan and Vulnerable Children, which started in August 2015, came to a close in June 2019. Nilinde was a child-focused, family-centred project

implemented in six counties in Nairobi and Coast region. The four years of implementing Nilinde has been a stimulating experience for both the project teams and beneficiaries. For us, the success resulted from intentional engagement with the community both as the drivers of change and implementers. Through Nilinde, families were lifted from extreme poverty through household economic strengthening. The project provided Plan International Kenya with an opportunity to touch the lives of the hard to reach and often-neglected orphans and vulnerable children to live and thrive. 183, 547 children living positively were able to access appropriate care to enable them live healthy, stable and safe lives. Over 75,030 households had been touched with a range of services over the life of the project.

I had the privilege to attend the Women Deliver conference in Canada where Plan International

released a report whose findings show that despite aspiring to lead, girls and young women have extremely negative perceptions of what being a female leader involves. With the recently launched Girls Get Equal global campaign, Plan International Kenya continues to ensure that girls' voices are amplified and that they enjoy equal freedom to make decisions that affect their lives.

Several leaders also made promises during the Women Deliver conference and in particular H.E Uhuru Kenyatta. Our President made a pledge to end Female Genital Mutilation (FGM) by 2022. Having seen first-hand the dangers that FGM exposes women and girls to through interacting with project participants in Kajiado and Tharaka Nithi Counties, President Uhuru's pledge is one that we will rally behind as an organisation. The President also committed to ensuring adolescent girls continue to access free sanitary towels and that the re-enrollment policy of teenage mothers back to schools is implemented across the country.

As Plan International Kenya, we will continue to drive change in practice and policy at community and national levels through our reach, experience and knowledge of the realities children face and in particular girls.

Thank you!

Kate Maina-Vorley

Kate Maina-Vorley
Country Director

SUSTAINABLE DEVELOPMENT GOALS

PARLIAMENT OPEN DAY

The Launch of the **Strategic Plan for Parliamentary Caucus on SDGs and Open Day** took place on 20th June 2019, at the Parliament building. Plan International Kenya has been collaborating with the Parliamentary Caucus on SDGs and business for the last two years.

The open day themed **'The Role of Parliament in realizing Agenda 2030'** brought together Members of Parliament, key agencies of the United Nations in Nairobi and Development Partners to critically examine the role of Parliamentarians towards the achievement of the 17 SDGs.

The objectives of the day were to promote SDGs awareness at Parliamentary level, enhance partnerships with various UN Agencies and CSOs towards implementation of SDGs as well as launch the SDGs and Business Caucus Strategic Plan.

Speaking during the event as the Country Director for Plan International Kenya and as a representative of Joining Forces Alliance for Children's Rights Now!, Kate Maina - Vorley called on Members of Parliament to push for the enactment of Children's Bill 2018 into law. The Joining Forces Alliance for Children's Rights Now! comprises of Plan International, Save the Children, World Vision, ChildFund International and SOS Children's Villages Kenya.

"We are cognisant of the fact that the government introduced Free Primary Education in 2003 to ensure all children in Kenya have access to education; a great step towards SDG 4 on Quality Education. As Civil Society Organisations that focus on the rights of children, we also acknowledge the gaps that still exist. In particular, we note the pending 2018 Children's Bill." Said Kate Maina – Vorley.

"The enactment of the Children's Bill will greatly enable Kenya to be a front-runner in the realisation of children's rights. I am appealing to the SDGs Caucus to take lead in ensuring the Children's Bill is enacted into law so that our children, the future of this nation, can realise their full potential." She added.

To show their commitment towards enacting the Children's Bill 2018 into Law, Members of Parliament appended their signature on a canvas.

Kate M. Vorley, Country Director-Plan International Kenya calling upon Members of Parliament to enact the 2018 Children's Bill into Law.



Members of Parliament appending their signature on a canvas as a commitment to ensure they will support the enactment of Children's Bill into Law.



IAS 2019

10TH IAS CONFERENCE ON HIV SCIENCE
Mexico City, Mexico 21-24 July 2019

More than 5,900 professionals from over 130 countries gathered at Mexico City for the 10th International Aids Scientific Conference on HIV Science.

The conference brought together leading scientists, researchers and HIV professionals in the areas of treatment, cure and care. 1,300 abstracts were presented and discussed in this year's conference which marked several key milestones in the global response to HIV.

Brigid Nangila of Niliinde Project represented Plan International Kenya and presented a poster highlighting results from community mentor mother led case management for children living with HIV.

"Sharing a platform with renowned scientists in the field of HIV was an aha moment for me. It was amazing to see women present half of the abstracts and more than one third of the presenters were under 35 years old." Said Brigid, Team Lead Health & HIV, Niliinde Nairobi.

"Throughout the week, I witnessed the extraordinary leadership of community members in driving the agenda, highlight the most pressing challenges in the fight against the epidemic and proposing solutions for a more effective HIV response. I learned a lot from the sessions and can confidently say that there is hope in the future of science



Brigid showcasing a poster presentation on the Mentor Mother led case management for Children living with HIV.



Brigid taking a conference participant through the poster presentation.

in ending the HIV epidemic." She added.

The biennial conference presents critical advances in basic, clinical and operational research that moves science into policy and practice. Through its open and inclusive programme development, the meeting sets the gold standard of HIV research featuring highly diverse and cutting-edge studies.

CELEBRATING WORLD HEALTH DAY IN KIBERA

The Young Health Programme has been conducting continuous environmental cleanliness as a way of Cooperate Social Responsibility by allowing the community members to take the lead role while receiving support from the project.

This was an opportunity for the project to advocate for safe and clean environment for both girls and boys, men and women in the Kibera community. During this quarter, Young Health Programme allowed the community members to come up with a meticulous and well-laid community clean-up plan which they executed with lots of enthusiasm, commitment and involvement.

“A clean environment means that our community is raising girls and boys, with the quality of life that

is essential. I am proud to be an agent of change in our community.” Said Mercy one of the Youth participants in the project.

In addition to the environmental clean up, YHP commemorated the day by taking a healthy walk in different parts of Kibera’s informal settlement. The World Health Day is commemorated yearly as a global health awareness day, spearheaded by the World Health Organisation and other like-minded organisations. The global theme for the World Health Day 2019 was **Universal Health Coverage; everyone, everywhere.**

The Health walk organised by YHP, climaxed in Kibera DC grounds with different competitions such as tag of war, football tournament, balanced diet food

demonstration, sack race amongst other activities. This was in a bid to create awareness of the risk factors of the Non- Communicable Diseases such as cancer, diabetes, hypertension amongst others. YHP also shared information on Sexual Reproductive Health and Rights (SRHR) to allow both the young people and the community members to make informed decisions on their health.

In addition to the environmental clean up, YHP commemorated the day by taking a healthy walk in different parts of Kibera informal settlement. The global theme for World Health Day 2019 was **Universal Health Coverage; everyone, everywhere.**



FROM A SPONSORED CHILD TO A STAFF MEMBER

My name is Faith Mbatia, a 5th born in my family. I first interacted with Plan International in Embu in 1982 when the organisation started its work in Kenya. I was a pupil at Kangaru Primary School in Embu by then aged seven (by now you can guess my age). Plan International had just opened its offices in our area and my family among others were supportive of Plan International's mission. I was enrolled into the Sponsorship programme and I still remember my Sponsored Child Number 55-21441.

My memories as a sponsored child are still fresh in my mind. My sponsors were from Netherlands and I used to communicate with them through letters. I enjoyed drawing and writing letters and having my photos taken to show them how I was progressing. I treasure those moments very much because I knew that is what was making the changes around my school and the community. I used to admire the officers from Plan International who used to come to our home because they were doing a good job in making long lasting changes to the community.

Early memories

The organisation was called Foster Parents in the early 80's. My life and those of many other children around the community changed as we experienced an improvement in our school facilities such as building classrooms, ablution blocks and new desks. Many girls attended school consistently because the very critical physical facilities such as the toilets were present. We were also taught about child rights and this was very enlightening.

Initially accessing health care was a nightmare, we had to walk long distances for us to reach the available hospitals but this changed when Plan International put up Gatunduri Dispensary. The dispensary was a blessing to the community as it offered quality health care to the community members.

Joining the team

As a trained social worker and counsellor, I have a bias towards working with children and the youth. Plan International played a major role

in inspiring me to work with the communities because from a tender age, the value of working for the best interest of all children was instilled in me.

I am currently implementing the Global Affairs Canada Funded Project 'Tulinde Tusome' which aims to create safe and protective spaces for children in Kwale and Kilifi. This is a project that I hold dear to my heart like many others that I worked in previously because they are life changing and inspirational. I feel and believe that education is the key to breaking barriers that stop children especially girls from progressing into positions of power and influence where they can promote positive change. When girls and boys get access to quality education, they are in a better position to make informed decisions around their lives and forge a better future for themselves but only when families and communities support their cause.

Apart from the usual work, I spend my free time supporting children and young people around my area of residence to understand their rights and the need to keep themselves safe while speaking up against any harmful practices.

My experience has been rewarding. I enjoy every moment of touching a child's life through my own story. I wake up every day energised to go out and reach out to children and their families with a



Faith Mbatia as a pupil of Kangaru Primary school



Faith Mbatia at Plan International currently serving as Project Officer for the Tulinde Tusome Project.

message of hope. Sometimes it is difficult due to all the challenges that I come across specifically on issues around gender based violence but this will not stop the journey towards advocating for a safe community for children.

Finally, I want every young girl to believe in themselves and that nothing can stop them from excelling. That they have a voice, are powerful and have the potential to influence and be part of an empowering world. I look forward to one day becoming a Country Director in this wonderful organisation.

LIFE SKILLS SESSION

NEVER TOO LATE FOR ANGELINE



23-year-old Angeline was going on with her education at a local secondary school when she learnt that she was pregnant. At that time, she was only 17 years old. This was not just a shock for her, it was devastating news for her mother as well. It was an additional burden to her mother who was raising them singlehandedly. Angeline thought that her fate was sealed and after giving birth to her child, she decided to do casual manual work at construction sites to take care of her baby.

After staying home for close to 5 years, there was a glimpse of hope for her when Plan International in the Machakos Programme Unit, introduced a Programme to give young mothers a second chance. The interventions aimed at helping young mothers regain their self-esteem, confidence, be self-aware and look forward to a future of opportunities, hope and optimism.

Plan International's Resilience Project spearheaded this particular engagement. Community Volunteers were tasked to identify

After staying home for close to 5 years, there was a glimpse of hope for her when Plan International in the Machakos Programme Unit, introduced a Programme to give young mothers a second chance. The interventions aimed at helping young mothers regain their self-esteem, confidence, be self-aware and look forward to a future of opportunities, hope and optimism.

young mothers in their area who were at home after dropping out of school due to teenage pregnancy. This is how Angeline was able to join.

The trainings included:

- Life skills training,
- Sexual Reproductive Health Rights this was done in collaboration with the Ministry of Health and Masinga Level 4 Hospital.

The young mothers were encouraged to seek assistance if need be rather than stay quiet due to shyness and embarrassment. The young mothers were also taken through a session on child protection done by the Children's Officer and other like-minded partners and were made aware of available reporting structures in case of child abuse.

After the trainings, a needs assessment was conducted to establish various needs for purposes of further support in economic empowerment. All the young mothers had a resolve that they wanted to change their present situation for better.

Some of the choices were:

- Going back to school,
- starting a business,
- undertaking a vocational training.

Angeline opted for a Vocational training where Plan International supported her to join Baraka Technical Training College and after one



Angeline attending to her client.

The trainings included: Life skills training, sexual reproductive health rights this was done in collaboration with the Ministry of Health and Masinga Level 4 Hospital.

year graduated with a certificate in Hair dressing and beauty.

Angeline's mother accepted to stay with the child as Angeline continued with the course for one year. "I decided to allow Angeline go for training because once she completes and gets

employed she will be able to take care of her baby and maybe all of us." Said Angeline's mother.

Angeline is now happily working in a salon which Plan International supported to open for her and few others as a group. "I am very excited my life began a new. I am also a girl advocate who seeks to see other girls empowered. I am happy I participated in last year's 16 days of Activism against Gender Based Violence." She concluded.

MY EXPERIENCE AS A FEMALE DRIVER

Benta Otolo is the only female driver in Plan International Kenya, she and has been in this profession for the last 21 years. She shares sneak peaks of her journey with us in this short interview.

How long have you been in this profession?

I have been in this profession since 1998, which is 21 years now. I have worked for Plan International Kenya for four years now.

How has your experience been this far?

My experience has been really good, I have enjoyed it.

What are some of the most memorable moments you have had in your profession this far?

Some time back, I was awarded the best school driver in Nairobi County. At that time, I was working as a school bus driver. This has remained my most dear moment in my career.

What are some of the difficult memories you have had in your profession?

I remember there were days when I had to get home late in the night because of working past official hours. This was difficult because it was taking a toll on me.

What is your motivation to wake up and go to work every morning?

I enjoy my work and for me this in itself is enough motivation. I face no interference in my work.

What feedback do you get from people when they get to know about your profession?

Whenever people see me driving the office cars, they praise me a lot, they compliment my courage and they



generally get excited about it. I have also been told that I am a careful driver and that means a lot to me.

How has your experience in this profession changed your life as an individual?

My profession has exposed me to a lot of new places; I have interacted with people of different calibres. The exposure has refined me as an individual and made me a better person.

What do you like to do during your free time?

Domestic activities in the house. I also enjoy listening to gospel music.

SOLVATTEN PROJECT

THE PROGRESS AND SUCCESSES

In 2010, the UN General Assembly explicitly recognized water and sanitation as a human right. Everyone has the right to sufficient, continuous, safe, acceptable, physically accessible and affordable water for personal and domestic use.

While the damage caused by unsafe water is massive, majority of people living in developing countries lack access to clean and safe water leading to a number of deaths directly attributed to diarrhoeal diseases mostly affecting children under 5 years.

Solvatten is a device that uses solar energy to treat and heat water for domestic and drinking use. The technology developed by Solvatten AB in Sweden combines filtration, UV-disinfection and pasteurisation to kill micro-organisms that cause water borne diseases.

It has been proven to be a safe method of water treatment since no chemicals are required. It is also an affordable method to purify water since after buying the Solvatten Kit, one only needs the sun which they don't pay for.

Plan International currently implements the Solvatten Project in four Counties, Kwale, Homabay, Kilifi and Marsabit. In Bondo, there has been a

concern of access to clean water. For a long time, residents suffered from water borne diseases as a result of using unsafe water for households. This posed great risks to their lives especially for children under the age of five. Plan International supported 170 households with Solvatten Kits for water treatment in Bondo County. This is equivalent to 985 individuals who have benefited from the kits.

Phoebe a mother of six is one of the beneficiaries.

She says, "My husband and I work at a nearby mining field, and most of the times we come home exhausted. Before I received the kit, we used to consume water from the lake, which is not safe at all. We are now relieved because we know that the water we have is now safe for consumption."

In Kwale County, the Solvatten Project has not only benefited households but schools too. Under the Tulinde Tusome Project, Mkanda Primary school benefited with 10 Solar water treatment kits. The school health club was trained on the appropriate use and maintenance of the kits from Solvatten

Project. They were also tasked with ensuring the kits are used efficiently under the supervision of the health club patron. One of the students from the school said "We are now able to drink treated water at school unlike before when we used to drink untreated water from the river. Initially we would have a lot of stomach

problems however since we received the kits, we , however, have noted a decrease in those cases."

Parents have been encouraged to treat water at home using the kits. For 13-year-old Florence, the experience of having the kits at home has been life-changing for her. "In the past we had to spend

hours using firewood to boil the water, the one thing I didn't like was how the smell of the smoke would choke us. But now we enjoy drinking the treated water, we save on time and we don't smell of smoke". The money that was channelled to buying firewood is now channelled to other needs like learning materials.

170

Number of households supported by Plan International Bondo with solvatten kits for water treatment.



An interaction between Plan International Staff, a beneficiary and a donor during the donor in Homabay programme unit.

A total of 94 households have been trained in Kwale on the use of Solvatten kits and from the distribution of the kits there has been a significant change in hygiene practices, fewer cases of waterborne diseases while families have been able to save up on resources.

In Homabay County, the project was privileged to host two donors from Sweden who visited to check on the progress. They were able to visit the Plan International Offices in Homabay, the Ministry of Health Office and they later on interacted with children who had gained from the solvatten kits. The Solvatten project in Homabay has distributed 142 solvatten kits which have all been dispersed to households.



A boy from the school health club filling container with treated water.



LIVING WITH DISABILITY

CHILDREN PROVIDED WITH ASSISTIVE DEVICES



Three sponsored children living with disabilities were provided with assistive devices. The assistive devices which included a wheel chair, a commode chair and a walker are expected to ease their movement, enhance their independence and confidence.

Children with disabilities are the most marginalised and vulnerable in the society. They are often neglected and in some cases hidden from the public eye. This is because in most African cultures they are considered a bad omen. The social stigma that surrounds children with disabilities makes it very hard to reach them because most parents are not proud of them.

However, Nicole (10years) an older sister to Laureen (9years) who lives with disability has always desired the best for her sister. "I normally carry Laureen to school and back home daily because

ABOVE: Douglas Ogoro- Program Manager with staff from Kisumu PU giving a commode chair to one of the sponsored children.

TOP RIGHT: Ann Angwech assisting young Laura to use her walker.

BOTTOM RIGHT: One of the beneficiaries with classmates.

she cannot walk all the way. I thank Plan International for providing my sister with a walker. This will lighten the burden of having to carry her on my back." said Nicole.

Before this distribution, Kisumu PU worked with Educational Assessment and Resource Centre (EARC) officials to conduct assessment on children living with disabilities. Out of the 37 children assessed, 8 were supported to report to special schools and some were referred for continuous therapy and specialised treatment.

Plan International continues to enhance the well-being of children and youth both in and out of school by ensuring boys and girls including those with disabilities benefit from quality learning in a safe and accessible environment.



MEET ROBERT OUKO OMWA (HSC)

A BEACON TEACHER WITH A HEAD OF STATE COMMENDATION

What is your name, age, where do you come from?

My name is Robert Ouko Omwa, (HSC). I am 32 years old. I come from Nyahera, Kisumu County.

What do you do?

I am a teacher at Arya Primary School. In addition to my daily duties as a teacher, I also serve as a Beacon teacher after being trained by Plan International Kenya. Beacon teachers work to defend and protect the rights of children. We are trained to detect, respond to and prevent cases of violence against children. Our work also involves connecting survivors of child abuse to people and organisations which are able to support and protect them. Beacon teachers also sensitise parents, other

teachers and the community on the importance of child protection.

You have been a Beacon Teacher for a while now, tell us about your experience and what positions you have held?

I have been a Beacon teacher since the inception of Beacon Teachers Movement in 2016. I serve as the County Coordinator in Kisumu. My experiences have been life changing coupled with bitter sweet moments. Bitter because of the challenges but sweet in the sense that, I get an opportunity to prevent bad things from happening to children. Although this is not always the case, I am glad that we are able to give hope to survivors of child abuse.

What are some of the challenges you have faced as a Beacon Teacher?

As much as it has been a fulfilling experience we have not missed some up and downs. One being the high number of cases we receive. When Beacon Movement started, we knew that we would be the voice of the children but we did not anticipate that cases of injustice against children would be so many. There are times when I have to receive calls in the middle of the night so as to respond to a case. This is because of the fact that the number of beacon teachers in service do not match up to the number of children who are in need.

Sometimes we handle very traumatising cases, that leave us scarred and we need psychosocial support and counselling. Resources are also a

challenge for us: we use our own salaries to follow up cases and sometimes we get overstretched and our work is hampered.

The greatest challenge that we face is when some family members and even the law enforcement officers take cases of abuse as an avenue for making money. Some officers and parents have been bribed to resort to kangaroo courts instead of the normal process. This is a great hindrance to justice for innocent children.

What is the most memorable experience in line with upholding the rights of children?

Team work that saw a serial defiler jailed for 20 years. The man would gain access to a widow's house who lived with her two daughters. He would rape her in front of her daughters then defile the girls too. This was gross and very sad. Beacon teachers came together with other stakeholders and built a house for the lady and also followed the case to its conclusion.

What gives you the drive to keep fighting for the rights of children?

My children and generally all children. Seeing a smile on a child's face motivates me to keep fighting for the rights of children. Despite the challenges mentioned above, we resolve every day to ensure children are protected. Winners never quit and quitters never win and we don't intend to stop as long as children need us. Children are our heritage and our future. The dream of having a strong nation cannot be realised if we allow our children to grow in toxic and unfriendly environments, thus we have taken it upon ourselves to ensure that we keep fighting for children.

Tell us about the Presidential Recognition award?

This is also a memorable experience for me in this work. I thank God for it. In 2018 December, I received the Head of State Commendation (HSC) for my work in safeguarding children. I must say this has really bolstered our efforts as Beacon teachers, telling us that as much as sometimes we face a lot of challenges, there is someone watching. I dedicated this award to all Beacon teachers for the great work they do and to our Mentors at the Teachers Service Commission like Mr. Ibrahim Mumin and Zipporah Suppuk and to Nancy Okoth of Plan international.

Which other activities are you involved in, in the humanitarian world?

Being a Beacon teacher has opened doors for me. I am the Country Coordinator for Africa Youth for Human Rights and Citizenship Development Initiative (AYHRCDI) an organisation that empowers youth to advocate for human rights. By extension I am the Kenyan representative of Youth for Human Rights International. Through the Beacon work I was admitted into the YALI Fellowship. YALI is Young African Leadership Initiative, a flagship project of former US President Barrack Obama. The training I got in the 4 week residential sessions have also helped me become a better teacher and a better person.



The dream of having a strong nation cannot be realised if we allow our children to grow in toxic and unfriendly environments, thus we have taken it upon ourselves to ensure that we keep fighting for children.



Robert addressing pupils during a school event.



Being a Beacon teacher has opened doors for me. I am the country Coordinator for Africa Youth for Human Rights and Citizenship Development Initiative (AYHRCDI).

What do you enjoy doing during your free time?

(Chuckles). I actually don't have much free time but I try and create some which I spend with my dear wife Eunice and children in our Nyahera home. We listen to music and hold in-house dancing competitions. It helps to greatly connect with them. My family is important and my Beacon work starts in my home first.

We recently celebrated the Day of the African Child what is your dream for the Children of Africa?

My dream is of an African child who grows in a free and safe environment and away from harm, with strong models to emulate from. For this to be realised a lot of work has to be done by us Beacon teachers and other stakeholders. In Kisumu West through the NORAD project and Girls Advocacy Alliance, Plan International has done a lot. My fear though is a lot of sexual violence, over 80% has been in the hands of close family members and non- biological parents. I would suggest that these caregivers are sensitised on keeping children safe; failure to which our children may jump from the proverbial frying pan into the fire.

In all this I consider sensitisation to be key and am doing that through my social media handles and through my blog www.omwarobert.wordpress.com and am also a host at TotoSmile Podcast: <https://anchor.fm/robert-omwa>



The Head of State Commendation Award.

PICTORIAL







waiting wombs trust

ALL ABOUT...

ENDOMETRIOSIS

By Eunice Kilonzo

Editah Haddassa Trip had always had severe cramps during her menstrual period. Periods, she was told, were always painful. But inside her body, tissues similar to those that form the lining of the uterus were growing outside the womb and onto ovaries, bowel, and tissues lining the pelvis and sometimes, the lungs. This condition is called endometriosis. This lining of the uterus or womb is called the endometrium.

The hormonal changes in menstrual cycle means the tissue will grow, thicken, break apart and bleed. Over time, the tissue that has broken down has nowhere to go and becomes trapped in the surrounding area such as the pelvis. This causes the area to become inflamed, swollen and painful. The condition can be minimal, mild, moderate and severe depending on the severity of the invasion of cells on other body parts and could lead to a situation where the pelvic organs are bound together, as well as irritation, severe pain during periods, and fertility problems. According to World Health Organization endometriosis affects one in ten women of ages 15 to 49.

Editah, then around 26 years old, had no idea how the growth of these tissues outside her uterus was the source of her paralysing pain and the cause of a disorder, she has braved for close to a decade. As a result, each month, when her periods came, she would have severe pain on her back. One time it was so horrible that she would not stand. "I didn't know any other life beyond pain. I was always in pain. But it was in 2010 when I got my menses and I couldn't stand

as there was so much pain in my stomach and back that I was rushed to the hospital,” she said. Six hours between going to the doctor’s clinic, an ultrasound and a scan, she was being wheeled to theatre for an emergency diagnosis surgery.

“I was in shock but I was ready for anything as I am a Christian and I believe everything would be okay,” she emphasises. Five hours later, when she woke up from the procedure her first question was: “What was it?” As the doctor described what he found inside and outside her uterus, it dawned on her that her ‘mysterious’ symptoms actually had a name: endometriosis. More specifically, ovarian endometriosis. She was put on hormonal therapy to starve the tissue off oestrogen, a hormone that spurs the spurts of the development of female sexual characteristics.

“I would inject myself in the stomach for six months and I only got relief in the first two months after which the pain came back and it left me with hot flushes and many other complications similar to an early menopause (marked by lack of menstruation and inability to fall pregnant).”

This was a battle that she fought quietly with her supportive husband, Ken Trip, and no one at her work place knew the reasons for her absenteeism when it happened or why she was always in pain. Given that endometriosis is considered a chronic illness, it was not covered by her health insurance and thus she had to pay out of pocket. For instance, some surgical procedures such as laparoscopy, that Editah went through, to view a woman’s reproductive organs, cost over Sh. 300,000, money that most women and their families cannot afford.

But the disorder, coupled with the hormonal therapy, was not only financially draining at this point, it also had an impact on her fertility. The American Society for Reproductive Medicine shows close to one in two women with the disorder will also experience infertility.

Due to her experience with endometriosis, Editah and her husband started the Waiting Womb Trust, a resource available online and offline for women and their partners dealing with the different forms of endometriosis. “We support close to 10,000 people with information to particularly dispel myths on endometriosis such as ‘it’s a curse’ and of course the insensitive questions of ‘why we are delaying to have children’. So, we share our stories to encourage each other. Editah, describes the disorder with no known cure, as one that “drains you” physically, emotionally and financially and one needs a lot of support

Last year, she needed this support as she was wheeled back in theatre for a procedure to scrap off the adhesion of the tissues and to help with the pain management. “It was during this procedure that the doctor discovered that the endometriosis had since moved from my ovaries to the rectal area. Not only that, they found out that the inner tissue lining of the uterus had moved and was now in the muscles of the uterus, also adenomyosis. It meant that my uterus walls had grown thicker. This translated to more pain and heavier periods,” Editah spoke in a down casted voice, a hint of the rollercoaster she has been on.

Her most recent surgery, (her third one), was in November 2018 and six hours later under the scalpel knife, she was hopeful that finally, they had nipped the endometriosis in the bud. “But one month later I was in pain again, I had pain in my kidneys.



15 years - 49 years

According to World Health Organization endometriosis affects one in ten women of ages 15 to 49.

Some surgical procedures such as laparoscopy, that Editah went through, to view a woman’s reproductive organs, cost over

Sh. 300,000

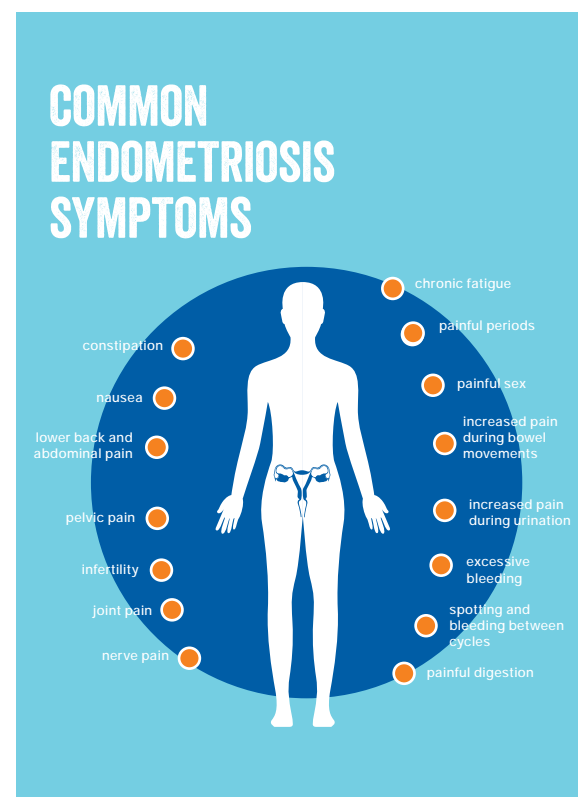
money that most women and their families cannot afford.

1 in 2

The American Society for Reproductive Medicine shows close to one in two women with the disorder will also experience infertility.

I went back to the doctor in December and when I saw him I cried and asked him why am I back here? He was sad but he encouraged me to fight on,” Editah recollected. She is trying to find newer ways to deal with the pain. One time she was in so much pain that she could not sleep for 27 hours straight, without being dependent on painkillers. She has now opted to work out and sweat it out. “My husband has been very supportive, had it not been for his support I would have been lost in the whirlwind of pain, confusion and endometriosis. I thank God for him.”

She clarifies, that she is not her diagnosis, and she challenges anybody else who is battling endometriosis or any other ailment to always speak positively about themselves regardless of the condition they are in.



10,000

Waiting Womb Trust supports close to 10,000 people with information on endometriosis.

Eunice Kilonzo is a Communications Officer at the African Population and Health Research Centre (APHRC). She is also an award-winning journalist and contributes health and science articles for Daily Nation and on her blog; kalundethescribe.wordpress.com



TEN TIPS ON ...

"You don't start out writing good stuff. You start out writing crap and thinking it's good stuff, and then gradually you get better at it."

Octavia E. Butler



By Dr. Okinyi Nyawade,
Monitoring and Evaluation Manager,
Plan International Kenya

We all do some writing, some way. Some do it for a living, others do it as a calling, some do it because it is needed while others like me just find themselves doing it. In a world where the reading culture is poor, good writing is necessary if people have to read.

Writing is the centrepiece of documentation. The maxim "If it's not documented, it didn't happen", is so much commonplace today perhaps yielding to the wise words of Martin Luther that, "If you want to change the world, pick up your pen and write." Thus said, writing has become a prerequisite for development workers who are required to write progress of their work with communities, a life changing experience of a beneficiary, a case study of a best practice, a most significant change in people's lives or a quarterly progress of what has been done. It is now therefore, that Benjamin Franklin's assertion that, "Either write something worth reading or do something worth writing," is a reality to all of us. To help you with the writing, I have prepared the following ten tips to jumpstart you into the writing highway.

1. Invite someone to see what you do

Sometimes the things we do become part of us till we fail to see the story in them. Orson Scott says, "Everybody walks past a thousand story ideas

every day. The good writers are the ones who see five or six of them. Most people don't see any." Invite someone to see what you do and they will come with a new pair of 'eyes' that will illuminate to you what you need to write about in the program you are implementing.

2. Know your audience

Before you begin to write, take time to understand who your audience is. Writing style will be dependent on whom your intended audience are. Think through your audience, their expectations and the value the write up will contribute to them. Have their spirits flow as they read.

3. Begin the writing

Do not procrastinate, it is the thief of time. Get a piece of paper or sit at your computer and just press the buttons. Write it down when the issues are still with you, when the visual images of the events are alive in your memory, when you can still hear the children sing and the mothers and fathers dance as the water taps are opened. Remember the words of Henry David Thoreau, "Write while the heat is in you. The writer who postpones the recording of his thoughts uses an iron which has cooled to

"Everybody walks past a thousand story ideas every day. The good writers are the ones who see five or six of them. Most people don't see any."

Orson Scott

burn a hole. He cannot inflame the minds of his audience." Remember you can always edit a bad page but you can't edit a blank page.

4. Purpose to be simple and clear

While you write remember to be clear. Reduce complexities to simplicities. You can do

this by keeping track of the words you use. Words create meaning, words distort meaning and words can also erase meaning. Divorce yourself from big fancy words and use simple, yet effective words

when you write. Thomas Jefferson observed that the most valuable of all talents is that of never using two words when one will do." Instead of saying "I am unable to", just say "I can't." Baltasar Gracián said, "Good things, when short, are twice as good."

5. Notice that the first draft is always crap

Upon documenting your first draft do not be contented that it is to perfection. Noble Laureates Ernest Hemmingway and Toni Morrison have shown us that, "the first draft of anything is crap." I like Terry Pratchett's view that, "The first draft is just you telling yourself the story." This means to get to the ultimate refined write up you will need patience. Octavia E. Butler has given a potent counsel, "You don't start out writing good stuff. You start out writing crap and thinking it's good stuff, and then gradually you get better at it. That's why I say one of the most valuable traits is persistence."

6. Ruthlessly screen your work

Once you finish the write up, become your own harshest critic. A lot of writing is in the rewriting phase. Remove the extraneous words, get to the point and be tough on yourself knowing when to delete and when to emphasise. You will realise this is a painful process cutting down on what took you hours to piece together but, it is the final chopping of rough edges that makes a sculptor artistic to

the eye and which gives it value to the purchasers. Renown writer and essayist, Stephen King has given a good counsel, "When your story is ready for rewrite, cut it to the bone. Get rid of every ounce of excess fat. This is going to hurt; revising a story down to the bare essentials is hurting, but it must be done." Remember simple mistakes like spelling and grammar easily make you appear cheap to your readers, avoid them like plague.

7. Accept reviewer's feedback

Even after editing your work 'ruthlessly', there is no guarantee that your write up will be free from errors. You will need a second person to review your work for completeness. The writer must be one willing to take criticism and use them as building blocks. Always pick up the stones reviewers throw to build your writing house. No single writer has escaped the reviewer's pen. Celebrated writers have had tens of hundreds of their write ups rejected by publishers. In the end Elbert Hubbard says, "The final proof of greatness lies in being able to endure criticism without resentment."

8. Tell the story

In your writing remember to tell a story just like you would normally converse. "Tell the readers a story! Because without a story, you are merely using words to prove you can string them together in logical sentences," –argues Anne McCaffrey.

9. Don't quit

The feedback you get from reviewers may easily discourage you and you could choose to just quit with the words, "writing is not my thing" Yet the difference between good writers and bad writers has little to do with skill. It has to do with perseverance. Bad writers quit. Good writers keep going. That's all there is to it. Richard Bach has opined, "a professional writer is an amateur who didn't quit," Had Walt Disney quit when he was told he lacked imagination, the children's world would be dull today without Mickey Mouse, who is definitely the most popular mouse in the entire world! Keep trying, a person who keeps working is not a failure.

10. Remember point 1 to 9 above

Well this is not a manual, neither is it intended to be, but it should encourage you to open an empty page and just begin typing away disregarding your own fears, keeping to the focus, with an open heart and mind to review and patience you could just be the next big thing in the writing world. So remember point 1 to 9 above.

PROJECT UPDATE

"MY TREE, MY FUTURE"

Tharaka Programme Unit in partnership with Guardians of Life Youth Group engaged children in a tree planting exercise aimed at rehabilitating the local environment from the effects of climate change.

The activity which took place at Maroleria Primary School saw children plant over 200 tree seedlings ranging from indigenous trees to fruits.

"WE HAVE ASKED EVERY CHILD WHO HAS PARTICIPATED IN THIS EXERCISE TO ADOPT A TREE TO NURTURE IT SO AS TO GUARANTEE SURVIVAL OF THE SEEDLINGS EVEN IN THE HARSH WEATHER CONDITIONS EXPERIENCED HERE."

Njeru, a Plan International staff.



A girl posing for a picture after planting a seedling.

Speaking during the activity, Kenneth Munene who is the Chairman of Guardians of Life said, "Tree planting is a way of combating climate change which has adversely affected Tharaka Nithi County. Growing trees take water from the soil and release it into the atmosphere which then comes back to earth as rain. I believe our soils are friendly to agriculture and have potential for great harvests which can boost our resilience and break poverty."

Kenya is most vulnerable to climate change since the key drivers of the economy are climate-sensitive. Coupled with the country's low adaptive capability to climate change, the country experiences a high level of vulnerability. Areas such as Tharaka Nithi have contributed to climate change effects degradation through deforestation which has made the location receive low amounts of rainfall leading to low food production hence high levels of poverty.

IN GRATITUDE TO...

PLAN INTERNATIONAL

Thirty years ago, my journey to success began and it was greatly boosted by Plan International which was called Foster Parents then. At that time, my school was built using Palm Plant trunks and our toilets were made using palm leaves. The floors of our classrooms were very dusty and the dust would even get worse during the rainy season because of the floods. The classes would be so flooded that we would have to place stones under our desks to have a place to step on during the class sessions. Plan International worked with our parents and the community members at large to construct classrooms. By the time I finished school, the whole institution had permanent classes that were conducive for the children to study. I am glad because these classes continue to serve even our children.

Plan International also ensured that we had school uniforms; this they did by ensuring that a tailor would come to the school and fit all the children and ensure that we all had uniforms, this made it easier for our parents to focus on other family needs. We also received hand written letters and drawings from different sponsors. This was really exciting for us.

As I was continuing with my education, our family got displaced due to the Kangeta land demarcation where we lived. It was hard for us because we had come from a familiar environment with productive farms to a land that was bare, which took a long time before the crops grew. We had to fetch water from the river down a steep hill. Plan International made life easier by sponsoring a water project from which



Josephine at her graduation.

my family benefited with tapped water and a water tank. This was the start of making tea nurseries to provide seedlings to planting in our farm.

I noted that the support that Plan International gave to us was not just for the children, it was for the community at large. This meant the organization supported my community to depend on itself and to carry out activities that were sustainable.

My mother got a short loan with the support of Plan International, through the community savings and loans system. She used the Ksh 15,000 to start a 'mtumba' business (second hand clothes). This business was our big break because through it our family needs were met since the clothes were on high demand. We also had nice clothes from the business and life was different from this point. It was a lifetime transformation. My Family is ever grateful

to Plan International. All my siblings and I received quality education.

Plan international made life easier by sponsoring a water project from which my family benefited with tapped water and a water tank. This was the start of making tea nurseries to provide seedlings to planting in our farm.

Currently, I hold a Bachelor of Education Degree from Moi University and a Masters Degree from Manchester Metropolitan University United Kingdom(UK). In the UK, I managed to establish friendship links that have been useful in transforming the lives of girls in my community through school

fees sponsorship. I am currently admitted to pursue a PhD in Social Transformation at Tangaza University College.

Because of Plan International among other factors, I am now a Lecturer at Tangaza University College of the Catholic University of Eastern Africa as the Coordinator of Child and Youth Studies Programme. I am also a champion of child protection through capacity building. I have led a team of professionals working with different organisations to develop a short courses and a certificate in Child Safeguarding.

I am glad to be spearheading the development of the former Sponsored Children Alumni to give the alumni more opportunity to give back and link for both personal and community benefits.



Josephine as a pupil in Standard Six.



Josephine at Makerere University for a benchmarking exercise for child safeguarding and protection programme.

ANTI-FGM CAMPAIGN VISIT



Reformed circumcisers from Tharaka Nithi and Kajiado sharing their experiences during the exchange programme.

The **Obligation to Protect Project** in Tharaka Nithi and the **Yes I do Project** in Kajiado held an exchange visit which brought together reformed circumcisers, Njuri Ncheke and Maasai Elders. The aim of the visit was to share their experiences and their roles in ending FGM in their respective regions.

It was clear both communities are largely patriarchal and the men have the final word on everything that affects their families. However, since the projects started, they have noted that the men are more open to discussions on family matters before making decisions. This has greatly helped in the fight against FGM.

“WE HAVE ALSO BEEN PRIVILEGED TO LEARN ABOUT CHILD RIGHTS AND WE ARE ABLE TO ADVISE THE YOUNGER MEN AND OLDER MEN (MAASAI MORANS) TO STAY AWAY FROM YOUNG GIRLS AND TO ALLOW THEM TO GET AN EDUCATION.”

Said one of the Maasai elders.

The reformed circumcisers from both regions also shared in the sentiments that they regret having played a role in risking the lives of many young girls. But due to both projects, their younger daughters and grand-daughters have been spared from the cut because they chose to abandon the practice. They compared notes on the aspects

of alternative livelihoods that they have since engaged in to make a living. They affirmed their position to continue campaigning for a changed society where the girls rights are respected and practiced.

“I WAS ENCOURAGED TO NOTE THAT THE MAASAI ELDERS HAVE RESOLVED LIKE US TO FIGHT FOR CHILDREN RIGHTS. WE ARE WINNING THE WAR AGAINST FGM”.

Said Nkanda, a Njuri cheke elder



Elders from Kajiado and Tharaka Nithi having a conversation.

INSIDE...

INTERNSHIP

In her recently published book, 'Becoming', Michelle Obama said, 'For me, becoming isn't about arriving somewhere or achieving a certain aim. I see it instead as a forward motion, a means of evolving, a way to reach continuously toward a better self. The journey doesn't end.'

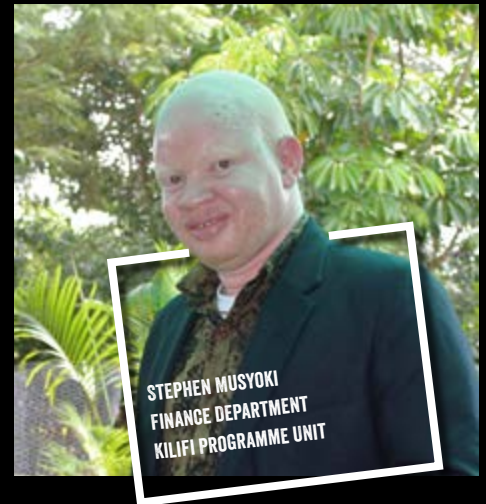
Every year since 2012, Plan international Kenya has been recruiting and training graduate interns for a period of one year. Interns are assigned mentors who guide and advise them on industry specific matters. The aim is to equip them with knowledge, skills and practical experiences that will aid both their career development and personal development. In this issue we share the thoughts and personal experiences of the 7th cohorts of graduate interns.



Gratitude is a sign of noble souls. I say this in light of the wonderful mentorship training I had here at Plan International. Not only have I experienced what it feels like to be coached on professionalism but I have also acquired technical skills in negotiation, order management, procurement reporting and payment processing. For this experience, I say thank you to Plan International for setting such a strong foundation for my career.



Just as having no personal memory deprives us of a sense of our own identity, having no history on our learning initiatives deprives us of a sense of professionalism. I express my gratitude to Plan International for making me who I am currently. During this period, my academic knowledge has been widely transformed into competence-based application through the field work I have been involved in.



I would like to thank Plan International for the opportunity to have my one-year internship experience. During this period, I have gained valuable knowledge in finance, team work and life as a whole from my colleagues in the finance department and all staff at Kilifi Programme Unit. This will go a long way in shaping my career and life in future. During this period I attest to my professional growth and attest that I am not the person who came in.



My experience at Plan International can be summarised in one word – EXPOSURE! Plan International has not only given me a platform to practice some of my knowledge, but also given me a global landing. In my work, I have interacted with staff from both country office, regional office and I have supported the executive desk. This increased my social and professional networks.



This has been my first work experience after campus and trust me, this has been a mind-blowing experience. I vouch for the wholistic and involving approach that Plan International has taken in training young graduates from campus to become greater professionals in the near future. The values that Plan International instills in the graduate interns contribute to transforming them into seasoned professionals. Thank you Plan International for setting the bar high.



In the words of Ifeanyi Enoch Onucha, 'Leadership is never an avenue to be self-serving but, a platform to render great service to people.' My experience has echoed his sentiments as I have been able to learn various ways to serve my colleagues as well as represent every one of them in their time of need. I have learnt how to work with various systems such as Human Resource Information Systems, (HRIS). Through this experience, I hope to be able to continue to serve others as I grow in my profession.



A sense of purpose and direction is what I can attribute this experience to. As young people, we tend to not be sure of what exactly we would like to do or focus on in our profession as we come out of campus. However, Plan International reaffirmed that my path in IT was my calling. I had a great mentor who inspired me and instilled greater values that have made me a better person. For this I say Asante sana Plan International.



My experience was quite thrilling yet humbling at the same time. Communications being a support role has offered me a dynamic experience as I have seen the work being done at Plan International first hand through the various field visits. I remain thankful to my colleagues who have molded me as well as challenged me to be better through and through my one-year tenure. As it is said, gratitude is not only the greatest of virtues, but the parent of all others. Thank you!



I am immensely grateful to Plan International for the work experience. My greatest take-home for this period has been the teamwork and synergy in working with departments. I believe it is through the friendly work culture that enabled me adapt to my role easily. Thank you Plan International for providing such a wonderful bedrock to my financial career.



My one-year experience at Plan International has been an amazing journey. I look back and see growth and development, not just in my career but also in my personal development as well. I have been able to learn a lot from my fellow colleagues who have been supportive all through. To the larger Plan International organisation, I have enjoyed working with each person.

USING DIGITAL MEDIA TO HIGHLIGHT UNTOLD STORIES

Communication for Development (C4D) ambassadors is a youth led initiative within the Safer and Inclusive Cities Project. The C4D ambassadors comprises of young men and women who are eager to learn and use Digital Media tools to highlight powerful and positive stories rarely told in urban slums.

The Safer and Inclusive Cities Project held a four day training for C4D ambassadors with the aim of developing a deeper understanding on the power of Social Media in changing the image of urban slums.

“THE KNOWLEDGE GIVEN TO C4DS ENLIGHTENED US GREATLY. WE NOW KNOW THAT OUR PHONES ARE THE BEST CAMERAS TO CAPTURE THE GOOD THAT HAPPENS IN OUR COMMUNITIES. I HAVE ALSO LEARNED THAT SOCIAL MEDIA IS THE BEST TOOL FOR PASSING INFORMATION AND COMMUNICATING ABOUT WHAT IS GOING ON IN OUR COMMUNITIES.”

“AS A C4D AMBASSADOR, I CAN NOW CONFIDENTLY USE A WEBSITE TO SHARE INFORMATION AND LINK THE SAME TO OTHER PLATFORMS SUCH AS FACEBOOK.”

Said Sarah Achieng,
C4D ambassador from Mathare slums.

The training saw a total of 16 C4D ambassadors from Mathare, Kibera, Mukuru and Huruma trained. Some of them have gone ahead to create blogs.

See link for more information :
<https://s4dmathare.home.blog/>

See also a Facebook page run by youth from different countries under Safer and Inclusive Cities:

<https://www.facebook.com/SafeandInclusiveCities/>



C4D Ambassadors learning the different camera frames they can use in photography.



C4D participants during the training.



PROJECT COMES TO A CLOSE

Back in 2015, the Niliinde Project began its work in six counties with the aim of improving the welfare and protection for 187, 035 orphans and vulnerable children (OVC) by 2020.

Swahili for 'protect me', Niliinde was initially designed to end in 2020 but due to budget constraints it came to an end in June 2019. Target counties of Niliinde benefitted from customised service delivery and strategic partnerships to increase access to health and social services for OVC and their families, strengthened capacity for households and communities to protect and care for OVC and strengthened child welfare and protection systems at the national level, including improved structures and services for effective responses.

Niliinde used a case management, family-centered approach that works towards supporting every child to be healthy, stable, safe and schooled. By the end of the project, 75,030 households and 183,547 OVC had been reached with a range of services over the life of the project.

The close out meeting saw different beneficiaries share their journey to self reliance through personal testimonials. While commending the team's work, Kate Maina-Vorley said "The Niliinde team has relentlessly shown commitment in serving the children, parents, and communities towards self-reliance."

75,030
HOUSEHOLDS AND 183,547 OVC
HAD BEEN REACHED WITH A
RANGE OF SERVICES OVER THE
LIFE OF THE PROJECT.



IN THE MIDST OF LETTERS

A COLLECTION OF DREAMS AND ASPIRATIONS BROUGHT TO LIFE BY NILINDE

Hey! my name is Mary I come from Nairobi Kenya, I am a girl age 19 years old, I cleared my form five education last year (2018). In my family we have born of three girls and one boy, my mum passed on last year, because she suffered from cervical cancer and also hypertension. Through nilinde they have really really supported me from many ways one from paying for my school fees and uniforms and they also provided for me food, and from now I can even I can take care of my little siblings.

I am a member of nilinde (kids club) Support group and through dreams program I was supported with Sanitary pads we also get milk and breads, and also my sister was supported with uniforms. Even they also teach us how to take care of ourselves, from the my late mother was saving on his Visa I took a little money and started a small business that am earning a little money that I usually take one of small sister who also takes drugs like me, and also save the so that I can manage to pay for my sister's college in my future my dream is to be come a doctor.



My name is Kelvin Mwangi I am 11 years old and a form 3 student at Dagoretti High school and have a humble family of 6- mother, father and 4 brothers: two in primary and one in secondary. I joined Nilinde organization in the year 2018. Nilinde came into our lives we used to lack school fees. Most of the times we were sent home because of school fees. When Nilinde came to, it immediately brought us school fees and was able to pay school fees.

Right now I study mathematics. Since my school fees is paid for my parents to get satisfaction. My mother got a job, business and other things and through this she was able to start a business.

Through the business she gets money and she is able to pay for my siblings school fees. Through the business we are able to have our own money, we are able to go shopping and how sometimes to shop. The business has made the relationship between mum and I to grow since my mum doesn't have stress. Because that is really relaxed and school fees is paid.

Through household economic strengthening programme of Nilinde, my mum is a member of Kfuri and through that she can save and also become money and she is able to pay school fees for my siblings and get other needs. Through all these interventions she has really changed since my siblings and I study and our parents get on meals everyday.

USAID
FROM THE AMERICAN PEOPLE

My goal is to live the life you love and love the life you live.

THANK YOU
US AID
FOR HELPING
YOUNG GIRLS
LIKE ME

My name is Maimuna njere I am 15 years old. I am a family of two parents and 3 children. I am a project that had helped many families. It has helped my mother with my school fees. It also helped my mother with starting a business. My mother is a great girl. I am great full to nilinde because it helped my mother in a great way.

Nilinde had helped my mother with school fees. Our lives time has change. I also attended girls sections. They have helped me in many ways. They taught me how girls can take care of their bodies. They also gave me help twice. I thank nilinde for help they have gave us a day out. Our lives time have change. I was very poor in my studies but now I have improved my my studies. When I finish school I would like to be a history teacher.



My name is Sackline Mumbi am fifteen yrs old I study at St. Anglos Girls High School and I am in form two. The Milinda Programme has helped me a lot with are the things the programme has helped me my mother to provide like were very difficult for and my mother was also provided with assets for her business e.g. Blousing machine, Shampoo and Hair Conditioner. When the Milinda Programme payed for my school fees it helped my mother and I a lot because my mother was unable to pay for my school fees and I use to be sent away from school in the business my mother has, she used to get a little amount of money which could be used just for food. The Milinda Programme has also provided life skills teaching for many children including me. This life skill teachings helps me a lot in knowing life and in overcoming challenges in life. I thank you very much Milinda for your support. And if you can support us again like last year. We appreciate.

Life is not easy in my community because of peer pressure and youth who involve them selves in bad things such as stealing, taking drugs and immoral things. Life skills continue to help me stay focused and to stay in school.

Thank You USAID For Helping Girls Like Me!

My name is Alex I twelve years old. I learn at Saint Francis Community Centre in class seven there both parents. I last year when I was in class. Every parents were staying at home they did not have work. They were for a job but they didn't eat. My parents stayed for six months at home without work. They heard about Milinda helping people to pay school fees to help the job less. My parent visited them and he was given school fees to pay for me. My parents also got V.H.I.F. After one month my Balance was paid and I went to school. I learned my secret and I became number eighteen in my class. I am ready to continue with my education. If it was not Milinda I could be useless. My dream is to be a doctor to treat the sick. I Thank USAID for helping me to get a future.

My name is Kelvin njane. I am 11 years old. I come of family of six. When I grow up I want to be a pilot. My family was given Food, fruit, Cloth. When I am sick I go to hospital and I am given medicine.

Thanks you for learning, eating Milk and bread, fruits such as oranges.

I learnt how to live healthy.

Thank you USAID - God Bless You



KISUMU Programme Unit

Off Nyalenda Kilo Road,
P.O BOX 2696-40100, Kisumu
TEL: 0724-092 700 | 0733-227373 | 057-202 1545 | 057-2022734

HOMA BAY Programme Unit

Off Salama Road,
Behind MSF Offices
Next to Administration Police Lines
P.O. Box 859-40300, Homa Bay
TEL. +254 (020) 2630793/2630794

BONDO Programme Unit

Siaya-Bondo Road, Opposite Rozala Hotel,
P.O Box, 436 - 40601, Bondo.
TEL: 0726 627636 | 0734-674546

KWALE Programme Unit

Kenya Likoni-Kwale-Kinango Road
P.O BOX 293-80403, Kwale
TEL: 020-2335651 | 0711 926325

KILIFI Programme Unit

Off Mombasa Malindi Road.
P.O Box 911-80108, Kilifi
TEL: 041-7522117 | 25022/22276

MACHAKOS Programme Unit

Holiday Guest Hse, Next Beta Bakers
P.O Box, 194- 90119, Matuu
TEL: 0725-986969 | 0727-930373

THARAKA Programme Unit

P.O BOX 25 -60215, Marimanti
TEL: 064-31938 | 0734 466 126 | 0713 466 126 | 020 2109 494

ABOUT US

Plan International is an independent global child rights organisation committed to supporting vulnerable and marginalised children and their communities to be free from poverty. By actively connecting committed people with powerful ideas, we work together to make positive, deep-rooted and lasting changes in children and young people's lives.

Plan International has been operating in Kenya since 1982 and to-date continues to work in 10 counties: Nairobi, Machakos, Kajiado, Tharaka Nithi, Siaya, Busia, Kilifi, Kwale, Homabay and Kisumu.

We place a specific focus on girls and women, who are most often left behind. For over 80 years, we have supported girls and boys and their communities around the world to gain the skills, knowledge and confidence they need to claim their rights, free themselves from poverty and live positive fulfilling lives.

OUR REACH

Plan International works in 10 counties:

- Nairobi
- Machakos
- Kajiado
- Tharaka Nithi
- Siaya
- Kilifi
- Kwale
- Homabay
- Kisumu
- Marsabit



Plan International Kenya

Methodist Ministries Centre,
Block C, 2nd Floor,
Oloitoktok Road, Lavington,
P.O. Box 25196-00603, Nairobi
Tel: 0722 201293/ 0734 600774

Email: kenya.co@plan-international.org

Web: www.plan-international.org/kenya



Plan International Kenya



@Plankenya



Plan International Kenya



Plan International Kenya Country Office