This May 2019 Issue gives a bird’s-eye-view of putting into effect empowerment programs spearheaded by Caris Foundation - Kenya. All the initiatives bridge the gap between having knowledge of how transformation can be achieved to actually creating an experience of how transformation will be realized.

Caris Foundation - Kenya staff have been steadfast in ensuring that participants in the women empowerment program not only set goals, but also prioritize them and follow up with execution of the set goals. The few cases highlighted in this issue are a small representation of over 4000 SMART goals that were set and continue to be realized. CARIS Kenya Team is ecstatic about the results of the SMART goals setting initiative which has proved to be a significant approach to realizing change in all aspects of development.

The enormous challenges facing the youth can’t be over emphasized. From low self esteem to lack of guidance and focus. Caris Foundation - Kenya has taken a stride to align children of participants to choices that will build relationships, promote character development and fulfillment of their dreams and aspirations. Over 3000 youth were mentored by Caris Kenya staff and regular positive feedback from parents inspire us to do more.

Women are major contributors to the overall well-being of the family. In some cases they prioritize the needs of other family members at the expense of their needs. Caris Foundation - Kenya health care program ‘takes health care to the community’ empowering participants to own their health and inspire others as well. Through this empowerment, participants will make lifestyle choices that will enhance their well being and achieve optimal health that will propel them to wellness.

Interactive sessions between participants and the staff from Malindi Sub County hospital demonstrates a desire for practical knowledge on preventative health. We are thankful to our partners for continuing to attend to the needs of the participants with passion and precision.

I take this opportunity to commend all Caris Foundation - Kenya staff for prompting participants towards their transformative journey. It’s exciting and renewing. The milestones that participants have made compels us to do more because as we all know they have what it takes to THRIVE.

Jane Gitahi
Deputy Director
Milk is a rich source of protein and calories, important for growing kids. Over the past three years, Kafedha Katana has been purchasing milk for her five young children. Every day, she spends Kshs. 30 to buy 500 milliliters of milk. Which implies, she spent Kshs. 32,880 to purchase 548 liters in 3 years.

“I have always wished to own a cow and it would also assist in eliminating costs of milk purchase,” she says. Through a goal setting exercise, she begun saving funds in her Tuajalie Tujisaidie group [TTG] towards purchase of a dairy cow.

The thirty two year old owns a food selling business which enables her earn Kshs. 370 in income daily. Having a specific goal enabled her to comprehend what was required to accomplish it. “Caris Foundation Kenya community facilitators helped in assessment of my needs, and income,” she says. “I budgeted for the cow after identifying the costs.” In four months, savings of Kshs. 5,000 combined with a loan of Kshs. 15,000 enabled Kafedha to purchase a heifer. At the time of this interview, it had been inseminated.

Goal setting is a key precept of the TTG. Caris Foundation Kenya launched the goal setting exercise in February 2019. All participants were motivated to develop action plans to enrich their lives.
Caris Foundation Kenya, International facilitator, James Reppart, said he was proud to see the participants fully immersed in goal setting and that it improves their self-esteem, and confidence. “It proves to them that transformation is possible and it can happen faster than they think,” he said.

Hellen Sidi, a TTG participant in Kakuyuni sub location has owned livestock for 7 years. Everyday they consume eight 20 litre jerry cans of water. She also irrigates chili pepper on a small plot beside her residence. “I have paid excessive water bills for a while,” she says. “I had planned to find an alternate source of water.” In the goal setting process, she was asked to list her needs in terms of priority. The sixty one year old chose to purchase a tank for rain water harvesting. “This is something I’ve wanted to do, but never took action,” she says. “I learnt to prioritize and work towards goal achievement.” Equipped with savings from an investment, she purchased a 2,000 liter water tank at Kshs 13,000. As the rain begins, Hellen waits for various components of collection framework to be installed for rain water harvesting.

In Madunguni sub location, Beatrice Ngala is a victim of home burglary. The forty six year old has lived in her two bedroom house without a door for two years. “I had a wooden door which was not installed,” she says. “So, I used to put it at the entryway to create an illusion that a door was in place.” On various occasions, three cell phones were stolen from her home. Even after the incidents, Mrs. Ngala didn’t improve her residence. With assistance from a Caris Foundation Kenya staff; she recognized a noteworthy issue that required consideration. “My house needed a door yet I had completely ignored it,” she says. Beatrice set a goal of installing a door in a month’s time. In seven days, she got a loan of Kshs. 6,000 bought and installed a grill door. “I am appreciative to Caris Kenya staff for their help in distinguishing areas that require improvement,” she says.

Saumu Nzaro, another resident of Madunguni, has never owned a table or seats. “I didn’t perceive any requirement for them,” she says. “I was comfortable sitting on a log.” By assessing her needs together with a Caris Foundation Kenya staff, the thirty eight year old acknowledged she could live a better life and had the means to. “I decided to improve my home, at least have chairs and a table for guests,” she says. She saved funds and purchased a table and six seats at Kshs. 4,770.

Elizabeth Ngari from Mkuyu wa nyufu has always wished to live in a good house. Five years ago, she begun construction of a new home. “It took me a while to put up a roof of corrugated iron,” she says. When the goal setting concept was introduced, the roof was complete. She was yet to put funds together for construction of the walls. “I didn’t have a time frame in mind,” she says. The goal setting...
process identified shelter as her basic need. The forty two year old accessed a loan of Kshs. 4,000, combined with funds from other investments she purchased wooden poles for the walls and paid laborers. By mid-May, her house was ready for occupation. “Setting a timeline to achieve goals is essential,” she says. “If I had done that earlier, it wouldn’t have taken me 5 years to put up a roof.”

According to a recent internal assessment report on goal setting, 3,652 participants out of 4,156 have set goals. 191 participants have accomplished their objectives. The data was collected in April 2019 by Caris Foundation Kenya, program officers. There is a vast scope of achieved goals from; home building, business expansion to purchase of utensils.
MENTORSHIP PROGRAM FACILITATES DEVELOPMENT OF YOUTH

BY EMMANUELLA KINDA

Youth from six sub locations received new skills and fostered their talents at a mentorship event held by Caris Foundation Kenya.

The event was a perfect combination of fun and learning. It was held for one day in each sub location.

The youth mentorship event aimed to teach young people the significance of having a strong foundation in life.

It focused on children of Caris Kenya participants aged between 10 – 19 years. Caris Kenya staff and parent representatives attended. Community facilitator Angeline Mapenzi said youth were energetic and ready for the experience. “It was amazing to see young people get new knowledge and showcase their talent.”

The programme included devotion from Spiritual formation facilitator, Margaret Kihara, trainings on relationship with God, parents, and peers. Towards the day’s end, youth had a chance to showcase their talent.

Parents present called on the organization to proceed with youth mentorship in coming years. “I wish Caris brings this program once more,” said Pamela Ambani from Kakuyuni sub location.

Linnet Yaa, a parent representative in Mijomboni exhorted youth to put God first in
in all their plans. “Put all your future plans in prayer and live your lives in a manner that is pleasing to God,” she said. Additionally she called on teenagers to be content with their family’s economic status and not to exchange sex for material things such as smart phones and clothes.

“I have learnt that respect is important,” said Kelvin Mwambire, a 16 year old participant in Mere sub location. “I am grateful for the lessons which I will endeavor to apply in my life.”

Victor Ngowa, a 17 year old from Kakuyuni sub location appreciated the organization for launching a youth program in the area. “This is the first time we have had an event mainly for young people in this sub location,” he said.

The event had the most astounding participation of youth and parent representatives. 3,101 youth and 64 parents attended. Young people came away with detailed information on the best way to associate with others in the community and significantly, their communication with God.

1. Community facilitator, Angeline Mapenzi hands a present to a participant who took part in the talent show in Mere sub location.

2. Two participants recite a poem in Kakuyuni sub location. Photos by Emmanuella Kinda

3. 16 - 19 year olds take part in ‘lead the blind game’ during the sports session in Mongotini sub location. Photo by Duncan Ziro
4. Community facilitator, Sara Ziro coaches 13 -15 year olds on relationship with peers in Mkenge sub location.  
5. Program Officer, Karisa Samuel with two participants who made clay moulds for the talent show in Mere sub location. Photos by Emmanuella Kinda 
6. Spiritual formation facilitator, Mwananaima Mzee registers 10 - 12 year olds in Msabaha sub location. Photo by Michael Kombe
More than 400 women in five sub locations have benefitted from a health outreach program hosted by Caris Kenya.

In conjunction with Malindi sub county hospital, the outreach program provided blood pressure testing, cancer and sexually transmitted diseases [STIs] awareness.

The activity is a follow up on a medical camp held in October last year, which provided breast and cervical cancer screening, blood sugar and pressure testing, HIV counselling and testing.

Addressing women gathered at Madunguni Dispensary on April 26, 2019, Caris Kenya Deputy Director, Jane Gitahi advised them to register for national hospital insurance fund [NHIF]. “This service is available to Kenyans of all walks of life and status, through monthly installments, medical insurance will cover you, your husband and dependents under 18 years,” she said. She called on women to take advantage of free clinics and cancer screening services.

The outreach program is dedicated to empowering and informing women about breast, cervical cancer and STIs.
Malindi sub county nurse Sophie Ndungu spoke about cervical and breast cancer prevention, symptoms and treatment. She emphasized on early detection. “Reproductive cancers are major killers of women in Kilifi County, we advocate for testing at least once a year,” she said. Ms. Ndungu additionally took the women through self breast exam. “Routine self-exam is imperative to find breast cancer early, when it’s more likely to be treated effectively,” she said. The nurse cautioned against tobacco use, unhealthy diet, obesity and early sex.

“In my opinion, regular testing is essential and the only way we get screened is when these services are brought to our sub location,” said Dismus Kujua from Magongoloni. They additionally talked about their financial status and responsibilities in the family that cause them to neglect their health. “At home we deal with so many other things that health takes a back seat,” said Agnes Kasiwa, from Mkuyu wa nyufu.

The outreach program also focused on sexually transmitted infections [STIs]. As indicated by a 2018 HIV report from the Kenya Ministry of health and and National Aids Control Council, there are approximately 52,800 new infections across all ages. Scholar Kabaila, a nurse from Malindi sub county hospital talked about HIV, gonorrhea, syphilis, chlamydia, HPV, herpes, and trichomoniasis. She used pictures of infected genitalia to show symptoms of herpes, and HPV warts. Mrs. Kabaila called for regular sexual health screening and testing. “It’s difficult to spot symptoms of some STIs, this leads to transmission to sexual partners,” she said. Infertility, and pelvic inflammatory disease [PID], are some of the serious consequences of

ABOVE: *Malindi sub county nurse Sophie Ndungu talks about cervical cancer at Gahaleni dispensary on May 10, 2019.*

The outreach program creates an interactive atmsphere to address high mortality rates and susceptibility of the disease. It was also a platform for women to share their own experiences with breast and cervical cancer. Florence Khadija from Viragoni A, spoke about the hopelessness of nursing her mother-in-law who had cervical cancer. “Due to lack of treatment in late stages of the disease, she believed she had been bewitched,” she said.

The women concurred that education and awareness are important in the battle against cancer.
undetected and untreated STIs in women. “High risk HPV infections can lead to cancer,” she said.

In the medical camp held last year, STIs were detected in 146 women and 4 others tested positive for HIV. These started treatment at dispensaries while 1 was referred to the Malindi sub county hospital for management.

The outreach program was held for a day in each sub location with two Malindi sub county nurses and Caris Foundation - Kenya staff in attendance. May 10, 2019 denoted the culmination of the health exercise in Gahaleni sub location.
