

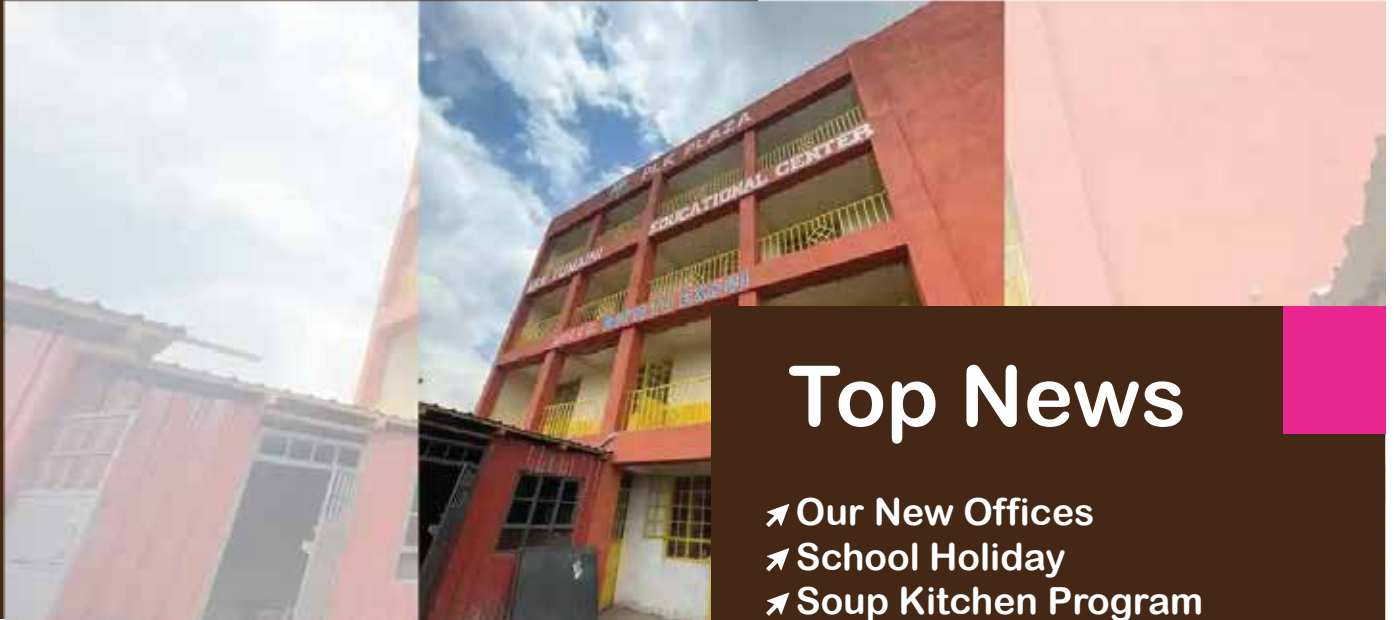
POSITIVE LIFE KENYA NEWSLETTER

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POSITIVE LIFE KENYA

Wednesday, December 13, 2023



Top News

- Our New Offices
- School Holiday
- Soup Kitchen Program
- Christmas Gifting
- Breaking the Silence Phase 2
- Our New Website

MISSION

To see healthy and empowered communities living with hope and equal opportunities.

FROM THE DIRECTOR

Dear Sponsors, Partners, and Friends of PLK,

I hope this message finds you well. I am delighted to share the impact your support has had on our transformative initiatives.

At Tumaini Educational Center and Kiotani School Lukenya, our sponsorship program has become a beacon of hope for the most vulnerable children. Through your generosity, we are not only providing education but also ensuring that these young minds receive the nourishment they need to thrive.

Additionally, our commitment to women's empowerment shines through Faraja. This dedicated space offers tailored programs in tailoring, dressmaking, and cosmetology. Here, women are not just gaining skills; they are embracing independence, creating a ripple effect of positive change in their lives and communities.



Starting December 1, we successfully moved our offices to Tumaini Educational Center, at a building dubbed PLK Plaza - off Beijing road and close to Olonyori Estates. Thank you for your dedication in making this happen.

Your belief in our mission is the driving force behind these success stories. Together, we are making a lasting impact on the lives of those who need it the most.

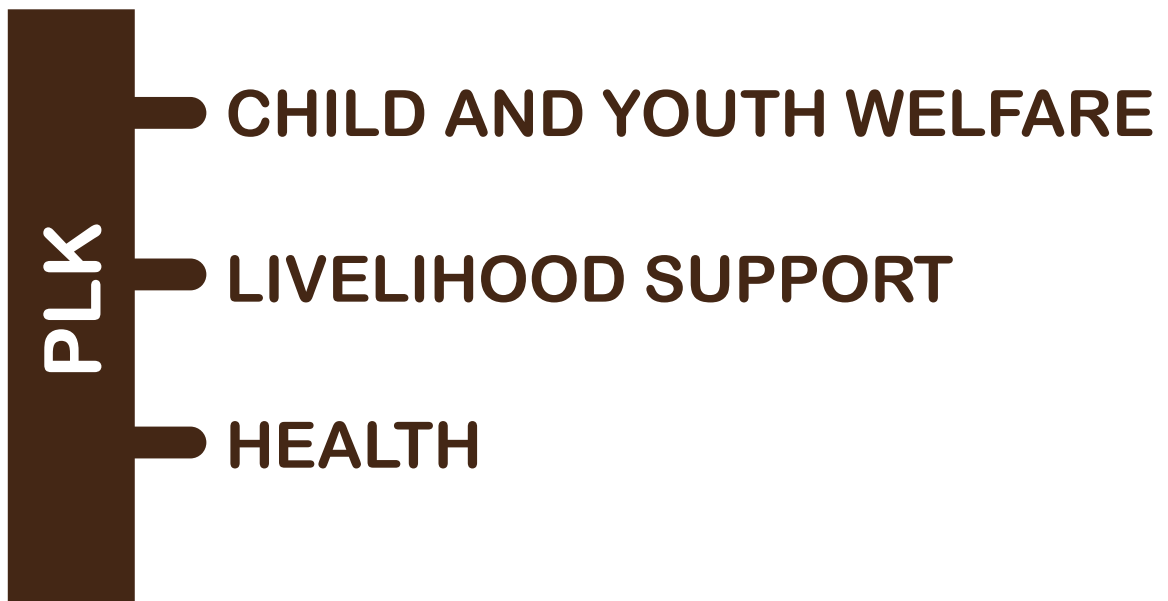
Thank you for being an integral part of Positive Life Kenya's journey.

Merry Christmas and a Happy New Year, 2024. Happy Holidays!

Warm regards,

Mary Wabwire
Positive Life Kenya

OUR PRIORITY AREAS





OUR CENTER OF ATTRACTION

- EVERYTHING WE DO IS FOR THE CHILD -

TUMAINI EDUCATIONAL CENTER



Our school, Tumaini, is now **closed for the holiday**, and children are engaged in **sporting and creative activities**, as well as **computer literacy**. This program is followed by a cup of porridge for every child as part of our **soup kitchen program** led by our volunteers.

Earlier this year, we embarked on a journey to complete the construction of the school structure, and thanks to your kind donations, we are almost done, except for the dining hall, the grill on the rooftop, and a few more final touches.



It is also worth noting that since December 1, the **PLK offices** have now been **moved from Karesh House** in Mlolongo to **PLK Plaza**, close to Olonyori Estates, off Beijing Road. The building shall now host Tumaini School and PLK offices.



1st Graduation Ceremony

Tumaini Educational Center held its first graduation on October 27, 2023, since its inception. Play-Group 2 graduated to Grade 1, while Grade 3 graduated to Grade 4. That being said, our January intake for the new class, Grade 4, is ongoing, meaning that Tumaini is progressing up the ladder to, in the long run, encompass all classes from playgroup through Junior High School.



OUR CENTER OF ATTRACTION

- EVERYTHING WE DO IS FOR THE CHILD -

KIOTANI SCHOOL, LUKENYA



Kiotani School, Lukenya, is on holiday as well. This has been a year burdened with a lot of changes in the school, from logistics to curriculum.

When the year began, the Junior High School kicked off at Kiotani to complete the CBC system in schools as we bid farewell to the 8-4-4 system. The teachers, on the other hand, can now smile as they enjoy new housing within the school, even if the final touches are still ongoing (lighting and water).

The Class 8 pupils have already sat for the Kenya Certificate of Primary Education and received their results, while the Grade 6 pupils sat for the Kenya Primary School Education Assessment and are awaiting their results.

The Anticipated Water Project

Kiotani has long sustained its water needs from a borehole, primarily for washing and irrigation. With the recent drought that left Kenya starved for an extended period, our farm at Kiotani struggled, and so did our animals. In the future, we envision water banks as a crucial step toward preventing, if not mitigating, the effects of drought. Additionally, the semi-arid nature of the environment in and around Machakos makes water a scarce resource. PLK would, therefore, like to increase the number of tanks and water catchment areas in Kiotani to serve both the school and the community.





CHILD PROTECTION, LIFE SKILLS, AND ADVOCACY

PLK has always taken the forefront in matters related to human rights and safeguarding, especially when children are involved. The year 2023 has seen us carry out activities cutting across advocacy and child protection in the following ways.

Our youth ambassadors, in conjunction with the County Government of Machakos, organized a peace walk targeting human rights and civic education, allowing the youths to voice their opinions.

Our staff met with officials from the Children's Offices, both at the County and Sub-county levels, to align their network. Later this year, they underwent a capacity-building workshop on child protection.

In an intervention known as "Breaking the Silence", we have trained and are still training "Trainers of Trainers" (TOTs) in schools and the community on life skills in a bid to create a safe space for students and the community to communicate.

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All children are to be protected from abuse, neglect, harmful cultural practices, all forms of violence, inhumane treatment and punishment, and hazardous or exploitative labour.

— Kenya Constitution, 2010 (Art. 53)



We use a holistic approach to achieve sustainability in our methods of breaking the cycle of poverty.

FARAJA EMPOWERMENT CENTER



Faraja House is now a hub in the making, with the count of courses offered increasing to two and counting - Tailoring and Dressmaking, a.k.a Fashion Design, and Cosmetology. This year, the number of women graduating from fashion design amounts to over 90, with the first cohort of cosmetology set to graduate early next year.

Aside the 2 courses



Our empowerment program, targeting young mothers and youth in general, resonates with additional life skills beyond the two courses offered. This year, we have particularly channeled our efforts into financial literacy, family planning, and sexual reproductive health and rights to ensure that our beneficiaries can raise manageable families in line with their earnings and that they can access and spread information on SRHR. As a result, we have successful table banking programs and a loaning system that has seen a few individuals start their own businesses or undertake development projects. Most importantly, we have youth advocates who are strong and will enlighten the community on how to break the cycle of poverty and be advocates of rights, especially health rights. We have maintained therapy, as it is crucial to ensuring their well-being while they receive our services.



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The foundation of every state is the education of its youth.
— Diogenes



We use a holistic approach to achieve sustainability in our methods of breaking the cycle of poverty.

OUR GRANDMOTHERS



Our grandmothers in the forgotten slums remain a great pillar in the fight against poverty, diseases, GBV, and broken families. Consequently, they end up as caregivers attending to unattended babies and young ones.

During the last drought, which hit them so hard with nothing to sustain the added responsibility, PLK fundraised to have them on the feeding program in a bid to fight hunger. It was a challenging time, but through your support and donations, we remain unbowed.



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Caregiving often calls us to lean into love we didn't know possible.

— Tia Walker

This year, PLK advanced its operations with the grandmothers by granting them training on child protection and the steps to safeguarding and reporting cases of violations of children's rights.

Other activities, such as the water management program, agriculture, table banking, and therapy, continue. Next year, we target additional business opportunities to help the grandmothers better equip themselves in these unprecedented times.

HEALTH



This year, we explored interventions to address menstrual hygiene during the "Made by Women for Women" project, nutrition, and deworming in our schools. We focused on mental health for our youth, young women, and our overall beneficiaries through therapy and referrals, as well as general advocacy on health prevention measures.

Courtesy of the Hear Our Voice project, we sent four youth ambassadors to Mombasa for a conference by the Reproductive Health Networks Kenya to gain knowledge on matters of sexuality and SRHR. The theme of the conference read, "Localization of Global SRHR Commitments." Later in the year, two young politicians traveled to Denmark, courtesy of the same project, to exchange notes with leaders in Denmark on the policy-making process that affects Sexual Reproductive Health Rights.



Our health interventions brought about:

- Increased awareness of preventive measures.
- Improved advocacy.
- Healthy diets - nutrition.
- Women's empowerment and liberation through the use of the menstrual cup.
- Independence.

WE LAUNCHED OUR NEW WEBSITE

www.positivelifekenya.org

Check it out to enjoy the new look



From a student to a teacher within the same institution courtesy of Our life skills training during the phase 1 of *“Breaking the Silence.”*

CHRISTMAS GIFTINGS

It's that time of the year when all Christians across the world celebrate the birth of Jesus, and to the rest of the world, it's a holiday. As you enjoy during this festive time, you could place a smile on the faces of our children and the community in the forgotten slums.

The donations can be channeled to our paypal account - kindly visit our Instagram or Facebook account to access the link. Also, our website.

BREAKING THE SILENCE 2

PLK is delighted to announce that the second phase of the project “Breaking the Silence” has kicked off, since October 1, 2023. This project embodies our life skills training that cuts across all our priority areas

OUR WISHLIST

Salary Sponsorship

Sponsor the salaries of our teachers in Kiotani, Tumaini and Faraja and enable them create more impact to our children and the community at large.

Water Project in Kiotani

Be part of the sustainable plan geared towards increasing the water storage capacity at Kiotani and help put measures to curb the effects of droughts.

Scholarship

Put a smile to a needy child's face by paying their school face and create a lasting change.

**PLK WISHES YOU A MERRY
CHRISTMAS & A HAPPY 2024**

Thank you!



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