

Martha is 43yrs old, she is a mother of two and one of the beneficiaries of empowerment program. She joined positive life Kenya therapy group for PLWHA in the year 2014 when there was a lot of stigma about HIV & AIDS. Before joining the PLK group, her immunity was so low and was bedridden. When her husband saw her situation he separated and went missing from her. She decided to go to her maternal home. Her parents too, on learning of her status they chased her away from home and asked her to go and look for the one who had infected her with the virus. The moment she gained some energy and got up from bed. She left her home due to mistreatment that she received from her devastated parents. She was hungry with life and without knowing where to go all she wished was to die. She was brought to Mlolongo by a well-wisher and was later brought to PLK by one of our community Health Workers. She joined a therapy and support group for psychosocial support and was given direction on where to get medical services. On adherence to drugs and nutrition her health improved and she was stable. She later joined an empowerment group where she acquired tailoring skills. Through little table banking she was able to get a loan and purchase a sewing machine as she was going on with her training. On completion of her training she started her own sewing business which up to date she does to provide for her children basic needs.



Meet **Elizabeth** a 20 years old adolescent mother. She was a victim of COVID-19 lockdown. During this period school going students who were from very needy families became very vulnerable due poverty level. Most of the girls were involved in unprotected sex acts either to get money in return for food and sanitary towels and as a result got early unwanted pregnancies. PLK provides rescue for such case at Faraja where Elizabeth was among the rescued girls. During this time, she received care before birthday antenatal, psychosocial support and tailoring skills. After giving birth she continued with postnatal care thus care after delivery as she continued with her tailoring classes. She was very focused in her skills training and by the time her baby was getting to six months she had completed the skills training and her worries about providing for her baby was no more. Due to her hard work during rescue period, PLK saw her off with a sewing machine during reintegration to start off her own business to be self-independent. She is now able to work and take care of herself and her baby.

Ann Wambui is the second born in a family of two. They live with their single mother who joined the positive life Kenya therapy group for PLWHA in 2014. Ann too was in the first group of child protection processes whereby she was among the children who were rescued through a sponsorship program and enrolled in Kavuko boarding primary school at the age of 12 yrs. She was very hard working, focused and had set goals and dreams high. She attained good marks in her Kenya certificate of Primary Education (K.C.P.E). She was admitted in Kathiani girls high school which is a National where she pursued her Secondary education (K.C.S.E) successfully. She was later admitted in Kisii university where she is currently in her 3rd year pursuing her degree in mass media and on internship at National media station K24.



Bedridden



Beth is a mother of four, two boys and one girl. Her husband separated from her when she fell sick and he learnt of her status leaving her bedridden. She joined positive life Kenya therapy group for PLWHA since 2014. Through psychosocial support, nutrition, and follow up on drugs adherence journey with the PLK team her immunity stabilized and she was back on her feet and was able to support her children and provide for their basic needs. She was mentored to work hand in hand with PLK team as a community Health worker and to date she is among PLK CHW in Mlolongo. She is very dedicated, enjoys doing the work and relates well with people in the community.

Cecelia is among the first pupils who started Tumaini school when the school was in shanty iron sheet rental rooms in Kicheko slums. Despite the wanting state of the school Cecelia was determined to pursue her goals and dreams to change her life through education. The school had limited classes hence on getting to higher classes she moved to another school. On completion she joined college and trained as a teacher. She is currently at Tumaini school giving back to the community through teaching services.

When **Christine** who is in a mid-30s was excommunicated from nunship her mind went crazy not knowing where to start life after being in convent for over 12 years. She was in mental health crisis and all what she wanted was to commit suicide since she never saw any meaning of life. She was rescued at Faraja house in early December 2022. Her first few days were all sobs and her eyes were always full of tears, out of words and hard questions is all what she had in her lost world and when other people talk and laugh she was wondering why and where people were getting all that energy from. But oh heavenly Faraja just as it's English meaning comfort, in a span of one month through the support system of PLK psychosocial support and therapy meetings her fears and denial was coming into reality, the most worries of letting go the sisterhood dresses and head gears started making sense to her she needed to adjust and think outside the box and face reality. By January 2023 Christine had already started seeing things in different perspective and had changed the suicidal thoughts to self-love and changing her mind to focus on future as life has to continue. She started doing her research on what she could do and certainly she did. On the 2nd of Feb 2023, Christine joined Montessori teachers training college in Nairobi, Umoja her major focus being to deal with children with special needs and she is doing well in the college.

