

JULY 26, 2024



POSITIVE LIFE KENYA

WELCOME TO OUR OUR MONTHLY NEWSLETTER

DIRECTOR'S MESSAGE

Dear Partners and Friends,

I hope this message finds you well. I am delighted to share the incredible strides we've made together at PLK. Through our collective efforts in children and youth welfare, livelihood support, and health, we have created lasting impacts in our communities.

Together, we have provided essential resources, guidance, and opportunities that have transformed countless lives. Your unwavering support has been instrumental in every success story we celebrate today.

Recently, we experienced floods that affected many of our beneficiaries. Thank you for responding to our distress call and providing the financial support we so greatly needed. With your assistance, we were able to distribute food and bedding to those who needed it most.

Over the past month, we have experienced unrest led by young people protesting proposed tax hikes and rising living costs. These protests underline the urgent need for transparent governance and effective reforms. Despite the withdrawal of the controversial finance bill, the government must address deep-seated economic inequalities and political mismanagement. This unrest calls for greater advocacy efforts to pressure the government into adopting transparent practices and tackling the root causes of public discontent, ensuring economic justice and accountability for its citizens. This situation underscores the importance of our mission and the critical need for continued advocacy and support for our communities, especially the youth.

As we look ahead, we're excited about the possibilities that lie before us. With your continued partnership and generosity, we are confident in our ability to expand our reach and deepen our impact even further. Thank you for believing in our mission and joining us on this journey of making a meaningful difference in the lives of children, youth, and the community at large. Together, we are creating brighter futures and building a stronger community.

Warm Regards,
Mary Wabwire



OUR VISION

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

OUR MISSION

To break the cycle of poverty by promoting active participation of communities through education and advocacy to build a healthy environment for children to thrive and create lasting change.

OUR PRIORITY AREAS

Child & Youth Welfare

OUR SCHOOLS

KIOTANI & TUMAINI SCHOOL

Our students are in school and learning is in progress for the second term of the school curriculum as per the Ministry of Education. The second term period is almost coming to an end, the students are doing their end term exams.



Kiotani School learning in progress



Tumaini School

Breaking The Silence 2

Breaking the silence is one of core projects under civic education, the first phase of this project ended last year and the second phase picked up towards the end of last year. Youth ambassadors participated in a Chief Barazza, held at the Chief office in Mlolongo, Machakos County. These young people shared their grievances, the gap in leadership and addressed the issues facing the community, they addressed crucial health issues in SRHR. We are making progress both in schools and in the community, here are a few highlighted stories.



Kanani Girls High School



Youth Ambassadors during the Chief Barazza.



CHILD AND YOUTH WELFARE

New Building At Tumaini-Dining Hall



We are thrilled that we have a new building -Tumaini Dining Hall. Over the years ; Our pupils had a hard time partaking their meals, with this new building hygiene is enhanced and, they can have their meals on time and in an orderly manner. This also promotes interaction among the pupils and enhances togetherness, we at PLK are about togetherness.

We thank God for His provisions and all our partners and sponsors and every other individual who made this dream a reality. All your efforts are appreciated and we look forward to more partnerships in the future.



LIVELIHOOD SUPPORT

Baking Project At Faraja

Welcome to our newest venture, the baking project. This is a recent addition to our organization. It was initiated to inspire women and young girls in Faraja and its environs. The goal was to empower women to go beyond having sewing skills to embrace the art of baking.

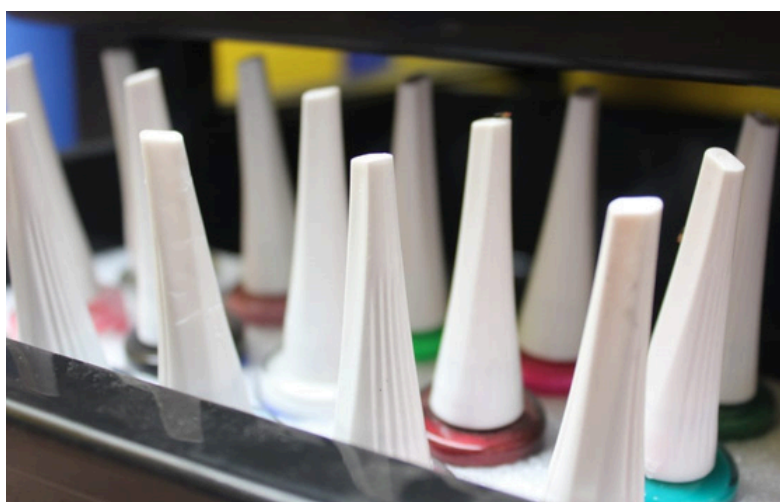
By utilizing locally available ingredients, we're making baking accessible to all who are eager to learn. From delicious doughnuts to mouthwatering cakes, our participants are ready to take their baking skills to the next level. With your support, we're not just creating pastries, we're crafting opportunities for a brighter future. Join us on this journey and help turn dreams into reality.



Cosmetology

This is our beauty center at Faraja, it was initiated for vulnerable girls and women from the Mlolongo area. This program runs purposely to empower women and young girls and equip them with a skill that can generate income, therefore enriching their lives.

The first cohort from this program is in internship putting to use what they have learned from class. The young girls and women benefiting from this program are 15 in number with 6 currently active in class. They are trained to learn hairdressing and nail therapy. This skill is essential, especially in today's Kenyan industry, researcher estimates that up to 80% of women in Urban areas use nail care products.



If you wish to donate hair treatment products and beauty products to help these women make their dreams a reality, reach out to us via email or our social media platforms

LIVELIHOOD SUPPORT

Fields of Promise ; Kiotani, Lukenya

Kiotani is the heart of sustainability where agriculture is nurtured. With a commitment to nurturing both land and community, farming in Kiotani is a promising venture, with expansion it can contribute to improved yields and foster sustainability for future generations.

The dairy goat farming journey has just begun. With five goats already cared for in their pens on our sustainable land, we're primed for success and eager to expand. At Kiotani, we're passionate about sustainable agriculture. Our goats are provided with nutritious Napier grass, ensuring high-quality dairy while contributing to the livelihood of our students and community. Additionally, we seasonally farm a variety of crops that enrich the diets of our children, especially with freshly available vegetables.

We're inviting you to join us on this journey. Whether you're a seasoned investor or just curious, let's make a real impact in farming and sustainability together.



LIVELIHOOD SUPPORT

Faraja Empowerment Center

The extension of rescue facility at Faraja. A rescue center is a facility that provides safety and education to girls and women who are fleeing abuse, poverty, forced marriages, and also those facing stigma and abuse because of living with HIV/AIDS.

Thanks to the support of well-wishers and volunteers we were able to equip the facility to a capacity of housing 12 women at a go, 3 are currently in the facility.

We require resources to support more women and cater to their needs, food, clothing, and psychosocial needs. If you would like to support this cause please reach out to us on our social media platforms.



Tailoring & Dress Making

PLK is all about empowerment, providing livelihood support is one way to empower women. Our tailoring project based in Faraja has a team of vibrant young people learning the skill of sewing linen from their teacher Madam Sarah.

We have had approximately 12,000 students who have graduated from the tailoring class since it was started in 2010. These groups have transitioned into entrepreneurship while others have secured employment in various companies and some have started their tailoring shop. We held a graduation ceremony for the last cohort and the event was marked with beams of excellence and joy.

Currently, the class holds more than 25 students who attend the classes daily from Monday to Friday, Tailors, work from stitching new skirts, and bags, and dresses to even repairing torn or worn-out clothing that can still be worn. We are glad to be a guide in the lives of these women, taking them closer to their dreams of success.



Graduation Day in pictures

HEALTH

Compassionate Home Visits

Our social workers pay visits to the vulnerable families in Mlolongo, Athi River area, and other forgotten slums within Machakos, and Kajiado County. This is one of PLK's initiatives in the women's empowerment program, they help vulnerable families by providing food items such as eggs and milk. The families within these areas appreciate the work we do as Positive Life Kenya, we are building a healthy environment balancing addressing the needs including psychosocial support, food, and safety, and breaking barriers along the way.



A woman, receiving support for a small business set-up.



Food portion donations during a home visit.

Community Weekly Porridge Program.

This is our porridge program carried out every week in the community to help the children and encourage the consumption of a well-balanced diet.



HEALTH



Yoga class in session.



Life-skill class, discussing life goals and confidence-boosting tips.



A community health worker demonstrating how to use menstrual cup

OTHER HEALTH INTERVENTIONS.

- Group therapy addressing mental health issues.
- Increased awareness of knowledge of SRHR.

OTHER NEWS

OUR WISHLIST

1. Scholarship

Every year there are children in need of school sponsorship, extend your help to foster their dreams.

2. Expanding our Tumaini building

Tumaini building needs to be raised; the structure above the dining hall needs to be raised to the same level as our office. This is to give space for higher grade next year and counselling room.

3. Furniture for Tumaini School & Beddings for Kiotani School

> We need tables and chairs for Tumaini School.

> We require bedding for dormitories at Kiotani School.

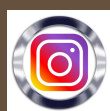
4. Electronics

We have a shortage of computers, and we would also like to have a camera.

Check out our website for more information and Give us any feedback

<https://positivelifekenyaa.org>

Follow us @positivelifekenyaa



JULY 26, 2024

APPRECIATION

We are deeply thankful to our donors, sponsors, partners, and friends. Your generous support has been instrumental in our mission to make a meaningful difference in the lives of others. Your contributions, whether big or small, have helped us nurture dreams, provide opportunities, and create positive change.

Together, we are united in our commitment to spreading kindness, fostering growth, and building a brighter future for all. Your belief in our cause empowers us to continue our work with passion and dedication.

With sincere appreciation and heartfelt THANK YOU.



POSITIVE LIFE KENYA

**P.O BOX 51128-00100
GPO, Nairobi, Kenya
+254 7 22 393 983
+254 202 391 389
info@positivelifekeny.org**

Follow us @positivelifekeny

