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PROGRAM MANAGER'S MESSAGE



Caris Foundation International's main goal is to alleviate poverty that prevails amongst the people of Kenya specifically the people of Kilifi County.

Caris Foundation uses a holistic approach to implement development interventions for the people of Kenya.

A holistic approach in development is a combination of interventions that pays attention to physical community needs, personal needs, social needs, spiritual and emotional needs such that when these needs are adequately met then a poverty-free environment is created.

Through this approach Caris Foundation is implementing eight programs namely; TTG, Agriculture, Youth mentorship, Business mentorship, Gender, Adult literacy, Health, and Spiritual formation aimed at

addressing the problem of poverty holistically.

Caris has made a remarkable impact on participants in three sub-counties of Kilifi County. The main changes occurred through the implementation of three programs, that is Agriculture, Health, and TTG.

These programs brought about desirable changes that occurred to the lives of participants in the following ways.

- Reduction of Maternal and infant mortality rates. This health care change occurred to 1828 participants from Magarini, Malindi, and Kilifi North sub-counties.
- Creation of employment opportunities for 506 chicken farmers who earned incomes from chicken sales.
- Social transformation of participants where 5000 participants from old TTGs utilized their optional savings to achieve their development goals at the household level.

As illustrations of achievements, three testimonies from different participants were captured and included in this month's Newsletter.

Caris Foundation is committed to changing the lives of individual participants which is our mission this year 2022.

Peter Thoya
Program Manager

RELIABLE ACCESS TO CLEAN WATER



Sada Masha at the water selling business. In the picture are the two tanks purchased through goal setting.

Photo © Courtesy/Caris Foundation Kenya

BY JERILYNE IKONGA & EMMA KINDA

Access to clean and safe drinking water is sometimes a challenge in rural and remote areas. For years, Sada Masha a resident of Malimo sub-location walked for 5.6-kilometers to and from the nearest piped supply fetching clean water for her family. She made two trips four times a week. “It was back-breaking work. I used to carry a 20-liter jerrican, and it would take twenty jericans to have enough water for my family,” she says.

The need to find a solution, coupled with training from Caris staff on goal setting, was the turning point for her. Upon consultations with her spouse,

she came up with the idea of a water supply business. Being a participant in the Tuajalie Tujisaidie Group (TTG), she accessed a loan of Kshs. 70000 (\$700.00), and additional funds from other sources. She purchased a 10000-liter water tank at Kshs.63,000 (\$630.00) paid a water supply company to install the piping system. Kshs.13000 (\$130.00) was spent on construction materials for the tank’s foundation and pipes. Sada’s spouse worked on the foundation and piping, which resulted in reduced costs. The water selling business began to operate in July 2020.

Her family and the community now have access to clean and safe drinking water. Most of her customers travel long distances to purchase from her. She sells the water at Kshs. 10 (\$0.10) per 20-liter jericane. Last year, her total income through the sale of water was Kshs. 102, 000 (\$1020). In February 2022, she got an income of Kshs. 8, 280 (\$82.80).

“I am ecstatic to have the water tank. It has reduced the time spent fetching water from long distances,” said Sada.

The 25-year-old has time to carry out other income-generating activities. Using income from the water business, she purchased a photocopier. Now, printing and photocopying is conducted concurrently with water selling. In addition, she has managed to buy a 5000-liter tank to boost the business. With the additional sources of income, she can maintain her children in school.

Sada joined the TTG program in 2016. At the time, her weekly savings were Kshs. 50 (\$0.5). Her cumulative savings have increased to

Kshs.13, 600 (\$136.00). She has accessed ten loans from the TTG, which she repaid in time.

Caris has empowered women to think of innovative ways to improve their lives. The goal-setting initiative enabled Sada to bring water closer to her household.

“The training in goal setting opened my eyes to what I can achieve. I can meet the needs of my family and also improve our lives,” she says. “I plan to take another loan to put up a corrugated iron roof on my house,” she said.

Commenting on Sada’s determination to succeed, Jerilyne Ikonga, a Program Officer at Caris Foundation Kenya said, “It takes patience, commitment, hard work, and family support for one to change their life for the better. Doors of success will only open to those willing to seize the opportunity and utilize every chance offered.”

Mathew 10:42. “And if anyone gives even a cup of cold water to one of these little ones who is my disciple, truly I tell you, that person will certainly not lose their reward.”



Sada stands in front of two taps connected to the water tanks.

Photo© Courtesy/Caris Foundation Kenya

A BETTER FUTURE THROUGH POULTRY FARMING



Eunice Ndunge feeding broilers. She established the farm business after receiving training on poultry keeping.

Photo © Emma Kinda/Caris Foundation Kenya

BY SARAH ZIRO & EMMA KINDA

When Eunice Ndunge joined Caris Foundation's Loan's program in 2018, she had no source of income. Training received at the Tuajalie Tujisaidie Group (TTG) meeting was a turning point.

"Those interested in poultry farming were requested to attend training and, I signed up for the classes because I had always wanted to be a poultry farmer,"

she said.

The 32-year-old started attending poultry farming training in September 2021. Having grown up on a farm, Eunice has raised domestic animals for most of her life. Learning poultry farming for income provided more information on the special care required for broilers. Together with other farmers, she received training on chicken housing,

budgeting, record keeping, marketing, pests and disease control. In preparation for the farming venture, she renovated a shelter, turning it into a chicken house. After 2 months of training, she sold one of her cows to secure capital for poultry farming. Armed with Kshs. 9,000 (\$90.00), she purchased 80 chicks in November 2021.

"I choose to start with a

small number so that in case I failed, then it was going to be a failure of only 80 chicks,” Eunice said. She controls pests and diseases through lessons learned. In addition, farm visits by Caris staff have helped to nip problems in the bud. The poultry farming project has empowered her with knowledge, which has improved her livelihood. “I believe that the challenges I face and overcome are life lessons to make me a better farmer. Because even though I take preventive measures to stop diseases in my brood, sometimes they still get sick,” she said.

In December 2021, she made her first sale of broilers. She sold 70 broilers at Kshs. 450 (\$4.50) earning Kshs. 31,500 (\$315.00) in sales and a profit of Kshs. 6,600 (\$66.00). Encouraged by this, she purchased 100 chicks in January 2022. These earned her a profit of Kshs. 7,950 (\$79.50). Since then, Eunice purchases 50 chicks every two weeks, to ensure she always has mature broilers ready for the market.

“Eunice is an exemplary poultry farmer who has put the knowledge acquired into practice and she’s reaping the benefits,” said Sarah Ziro, a Program

Officer at Caris Foundation Kenya. “She is successful because of her dedicated work ethic, and passion for poultry farming.”

Over the past eight months, 506 poultry farmers have been successfully mentored by Caris staff and are making profits at the end of sales. This has increased the growing number of participants able to meet their needs and those of their families.

Deuteronomy 28:12 “The Lord will open to you his good treasury, the heavens, to give rain to your land in its season and to bless all the work of your hands.”



Mrs. Ndunge in front of the chicken house.

Photo © Emma Kinda/Caris Foundation Kenya

EFFORTS TO CURB MATERNAL AND INFANT DEATHS



Scholar Kabaila, a Healthcare Officer at Caris Foundation Kenya teaching participants on Maternal and Infant health in Magarini sub - County

Photo ©Priscilla Zuma /Caris Foundation Kenya

BY EMMA KINDA

Caris Foundation Kenya aims to reduce infant and maternal mortality rates through a mother and childcare initiative. Launched by the Health program, the initiative provides messages on the care of mother and child.

The Kenya Demographic and Health Survey, shows that the Country recorded 362 maternal deaths out of 100, 000 and 31 infant deaths for every 1,000 live births. In a previous survey, conducted in 2014, Kilifi County was ranked high compared with other counties in maternal and infant mortality rates.

“We are empowering the community to know more about the importance of the health of women during pregnancy, childbirth, and postnatal

period. This includes the health of the newborn. I believe individuals who receive information on complications that occur in every stage of pregnancy to childbirth and the importance of immunization in infants, can help improve maternal and infant survival rates. This is why it is important for us to address issues that influence maternal and infant mortality rates and to empower communities with the knowledge that can save lives,” said Scholastica Kabaila, a Healthcare Officer at Caris Foundation Kenya.

“We have found that most mothers don't visit health facilities for regular check-ups during pregnancy and even after birth. This is partly due to ignorance and

the distance to the nearest health facility. So, we visit them at the TTG meetings where we have enough time to provide knowledge and to address their concerns,” she added.

1,828 participants in 3 sub Counties were reached with the health message. These are 127 men and 1,701 women in the Tuajalie Tujisaidie Groups (TTG). Naomi Mathole, a TTG participant in Magarini sub-County is one of the recipients of this information.

“I learned that it is very important for a pregnant woman to visit a health facility for a checkup at the onset of pregnancy. There are tests conducted to ensure that the mother is in good health. Some of the tests check for the presence of diseases, some of which can affect the baby’s health,” she said.

Although no longer within the childbearing age, Naomi plans to use the information gained to empower neighbors.

“I am teaching other women, who are not in the TTG, the importance of medical care during pregnancy and after giving birth.”

Male participants in the TTG were also receptive to the message. Francis Unda, a TTG participant in Kilifi North Sub – County said, “The information is crucial to the well-being of mothers and infants. In our tradition, topics such as danger signs in pregnancy are discussed among the womenfolk. But today, we not only gained new knowledge but also got answers to questions we had.” Francis, a village elder said he will impart the knowledge to his community members during meetings.

The maternal-childcare initiative was conducted in January and February 2022. The Health team believes that this information and its implementation will curb premature death in mothers and infants.

Isaiah 65: 20 “No more shall there be in it an infant who lives but a few days, or an old man who does not fill out his days.”



Scholar displays a mother and child health book, which has recommendations on the care of children under five years.

Photo © Priscilla Zuma/Caris Foundation Kenya

PICTORIALS



Left: Goal Setting

TTG participants in Mshongoleni, Msabaha sub - location in a group photo with 8 seats worth Kshs. 5,300 (\$53.00) purchased through the goal setting initiative.

Below: Gender Program

Karisa Samuel, a Program Officer addressed the effects of child marriages to motorcycle riders (commonly referred to as bodaboda). The Gender team engaged with 35 youth who are fishermen and bodaboda with the aim of empowering them with knowledge to become change agents in Ngomeni, Magarini sub - County.

Photos © Emma Kinda/Caris Foundation Kenya





Left: Business Program
Gideon Mwanyumba, a Business Mentor, talked about the importance of owning an income generating activity to participants in Magarini sub - County. Business sensitization talks were held in Magarini, Kilifi North and Kaloleni sub - counties reaching 3,947 participants.

Below: Youth Program
Joshua Nyale, a Youth Mentor created awareness to TTG participants on mentorship of young people. The talks were held before recruitment for the youth program. Photos © Alice Ruah & Stella Rimba/Caris Foundation Kenya





Above: Women's Day Celebration (cover photo)

A choir of Caris TTG participants performed at the Women's day event held on March 8, 2022 at Goshi Chief's Office. The celebrations was hosted by Caris Foundation in partnership with Maendeleo ya Wanawake Organization. Hundreds of women were in attendance.

Below: Spiritual Program

Moses Gona, a Spiritual Facilitator addressed Spiritual leaders committee in Malanga on March 3, 2022. 17 committee with a membership of 167 have been formed in 17 sub locations.

Photos © Emma Kinda/Caris Foundation Kenya





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