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DIRECTOR'S MESSAGE



As always when the year comes to a close we look back and ask what have we done? While we are still collecting final data on this year's results this newsletter gives a glimpse into some of our accomplishments in all eight of our programs.

Numbers are important but most important are the changed lives. Romans 12:2 teaches us that we are transformed by the renewing of our minds. At Caris Kenya we believe that transformation takes place with a multiple approach. It means that our staff of 72 spend hours every week teaching, training, mentoring, helping, and demonstrating, in order to change the way people think, behave and operate on a daily basis.

Why? Because the Kingdom of God takes effort that is consistent, persistent, and holistic.

Our goal in Caris Kenya is to empower people out of poverty with a holistic Kingdom of God approach. People do not get into poverty through one cause. It's because of multiple factors. And every one of those factors has to be attacked. Therefore you will see that we have eight different ministries that together empower people out of poverty. It's a slow process but very rewarding because we see people change. That change begins with the foundation of FAITH, HOPE and LOVE which are our core values.

FAITH in God that He is able to create all things new.

HOPE in Jesus Christ, the Son of God, that he not only redeemed us from our sins but the RESULTS of sin, one of which is poverty.

LOVE which remains forever and gives people, families, and communities the ability to unify and work together to overcome the evils of our world.

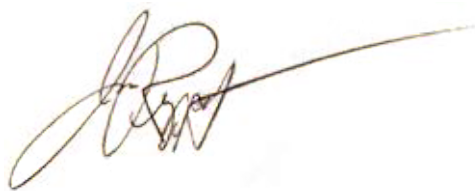
Every week around 717 groups of over 10,000 women and men meet together, read scripture, pray together, encourage one another to live better lives, and collect finances to help themselves and others to have resources for sustainable living. They are experiencing the Kingdom of God in a very realistic way. At the same time thousands of young people meet together with mentors, teachers, parents who teach them how to make better life decisions. Thus, breaking the back of generational poverty. Bad health is one the leading causes of poverty and our health team brought healing to thousands. Medicine, testing and treatment were freely given to those who did

not have access to health care. Farmers who struggled to make a profit were mentored and now successfully accomplish sustainable budget goals. Our business team mentored 1770 women into profitable business practices. Community leaders, law enforcement, social workers, and health staff were all brought together to combat gender violence, abuse and inequality. Over 1000 more women were brought out of illiteracy and so many of them read the Word of God for their first time. 16,000 church and mosque leaders have been united by our spiritual transformation team to fight against broken homes and evil cultural practices which contribute to poverty. Scripture is used to teach and counsel both Christian and Muslim leaders of the communities. This has created a wave of spiritual unity that has not been experienced before in these communities, resulting in more efforts to confront evil practices and the desire for more training from God's word, lifting families into a more blessed living.

There is not one road into poverty and there is not one road out of poverty. We use many approaches to make sure our participants experience the deliverance of God's grace in a very practical real life way.

"Thy Kingdom come Thy will be done on earth as it is in heaven." Jesus

We thank God and the Caris Foundation for another year of bringing such joy to so many people.

A handwritten signature in brown ink, appearing to read 'James Reppart', with a long horizontal flourish extending to the right.

James Reppart
International Facilitator

LEARNERS' LIVES IMPROVED THROUGH LITERACY SKILLS



Margaret Mburu, an adult trainer with learners in Malanga.

Photo © Emma Kinda/Caris Foundation Kenya

BY EMMA KINDA & MARGARET MBURU

Since its inception 2110 adult learners have benefited from the literacy program. In March 2022, 342 graduated having achieved the literacy goal of acquiring the basic adult literacy.

These had finished the basic adult literacy course. Of those, 221 had attained the numeracy level and were capable of performing basic math operations, while 121 had only attained their literacy objectives. The ability to sign their names, read Kiswahili words, use mobile devices to conduct mobile money transactions, check the time, and read the calendar are among the accomplishments celebrated.

“In the same month, 213 new learners joined, bringing the total

number of learners to 994,” said Margaret Mburu, an adult literacy trainer at Caris Foundation Kenya.

During the World Literacy day on 8, September 2022, 61 learners and Caris literacy Trainers joined celebrations hosted by Kilifi County. A certificate was issued for Caris Foundation’s exemplary work of training adult literacy learners and helping them achieve literacy. Jane Mwaniki received the certificate on behalf of the organization.

The literacy program also engages learners in extra skills activities. This year the

learners were trained on how to make soap. 40 students make soap for personal use, while two students use the skill to make money. “One of the products I sell is soap. It provides an additional source of income,” said Christine Nzaro, an adult learner and soap vendor.

Mishi Kazungu, a learner who achieved literacy success, credits her knowledge to the Caris literacy program. She uses her abilities in reading, writing, and numeracy to support herself as a tailor.

We believe that self-esteem and overall quality of life are improved by literacy. Literacy does not only influence the economic development of adult learners but also helps them escape poverty. These skills give them a better foundation for functioning in the modern world.

Proverbs 14:23 “All hard work brings a profit, but mere talk leads only to poverty.”

INCREASED CHICKEN PRODUCTION



Sarah Ziro, (right) an agriculture program officer on a visit to Linet Yaa's (left) chicken rearing project in Mabuanii village.

Photo © Edward Nyiro/Caris Foundation Kenya

BY EMMA KINDA & SARAH ZIRO

Increased production and sales among chicken farmers were this year's objectives of the agriculture program. On 1 February 2022, training for farmers to boost income through higher livestock productivity started. The training was held in specific locations with established chicken-rearing operations. This was to serve as an example of effective poultry farming techniques. "Some of the areas we focused on were chicken houses, feeds, brooder

management, pest and disease control," said Sarah Ziro, an agriculture program officer at the Caris Foundation Kenya.

Additionally, on 18 October 2022, the Caris agriculture team began training on marketing strategies. 167 farmers attended. They gained knowledge of market research techniques, product pricing, and steps in personal selling. "Marketing lessons helped me realize how I ought to determine a selling price for my

birds. Even though I could have had higher rearing expenses, I discovered that other farmers' selling prices could impact mine," said Priscilla Kasichana, a poultry farmer at Kwa Upanga center. Priscilla is among the 506 chicken farmers in the Caris agriculture program. In March 2022, she switched from raising indigenous chickens to broilers.

As the year comes to a close, there is a significant improvement in the chicken farming project. Most participants now view chicken farming as a viable source of income. As a result, the money they make from chicken farming helps them to meet a variety of needs, such as school fee payments, food purchases as well as reinvestment in their farming venture. 506 farmers raised 30,418 birds, of which 19,330 were sold profitably and 9839 birds are at different stages of development. Meanwhile, 253 farmers can find a market on their own for their poultry.

Deuteronomy 28:4 "The fruit of your womb will be blessed, and the crops of your land and the young of your livestock—the calves of your herds and the lambs of your flocks."

YOUTH TAKE UP LEADERSHIP ROLES



A youth leader addressing fellow young people at a mentorship activity in Kaloleni sub - County.

Photo © Victor Mumba/Caris Foundation Kenya

BY EMMA KINDA & MWENDE MUTINDA

Caris Foundation Kenya has provided mentoring and inspiration sessions for 12,756 young people. We battle moral degradation by using training in leadership, character development, and time management, among other things.

21 clusters of youth meet independently under the leadership of 66 young people. The 66 got leadership training, and they assumed their roles as such. The young leaders are also engaging in practical actions that enhance their communities. “One of the positive value aspects that we instilled in the leaders is social affinity through hands on activities. They identify the community’s needs and address them to the best of their abilities,” said Mwendu Mutinda, a

youth program officer at Caris Foundation Kenya.

Four young people were brought together by Kanuni Evans, a youth leader in Mijomboni. The five, who are waiting to join college, helped to

make clay blocks known as makiga. The makiga blocks are construction materials for church restrooms. According to Kanuni, “We became involved in this activity to help the neighborhood with sanitation issues and to utilize our time well.” In Kaloleni Sub-County 11, 962 youth were motivated to see education as a means of eradicating generational poverty. Young people actively studying in groups has significantly increased between January and August 2022. More than 800 mentees show good behavior changes, according to reports shared by teachers. Moreover, the number of teenage pregnancies documented in the communities we serve has significantly declined.

Ephesians 6:1-3 “Children, obey your parents in the Lord, for this is right. Honor your father and mother - which is the first commandment with a promise so that it may go well with you and that you may enjoy long life on the earth.”

EDUCATING COMMUNITIES ON GENDER EQUALITY



Village elders take notes during a linkage meeting in Magarini sub - County.

Photo © Emma Kinda/Caris Foundation Kenya

BY EMMA KINDA & KARISA SAMUEL

The gender program's 2022 goal was to reduce cases of sexually gender-based violence in the communities we serve. Promoting equal decision-making in TTG families with regard to sexual and reproductive health and income-generating activities was another objective. In order to accomplish these objectives, the gender team educated men, village elders, religious leaders, and women about gender-based violence (GBV).

Village elders were educated on the value of women making decisions about matters that impact their lives. In order to

emphasize this, the gender team also held forums for men and religious leaders.

We linked local leaders to the institutions dealing with GBV in an effort to spread knowledge more widely at the local level. "The village elders' handling of gender-based cases has changed significantly since the linkage meetings. When a crime occurs, it is promptly reported to the police, and until they have completed their inquiry, the crime scene is not altered," said Joseph Sheni, a senior chief in Ngomeni sub-location.

To protect women and girls, entire communities have been

made more aware. An initiative to end GBV is carried out by Thomas Mlanda, a senior chief in Baricho and a recipient of the Caris gender message. "After the training, I created inter-group collaborations to work with in the neighborhood. We have a group of religious leaders, a group of women, a group of village elders, and a youth group that meets regularly under my direction to talk about how to keep our women and girls safe," he stated.

As the year comes to a close, the gender program is hosting village meetings with women at the sub-location level to commemorate 16 days of activism and educate them on gender-based violence.

To create a culture of equality, we're working with village elders, police, public prosecutors, health gender officers, and chiefs. By educating entire communities about gender equality, we help them let go of harmful customs and practices. We hope for a future when society will value men and women as equals.

Galatians 3:28 "There is neither Jew nor Gentile, neither slave nor free, nor is there male and female, for you are all one in Christ Jesus."

PROMOTING HEALTH AND WELL-BEING



Scholar Kabaila (right), Healthcare officer counsels Tabu Lucas (left) who learned of her elevated blood glucose levels at the medical outreach in Kaloleni.

Photo © Emma Kinda/Caris Foundation Kenya

BY EMMA KINDA

The health program of Caris Foundation Kenya ran maternal-childcare initiatives in January and February 2022. The goal of this initiative's execution was to reduce newborn and maternal mortality that occurs too often. 1828 participants in the TTG were informed about the value of antenatal and postnatal clinics.

The team then concentrated on mental health. The intended audience for this information was religious authorities. This is as a result of their work, which involves providing spiritual nourishment of community members.

Additionally, TTG participants got nutrition information throughout the months of May, June, and July. Mwaka

Kanyeta, a TTG member in Magarini sub-County, stated that she ensures all three food categories are present when cooking for her family. "Using products available locally, I discovered how to maintain a balanced diet," she said.

We believe that being aware of the risks of getting cancer can help someone avoid getting it or get a diagnosis as soon as possible. As a result, throughout August and into September, we focused on raising awareness of breast and cervical cancer, in preparation of medical outreaches.

The head and neck surgery camp and medical outreaches took place in October. The two-week head and neck surgery camp, carried out

81 major operations, 431 out patients in the ENT clinic and 50 were seen by the Speech clinic.

Sponsored by Caris Foundation International, the camp brought together 23 American and 25 Kenyan specialists.

One of the patients who benefited from the head and neck surgery was Mashaka Tune. A 63-year-old who had a parotid gland tumor for six years. Before the camp, Ms. Tune had undergone tests, and results had revealed that the growth was malignant. Still in recovery, she expressed her gratitude to Caris Foundation for the surgery. "The tumor had affected my hearing, but since the operation, I now hear better and I believe

they got all the cancerous tissue out," she added.

The medical outreaches, which concluded on 6 December 2022, offered free urinalysis, blood pressure checks, blood sugar testing, breast and cervical cancer screening. By going to the free clinic in Kaloleni, Tabu Lucas learned that her blood glucose levels were elevated. Following counseling, she is now on medicine. "I was urinating frequently and had excessive thirst. Though this wasn't usual, I didn't give it much thought. I wouldn't have discovered that I have diabetes if it weren't for the free clinic," she said.

Jeremiah 30:17 "But I will restore you to health and heal your wounds, declares the Lord."

The 2022 medical outreach brought together a total of 68 medical practitioners to serve community members in Kaloleni, Kilifi North and Magarini sub - Counties. They included nurses, clinical officers, pharmacists, medical lab technicians and HIV counsellors, overseen by Caris Kenya health team.

Photo © Emma Kinda/Caris Foundation Kenya



COLLABORATION RESULTS IN UNITY



Mkenge pastors' committee at one of their regular meetings. The committee is made up of leaders from various denominations.

Photo © Emma Kinda/Caris Foundation Kenya

BY EMMA KINDA & DUNCAN ZIRO

This year, the spiritual team specifically targeted Muslims and Christians in addition to TTG participants. The program aimed to improve individual's connection to God and one another. To achieve this, the program worked with imams, church leaders, and spiritual mentors, who then reached out to the community.

“By collaborating with religious leaders, we promoted unity among believers and enhanced relationships at the family level,” said Duncan Ziro, a Program Coordinator at Caris Foundation Kenya.

As a result of unity trainings, more than twenty pastors' fellowship committees were established. Leaders from various denominations make up these committees. Working independently, they have established themselves as leaders in their communities and role models for the practical application of Christian values. The Mkenge pastors' committee set up a savings program and engaged in maize and green gram farming as a source of income. A church in their

satellite location received seats thanks to the Mijomboni pastors committee. Amani Barofa, an 8-year-old boy who was injured and became disabled, can walk again thanks to the crutches that the Fundisa Pastors Committee purchased. The committees also planned 14 interdenominational fellowships and fundraising.

The pastors also received training in sound doctrine. Strong emphasis was given to having good faith and sharing God's word without altering it to serve personal objectives. “I concentrated on exorcism as my area of expertise before the training. Currently, I read the Bible and communicate it exactly as it is written,” said Pastor John Charo.

The family played a significant role in the program. We offered marriage counseling and training on parental responsibilities. Participants in the TTG and spiritual leaders were the recipients of these messages.

Proverbs 27:17 “As iron sharpens iron, so one person sharpens another.”

MENTORING ENTREPRENEURS

The goal of the business mentoring program in 2022 was to help owners of existing businesses develop their entrepreneurial abilities. In addition, the team launched a campaign to change disapproving attitudes toward owning businesses. Targeting participants who did not engage in any income-generating activities, they discussed the value of owning a business with TTG members.

Beatrice Wituka, a Business Development Officer at Caris Foundation Kenya, said, “This knowledge, which we offered in the TTGs, can assist participants in establishing a sustainable income and enable others who are not in business to consider having one.”

The program gave the business mentees knowledge of business management practices, which helped them understand the business structure better. A business simulation game that was part of the training required mentees to plan, use money notes to acquire and sell goods, and control expenses and savings. The game, which offered a realistic experience of running a business, was played by more than a thousand business mentees. In this game, players had to make decisions and cope with the results of those decisions.

Another area in which mentees were trained was the business life cycle. This assisted them in setting up future objectives, understanding business dynamics at various stages, and creating a business plan.

More than 1,770 mentees received individualized guidance to help their businesses grow. This year, we have countless testimonies of women impacted positively. One of them, Zawadi Kalume, a kiosk proprietor,



Mentees take part in a business simulation game which required them to plan, use money notes to acquire and sell goods. (Cover photo)

Photo © Emma Kinda/Caris Foundation Kenya

BY EMMA KINDA & BEATRICE WITUKA

joined the program in 2020. She made a net profit of Kshs. 7,350 (\$73.50) each month on a running capital of Kshs. 72,000 (\$720.00). By putting newly acquired skills to use, the monthly net profit reached Kshs. 14000 (\$140.00) and the running capital reached Kshs. 112000 (\$1120.00) in April 2022.

Proverbs 14:23 “All hard work brings a profit, but mere talk leads only to poverty.”

WOMEN EMPOWERED TO ACCOMPLISH THEIR DREAMS

The Caris TTG program persisted in advising participants to save money. Women have learned goal-setting and goal-achieving skills thanks to the microfinance approach.

“Participants can save and access money in their TTGs. This usually covers a variety of needs, from paying school fees to medical bills as well as capital for businesses,” said Michael Kilumo, a program officer at Caris Foundation Kenya.

Over 3000 participants have established and attained goals. “They deposit a certain amount toward the goals they have set every week,” he said. “This has helped them own household items they needed.” Among the accomplishments, this year were the installation of water tanks, solar lights, beds, cows, gas cookers, and seats.

In the TTG setting, participants are allowed to assume leadership positions. 552 TTGs have functional book writers, so TTG meetings are conducted independently.

Additionally, 582 TTGs have loan monitors who keep track of loan repayment. 4209



A TTG in Kilifi North holds their meeting independently.

Photo © Emma Kinda/Caris Foundation Kenya

BY EMMA KINDA & MICHAEL KILUMO

participants were made aware of the need for Sacco registration (co-op) to ensure financial security.

Meetings for inspiration were held to motivate participants in Kaloleni sub-county. “We witnessed an improvement in attendance, an increase in savings, and the formation of new groups as a result of the inspiration,” said Ferdinand Hinzano, a community facilitator at Caris Foundation Kenya.

Another goal of the program is to equip participants with the knowledge and skills necessary to launch profitable businesses. 5016 participants are business owners, and there are 30 group projects. Okra, maize, and chicken farming are some of the group projects.

Ecclesiastes 11:2 “Invest in seven ventures, yes, in eight; you do not know what disaster may come upon the land.”



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