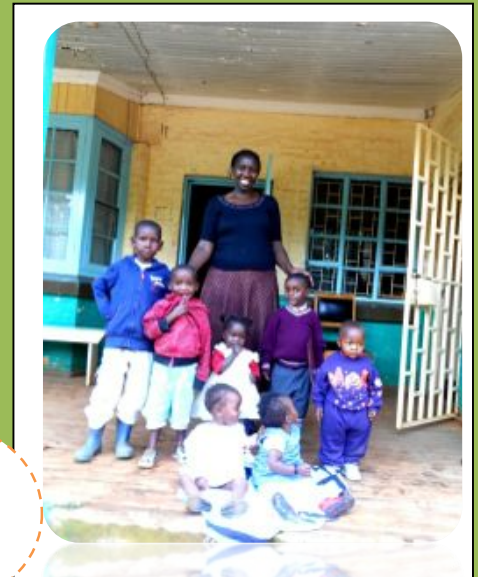


SIXTH EDITION

## EDUCATION FOR LIFE PROGRAM



### Fullness of Life Amidst and Beyond the HIV/AIDS Pandemic



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Education for  
life - Eldoret  
Centre

**"What we seek is an experience that transforms our lives and incorporates us into the destiny of the universe. We are looking for an intuition capable of giving us an orientation in life even if the time being, for our being in time" Ramon Panikkar**

*Greetings,*

*Welcome to the 6<sup>th</sup> edition of our newsletter.*

*We highlight activities of the third quarter of the year (July to September 2013) and share a few testimonies from our beneficiaries.*

*We thank God for strengthening us to share His love to the most vulnerable in the community.*

*Our sincere gratitude goes to our benefactors; [Edmund Rice Development, Ireland](#); [Edmund Rice Foundation Australia](#); [Christian Brothers East Africa](#); [Misean Cara, Ireland](#); [Little Way, UK](#); [Rahimtulla Foundation Kenya](#); [St. Monica's College Australia](#); all our private donors and friends who have made it possible for us to deliver the services.*

*We continued with the Behaviour Change workshops with various groups and the feedback indicates need for diversifying our target groups.*

*The psychosocial activities of food distribution, economic empowerment through SILC project, bead making, tailoring and psychological support are ongoing.*

*One challenge of great concern is the cervical cancer incidents among the HIV positive women on antiretroviral medicine. This poses the challenge of increased pastoral care for the bed ridden clients.*

*Thanks to all who gave us encouraging feedback on our 5<sup>th</sup> edition newsletter. God bless you all.*

*Angeline Obutu,*

*EFL Programmeco-ordinator.*





## **A VISIT FROM THE ZIMELE FOUNDATION** ON 1<sup>ST</sup> JULY 2013.

The third quarter began on a jovial mood with the visit of a delegation from Zimele foundation - Australia. The group led by Tom Purcell arrived amidst jubilation from the beneficiaries who sang, danced and shared experiences to show case their gratitude to the visitors.

This indeed was a great moment and honour for the education for life programme. We sincerely thank the Zimele foundation for their warm gesture and partnership with the program. We hope this collaboration will be long-term and look forward to the second visit next year 2014.

*Asante sana, kaributena!*



## FOLLOW UP FROM THE LEADERSHIP TEAM 22<sup>ND</sup> TO 23<sup>RD</sup>

JULY 2013

As part of routine follow up from the leadership team, we were privileged to host Bro Gerard Ellul, Bro John Carrig from Australia, Bro Bill Wilding and a visiting couple Cyril and Sue. Their visit to the client's homes gave them a clear picture of the pathetic situations that our vulnerable clients live in. We appreciate Cyril and Sue for supporting the medication of ElphasGanira, a school going boy experiencing fits. On the last day we had lunch together as we shared the experiences.



***“You can develop a healthy, robust community that lives right with God and enjoy its results only if you do the hard work of getting along with each other, treating each other with dignity and honour.” James 3:18***





## 2<sup>ND</sup> EDUCATION FOR LIFE (EFL)-ELDORET MINISTRY ADVISORY COMMITTEE MEETING.

THE 2<sup>ND</sup> EFL ADVISORY COMMITTEE WAS HELD ON 18<sup>TH</sup> SEPTEMBER, 2013. BRO. GEORGE MASSAY THE ACTING DISTRICT LEADER CHAIRED THE MEETING ATTENDED BY SIX MEMBERS OF THE BOARD. THE REFLECTION ON THE PILGRIM LYRICS WAS A TRUE SYMBOL OF THE MEETING AS A TIME OF EVALUATING THE JOURNEY AND FOCUSING ON THE FUTURE REGARDLESS OF THE CHALLENGES.

THE KEY AREAS DISCUSSED WERE ON THE PROGRESS OF THE PROGRAM AND HIGHLIGHTS OF THE VARIOUS VOTES IN THE FINANCIAL MANAGEMENT. MEMBERS EMPHASIZED IMPORTANCE OF RECORDING MONEY RECEIVED FROM DONORS AND MONITORING EXPENDITURE WITHIN THE BUDGET. ON THE CHALLENGE OF THE OFFICE SPACE, MEMBERS WERE INFORMED OF THE GOOD NEWS; THE SUCCESS OF THE PROPOSAL FOR OFFICE CONSTRUCTION WHICH BEGINS IN DUE COURSE.

OTHER DELIBERATIONS ENCOURAGED THE STAFF TO WIN THE CONFIDENCE OF THE DONORS BY GIVING ACCURATE AND TIMELY REPORTS AND TO ENGAGE VOLUNTEERS TO SUPPORT THE PROGRAM. EACH MEMBER WAS CHALLENGED TO KEEP REFLECTING ON THOUGHTS ABOUT THE FUTURE.



## **GATEKEEPERS' WORKSHOP**

*28<sup>TH</sup> JULY TO 3<sup>RD</sup> AUGUST 2013.*

The gatekeeper's residential workshop brings together school principals, school counselors, religious leaders and other stakeholders to experience the behavior change process and sensitization of child rights.

This helps to facilitate the link to our stakeholders and to enhance follow ups to the beneficiaries of behavior change workshop in institutions.

The experience was tremendous as the participants identified their roles in institutions and formed a network.

Due to the impact one of the participants who is a school teacher and counselor offered to volunteer in the programme to offer support to our sponsored students during holidays.

We thank Edmund Rice foundation for supporting the workshop.





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## ORPHANS AND VULNERABLE CHILDREN'S WORKSHOP

### 26<sup>TH</sup> -31<sup>ST</sup> AUGUST 2013

Orphans and Vulnerable Children undergo many psycho-social challenges due to loss of their parents or living with sick parents and sometimes not aware of the cause of the illness. This contributes to self-stigma leading to isolation and poor performance in schools.

The residential workshops empower the children with relevant life skills to cope with their life situations. Being together for four days offers them opportunity to share experiences and form a support system.

The children are also enlightened on their rights and the importance of focusing on their dreams regardless of their current scenarios.



### CAPACITY BUILDING.

Through the sponsorship of Miseen Cara the programme coordinator and accountant attended training at Corat Africa on project and finance management respectively. This has enhanced relevant skills for effective management and stewardship of the programme's resources.

We thank the leadership of Christians Brothers, East Africa District for planning and supporting us to undertake the training.





Brother Vincent Malya, cfc, the East Africa District Co-ordinator visited the EFL programme on 4<sup>th</sup> September, 2013 as part of monitoring and evaluation.

Among the issues discussed were accountability, documentation and report writing so as to win the confidence of the donors.

He also reviewed proposal writing and expectations of the donors.

## EDUCATION FOR LIFE WORKSHOPS

During this quarter we held four behavior change workshops; one for youth out of school, two in secondary schools and one at the children's rescue center.

It is evident that the youth need support due to emerging issues in the society.

The challenges include peer pressure, drugs abuse, HIV/AIDS, Relationships, generational gap, parent-child conflict among others. From the workshops, it is striking to note that most of the youths are ignorant to the consequences of their behaviour and they lack parental guidance.

The 3day workshops help the youth to critique their behavior and make right choices and commitment.





Most of our sponsored children go to public schools with high population and poor facilities leading to poor performance. The staff has organized holiday support for the children to address specific needs. This is done through assessment of their academic reports and listening to specific needs. Those with psychosocial issues are referred for individual therapy. The favorable environment makes the children open up and focus more in their academics.



*Dr. Nico instructs some of the students as others wait to be attended to by counselors and volunteers.*



### **JIGGERS AMBUSH IN ELDORET**

Have you ever had moments of unremitting itch caused by jiggers? Just imagine that Christ is suffering this in the innocent youth around Langas Slums in Eldoret. I can't remember that such a circumstance happened in my life as a child. It is depressing for me to find out how jiggers are still affecting people in the 21st century because of their abject poverty.

I have been greatly challenged by learning about that our children are suffering from jiggers, a smaller flea that burrows into the skin of little children and their mothers particularly at the fingernails, toe nails and knees and feeds on its host. I have been touched by the situation of a little Angel who frequently cries and keeps scratching his shapeless and infected toes.

Jiggers are spread as a result of poor hygiene and can be prevented with very simple treatment. The problem of Jiggers infection poses a big challenge to most of our clients in Eldoret. It has seriously harmed little children at the age of four to six who are unable to walk appropriately as results.

The EFL staff now realizes that jiggers have adverse psychological effects including low self-esteem. This has forced us to fight the jiggers and raise awareness amongst our clients. Usually we wash the feet of the children and their guardians especially those families who have been infested by jiggers. I am happy to report that the EFL team in Eldoret has gone this extra mile to rescue our children from the jigger's menace. As Education for Life, we believe that compassion is a virtue, a grace and indeed a divine attribute as Albert Nolan puts it. We share our compassion and we feel that we are sharing what God feels about the world today.

Display of a foot on how jiggers are removed



Infested children's feet



Brother Nico is giving a daily instruction to a client on how to take care of her





## WEEKLY FOOD DISTRIBUTION TO THE CLIENTS

**Every Monday we share two cups of beans and porridge flour per family to the clients. One might say it is minimal but it makes a difference to the vulnerable families. It is a common culture in Kenya that the staple food is ugali which is mainly starch. The beans supplement protein which helps the clients living with HIV to strengthen their immunity as they take ARVs daily. A visit to the homes a day after is a clear indicator that the beans offer nutritional support to the families. Due to increase in numbers this year, we increased the bean supply from one bag to one and a half weekly.**

**We thank the Little Way Foundation U.S.A for supporting us.**



Clients listen  
to nutritional  
advice as they  
await food  
distribution.



A client  
receives  
beans  
from the  
food  
program



A client  
receives  
porridge flour  
from the  
food distribution  
programme

## MILK PROGRAMME

The milk programme is meant to support the HIV positive children who are on antiretroviral drugs and the babies under two years who are malnourished.

The demand has been increasing due to the rise in birthrate. Though it's an increasing concern to have the HIV positive mothers pregnant due to low immunity, the children have the right to health care.

This period the numbers increased from fourteen to sixteen families and we still have ten on the waiting list.



*A happy mother after receiving money for milk for her baby.*



*A HIV positive mother with her twins, beneficiaries of the milk programme.*



### **INTERN STUDENTS/VOLUNTEER**

During the months of august – September we were privileged to have two students from Moi University psychology department on internship and a volunteer teacher counselor from Bishop Delany Memorial School- Eldoret.

We acknowledge the services they offered to our clients especially in supporting the students, psycho-education to the clients and the home visits to the clients' homes.





*Deogratus poses with some children under EFL program*

### **Volunteer Teacher/Counselor;**

Throughout my stay at EFL I realized how significant the program is to the clients as many of them have gotten a second chance in life through the blessings and support of the program.

From my own assessment, many children who would otherwise be out of school have gotten a reason to smile as a result of the support given by EFL.

I could see smiles of hope on faces of mothers who would otherwise be suffering in rejection and poverty due to their HIV status. My life at EFL was a moment of learning and inspiring, given chance to be here again, I would gladly join the great team in the noble task of touching lives! EFL is indeed a blessing to this society!

May God Bless the EFL community!

Magero J. Deogratus

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# Testimonials from beneficiaries of the EFL programme

## THE IMPACT OF EDUCATION FOR LIFE PROGRAMME AT ST. MARY'S OSORONGAI. CASE STUDY OF ALUMNI (PATISI GODFREY)

I ATTENDED THIS PROGRAM IN THE YEAR 2010 AS A STUDENT AT ST. MARY'S OSORONGAI SECONDARY SCHOOL. THE PROGRAM HAD A GREAT IMPACT ON MY LIFE AS I LEARNT A LOT AND I HAVE CONTINUOUSLY PUT IT IN PRACTICE. LIFE APPEARS TO BE RUNNING SMOOTHLY FOR ME AND I HOPE TO BE A SUCCESSFUL PERSON IN FUTURE.

I AM NOW A STUDENT AT MOUNT KENYA UNIVERSITY AND A TEACHER IN THIS PARTICULAR SCHOOL. I USE THE VALUES LEARNT DURING THE WORKSHOP TO ENCOURAGE THE STUDENTS TO FOCUS ON THEIR FUTURE.

I HAVE ENHANCED IT BY TALKING TO STUDENTS ABOUT THE BENEFIT OF EDUCATION AND THE STRATEGIES THEY HAVE TO PUT AND IMPLEMENT FOR THEM TO PERFORM WELL IN THEIR STUDIES.

I THANK EDUCATION FOR LIFE FOR THE WORKSHOP AND HOPE THEY CONTINUE TO CREATE IMPACT TO THE SOCIETY AND THE NATION AT LARGE.

I REALLY ADMIRE TO BE ONE OF YOU SOMEDAY.

*PATISI GODFREY*

*ALUMNI ST MARY'S OSORONGAI,*

*PO BOX 264, KIPKAREN RIVER.*

*0729024348.*



## WORKSHOP EXPERIENCE by **MERCY WANJIRU**.

*The children's workshop was held at St. John pastoral center from the evening of Monday 26<sup>th</sup> to Saturday 31<sup>st</sup> after breakfast. It had the best positive results to all the participants. It made me realize the real meaning of taking risk to the open world dangers and how to make personal commitment with my life.*

*It also taught me how to make my personal decision without relying on either parents, relatives, friends or outside world.*

*It had a lot of impact on how to go about adulthood, balanced diet and how to relate with friends from different culture and tribes.*

*In general we had the best environment to experience many areas of learning and socializing. We had the best teachers and the best lessons. We learnt a lot and wish we could have more of these workshops in future. Every participant will have the best words to explain the workshop in general.*

*I thank the entire organizing body and wish them well and pray that God will open doors toward many workshops around UasinGishu county and the country at large. God bless Catholic Diocese of Eldoret and Education for life program.  
Thank you.*



**Mercy and Kevin pose for a photo during the OVC workshop.**

## FEEDBACK ON EFL WORKSHOP by **KEVIN CEPWA**

Education for life is an organization with a big heart. Speaking from experience, I have gained a lot from a four-day workshop that commenced on Monday 26<sup>th</sup>, August 2013 and ended on 31<sup>th</sup> at St. John Baptist Pastoral Center, Eldoret.

The friendly facilitators are so interactive and so conversant that you are engrossed on the matter of discussion with a lot of interest. From a personal view, I look at it as a benefit especially to the young generation that is over-clouded with modernization and technology. It is not that the current lifestyle is deluding but we have to know that with proper guidance we can co-exist with it without much hiccups.

For we the youth, are the stepping stone of the future we pray that our parents and guardians will take it by themselves and help us nurture our dreams, for the future is built on positive dreams for that matter.

The workshop enabled me to understand life better. For sometimes we, as the young adults find ourselves chasing butterflies on the sidewalks of life or mistake pleasure for happiness, so sad, right?

We also pray that well-wishers will join hands with EFL to make their noble activities effective as they make a quick reflex to save the world.

"Let the small children come to me..." The EFL clearly justifies the sentiment. Their initiative makes me feel better every moment.

From the learning, I now know that; just like a river which has many detours and obstacles and remains stagnant for some time, I have life full of challenges but I can still exploit my potential like the same river when it flows with a great energy at a waterfall.

My friends and I believe that God will help us so that we also reciprocate for the gorgeous gesture from EFL, but first we make a clamor of unison;

**HELP US GROW INTO RESPONSIBLE ADULTS!**



# EDUCATION FOR LIFE PROGRAMME

## OUR VISION:

*TO BE A SOURCE OF HOPE AND  
INSPIRATIONAL LOVE.*

## MISSION STATEMENT:

*EFL IS COMMITTED TO PROMOTING  
HUMAN DIGNITY, POSITIVE LIFESTYLE  
THROUGH BEHAVIOUR CHANGE  
PROCESS, PSYCHO-SOCIAL SUPPORT,  
AND SELF-RELIANCE FOR PEOPLE  
LIVING WITH HIV, CARING FOR OVC  
AND ADVOCACY THAT AIMS AT  
REDUCING HIV/AIDS AND STIGMA IN  
THE SOCIETY.*

# Pictorials



AN INTERN GIVING A PSYCHOSOCIAL  
SUPPORT IN THE HOSPITAL



One of our beneficiaries graduates



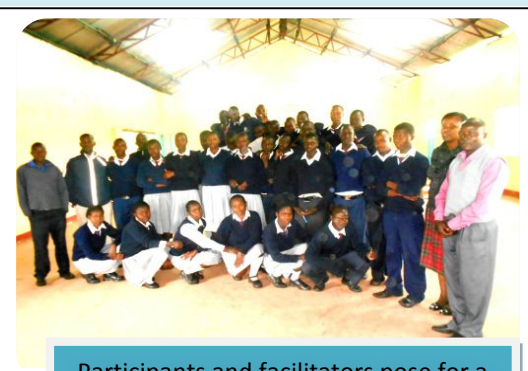
Visitors learning from the SILC groups.



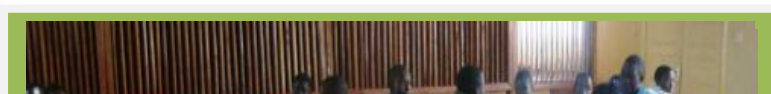
Students during a workshop



Clients busy making beads as they share experiences



Participants and facilitators pose for a  
photo during a workshop



A facilitator in one of the sessions at Children's rescue center



One of the participants shares her dreams with the rest during the OVC workshop.



A section of the participants have fun during The OVC workshop social evening.

