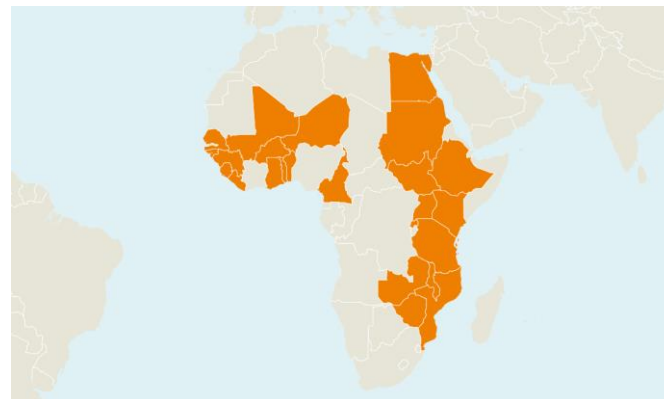


ANNUAL UPDATE

KENYA

THARAKA



Together with your sponsorship, children and families are making positive changes in Tharaka. Learn more about the valuable ways we work with children and communities.

In drought-stricken Tharaka, communities are building their resilience and learning new agricultural techniques to grow healthy food. And sessions on children’s rights are ensuring that even during times of stress, girls and boys will be protected from violence or abuse.

Over the last year, thousands of girls and boys had nutritious meals at school, helping them focus on their lessons. Schools also provided workshops on sexual health and menstrual hygiene, reaching more than 4,500 students.



1,872

Youth accessed adolescent sexual health centres



46

Schools provided training on menstrual hygiene



1,143

Parents learned about child protection

“AFTER PARTICIPATING IN CHAMPIONS OF CHANGE, I AM NOW AN ADVOCATE FOR SEXUAL HEALTH AMONG MY PEERS.”

Joseph, 13 years old





NAME: AMOS

AGE: 15

**DREAMS TO BE: A
DOCTOR**

“I’M HAPPY TO BE BACK IN SCHOOL – WITHOUT PLAN, I WOULD NOT HAVE THIS CHANCE TO CONTINUE MY STUDIES. I WILL WORK HARD TO ACHIEVE MY DREAM.”

Meet Amos

Like the child you sponsor, Amos is taking steps toward achieving his goals.

Amos lives with his parents and three siblings in a two-room house. He loves reading and hopes to become a doctor so he can help others like himself.

Helping Healthcare

As a child, Amos developed paralysis after an illness. His family could not afford a wheelchair, and Amos had to drop out of school. Although his parents took care of him as best as they could, they often had to leave him in bed for long periods of time. Amos developed sores and his health deteriorated.

A community health volunteer heard about Amos’s predicament, and he was referred to a local Plan employee, who helped arrange transportation for Amos and his parents to the nearest hospital for urgent care. And in partnership with the Ministry of Health, a nurse was engaged to provide regular care and treatment of Amos’s bedsores.

Will to Achieve

After Amos’s health improved, he was keen to go back to school. With the help of Plan International, Amos has a brand new wheelchair and supportive pressure cushions which allow him to sit comfortably.

Amos has a zeal for learning, and his teachers are impressed with his progress and his passion. He encourages other children with disabilities at his school to never give up hope.

And Amos’s parents have become advocates in their community on asking for help and seeking the best healthcare possible for their children.



Amos is now thriving at school

OUR PROJECTS IN THARAKA ARE HELPING CHILDREN THRIVE



Families in Tharaka are gaining new skills in reducing their risks to disasters and climate change

ADAPTING THROUGH DISASTER



Three failed rainy seasons in Tharaka have led to extreme drought in the region. Limited knowledge on how to adapt to the changing climate is pushing families further into poverty. And without access to savings and loans, parents are unable to invest in their futures.

To help families meet their basic needs during this crisis, 3,312 vulnerable households received cash assistance. Parents were able to afford nutritious foods and pay for other essentials such as healthcare and education. More than 2,000 parents also joined village savings and loans groups and took part in workshops on financial literacy.

Training sessions on adapting to climate change, reducing risks, and building resilience were also offered. With this new knowledge, parents can now adopt new farming practices and invest in new income-generating activities.



KEEPING CHILDREN SAFE



In Tharaka, harmful practices such as female genital mutilation and early marriage are still common. And poverty often forces children out of school and into work, leaving them vulnerable to exploitation and abuse.

To help improve child protection, 37 community members completed training on identifying and reporting cases of violence and abuse.

During the Girls Takeover event, one girl took over the position of magistrate at the local court. She was able to see how the child protection unit works to support children in her community. She also spoke about the issues affecting girls in Tharaka and urged those in positions of power to work together to uphold their rights.

“I’ve had the opportunity to represent issues affecting girls in my community. I believe boys will realise that girls should be given the chance to participate in decision making.”

Kariiri, 17, from Tharaka



YOUR SUPPORT MEANS BETTER FUTURES



The best is yet to come—and together we will continue to work for a brighter future for the children in Tharaka.

Close to 30% of people in Tharaka live in poverty. We will provide families with technical skills so they can start their own businesses or implement climate-resilient agricultural practices.

We will also ensure parents build their financial literacy skills and have access to village savings and loans so they can afford food for their children and invest in their futures.

By supporting families to meet their basic needs we will reduce the stressful situations which make children more vulnerable to abuse. We will also strengthen community child protection mechanisms.

Thank you for your continued support.



“Our projects have helped girls stay in schools so they can pursue their career dreams. Your support has transformed the lives of community members and children.”

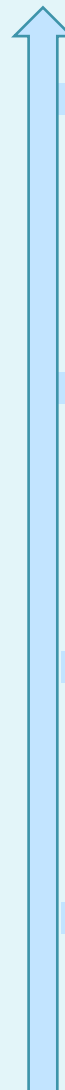
Charles Mutie
Programme Area Manager

THE PLAN EFFECT



Your sponsorship commitment is turned into effective long-term change – providing help for self-help. We involve children at the centre of all projects, bringing effective and sustainable solutions to families and communities. With Plan’s Effect, your commitment helps empower communities to transform their lives and futures.

THE LAST 12 MONTHS



FEBRUARY



37

Community members trained on child protection

FEBRUARY



162

Girls and boys learned about their rights

AUGUST



4,577

Children attended workshops on menstrual hygiene

AUGUST



8,638

Students received school meals