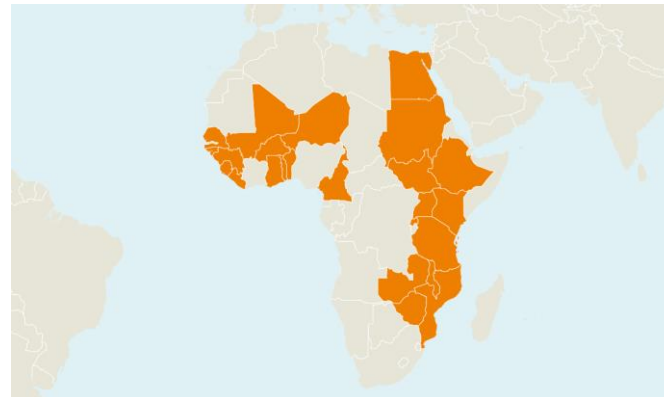


# ANNUAL UPDATE

# KENYA

## MACHAKOS



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

Hundreds of girls and boys are now attending schools with new classrooms and playground equipment. Water tanks, latrines and handwashing stations are also keeping children healthy while at school.

Technical training has helped more than 100 farmers gain new skills in bee-keeping. And young mothers have been supported to start their own businesses so they can support their families.



**4,400**

Young people gained sexual and reproductive health knowledge



**324**

Families received cash assistance



**741**

Girls received menstrual hygiene kits

**“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 MACHAKOS ARE HELPING CHILDREN THRIVE



Community members in Machakos are looking towards the future

## BRIGHT FUTURES



**The COVID-19 pandemic continues to have lingering effects in Machakos.** Health concerns persist due to a lack of hygiene facilities. And interrupted education, coupled with high rates of early pregnancy, have left young women without the skills they need to support their families.

At 50 schools, new water tanks and hand-washing stations are ensuring that more than 17,000 students can practice good hygiene. This will help keep children safe from diseases. 100 people completed training to become school board members, helping to effectively manage the water facilities for years to come.

Through training sessions, 18 young mothers gained crucial technical and entrepreneurship skills to start their own small businesses. These young women are now earning a good income and are able to afford daily expenses for their children.

## SCHOOL IMPROVEMENTS



**Many schools in Machakos have fallen into disrepair, with crumbling walls, small classrooms and dilapidated latrines.** School environments without quality infrastructure affect the concentration of students and leave children at risk of contracting communicable diseases.

Three new classrooms at a school have been built and equipped with 197 new desks. New blackboards have also been installed, making it easier for teachers to write out their lessons. And two new playgrounds were provided, giving girls and boys safe and fun places to play.

By establishing a new latrine, water tanks and hand-washing facilities, the hygiene conditions have been improved for hundreds of students.

“Our school benefited from water tanks, which we use for washing hands, cooking our meals, and drinking. We no longer carry jerry cans with water from home which was very tedious.”

**Nthambi, 14, from Machakos**



# 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 Machakos.**

Around 60% of people in Machakos live in poverty. We will support families to access savings and loans so they can improve their financial literacy and invest in their futures.

Families who rely on farming are struggling with the impacts of changing weather. We will provide training on sustainable and climate-resilient agricultural practices so parents can grow healthy food for their children.

Children, and girls in particular, are often made more vulnerable during natural disasters. We will empower communities with training on child protection and gender-responsive disaster management plans.

**Thank you for your continued support.**



“I am very grateful for the support of our sponsors. We cushioned families from the effects of drought, and supported young mothers to acquire technical skills.”

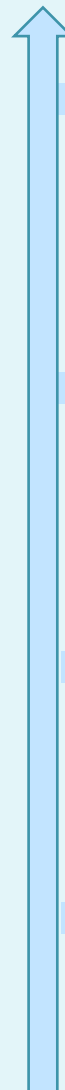
**Mary Mbiti**  
Programme Area Manager

## THE PLAN EFFECT



**Your sponsorship commitment becomes 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



**JANUARY**



**3**

New classrooms were built and equipped with desks

**SEPTEMBER**



**145**

People trained on bee-keeping

**NOVEMBER**



**347**

Students completed life skills training

**NOVEMBER**



**315**

Children learned about child protection