

Machakos

Kenya

Positive changes are happening in Machakos. Learn more about how we are supporting children and girls' rights through our collaborative, equality-driven work.

Climate change impacts the region's economic development. Through education and awareness, communities are adopting climate-smart farming techniques to enhance crop yields and meet basic needs. Skill development and training opportunities are also helping youth access employment, supporting local economic growth.

The region faces challenges with sexual health education, contributing to a rise in teen pregnancies. We have launched programmes to increase youth involvement in law and policy discussions, enabling them to advocate for youth-friendly services. Additionally, we are strengthening the capacities of educators and institutions to offer technical and vocational skills in a supportive and inclusive learning environment.

"As a teen mother I felt like a burden and an outcast. Plan's training enabled me to pursue dressmaking and earn an income to support my family." -Nancy (17)



Children attending school in Machakos.

Impact in Numbers

60

**health workers
trained in youth-
friendly services**

69,389

**children reached
with resilience
interventions**

3,920

**households
received cash
transfers**

Supporting Education Through Nutrition



NAME:

Tina

AGE:

10 years old

DREAMS TO BE:

An engineer

“I am focused on achieving my dreams. I can make healthy choices due to Plan’s training in the school meal programme.”



Meet Tina

Like many girls in Kenya, Tina is optimistic about achieving her goals and building a strong future.

After her parents separated, Tina and her elder brothers went to live with their grandmother. The majority of Tina’s community relies on agriculture for sustenance. However, her village has been experiencing prolonged droughts leading to poor crop production, affecting nutrition and health of children and their family members. Threatened by this climate crisis, Tina’s school couldn’t sustain their free school meal programme. The nutritional wellbeing of the children was affected, leading to weak academic performance and a high drop-out rate.

Food for All

Last year, among five other schools in the region, Tina’s school benefitted from Plan International’s school meal programme. With the introduction of smart agriculture techniques, water harvesting, and solar-powered pumping technology, the school started producing vegetables to supplement their programme. Like her peers, Tina too developed skills on kitchen gardening through workshops and skill training.

From School to Home

Tina applied her new farming skills at home, starting a kitchen garden with her family’s support. The garden’s production is improving, providing nutritious vegetables and generating extra income by selling excess produce. This programme has improved food security for many other families like Tina’s. Her school expanded their farm, selling excess produce to fund school supplies, supporting students’ education. School drop-out rates have reduced, as children now have access to meals, enhancing their learning and growth.



Tina and her mother working on their farm.

We Work With 2,692 Sponsored Children in Machakos

Projects That Support Lasting Change

Making Schools a Safe Place

School environments in Machakos face challenges due to inadequate infrastructure, which can affect students' focus and expose them to communicable diseases.

Two handwashing stations installed by Plan International have greatly supported pupils in understanding the importance of handwashing. The stations have not only facilitated the teaching of good hygiene practices within the school but have also empowered students to introduce these habits at home. The water tank and handwashing stations have led to a decrease in communicable diseases.

The enhanced access contributes to a healthier school environment, crucial for students' well-being. It has positively impacted school performance and increased student retention rates. By ensuring that children have a safe and hygienic environment to learn and grow in, these initiatives support their overall academic success and long-term health.



Students using a new handwashing facility.

171

students know the benefits of handwashing



Children hold saplings during a tree planting session.



Ann seated outside her house.

Climate change adaptation

The effects of the climate crisis, such as unpredictable rainfall and drought, have negative impacts on agricultural yields and families' income sources in Machakos.

This project aims to empower the youth to minimise the impact of disasters through community-led action on climate change adaptation and resilience. A special focus on girls and young women allowed for impactful learning for vulnerable groups, as they are learning skills in agroforestry in school.

By supporting climate-smart agriculture and promoting gender equality, we contribute to inclusivity. Plan provided farming supplies and business start-up kits so that the earning power of families is improved and they have better capacity to meet their basic needs.

“After Plan’s training I planted mangoes on my farm: a decision I have never regretted. It helped me to comfortably educate my children, some of whom are in well-paying jobs currently.” -Ann, 68 years old

You're Supporting a More Equal Future



Our school meal programme aims at reducing food insecurity among children across Kenya.

Together, we're working to create a more just world.

Most families still rely on one source of income and livelihood, which poses a challenge for them, as they are increasingly being confronted with climate-related crises. This year, we will work with families on diversifying their income sources and provide them with support so they can generate assets and savings for the long term.

We will strengthen young women's knowledge on climate change and on developing sustainable practices and initiatives.

Lastly, we will provide financial coaching and literacy training to empower young women in the face of such crisis.

Message from Plan Staff

"The year has had its set of unique challenges but also achievements. Through your support, we have worked with communities to build on their resilience. Interventions around livelihood support will go a long way in enhancing their economic wellbeing."



Mary Mbiti,
Programme Unit
Manager

The Plan Effect

Sponsored children are at the centre of everything we do, and they help plan our programmes based on what's important to them. Sponsors' donations are a gateway into a community. This helps build trust and credibility to attract even more funds from new sources. This makes more sustainable programmes possible in sponsorship communities. This powerful synergy is something we call The Plan Effect.

Progress in Numbers

144

**farmers benefit
from resilience
initiatives**

5,400

**students learned
agroforestry in
school**

127

**girls received
scholarships to
continue school**

171

**pupils received
reproductive
health training**