



# Kenya I Care

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## *Program Report*

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*Kenya I Care is a program of Initiatives of Change International- an organization working to build trust across the world's divides. Initiatives of Change is registered in Kenya as a society and it has other programs like Peace and Reconciliation, Farmers Dialogue, Creators of Peace and Clean Elections Campaign.*

*Kenya I Care is a schools and young people's program that was started in 2008, with an aim of addressing issues affecting young people as well as creating platforms for them to experience introspection –as a way of evaluating ones relationships, actions, habits and how one can make a positive change in the society starting with making a change in their own lives.*

*Issues affecting young people in Kenya have changed and varied with time. As societies strive to maintain peace, cohesion, political and economic stability, young people have found themselves wanting to play a role.*

*Kenya I Care program therefore explores dynamics of the society and the needs arising due to social-economic and political extremes in order to inspire meaningful lives in young people. Every year many schools are reached by this program, and many other young people in different forums.*

*2014/2015 saw partnerships with organisations of same intentions in facilitation of Kenya I Care programs around the country.*

# Subukia

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We have conducted several activities this year in different part of this County. Our theatre group GIFTA led by Peter Hamisi, was lucky to get a recommendation from the Ministry of education to conduct live shows in any institution in the County with the theme *behavior change (Substance abuse and HIV/AIDS)*. This has enabled us to visit over 20 institutions



*GIFTA performing a skit on a health awareness*

since May 2014. We have also been doing advocacy on other issues in almost all public gatherings in Subukia and its environs. This has been in the presence of key county officials including the County governor Mr. Kinuthia Mbugua.

We have also been able to have forums on behavior change –(our main theme) in several institutions like in Subukia polytechnic almost every Friday,

Kabazi secondary, Kieni primary and secondary school, Maili Kumi hospital , St John’s Catholic Church, Nakuru Girl’s Probation Hostel among others.

This has all been done from our own personal resources and that of the stakeholders.

## **VISITS**

We have received several courtesy visits by different individuals, groups and organizations.

On 15<sup>th</sup> May we were visited by lofC Kenya treasurer Steve Kimaru and Rainer Gude from Geneva who participated in a meeting we had organized for all the major CSOs in the area. They had a time to tell the group of 25 about lofC. We also toured a project we are a part of: rehabilitating a river bed. This project is run by Isaac Githae who is a reformed drug addict. We have also shot a documentary on his work of tree planting, building bridges and rehabilitating dump sites which opened doors for him to be among selected individuals rehabilitating the forest in Ndundori and Baringo under a certain NGO.



*Visit by Steve and Rainer*

Our other visitors have been NGO KANCO (Kenya Aids National

Consortium) several times since we are among the groups that form it: Uwezo which do research on quality of education; Muungano wa Wanavijiji who do development programs with CSOs; Forum Syd which deal with devolution; county officials, chief, among others.

## **PARTNERSHIPS**

We have also recently become partners with the Kenya National Library Services Nakuru. We are now a part of the committee running programs there. There is a spacious facility that can hold over 400 people. The objective is to engage the community in development initiatives i.e. talents, skills development and any other community based initiative.





We also have the American corner within the library that have rich resources about America and also are initiating projects within the community.

We have already held one mentorship event for children with them on 22rd November called '*story telling day*'

where children were mentored by different personalities not forgetting Mr. Shell- a writer, who shared on his journey to being an author. We also had painting and poetry competition where winners got a book voucher of K.sh 1000. Then there was dancing and music and snacks marking an early Christmas. Inzekela mentored them on journalism and John Njoroge on talent development especially music and we shared several songs.

On 15<sup>th</sup> December we sat as the new committee to run the programs within the library. We were a team of eight. Esther Inzekella and John Njoroge represented lofC.

In our introduction we got a chance to tell the team about what lofC does and Esther shared a bit on her journey of transformation with lofC. Already everyone in the team is interested in working with lofC since our programs seem to lead the way to where we all wish to go.

" I want to join lofC it is in line with what I have always dream of doing" these were the words of Purity, the one in charge of the library and who also happens to be the secretary of the KNLS board National wide.

"I want to be in lofC too and wish to attend the next meeting or forum you have" these were the words of Barbra: A mathematics lecturer at Kenya Methodist University (KEMU). She also wishes to participate in the coming EAYF in juba.



Our main agenda as a team is to address the greatest need in our county; unemployment, street children, issue of sanitary towels, attitude change and lack of motivation.

The library is also interested in making use of our documentaries such as the African answer.

*Report by John Njoroge*

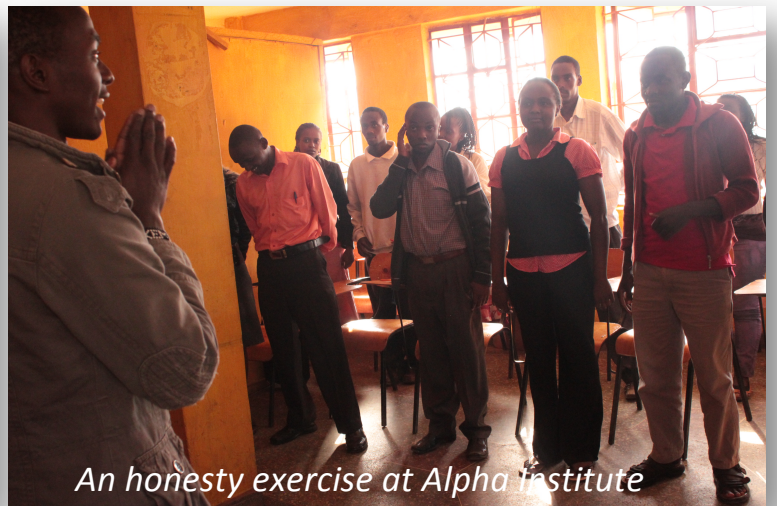
## IofC Nairobi & Kiambu Counties

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Nairobi and Kiambu Counties had various activities mostly in tertiary colleges. In 2014 we had collaboration with Alpha institute of Accounting (Juja) where we held Kenya I Care meetings at least once a month, Jomo Kenyatta University, Inoorero University, Mt. Kenya



*A session at Inoorero University*



*An honesty exercise at Alpha Institute*

University, Nairobi Institute of Business studies and Kangui Secondary School (Thika). In recent years the major issues in the minds of Kenyan young people was peace and relationships.

When addressing relationships at family level, we applied exercises that helped our participants reflect on oneself (and relationships with people around them) in order to fix or mend those that aren't always good. *'I cannot agree with my classmates because we do not always share beliefs. I am a Christian and my way of life and spirituality differs from theirs. This has created misunderstandings between us but am happy*

*that I can share it here. We need to be sensitive with each other's beliefs in order to co-exist peacefully.'* A student from Alpha Institute shared during one of the sessions.

The term 'MORRALS' has always been a debate during our sessions as many young people especially in High Schools feeling that the society and media is influencing people's ways of life.

And one student from Kangui Secondary School Thika asked

*'What Morals?' I feel like everyone is doing whatever they like and our seniors and expecting us to do what they are not doing! Social media is not like we'd like it to be. It's become a platform for all immoral activities, fraud and blackmail. Can we really talk of good morals today?*

In this context Kenya I Care applies stories of past re-known personalities who maintained their principles and beliefs in order to achieve their goals. Mahatma Gandhi as an important political and spiritual leader of India's 19<sup>th</sup> century –his empathy and compassion towards people in anguish and his blunt truth of his convictions about the British and freedom. He subscribed to high disciplines of chastity and fasting in order to overcome setbacks that would otherwise see him fail. He is still remembered and envied by many in today's world.

The journey of Dr. Frank N.D Buchman as the initiator of Moral Re-Armament in the 1930's and his apologies to people he had wronged gave him a greater urge to the same for the world. He dedicated the rest of his life to re-making the world. His lifestyle was challenged by many. He was mocked too.

Isn't it the same thing in today's society? When one realizes a need for change in their life, they even risk losing friends. But they get new understanding and responsible friends.

*'In today's society, many young people find it impossible and difficult to practice inner listening. They are too busy to afford 10 minutes each morning to reflect on oneself and try to seek God's guidance. But there's a secret in it. **When you listen, God speaks, when you obey God acts and when you decide to change what you can, God changes what you cannot.***' Joseph Wainaina shared in one of the sessions in Juja.



Participants listening keenly during the workshop



In 2015 we continued with our activities in Nairobi Institute of Business, Alpha Institute and St. Theresa Juja young Catholics. We also had 'Effective Living' workshops with young South Sudanese living in Nairobi and Kiambu Counties in the months of April and May.

Coming from a war torn state, the South Sudanese youth are more than willing to take part in peace and reconciliation work –where they can hopefully facilitate forums that will

A Group photo with the participants





address issues affecting South Sudan and help inspire peaceful co-existence in the young generation.

In the month of July and August 2015 we had two (8am- 9am) sessions with young Catholic students of St. Theresa Kalimoni Juja where we discussed role of youth in the church and society. The need for change in our way of communication, respect for one another and commitment in church activities could be best addressed through IofC ideas, which helped to challenge one's disciplines and principles.



**A selfie moment with participants**

On the first day (16<sup>th</sup> August) we focused on '**Living a purpose driven life**', which looked at each persons God given capabilities to improve ones life –by focusing on essentials. We explored the lives of Steve Jobs and Albert Einsten as case studies then a reflection time.

Second session (23<sup>rd</sup> August)

we focused on '**The power of one**' as the power to do great things. This happened in the presence of the Parish priest Fr. Biju. Here we explored the lives of Frank Buchman and Wangari Maathai. Their stories of how they succeeded at moving the masses into believing in their ideas. '*The responsibilities each youth has in the society can only be carried out if the person himself or herself accepts that they need to start by changing themselves*'. Fr. Biju shared. We had amazing feedback from the young Catholics after practicing inner listening.

We are looking forward to have more sessions to explore deeper on relationships and drug and substance abuse among other issues.

*Report by Mike Muikia*

# Nakuru

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Kenya I Care program also took part in Nakuru areas. This program ensures that the youth engage their fellow youth in responsible and integral dialogues. We all believe that we should be a book that, the world (the community around us) should read from. And therefore the question remains, what kind of a book is our life? But we also again say that whatever change we need to see around us, we should be part of its initializing, which is now the core and foundation of KIC Kenya. We believe it's our duty to help reshape the environment around us; socially, physically, emotionally and in every prospect.



**Participants listening keenly during a session**

That brings us to a number of youth activities that the Nakuru team have been undertaking for the past one-year. These include a number of forums in partnership with the Kenya National Library Services, Nakuru County. We also have been able to conduct other

activities in school including Ronaka House Secondary School (thrice) and Nakuru Day High School where we were even able to visit and interact with the students in the company of Jonh Graham, who is the International Director of the Giraffe heroes Awards. Mount Kenya University Nakuru campus was also not left behind. Sir Graham was able to involve the youth in a highly interactive session and even shared his story of a diplomatic life and challenges that comes with it.

The students as usual are very excited to talking and brainstorming with our team. Along the way some student even open up to us and since we have Ann Gitu in our team, she is able to even give personal advice. This is because some of them claimed to have been raped by people known to them yet no action has ever been taken, other talked of parental negligence and so on.

This brings about the issue of the kind of content that we should be armed with as we visit these schools, i.e. we need to also identify the needs of these students because some of them have not only moral but also mental and psychological issues.

The activities are still ongoing and we therefore hope to reach as many schools and youth as possible. We are committed to staying in the transformation that we highly anticipate in not only our community but nationwide.



**Esther facilitating a session**

*'Since I joined lofC Kenya in 2014 on June I have learned so many things. I participated in my first Kenya I Care activity at Ronaka High School on 3<sup>rd</sup> of June 2015, I learned so many things which I didn't know It was so powerful to have learned the importance making good choices in life and being a good model in the society.*

*As students discussed so many issues about their relationship at home with their parents and school mates I realized the face a lot challenges and we discussed the issues and we gave them advice and to word of encouragement.*

*I am ready to learn more and interact with others so that I can be able to have more experience.'* Anastasia Thama shared.

*Report by Esther Inzekella*

*Photos by:*

*Mike Muikia*

*John Njoroge*

*Esther Inzekella*