



U-TENA

YOUTH ORGANIZATION

ANNUAL REPORT

2023



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Word from the Director

I am profoundly grateful to God, our valued partners, dedicated staff, and the entire community for their collaborative efforts throughout the entirety of 2023. Together, guided by divine grace and unity of purpose, we have achieved remarkable milestones, overcome challenges, and made meaningful impacts on the lives of those we serve. Your steadfast commitment, unwavering support, and collective determination have been instrumental in our shared success. As we reflect on the past year with gratitude, let us also look forward to the future with renewed faith, hope, and determination to continue our collaborative journey towards positive change and empowerment. Thank you, from the depths of my heart, for your extraordinary contributions and partnership.



NICHOLAS KYALO
EXECUTIVE DIRECTOR
U-TENA YOUTH ORGANIZATION

In the dynamic landscape of 2023, U-Tena Youth Organization emerged as a beacon of transformative change, embodying its unwavering commitment to fostering holistic development within our community. Throughout the year, our organization undertook a triumphant journey, weaving together the threads of progress and empowerment across three pivotal domains: Health, Education, and Livelihood.

As we reflect upon the accomplishments of the past year, it is with immense pride that we present the U-Tena Youth Organization's Annual Report for 2023. In a world grappling with unprecedented challenges, our relentless pursuit of positive impact has resulted in the successful implementation of a diverse array of projects, each designed with precision and purpose.

Under the banner of Health, we addressed the critical needs of our community, providing comprehensive solutions that bolstered well-being and resilience. From healthcare initiatives, HIV/AIDs programming to mental health awareness campaigns, our endeavors aimed not only to heal but to fortify the foundation upon which vibrant and thriving lives are built.

In the realm of Education, we endeavored to illuminate the path toward knowledge and enlightenment. Through innovative programs, scholarships, and educational mentorship, we sowed the seeds of intellectual growth, empowering the youth with the tools they need to shape a brighter future for themselves and their communities.

Recognizing the significance of Livelihood, U-Tena Youth Organization spearheaded projects that nurtured economic independence and self-sustainability. By fostering entrepreneurship, skill development, and linkage and networking, we contributed to the creation of a resilient workforce capable of navigating the complexities of an ever-evolving world.

As we traverse the pages of this report, the stories of impact and transformation unfold, painting a vivid picture of the positive change U-Tena Youth Organization has catalyzed in the lives of those we serve. Our successes are a testament to the collaborative spirit, dedication, and vision of our team and partners. Join us in celebrating the milestones achieved, the lives touched, and the communities uplifted. Together, let us continue to be architects of change, weaving a tapestry of progress that transcends boundaries and propels us towards a future of shared prosperity and well-being.

Word from the Chairman

My great gratitude to Almighty GOD whom through His power and strength made it possible for our organization to successfully implement our programs and activities seamlessly in the year 2023. We are very grateful that throughout the year we managed to achieve a lot which was of great benefit to our beneficiaries and above all to the communities that we serve.

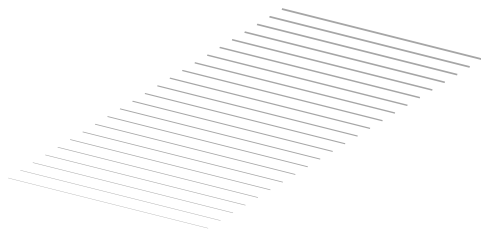
We are also thankful to the Government of the Republic of Kenya for guiding our operation all through the year. My sincere appreciation to the members of staff who worked tireless with extreme minimal supervision to ensure all the planned activities and programs were successfully implemented guided by our strategic plan. To the partners and donors who trusted and keeping good faith with in us to support with their resources we say from our deep down our hearts a big thank you as we also continue expressing our sincere humility to you.

2024 we are trusting God that we shall achieve more with all the partners we had last year as we plan to work with new likeminded stakeholders so as to achieve more together.

May GOD Bless us all as we plan to do good in this great year



JONATHAN NZUKI
CHAIRMAN
U-TENA YOUTH ORGANIZATION



Word from the Patron

The year 2023 was a year that was fully packed with work for the organization with several projects running in our key focus areas: education, health, and livelihood. A team of dedicated staff made the organization's engagement a great success. Teamwork among staff members was the key to success in 2023. The Masomo marathon was a key highlight activity for the year, being the first edition, all efforts were mobilized to ensure the event was successful

The Masomo marathon aimed at mobilizing resources locally to support bright needy students from our community, the support accorded by the various government agencies was notable and cannot go unrecognized, without forgetting all the many stakeholders who made the event a success. The involvement, participation, and support from the community we serve, the central and county government, our partners, and our funders made us proud, and we say thank you for trusting and supporting the work we do, God bless you.



ANTHONY MUTUKU
PATRON
U-TENA YOUTH ORGANIZATION



Vision

U-Tena is a cause-driven organization focused on empowering and developing youth to realize their potential

Mission

To provide development opportunities by promoting healthy living, education, livelihood and social responsibility among the youth

Strategic Objective

Youth Mentorship and Development , Organizational Development and Strengthening, Marketing and Publicity, Resource Mobilization for Sustainability

Core Values & Principles



Excellence



Social Justice



Integrity



Impact Focus



Professionalism



Areas of Focus

Health

In this program, U - Tena promotes good health by advocating for good governance for health, provide health awareness through training and education in order to achieve healthy neighbourhood in the communities where we work and beyond. U - Tena endeavors to contribute to the UNAIDS 95 95 95 agenda by partnering with Government agencies in realizing universal health coverage, through screening, and care interventions. U-Tena operates a youth friendly resource centre that is adjacent to Lunga Lunga government health center. In this centre, youth play indoor games, access health information, counselling and curative services

Performing Arts

U - Tena is well known for its performing arts program, which is utilized as mobilization and sensitization vehicle. Currently the program is linked to livelihood program, where young talented youth have been able to develop their skills and are able to earn a living through art. U - Tena identify and develop young people's talents through arts and showcase this during conferences, community awareness and fundraising galas. Sports outreach is embedded with performing art as a way of reaching young people with health information and services

Education

U - Tena partner and work with relevant stakeholders in the education sector (Primary, secondary and university) to achieve better education outcomes. We provide mentorship programs, scholarships and engage in policy discourse with all partners

Livelihood

Through the livelihood program, U - Tena provide market oriented vocational skills opportunities for youth. U-Tena engages youth through bead work and jewellery making whilst we look for market for the products. U-Tena supports youth to initiate urban farming, sanitation business, design among others. This is delivered through partnerships and trainings with professional organizations, mentorship, market expansion and linkages to financial lending institutions.

Policy Engagement

U-Tena embeds policy makers in every project with a view of influencing policy based on the evidence realized by the projects

QUANTITATIVE SUMMARY - 2023

HEALTH

EDUCATION

LIVELIHOOD

Activities	Achievements
<p>HIV/AIDS testing, identification of positives and linkage to Care and Treatment.</p>	<ul style="list-style-type: none"> ✓ 17,079 clients tested ✓ 400 positive clients identified (2.3% positivity rate) ✓ 363 positive clients linked to Care (90.8% linkage rate)
<p>Provision of SRHR / Life Skills education to AYPs.</p> <p>Parental Engagement.</p> <p>Promoting Peer - Peer mentorship and learning matters pertaining Mental Health and Life Skills</p>	<ul style="list-style-type: none"> ✓ 255 Adolescent and young people reached and facilitated ✓ 25 > engaged in counselling and psychosocial support ✓ 240 students supported with Peer - Peer Mental Health with Life skills education ✓ 200 > engaged in psychosocial support and counselling ✓ 8 Mentors were capacity build and oriented on current CBC training
<p>Promoting Accountability and responsiveness in the informal settlements on matters pertaining water, sanitation and health.</p>	<ul style="list-style-type: none"> ✓ 6 community outreaches were successfully planned and executed in the community ✓ 4,000 > were reached and educated on how to handle solid waste and matters pertaining water, sanitation & hygiene ✓ Formation of a community committee as champions of sustainability ✓ Successfully identified and lobbied for a common waste collection point
<p>Training and engaging the Youths in our Youth Friendly Center on matters pertaining Health in general, the center also serves as a training point for the larger community.</p>	<ul style="list-style-type: none"> ✓ 3,248 youths reached with SRHR / HIV and AIDS among other topics related to Health education ✓ 600 youths referred and successfully received HTS ✓ 34 youths referred and successfully received FP services ✓ 611 youths were members of support group and successfully received health education ✓ 39 youths were facilitated with HIV self-test kit
<p>Provision of Scholarships to High School students.</p> <p>Mentorship in line with facilitation of Literacy and Numeracy sessions.</p> <p>Parental Engagement sessions.</p>	<ul style="list-style-type: none"> ✓ 165 students received high school scholarships ✓ 70% of the 2023 class supported by the scholarship program scored above C+ hence direct entry to public university ✓ 1,240 parents were engaged in the parental engagement sessions ✓ 2,600 primary and 465 secondary school students received mentorship which led to improved learning outcomes ✓ 76% of the high school supported students managed to secure a direct entry (C + >) and transitioned to University ✓ Of the Primary school supported students, transition to secondary school was as follows; <ul style="list-style-type: none"> • 400 > marks: 3 students • 350 - 399 marks: 148 students • 300 - 349 marks: 120 students • 250 - 299 marks: 26 students • 200 - 249 marks: 4 students • 150 - 200 marks: 2 students
<p>Provision of continuous mentorship to enhance their entrepreneurial skills.</p> <p>Capacity build and Sub-granting the youths to run their livelihood ventures.</p>	<ul style="list-style-type: none"> ✓ 11 organized and registered youth groups supported ✓ 242 House hold were direct beneficiaries of the program ✓ 20 young mothers were identified and trained from the demonstration site to improve their entrepreneurial skills

HEALTH PROGRAMS

ARISE Project

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In the year 2023, U-Tena Youth Organization, in collaboration with the African Population and Health Research Centre (APHRC), spearheaded the Arise project, a dynamic initiative aimed at addressing the pressing challenges of solid waste management and enhancing water and sanitation in Nairobi - Kenya. Through responsive funding, this transformative endeavor unfolded with a dual focus: fostering community-government engagement and leveraging performing artists to raise awareness and strengthen community relationships.

Community outreaches became a cornerstone of the Arise project, where dynamic skits facilitated dialogue among community members. These events engaged a wide spectrum of stakeholders, including public health officers, community health promoters, women, youth, CBOs, wash coordinators, village leaders, and structure owners. The performing artists' skits acted as catalysts for meaningful conversations, allowing community members to express their thoughts and concerns.

The establishment of the WASH committee added a layer of sustainability to the project by entrusting key responsibilities to representatives from the senior chief, assistant chief, WASH coordinator, public health officers, ward administrator, community leaders, youth representatives, village heads, CBOs, community health promoters, and structure owners.

Arise Project's participation in Global Handwashing Day 2023 and World Toilet Day 2023 showcased U-Tena's commitment to broader initiatives. The organization collaborated with Nairobi County and various stakeholders to commemorate these global events, using exhibitions, debates, and theatre performances to convey crucial messages about hygiene and sanitation.

The key outcomes of the Arise project were the identification of health priorities by urban marginalized people and the development of actionable plans. The initiative also strengthened relationships between community organizations, marginalized individuals, and the government. In the process, U-Tena gained valuable lessons, highlighting the efficacy of performing arts for awareness creation and community engagement. Government support was underscored as crucial for program longevity, while tapping into the diverse knowledge of community members was recognized as instrumental in finding sustainable solutions.

Moving forward, recommendations include increased stakeholder involvement in community outreaches, ongoing support for community interactions with leaders, and the continuation of sustainable projects. U-Tena Youth Organization's Arise project exemplifies a holistic approach to community development, where partnerships, awareness, and empowerment converge for lasting change in Nairobi - Kenya.

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RISE Project - Mental Health

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The RISE project, funded by Brown University students from the U.S.A., has been a cornerstone of U-Tena's community initiatives for over a decade. Targeting young adolescents in Nairobi - Kenya, the project, initially focused on girls with the KUZA initiative, has evolved to include boys, marking a new phase in its mission.

Implementation and Goals

Implemented by trained U-Tena mentors with real-life experience in adolescent challenges, the RISE project employs the World Health Organization special manual and Problem Management Plus tool to enhance mental health and psychosocial well-being. General goals encompass improved school performance, reduced teenage pregnancies, and marriages. Life skills topics are tactically applied to ignite aspirations and facilitate knowledge-sharing within the community.

Evolution

Originally a girl-led project, KUZA, the inclusion of boys in 2020 prompted the transition to the RISE project. A team of 120 young adolescents, both boys and girls, from grade five progressed through their KCPE exams in 2023, transitioning to various secondary schools. The project also introduced peer-to-peer mentorship, involving 120 grade five students mentored by their counterparts in grade eight.

Achievements

- *Successful incorporation of grade 5 into the project, fostering peer-to-peer mentorship for 240 young adolescents.*
- *Robust community engagement with the support of teachers and parents.*
- *Meaningful engagement of students during holidays through life skills sessions at the Youth Friendly Centre.*
- *Distribution of sanitary towels as a commitment to menstrual health and Sexual Reproductive Health.*
- *Project sustainability despite financial constraints, demonstrating dedication from U-Tena mentors.*

The RISE project, marked by its evolution, achievements, and challenges, stands as a testament to U-Tena's commitment to the mental health and well-being of adolescents in Viwandani. As we reflect on the past year, we envision a future where the RISE initiative continues to uplift and inspire the youth, creating resilient communities for generations to come.

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YOUTH FRIENDLY SPACE

The Youth Friendly Centre (YFS) continues to stand as a beacon of support and empowerment for the youth, providing a safe and open space where over 300 young individuals monthly receive essential services, including HIV and family planning, without the fear of judgment. This plays a crucial role in addressing the unique needs of the youth population

Services and Activities

The YFS serves as a haven for youths seeking vital services such as HIV testing, family planning, and counselling. The centre also fosters a conducive environment for brainstorming, offering reading materials, and engaging in various games to promote mental well-being. Recognizing the hesitations of youth to seek services in hospitals, the YFS becomes a vital space for them to address health concerns without fear of judgment.

Outcomes

- **Over 600 youths impacted with entrepreneurship knowledge, resulting in the initiation of various businesses.**
- **More than 1000 youths engaged in sexual reproductive health talks, expanding their knowledge on crucial health matters.**
- **Outreach efforts have connected with over 400 youths for HIV and family planning services.**

Conclusion

In the face of challenges, the Youth Friendly Space remains unwavering in its commitment to providing essential services and fostering a supportive environment for the youth. The outcomes reflect not only the success of the YFS in health outreach but also its role in empowering youths with entrepreneurship knowledge. Looking forward, addressing challenges, securing necessary resources, and expanding the reach of services will be vital for the sustained impact of the Youth Friendly Space.



Drug-Resistant Tuberculosis (DRTB) - Project

Project Overview

In May 2022, U-TENA partnered with Population Services Kenya for the TB Reach Wave 9 project in Nairobi County. U-TENA's responsibilities included facilitating psychosocial support groups for Drug-Resistant TB patients to enhance drug adherence and assisting them in establishing income-generating activities for economic stability during treatment



Intervention

Six support groups were formed across Nairobi County, meeting twice monthly in safe spaces within health facilities. Patients received psychosocial support from qualified counsellors, with an emphasis on confidentiality and skill-building. Three selected groups received seed capital for income-generating activities after undergoing training in entrepreneurship

Study / Survey

After one year, 46 out of 65 enrolled patients completed treatment, with 19 still undergoing treatment showing good adherence. A survey revealed that 90% of active support group members benefited significantly,

considering the group as familial and instrumental in addressing adherence issues. Improved knowledge, attitudes, and practices were reported, along with enhanced skills in leadership, communication, and problem-solving.

From random Knowledge, Attitude & Practices analysis, the following were the findings

The data analysis of the DRTB project reveals significant insights into the impact of the support group on medication adherence, issue resolution, and entrepreneurship training among respondents. Notably, 90% of respondents reported direct benefits from the support group in adhering to medication, indicating its effectiveness in aiding TB management. Similarly, an equal percentage found the support group instrumental in dealing with personal issues, highlighting its transformative role in improving mental health. The entrepreneurship training was attended by 90% of respondents, who expressed diverse benefits such as improved business management skills and financial literacy. Moreover, respondents identified problem-solving and leadership skills as crucial for the support group's sustainability, underscoring the importance of capacity building. Recommendations for enhancing the support group included further emphasis on these skills, as well as improvements in group dynamics, planning, and communication. Overall, the findings underscore the pivotal role of the support group in addressing the multifaceted challenges of TB management and suggest avenues for its continual improvement and sustainability.

Conclusion

The project demonstrated tangible outcomes in enhancing treatment adherence and socioeconomic stability among DRTB patients in Nairobi County. The support groups proved effective in providing psychosocial support and empowering patients with essential skills for sustainable group dynamics. Continued efforts in similar initiatives are crucial for addressing the multifaceted challenges of TB treatment

Angaza - Project

OVERVIEW

The Angaza Project, initiated in 2021, is a comprehensive Adolescent and Young People Sexual Reproductive Health Rights (SRHR) initiative. Supported by the Aids Healthcare Foundation (AHF) Kenya through U-Tena, the project primary goal is to equip adolescents with SRHR knowledge, life skills, and mental health support through mentorship sessions.

OBJECTIVES

1. Improve access to comprehensive HIV and SRHR services among Adolescents and Young People (AYP).
2. Enhance the social and economic status of adolescents.
3. Strengthen AYP participation and leadership in HIV & SRH planning and programming at all levels.

KEY INTERVENTIONS

- Mentorship sessions based on the Ministry of Health's manual on Understanding Adolescence covering topics like personal hygiene, healthy relationships, STIs, mental health, and career choices.
- Tailoring discussions to coincide with special calendar days
- Encouraging peer-to-peer dissemination of information through blogs and other platforms.

KEY ACHIEVEMENTS

1. Remarkable behaviour change observed among mentored youths, evidenced by the absence of teenage pregnancies, drug abuse, or school dropouts.
2. Increased uptake of HIV testing among youths in Viwandani.
3. Improved academic performance and communication skills among mentored adolescents.
4. Enhanced menstrual health awareness and provision of sanitary towels to girls.
5. Positive coping mechanisms developed for mental health issues

SUSTAINABILITY AND FUTURE PLANS

1. Expansion of the program to accommodate more youths.
2. Integration of recreational activities for holistic development.
3. Capacity-building sessions in subsequent phases.
4. Provision of learning materials and Information, Education, and Communication (IEC) materials for mental health



Imarisha Maisha - Project

Imarisha Maisha - HIV/AIDS project is one of the projects under Health Domain at U-Tena. The project has been Spearheaded with generous support from AIDs Healthcare Foundation in collaboration with the Ministry of Health with U-Tena being their implementing partner. Imarisha Maisha main focus has been on Identification, Testing, Linkage and Care & Treatment of clients in Rapid Testing Programs towards the attainment of the UNAIDS goal of 95-95-95. U-Tena has been able to support 6 sites distributed across three Sub-counties within Nairobi County that is;

MAKADARA

- Lunga lunga Health Center

EMBAKASI EAST

- Tassia Health Center
- Mihang'o Community Dispensary
- Kayole Soweto Dispensary

LANG'ATA

- Kibera AMREF Health Center
- Kianda 42 Health Center



Imarisha Maisha Overall Data Summary Table

Imarisha Maisha 2023 Review Summary												
Month	Total Tested				Positivity				Linkage			
	RTP	PNS	RRI	Total	RTP	PNS	RRI	Total	RTP	PNS	RRI	Total
Jan	1481	24		1505	25	1		26	12	1		13
Feb	1463	81		1544	25	9		34	30	5		35
Mar	1823	89		1912	28	17		45	22	10		32
Apr	800	67		867	10	8		18	19	13		32
May	1138	131		1269	18	23		41	11	12		23
Jun	1185	149		1334	20	26		46	18	30		48
Jul	1214	137	248	1599	11	15	5	31	16	23	0	39
Aug	1047	128	501	1676	9	19	11	39	11	11	3	25
Sep	1003	117	509	1629	8	22	9	39	13	19	3	35
Oct	942	110	464	1516	7	15	5	27	10	17	8	35
Nov	814	224	413	1451	8	16	7	31	2	12	3	17
Dec	636	141	-	777	11	12	-	23	12	17	-	29
Sub Totals	13,546	1,398	2,135	17,079	180	183	37	400	176	170	17	363
Grand Total	17,079				400			2.3%	363			90.8%



LESSONS LEARNT

- 1. Adaptability:** Flexibility in resource allocation and utilization proved crucial in maximizing impact within resource-constrained environments.
- 2. Local Tailoring:** Customized solutions tailored to the unique needs of communities helped in overcoming logistical challenges effectively.
- 3. Continuous Evaluation is Critical:** Regular Monitoring and Evaluation allow for real-time adjustments and optimization of project strategies for improved outcomes.
- 4. Capacity Building pays off:** Continuous training and skill development of counselors and Imarisha staffs at large lead to improved service delivery and empowered local health systems.
- 5. Partnerships Enhance Impact:** Collaborations with the Community, Facilities staffs, other Partners, SCMOH, AHF zonal team, CHPs and community leaders amplify the reach and effectiveness of interventions.
- 6. Empowerment Promotes Ownership:** Empowering communities to take ownership of their health promotes sustainability and continued engagement.

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23

U-TENA

SUSTAINABILITY & RECOMMENDATIONS

- 1. Capacity Strengthening beyond Project Duration:** Implement continuous training programs for healthcare staff to ensure sustained skills development and knowledge transfer.
- 2. Technology Integration:** Explore innovative technologies for healthcare delivery to extend reach and enhance service delivery hence reduction of paper work.
- 3. Community Health Education and Awareness:** Continue community health education programs to promote preventive measures and early intervention, fostering a culture of proactive healthcare.
- 4. Scale-Up Successful Interventions:** Identify and prioritize the most effective interventions / strategies and scale them up in other regions or communities facing similar challenges thus casting a wider net.
- 5. Sustainable Funding Models:** Explore diversified funding sources thus adopting a Multi-sectoral approach in public-private partnerships to secure continued financial support beyond project timelines and constant supply of consumables to allow a smooth running of HTS.

EDUCATION PROGRAMS

1 MENTORSHIP

(i) TUJIFUNZE PLUS - Project



Overview

In response to the educational challenges exacerbated by the Covid-19 pandemic, U-Tena initiated the Tujifunze Plus project in 2020. The project aimed to accelerate the recovery of struggling learners in the Mukuru areas of Kenya, providing after-school learning opportunities and life skills sessions.

Tujifunze Plus targeted 600 struggling learners, offering academic support to 600 learners in grade 4, 5 and six and 300 learners in grade eight, alongside life skills sessions for 1000 learners. The project emphasized community involvement and collaboration with stakeholders to ensure maximum impact.

Aligned with U-Tena's strategic priority of youth development through mentorship, Tujifunze Plus aimed to provide access to learning and development opportunities. The project effectively supported learners in improving their academic performance and equipped parents with skills to contribute to their children's educational journey. To ensure accountability and inform future interventions, U-Tena collaborated with external Monitoring, Evaluation, Research, and Learning (MERL) consultants. Comprehensive evaluations were conducted to assess the project's impact at various levels

Achievement

Throughout the year, U-Tena conducted 128 remedial sessions for numeracy and literacy, facilitating 36 life skills sessions across 10 centres. Parental engagement was a key focus, with efforts to equip parents with tools to support their children's education

Conclusion

The Tujifunze Plus project successfully addressed learning disruptions caused by Covid-19 and beyond, engaging the local community and stakeholders to support struggling learners. U-Tena's commitment to educational excellence and community collaboration has paved the way for continued progress and future initiatives



2 SCHOLARSHIPS

(i) WORLD EDUCATION FUND (W.E.F)

Overview

In partnership with World Education Fund, U-Tena has so far impacted the lives of 240 students, first cohort being in the universities. It is a project that supports penurious but very bright students to enable them reach their full potential in education across all parts of the country.

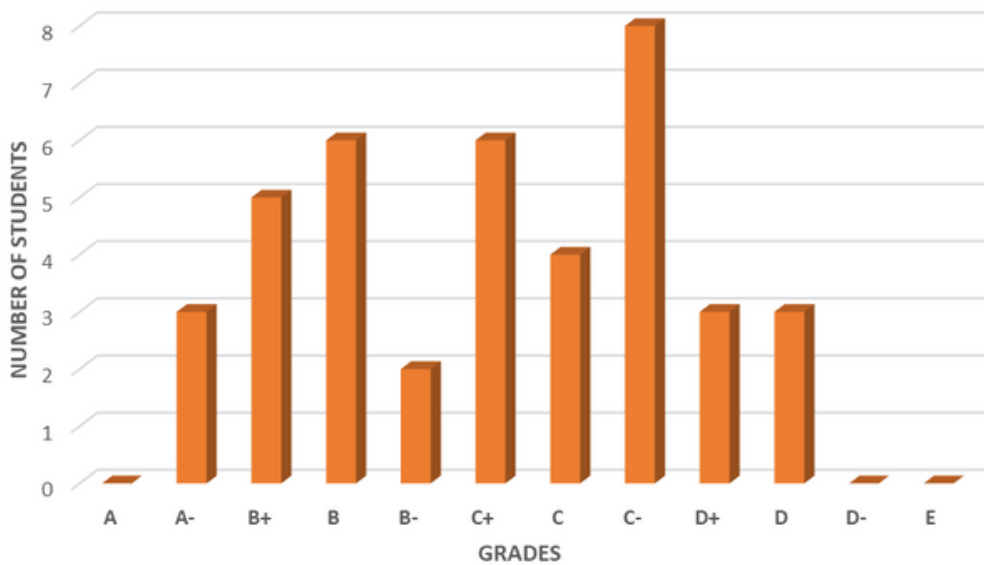
In the year 2023, 120 students were supported through this program with 15,000/= each summing up to 1.8 Million shillings. U-Tena is therefore looking forward to full transition of this project's second cohort form four class of 2023.

Number of students supported in 2023

PARTNERED SCHOOLS	NUMBER OF STUDENTS SUPPORTED
24 National schools	40
54 extra county schools	67
3 sub-county schools	3
6 county schools	9
1 private school	1



KCSE Analysis for 40 students supported by W.E.F in 2023



(ii) KCDF SCHOLARSHIP



Overview

In 2023, U-Tena supported 5 students with scholarships from K.C.D.F. 3 students receiving KES 27,500 KSH. each, and 2 students received KSH 35,000 each. The support has led to noticeable improvements in the academic performance of the beneficiaries.

Holistic Support

Beyond financial assistance, U-Tena ensures holistic support for the scholarship recipients. Learners are engaged during holidays to continue receiving life skills training, and parents are involved in workshops focused on enhancing parenting skills.



Continued Commitment

U-Tena remains committed to its mission of empowering disadvantaged youth through education. The partnership with KCDF enables U-Tena to extend its reach and make a meaningful impact on the lives of deserving students from marginalized communities



(iii) Masomo Marathon

In 2023, U-Tena Youth Organization conducted a philanthropic fundraising to support the education scholarship project. Over the past decade (2013-2023), U-Tena has diligently worked to improve learning outcomes and facilitate the transition from secondary to university for approximately 4500 students, with active engagement from 2800 parents. Their interventions include holiday homework support, life skills mentorship, exposure visits, mental health support, service learning, and parental engagement. By 2023, U-Tena had supported 169 students with school fees

The Masomo Marathon "Let's Educate Together" aimed to raise 15 million Kenyan shillings, intending to increase the number of beneficiaries to 300 per year and raise the scholarship amount from 15,000 to 20,000 per year.

The Masomo Marathon is now a registered initiative and will be conducted annually, with the second edition scheduled for August 2024. U-Tena appreciates the support from the planning committee led by the Deputy County Commissioner's Office, Makadara, and all other stakeholders involved in planning. Partners like APHRC, Equity Bank, ABSA Bank, ICRH-K, BAYES, Peugeot, Winnie Atieno Foundation, the National and County government, and AMREF supported the event. U-Tena calls upon like-minded stakeholders to join hands and support the initiative in 2024.



(iv)



Photo Gallery



REPUBLIC OF KENYA
THE TRADE MARKS
ACT
(CAP. 506)

CERTIFICATE OF REGISTRATION OF TRADE MARK
(Rule 63)

Trade Mark:



The trade mark shown above has been registered under the Trade Marks Act. Part of Register trade mark is registered in: A

Registration details:
Trade Mark No.: 129846

Class: 41 (Education; providing of training; entertainment; sporting and cultural activities)

Registered proprietor: U-TENA YOUTH ORGANIZATION of P. O. Box 2395 - 00200, Nairobi, Kenya

Effective date of registration: 5th September, 2023
The registration expires on: 5th September, 2033

Sealed at my direction.
Date: 23rd January, 2024

[Signature]
Assistant Registrar of Trade Marks

Registry of Trade Marks
P. O. Box 51648,
Nairobi

This certificate is not for use in legal proceedings or for obtaining registration abroad. Upon any change of ownership of this Trade mark, or change in address, application should at once be made to the Registrar to register the change.



LIVELIHOOD PROGRAM

Healthy Food Africa Project - Imarika

Overview

The Imarika Project, a collaboration between U-Tena and APHRC, endeavors to implement urban farming initiatives in Viwandani, Nairobi County. Launched in February 2022, the project aims to mentor 100 young people in urban farming techniques, improve community nutrition through access to healthy food, and generate income for the organization from farm proceeds

Key Activities

- *Thorough training of project staff on urban farming, kitchen gardening, modern techniques, and nutrition.*
- *Adoption of modern farming techniques utilizing space at Lunga Lunga Health Centre, including hanging gardens, vertical walls, wooden pallets, spirals, and containers.*
- *Planting a variety of vegetables such as kales, tomatoes, pumpkin, coriander, spinach, and amaranthus in the first phase*

Achievements

- 1. Provision of fresh, nutritious, and affordable food to the community.*
- 2. Continued farming beyond the project-supported period.*
- 3. Contribution to community food security*

Challenges

- *Insufficient water supply to fully support vegetable growth.*
- *Limited labour to manage the farm for maximum production.*
- *Threat of disease and pests impacting vegetable success*

Lessons Learned

- 1. Small spaces can efficiently produce quality, healthy food for communities.*
- 2. High demand for fresh produce indicates the importance of urban farming emphasis.*
- 3. Disease and pests significantly affect quality and increase production costs.*
- 4. Communities can actively participate in food production with mentorship and support*

Note :

The Imarika Project has made significant strides in promoting urban farming, improving nutrition, and fostering economic sustainability within the Viwandani community. Through continued efforts and strategic enhancements, the project aims to further its impact in the coming years.



Management Team

U-Tena Strategic Plan Reflection

Empowering Youth for Sustainable Development

U-Tena, an organization committed to fostering and empowering children, crafted a strategy plan that ran from 2018 to 2022. The organization's goals, basic principles, difficulties young people experience, notable achievements, strategic priorities, organizational structure, rules, and monitoring and assessment procedures were all covered in this plan

The strategic plan emphasized widespread problems like poverty, HIV/AIDS, educational inequality, unemployment, abuse, and criminality to identify the challenges facing Kenya's youth. Understanding the seriousness of these issues, U-Tena committed to contributing to tackling them by utilizing programs that encourage adolescents to lead healthy lifestyles and to take advantage of educational and career opportunities as well as social responsibilities

When U-Tena looked back on its previous ventures that had lasted for more than a decade, it learned important things. The organization discovered how important it is to have young people involved as partners, to encourage community involvement, to diversify sources of finance, and to cultivate strategic partnerships. Equipped with these insights, U-Tena drew a new route for its activities, emphasizing youth empowerment and constructive transformation.

Four major targets were identified in the recently finalized strategy plan to direct U-Tena's efforts:

1 Youth Development through Mentorship

U-Tena sought to offer youth comprehensive programs that empower them, utilizing partnerships to address vital issues including health, education, the performing arts, and possibilities for employment. For the last five years, U-Tena contributed to the health of the youth and the general population in Reproductive health including HIV and AIDS, Drug-resistant Tuberculosis, Non-Communicable Diseases, and Mental illness among others. This was achieved through robust collaboration and partnership with the community, the Ministry of Health, local and, international non-government institutions. Details of these achievements can be referred from this and previous annual reports.

2 Organizational Development and Strengthening

U-Tena prioritized activities targeted at improving governance, leadership, policies, and internal controls to ensure effective program delivery since it understood the value of a strong organizational framework. Based on the implementation matrix of the just-concluded strategic plan, U-Tena improved community development programming which included the policies of human resources, financial management, monitoring, evaluation, and learning mechanisms.



PETER MOKAYA
Head of Strategy
and
Resource Mobilization

strategic plan continuation.....

3 **Marketing and Publicity**

By increasing exposure and successfully communicating its activities through marketing, public relations, and the use of technology to reach a wider audience, U-Tena aimed to amplify its influence. U-Tena was illuminated on different platforms which include the website, mainstream and social media publications, international conference presentations, and publications among others

4 **Resource Mobilization for Sustainability**

U-Tena placed a high priority on maintaining its financial stability and sustainability. As a result, efforts were focused on developing strong partnerships, controlling expenses effectively, and diversifying funding sources. These efforts saw U-Tena gain new partners and donors who supported the organization in implementing the just concluded strategic plan.

Effective internal coordination, teamwork, communication, and governance were essential to the strategy plan's successful implementation. In guiding the organization towards its objectives and maintaining operational excellence, the Board of Directors, Executive Director, and Management Committee all had crucial roles to play.

Operational policies and processes that are in line with moral and legal requirements are crucial, according to U-Tena. To increase operational efficiency, the organization concentrated on improving policies on human resources, financial procedures, supervision, and governance during the plan period.

Tracking progress, evaluating outcomes, and reporting accomplishments required a strong Monitoring, Evaluation, Reporting, and Learning (MERL) structure. To ensure continual progress, U-Tena arranged reflection and learning meetings, conducted routine monitoring and evaluation activities, and shared knowledge via a variety of channels.

To sum up, U-Tena's strategic plan emphasized its steadfast dedication to empowering young people and tackling their issues through focused interventions, solid governance, reasonable collaborations, and efficient resource mobilization. U-Tena hopes to have a significant and long-lasting influence on Kenyan youth by assiduously carrying out this plan, opening doors for a more promising and brighter future.

The Future of U-Tena

It is important to remind us that U-Tena was instituted in 2006 and it has survived through the low and high tides. The organization is now 17 years old! The next strategic focus will guide the organization to exit its teenage years to adulthood.

Lessons drawn from the recent strategic implementation phase will be incorporated into the upcoming strategic plan.

The organization will still put efforts in augmenting the efforts of strengthening the policies and operations that will enhance youth mentorship and development agenda, explore more resource mobilization platforms for sustainable community development, and based on the human rights principles, U-Tena is committed to working with the community as major partners and not merely beneficiaries who are at the receiving end.

Management team continuation

“As we come together today to reflect on the accomplishments of the past year, I find myself overwhelmed with gratitude and pride for the collective achievements of our team at U-Tena. As the Executive Director, it fills me with great joy to acknowledge the remarkable progress we have made in 2023.

Throughout the year, our dedicated team of 15 full-time staff and over 30 volunteers have demonstrated an unwavering spirit of teamwork and commitment. Together, we have diligently worked across the areas of education, health, and livelihood, positively impacting the lives of those we serve.

I want to take a moment to express my heartfelt appreciation to each member of our team for embracing and embodying the vision, mission, and strategic goals of U-Tena. Your dedication and passion have played a pivotal role in driving our collective success.

Furthermore, I must recognize the invaluable support we have received from our partners and the communities we are privileged to work alongside. Your collaboration, trust, and belief in our shared mission have fostered an environment where positive change can thrive.

Looking forward, I am filled with optimism and determination as we navigate the opportunities and challenges that await us. With the continued support and commitment of our team, I am confident that we will build upon our progress and continue to make a meaningful impact in the lives of others.

I would also like to acknowledge the divine blessings that have guided our journey thus far. I am grateful for the opportunity to embark on another year, filled with endless possibilities to make a difference. May we find strength and inspiration in the grace of God as we continue our noble work.

In closing, let us reaffirm our dedication to serving others with compassion, integrity, and purpose. Together, we can strive towards a brighter and more equitable future for all.

Thank you



NICHOLAS KYALO
EXECUTIVE DIRECTOR



Transforming Lives Artistically

Management team continuation

The year 2023 was a year that was fully packed with a lot of work to do. During this year I was assigned to take lead roles in two projects within the organization, all related to health. Both projects involved working closely with partners, the community, and the relevant stakeholders. It was a great opportunity for me to interact and work closely with partners, the community, and the government, the interactions, the dialogues, provided meaningful insights towards the success of the work

Working with TB patients around Nairobi to offer psychosocial support gave me a great opportunity to serve, listen, and offer much-needed support, it was an honor for me. The experiences during the implementation of the two projects were an eye-opener and a learning opportunity for Me. I put all my efforts into ensuring that the two projects succeeded.



**ANTHONY MUTUKU
PATRON**

The year 2023 has been a year filled with positivity. I'm grateful for the things I have learned and knowledge gained in the whole duration.

I was given the opportunity to engage in different things that were impactful to me. I underwent a six month leadership training under GRIC organization. I gained knowledge and gained more confidence through interacting with different people from different places. I was taken through a mental health training under AgaKhan University and APHRC. I Have learnt a lot in the mental health aspect where have been able to mentor young adolescents in schools and in the community. The mental health training has helped me to take care of my mental health and help the people around me.

The education project that I have been managing namely Tujifunze plus project. This project has been of great impact to me. I Have been able to gain skills in report writing. Through the leadership training I have been able to manage the project and learn how to deal with community members.

The year 2023 has been of great change and impact to my career field through gaining a lot of experience.

The exposure was encouraging.



**BEATRICE MUSAU
PROJECT OFFICER**

Management team continuation

The year 2023 was a year marked by substantial achievements, collaboration, and challenges overcome. I am committed to furthering U-Tena's Mission and Vision in empowering the community and look forward to continued growth and impact in the years ahead.

As the Health Program Lead overseeing the "Imarisha Maisha" project focused on HIV/AIDS in line with the UNAIDS 95-95-95 targets, my role encompassed diverse responsibilities vital to project success. This included robust Data management, ensuring data quality through meticulous checks and entry into the AHF global portal. Additionally, conducting site support supervisions and formulating comprehensive annual and monthly work plans were pivotal in meeting and surpassing our various Health project targets. My efforts extended beyond the confines of HIV/AIDS, contributing significantly to various community health initiatives. Actively engaging in data dissemination forums, I collaborated with stakeholders in combatting prevalent issues like Gender-Based Violence (GBV), advocating for Mental Health awareness, and addressing Sexual Reproductive Health and Rights (SRHR). This involved demystifying misconceptions, promoting awareness, and fostering a healthier, informed community.

Leveraging my expertise in ICT, I played a multifaceted role by supporting the organization's visibility and branding through designing marketing materials, infographics, and aiding in seamless computer hardware and software operations.

Challenges Faced

Working closely with the community revealed both challenges and triumphs. While deeply invested in supporting community needs, limitations, especially resource constraints, presented hurdles in meeting every demand. Balancing these constraints against the community's expectations remains an ongoing challenge. However, clear communication and support from U-Tena's cohesive team facilitated smoother interactions within the community

Future Endeavors

Moving forward, my focus remains on empowering youth by imparting critical knowledge and fostering responsible behavior. Capacity building initiatives aimed at aiding youths in learning and unlearning detrimental behaviors while fostering accountability are integral to our continued success in nurturing responsible adults.

Conclusion

Amidst the challenges and triumphs of 2023, the unwavering support of the U-Tena team and the community's resilience have been the cornerstone of our progress. As we navigate the path ahead, our commitment to fostering a healthier, more informed society remains steadfast. I am honored to have been part of U-Tena's impactful journey in 2023 and look forward to continuing our collective efforts, striving for greater achievements and lasting positive change in the years to come.



SAMUEL MUGANDAH
DATA / M&E OFFICER



Management team continuation

“ 2023 Has been a very busy year, full of a lot of experiences and learnings. I am thankful to U-Tena who have walked me this long journey and supported my career whole heartedly throughout the year. My gratitude also goes to U-Tena team right from immediate staff to my fellow mentors and the team as a whole. Thank you for believing in me and making the progress smooth.

Angaza and RISE being my key projects, I have grown with my mentees to a point of passing them on to the next level (100% transition to high school) that is RISE mentees. Noting their performance and behavior change has been my pride as their mentor and a positive outcome from our life skills sessions. One of the happy things and my achievement this year, is my mentees mental health state improved, this is through the W.H.O Problem Management Plus tool that we use to measure their stress level as well as their general wellbeing. They are now vast in confidence, self-esteem and knowledge on adolescent's issues

It has been a whole year of personal growth both career wise and personal wise. I got an opportunity to be trained on counselling psychology and mental health in general. This has impacted my life on how to view things and people and also improved my community service. Service to humanity has never been easy, but by such trainings viewing things from a different perspective and understanding is a good experience and a feeling of professionalism

Taking part in Imarisha Maisha site supervisions and commodity distribution, both consumables and non-consumables to AHF supported facilities through U-Tena, has been great exposure coming forth with accountability aspect of it as well as store management skills. Imarisha as a HIV/AIDS health project, creating awareness and mentoring young adolescents has been my main focus this year, in line with the UNAIDS target of 95-95-95 strategy towards transforming lives through HIV rapid testing prevention programing. Mentoring 15 mentees, making them ambassadors of change on HIV testing and prevention to their community as well as supporting them on a monthly basis on matters HIV and abstinence among many other topics has been my contribution towards this goal. By this, I am glad that none of my students reported any case of deviancy in this.

2023 has been my year of social work and community service exposure and learning from the challenges. I am glad God saw me through. I am now looking ahead to an adventurous 2024 career wise



EMMA OCHIENG
PROJECT OFFICER



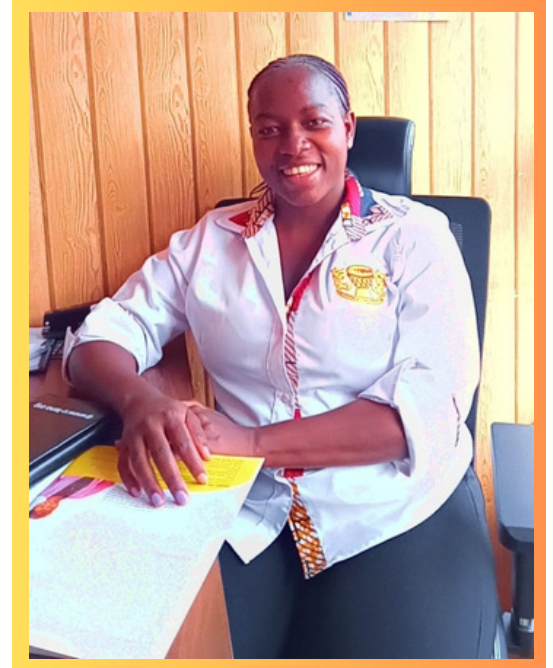
Management team continuation

I thank the Almighty God for the year 2023 which ended successfully. I thank my colleagues and the U-Tena board for the great work and collaboration they have gave me. In the year 2023, I was able to learn and put into practice new skills such as resource mobilization, managing the accounting and financial reports effectively even as per the donor's requirements. Within the year I was able to execute social and financial responsibilities to the community people, mostly supporting the youths.

During the Masomo Marathon event am proud that I was able to take part in the noble task of implementing resource mobilization and fundraising skills which led to the achievement of the mission and purpose of the event. The process of planning and executing the event, gave me a platform to associate with the community, the companies at Lunga Lunga, and the government stakeholders that were part of the planning.

I was able to effectively implement strategic accounting and financial principles that impacted the organizations' financial growth and development hence creating an attraction for other partners to come on board. During the year I also supported and guided a finance intern that was able to learn the financial and accounting methodologies and practices, these created a level of growth in the organization and increased capacity building.

Working and being part of the U-Tena organization is the best since it creates a lot of learning opportunities and career development. God bless U-Tena.



EMMILLY ATIENO
ACCOUNTANT



FEHNILIDAH KERUBO
ACCOUNTING ASSISTANT

Over the past five months, I have had the privilege of contributing to the success of U-Tena Youth Organization, an experience that has been both enriching and instrumental in my professional growth. I am grateful for the exceptional team that I am a part of, a group dedicated to realizing the organization's mission and goals. In my role as a Finance and Accounts Assistant, I have had the opportunity to apply and enhance my skills in financial reporting within the unique context of a nonprofit organization. Additionally, I have undergone training in the utilization of QuickBooks, further equipping me with the knowledge necessary for effective financial management in this sector. I take pride in my ability to actively support the finance department endeavors aimed at achieving the organization's goals.

Through my tenure at U-Tena, I have actively participated in various programs that have not only contributed to my professional growth but have also fostered an open-minded approach to community engagement. Particularly noteworthy is my involvement in the GRIC Youth Fellowship, where I have acquired valuable insights into areas such as mental health, leadership, as well as proposal writing and project management.

These experiences have not only broadened my perspective but have also allowed me to establish meaningful connections within the community. I express my gratitude to the management for fostering a conducive work environment that encourages growth and provides opportunities for us, the youth, to thrive. U-Tena Youth Organization stands as a beacon of excellence, and I am proud to be a contributing member of this esteemed organization.

Programs Team



JACQUELINE MWONGELI
HTS KIANDA 42 HOSPITAL

2023 has been generally good, I have had full support from the facility management and fellow staffs. My supervisors offered all the required support and a conducive learning environment, In Kianda 42 health workers have embraced team work hence creating a very cool environment for attending to clients which is my number one priority. Through team work, proper time management and individual responsibility towards our clients, in Kianda 42 we have managed to test 4817 clients in the year 2023, 85 turned out to be positive and we managed to successfully enroll 80 into Antiretroviral Therapy. We have also embraced APNS testing fully which has also seen us increase our yield. As a facility we have also managed to link many of our negative clients who are at high risk of getting HIV into preventive like Psycho-educating and issuing of PREP, PEP and condoms

2023 was largely successful, we were able to get a lot of support from the office namely support supervision, commodities and site supervision. At the facility level, I experienced a great team work, we were able to implement eligibility screening which has helped us to test eligible clients. We also up scaled APNS testing from 40% to 70%. We also maintained our linkage rate at 100%. The National Unique Patient Identifier verification service helped us to avoid linkage of Known Positives. We were also able to increase our PREP enrollment, from 6 clients in a month to 20 clients.



JOYCE MUSEMBI
HTS LUNGA LUNGA HEALTH CENTER

APNS - Assisted Partner Notification Services involves tracing and offering HIV testing to partners of HIV-positive individuals, and is effective and safe when provided to newly diagnosed HIV-positive patients

ART - Antiretroviral therapy (ART) is treatment of people infected with human immunodeficiency virus (HIV) using anti-HIV drugs

Transforming Lives Artistically

Programs team continuation



2023 was awesome, I was able to achieve the set targets and elicit more partners in Assisted Partner Notification Services (APNS). I had great network by working with chemist around Kibera to refer newly tested clients. My facility in charge is supportive in enabling me to work in a serene environment. Academic advancement on my profession, having completed higher diploma in psychology, gaining knowledge to better my service delivery to patients. I had ability to team work with others which led to my achievements. Had to multitask working and in the evening doing assignments after work. Through my resilience and dedication, I was able to manage all my tasks effectively.

JUDITH AWINO

HTS KIBERA COMMUNITY HEALTH CENTER - AMREF

The year was smooth, the office team and my direct supervisors were very supportive and my working environment was very friendly because I received support from all department hence making it easier to achieve my targets

Achievements

- **Soweto Kayole dispensary HTS managed to test a total of 3241 clients, 60 clients were positive and 59 successfully linked to HIV care and treatment services.**
- **APNS services contributed much in terms of positivity in the facility and also ensured all negative eligible contacts from the index positive clients were linked to preventive services like Prep and condoms to ensure they maintain a negative status.**
- **Follow up and retention of the newly linked clients achieved.**



DOREEN KATHOMI

HTS KAYOLE SOWETO DISPENSARY

Transforming Lives Artistically

Programs team continuation



GLADYS MBUTHIA
HTS MIHANG'O HEALTH CENTER

2023 was not bad for me, being in a new facility I was able to surpass my targets, I have been able to test all ANC and 6wks clients also have been able to link most of the clients successfully. I also introduced APNS since it was not done in the facility.

2023 also had its challenges, most clients in this place are foreigners thus tracing them becomes hard they also give wrong address and wrong names.

The facility doesn't have a well elaborated C.C.C hence we don't have a P.M.T.C.T nurse mentor mothers thus follow up of clients becomes hard sometimes .With the support from the organization and the facility I have been able to do my work smoothly.

My work experience in Tassia Kwa Ndege Hospital has been generally good. I had a full support from the facility management and fellow staff also my supervisors offered all the required support I needed. Achievement Through team and time management, Tassia Hospital managed to reach our testing target lineage of positive clients into care and treatment prevention measures given to negative clients, socially psychologically and emotionally



TRUPHENA CHEMA
HTS Tassia kwa Ndege Health Center

Programs team continuation



In 2023, as a mentor for the RISE project, I engaged with primary school adolescents through WHO's mental health approach, integrating the Problem Management Toolkit. The journey presented both rewarding moments and challenges. Challenges surfaced in addressing diverse mental health needs among the mentees, requiring adaptable strategies. Managing time constraints and maintaining a balance between personalized attention and group sessions was an ongoing challenge. Additionally, some participants faced barriers in expressing their feelings, hindering effective communication.

Implementing the WHO approach facilitated a comprehensive understanding of mental health, fostering a safe space for mentees to share their experiences. The Problem Management Toolkit proved instrumental in equipping adolescents with practical coping mechanisms, enhancing their resilience.

What worked well for me was establishing trust through open communication. Building a rapport with each mentee created an environment conducive to addressing mental health concerns. Tailored sessions to include creative outlets, such as art and storytelling, proved effective in encouraging self-expression

Lessons learned included the significance of cultural sensitivity in mental health discussions. Acknowledging and respecting diverse backgrounds improved the relevance and impact of the sessions. Flexibility in adapting the program to accommodate unforeseen challenges was crucial for its success.

In demonstrating resilience, the project emphasized the importance of self-care and stress management techniques. Teaching coping strategies empowered mentees to navigate challenges positively, contributing to their overall well-being.

In conclusion, the RISE project's 2023 experience reflected a commitment to the mental health of primary school adolescents. Despite challenges, the incorporation of WHO's approach and the Problem Management Toolkit, coupled with personalized strategies, contributed to the project's success. This journey underscored the necessity of ongoing adaptation, cultural sensitivity, and fostering resilience in our mentees.



JOSEPH MACHARIA
MENTOR



Programs team continuation

Parenting sometimes might be difficult especially for teenagers and adolescent's girls and boys. Parents also find it difficult to relate with their children, U-Tena Youth organization through its parental counseling sessions has been providing a safe space and sessions for the parents in the slums of Mukuru to aide in the burden of parenting and also ensuring that there is positive parenting amongst parents and their children. During the sessions parents come together for a group counseling whereby they raise up the challenges they are facing and with the help of a counselor they are guided on how to come up with solutions to their own challenges. Parents feel free to share their challenges without fear because confidentiality is key. They also participate in bringing up their own ways of handling the challenges raised during the sessions, these sessions help parent teach their children responsible behaviors and assist them towards attaining their goals, and they also help in improving their school performance

These sessions have seen parents becoming more supportive to their children, enhanced effective parent child communication, it has helped them respond to crisis situations better, improve their mental health and problem solving skills including reducing harsh discipline. Parents are also able to deal with stress and helped some of the parents change their behaviors for the betterment of their children. This has also enhanced caring and trusting relationship between parents and their children, some of them have also attested being confident in raising their children and that their changes in the households after completion of the sessions.



CATHERINE MBITHI
Counsellor



Programs team continuation

I have served in the field of Counselling Psychology for a period of over three years with U-Tena Youth Organization. In my endeavors to deliver in ensuring psychological wellbeing of adolescents who hail from the informal settlements of Mukuru area, parents are the problem- centered in this process since focus is on the parenting counseling.

ACTIVITIES

The following activities have formed the core of the counseling sessions: cases of alcoholism and substance abuse among students and parents, aggressive behaviors among the adolescents both at school and home. Further, we have looked at teenage pregnancy and early marriages as experienced within our residential areas, parenting methodologies employed by parents towards their children and impacts these approaches have on children and parents.

In addition, emphasis has been put on the roles of parents in supporting the students' general performance academically and their wellbeing health-wise. Finally the sessions have addressed the problems popping out between parents-children, teachers-parents or children-teachers.

ACHIEVEMENTS

Reports from the analysis process show improvement in the restoration of the psychological wellbeing among some of the parents and students who were suffering stress, fear and anxiety in their daily life. Parents have also given positive feedback on the step they have made in restoring family cohesiveness due to the new parenting skills. In other reports, students are said to have gained momentums in their academic endeavors and this shows new records in academic outcomes. Finally, fear of the unknown and lack of confidence to disclose the feeling among the clients who reported for the first time has been completely suppressed and they show happiness for the new experiences.

CHALLENGES

Despite the positive records in the counseling process, some of the challenges have also been brought to book. These include presentation of personal complications that are in line with economic (income) stress disorders. Moreover, there is inconsistency in engaging in the counseling sessions by the parents due to the reasons not known to the Counsellor or the fellow parents. It was also noted that some of the parents complain of the unmonitored communication procedures that hinder how they should get information in time before the eve to the sessions. Lastly, inappropriate counseling setting sometimes may hinder the counselling outcomes due to fear of insecurity to the information shared (Low confidentiality).



KENNEDY OMONDI OMOLLO
COUNSELLOR



Programs team continuation

Today, I'm very glad to speak about my personal eighth year experience with U-Tena on Parental Engagement in parenting in different informal settlements in Mukuru. U-Tena engaged me into different parental counseling sessions namely, group sessions, one on one sessions and radio talk sessions. All of them had great impact on the community and general population

Let me talk about the radio talk show on Effective Parenting. We started this talk show on radio during COVID-19 pandemic when we were not supposed to gather a group for a session. This had a very big impact on the community and its environs since the talk show was aired during evenings when every parent was at home at that time. This was measured by phone calls and SMS received during the radio talk show. The community and larger population really talked, enjoyed and loved about the show and encourage more and more shows on Effective Parenting topics

On group discussion session and one on one sessions, most parents who attended session confidently confessed that the parenting counseling sessions had helped them understanding being a parent and also helped them to overcome their early childhood trauma in adulthood. The sessions built confident on parents to share willingly knowledge, skills and information on effective parenting to other parents in and out of the community

I being a parent am not perfect either, Parental Engagement has really helped me greatly as parent and counselor. If given chance again I will still work with U-Tena and offer my counseling services and giving back to my community and general population



ELIZABETH WAMBUI GATHONI
COUNSELLOR



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