



Monthly
Activity Report

SEPTEMBER | 2023

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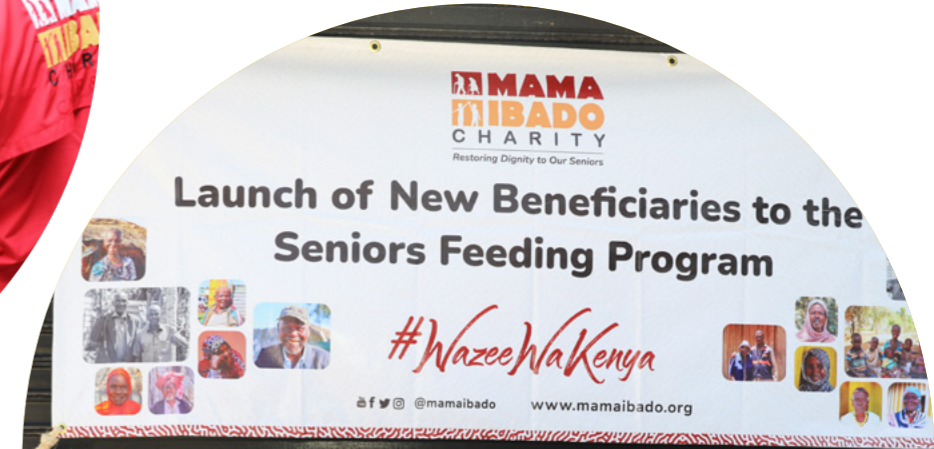
Sustainability
Program





Highlights Of The Month

- We held a stakeholders advocacy meeting in Isiolo that marked our milestone of onboarding new seniors. This occasion also celebrated our goal of supporting 1,000 seniors.
- We registered our seniors in the Inua Jamii program to enable them all the help they can get to live their lives in dignity.
- We hosted a delegation from Manzil Designs at Kakamega. We are grateful for their donation for flour and salt that will go a long way in helping vulnerable seniors.





01

Seniors
Feeding Program



Margaret recounts her life as a journey of mixed fortunes, with High and low moments, however, she endured it all and still has the courage and energy to face the future. Born in 1953 to a small peasant family in Munongo Sub location in Busia district, Margaret was blessed to be born to the last born in a family of three siblings, However, her mum died of post-natal complications, denying her maternal care and love during her childhood and also marked the beginning of a tumultuous childhood. During her childhood years, she lived with her grandmother who took care of her until she learned how to perform basic functions and home domestic chores, Prior to joining primary School, Margaret would escort her dad to the fields and learned how to take care of cattle as well as basic beautification of the home. When she came of age and joined Primary school, she moved to live with her step Mothers from where she would go to school, despite her good behavior, and performing domestic chores, she was subjected to inhumane and harsh living conditions that adversely affected her academic pursuits and consequently, she was forced out of school while in class six, this event confined her in the home where she toiled and did all the domestic chore for her step Mothers,

At the age of 15; She was forced into a marriage as a third wife to an old man, she went but soon after her arrival she was treated as a servant in that home, and the cycle of suffering and torment went on, Luckily Her elder sister rescued her from that union in 1978 and together they relocated to Kakamega District, where she began a new phase in her life, during which she has relative peace, calm, and growth

In 1980 she secured a casual job at the Kenya Agricultural Research Institute tasked with weeding the farms and flowers, after 8 years of service she gained some knowledge in basic grafting and budding of oranges and avocados. With the new skills, Margaret was lucky to secure a new job at WECO (Currently Masinde Muliro University of Science and Technology) as a laborer tasked with weeding of the tree nursery and poultry house, and in 1989 again moved to KEFINCO where she worked as a gardener until the project wound up in 1995, Despite her long stay as a casual laborer She did get enough funds to save or invest for her old age, and that meant that she went back to a life of plight and struggles and tried her luck working in local hotels where she cleaned the utensils, Unfortunately, due to age considerations she could no longer secure any jobs and she had to resort to the kindness of well-wishers for her food and housing

From the year 2001, Her health began deteriorating, she was first diagnosed with Diabetes, a few years later hypertension kicked in, and recently arthritis, these three conditions have made it impossible for her to participate in any productive undertaking, coupled with her lack of farmland increased her household poverty and strife.

Luckily in 2018, she was recruited in the first phase batch of beneficiaries in Kakamega, since then her biggest domestic burden was lifted, through the provision of monthly food ration, and her demand for out-of-pocket expenditure on food declined by up to 80 %, where she only worries about vegetables and other food supplements, Her health has improved and has the energy to take all her required medication, Despite of the many uncertainties, worries and fears that cross her mind, Food is not among them, she is sure that her nutritional needs will be taken care by Mama Ibado Charity, and for that reason she is eternally grateful



Kapua Lilata was born in Baragoi, Samburu County in 1963. His father died before he was born and he was raised by a single mother in a state of poverty by growing up in a nomadic pastoralist lifestyle without livestock. During his early years, one time he became sick and was taken to a hospital for treatment and he was injected. That injection became the reason for his disability in one of his legs until today.

His mother decided to get married again when he was 4 years old and Kapua narrates how he was never liked by his stepfather and how he sometimes used to mistreat him. As the norm for a child like him at the time and livestock rearing being the only economic activity, Kapua looked after his stepfather's livestock.

As he approached his early teenage years, Kapua knew he had to start his own life from scratch because he had no share in his stepfather's livestock and he was working without pay. So, one day he ran away from his stepfather's home. Having mastered the skills of herding, his intention was to be hired as a herder and get paid in terms of livestock. He walked for days, asking for work everywhere he went, but no one was willing to hire him, he says. Finally, after long exhausting days of trekking, he met a man who wanted to hire him to look after his livestock. He says he worked hard for long hours without pay until he gained the trust of his employer and worked for him for many years and he was rewarded enough to own some livestock of his own.

In that society, a man only becomes a man once he gets married, so Kapua was not left behind despite his poor background and he managed to get married. He and His wife were blessed with 6 children, 2 of whom are deceased now.

They lived happily until one day Pokot bandits raided their village and took away all the villager's livestock in their thousands. Yet again Kapua found himself in a state of absolute poverty like the rest of his village mates. They were so poor that they could barely get something to eat. They had no savings, no property, and no hope for a better future, he says.

Kapua decided to migrate again, this time around together with his young family they settled in Maralal town where he tried doing informal jobs but his disability disadvantaged him. He started to sell traditional toothbrushes called Musuwaki as a way to make ends meet. Once more he moved his family again heading east for a brief stop at Archer post and finally moving 40 South settling in Isiolo in a village called Nomads where lives to date.

Life in Isiolo was tough, he says. As he grew older nobody wanted to employ him because of his disability. His children did not get an opportunity to get a formal education and they are unemployed and poor. Kapua says he resorted to begging in Isiolo Town to make ends meet and nowadays he says walking 5 Kilometers to town is even more difficult for him. So, he relies on well-wishers and relatives for support.

Since the time he started receiving a monthly ration from Mama Ibado Charity, he says he mainly stays at home much of the time. The ratio also supports grandchildren who have been under his care since joining the seniors feeding program in 2016. Kapua also comes for medical checkup clinics organized by Mama Ibado Isiolo's Office.



For August, we lost 2 beneficiaries from our senior's feeding program in Isiolo and Kakamega Counties



Wato Fora Merti passed on 24th September at the age of 80. She left behind 5 dependents



Sarah Wilunda passed away on the 5th of September at the age of 80.

A life lived with dignity



This month the number of beneficiaries impacted were:

249

Seniors from Kakamega county

638

Seniors from Isiolo county

Total Impacted Seniors

887

Mama Ibado Charity distributed

4,170.75^{Kgs}

food items in Kakamega county

10,686.50^{Kgs}

food items in Isiolo county

Total food distribution was at

14,857.25^{Kgs}

02

Seniors
Health Program





Seniors Health Program

Isiolo.

In the month of September, 77 beneficiaries of our senior's feeding program benefited from a medical checkup clinic conducted at MIC offices- Isiolo branch. The clinical officer carried out tests such as Diabetes, Hypertension, Pneumonia, and fever, where the majority of the seniors tested positive for diabetes and hypertension.

Due to the success of the pilot and the need to continue intervening in seniors lives with the healthcare program, we began the process of shortlisting beneficiaries for inclusion into the NHIF scheme.

Kakamega.

Conducted 4 weekly Clinics targeting beneficiaries from Majengo and Al Karim Settlements, 41 beneficiaries were seen by the clinical officer, and drugs were administered based on availability.





03

Education
Initiative



Kakamega Township Primary School

Students were served lunch for 26 days of the month. We managed to maintain constant supply of food ratios even with the increase of student population from 816 last month to 836 this month.

21 lessons were conducted in the ICT resource center, giving the students approximately 20 Hours with teachers every school day from 3 p.m. to 4 p.m. Students are allowed to safely access and practice in the ICT Resource Centre.





Madrassa Feeding Program

Lunch was provided for 9 days during the month; a total of 2,241 meals.

2nd of August Taqwa Madrassa in collaboration with Mama Ibado Charity, held a sports day at Amalemba Grounds, where students, youth, and seniors were engaged in football matches as well as receiving branded sportswear from MIC volunteers. In addition to the sports, the students received spiritual nourishment, they were given life skills and motivational talks, from the guests.





School and Madrassa
Food Distribution Statistics

This month the number of beneficiaries impacted were:

836

Students from Kakamega
Township Primary school

249

Students from Madrassa

Collectively the students impacted were

1085

Mama Ibado Charity distributed approximately

18,556

Meals to students in Kakamega
Township Primary School

2,241

Meals to the students in the Madrassa
Program.

The two programs collectively accounted the below
number of meals to beneficiaries in Kakamega county

20,797



04

Sustainability
Program



Sustainability Program



Beekeeping

We made new stride in our bee keeping project. We partnered with Kibari Bee Farm based in Meru to assist the charity in running the bee keeping initiative. In this partnership we procured a total of 100 hives, we intend to gradually setup the hives for occupation by bees.

The beekeeping project is aimed at providing honey that will be used to supplement the seniors feeding program

Crop production

50Kg of green grams were harvested and distributed to seniors during the welcoming of the new beneficiaries into the program.

56 Kg of beans harvested were sold generating KES 5,600 as returns.

As the rainy season approaches, we plan to put 5 acres (2 in Matabithi and 3 in Esimit) under Maize and Beans production in the Month of October.

Thank you for your support!

Feel free to approach us on our various platforms

www.mamaibado.org

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