

2019

Assist Teenage Mothers

End Year Report

Enexis Through KOP



How your support helped Serena.

Serena (*not real name*), is an energetic teenage girl with the zeal and a hope to address the needs of her child and future, often finding that despite living frugally. Notwithstanding, Serena was going through a lot, she has made sacrifices for the sake of her child in order that they both should have the best possible upbringing she can offer, by nurturing her child.



Meet Serena, a 17-year-old teenage mother who hails from the Kiandutu slums. Being the second born in a family of six, and having basic necessities for her family was a terrible since her father was alcoholic and never bothered about their wellbeing. He always came in the odd hours of the night deeply under the influence of alcohol.

For Serena, seeing her father drunk was such a shame and she found it difficult to face the reality about her father. Her mum Sofia played a double role; that of a father and mother. Life was difficult to survive under the mercy of the neighbors when their situation escalated and they couldn't have anything to eat for days. To be raised by a mother who only depended on casual jobs and a father who paid little attention to his children was a big challenge for Serena. She recalls one day when her mother offered to stay hungry for a day and let them eat the only little food that was there. Serena's mother carried her poverty with little enough to get her up on her own two feet.

"I felt pressured and dropped out of school to find work and I tried, though it was near impossible. I eventually got pregnant after a guy took advantage of my circumstances when he promised to help me out of what I was going

through at the moment. The saddest part was that my mum chased me away after learning I was pregnant," she says.

When Macheo's social worker identified Serena, living with an old grandmother who had offered she was depressed, and seven months pregnant. She had never attended clinics for lack of information on antenatal care and had not prepared for delivery for lack of money to buy baby's clothes. Macheo immediately supported her with counselling since she was going through emotional instability. After a few days of help she was able to gain emotional stability. Macheo service provider accompanied her to visit clinics where she was attended to and provided with relevant information in preparation for her delivery. In addition, Serena was provided with baby clothes in preparation for her delivery. The Macheo service provider further took the initiative to reach out to Serena's mother to embrace her daughter and take her back who accepted it. Serena was happy to not only reunify with her mother and siblings but also to deliver safely a beautiful baby girl named Blessings. Serena and her daughter has enjoyed warmth, love care that enabled her go back school and complete her studies. Macheo supported her with formula milk during the time she was doing her exams. She managed to sit for her exams, joined high school this year and hope to advance and give the best to her child.

"I do know that there are even many people worse off now than me, but until you experience this long-term poverty and situation I went through, you can't really understand how it devastates your ability to function and robs you of your health from the stress, the instability, and the lack of ability to eat healthy," Serena says. "I do my best, and still I am grateful for the basic things in life and for Macheo who supported after going through a tough time of emotional instability. The care and support I received made me get back my strength and stand on my two two feet," she adds.

Introduction

According to the World Health Organization (WHO), about 16 million girls aging 15 and 19 years and about one million girls younger than 15 years give birth every year worldwide. In Kenya Teenage mothers and their children go through multiple challenges. Physical and emotional abuse, drug abuse, pregnancy complication, depression, malnutrition a some of the challenges that teen mothers and their children go through. The aim of the intervention is to address all this issues that they undergo while eliminating poverty with young girls who get pregnant at their teen age.

We ensure our beneficiaries received appropriate timely healthcare, including medical and psychosocial support. Through the program, we have made a commendable progress on outcomes related to health education and information, life skills, and social/emotional, mental, physical, behavioral as well as reproductive health matters. We also believe that providing them with the information on nutrition, contraceptive usage, STIs prevention and skills on parenting and guidance, entrepreneurship will be of great help to their lives.

Overview: January - December

In this quarter, we engaged the teen mother on training on entrepreneurship, nutrition, savings and Cholera. Since most of our teen mothers are school drop outs we have been taking them for short courses to equip them skills for employment or self employment.

Activities

The following activities were carried out during the quarter:

1. **Seminars/life skills trainings-** We have equipped the teen mother with life skill such as parenting and guidance, self-awareness, maternal health and family planning. A total of 8 seminar we done with total of 19 girls being trained on life skills.
2. **Skills training:** The teen mothers were trained on entrepreneurship, saving skills, customer skills, budgeting and hairdressing. Training on basic business skill were done before the mother were given seed capital to start their businesses.
3. **Economic empowerment:** with your support, we assisted the teen mothers to identify businesses and goals for personal growth and offered opportunities for young women to explore their interests. We also built their capacity on financial literacy skills, entrepreneurship skills, customer relationship skills, budgeting, financial negotiations and saving skills.
4. **Follow-up home visits -** During the home visits, a number of issues were addressed to assist the young mothers and their babies. The home visit and follow ups are very crucial because it inform us on progress of teen mothers and their kids.

Outcome on rating

Total number of beneficiaries' year to date - 200

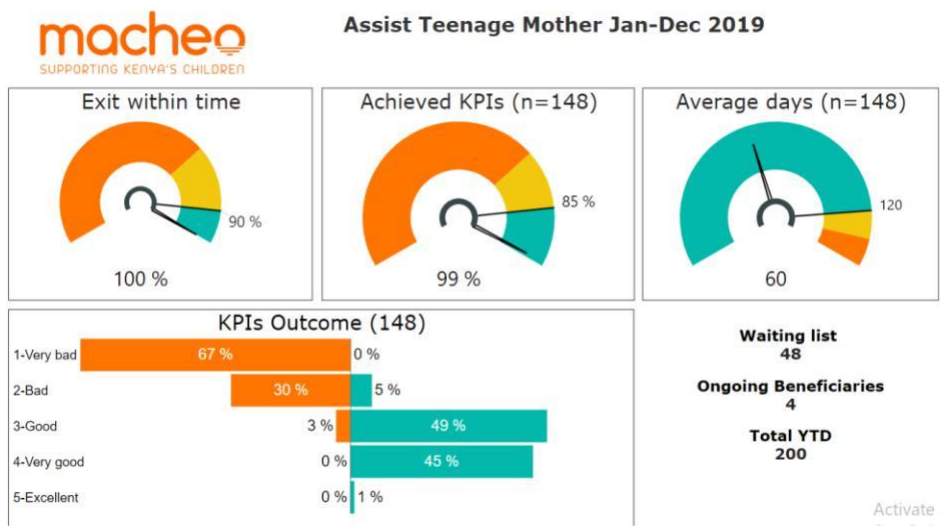
Assessment for exited beneficiaries

Total number of exited beneficiaries – 148

Impact

Here we provide you with an overview of the performance of the intervention. The mentioned KPI's (Key Performance Indicators) are:

1. Is the teen mother willing to start and run own business or to seek employment?
2. Is the teen mother willing to go back to school and parents are supportive?
3. Is the teen mother decided on specific method of birth control and is encouraged to use the method of her choice?
4. Does the teen mother understand exclusive breastfeeding (For babies between 0-6 months)?
5. Is the teen mother knowledgeable about feeding herself and the baby consistently on nutritious and adequate meals?
6. Does the teen mother understand post natal health of herself and of the child and is encouraged to attend postnatal checkups?
7. Is the teen mother's attitude positive towards her child(ren) and is happy and proud to be a mother?



Financial Report

Assist teenage mothers Jan-Dec Financial report				
	Actual	Budget	Actual	Budget
	Kes		Euro	
Donation Enexis Through KOP	457.995	450.000	€ 4.000	€ 4.000
Donation other sponsors	1.696.971	791.385	€ 14.990	€ 7.035
Total Donation	2.154.966	1.241.385	€ 18.990	€ 11.035
Expenses	2.154.966	2.215.494	€ 18.990	€ 19.693
Balance (Jan-Dec 2019)	-	(974.109)	€ -	€ (8.659)

Financial Explanation

We received €4000 from Enexis Through Stichting KOP for Teenage mother intervention in year 2018.

We had anticipated a financing gap in the year but we received extra funding which fully covered the anticipated gap.

Appreciation

On behalf of the beneficiaries, Macheo is grateful for your donations in the period 2019. In this report, we feel compelled to sharing with you the success we've made together. Your caring support continues to make a great difference in the lives of the teenage mothers and their children.

Thank you!