



NO MEANS NO

Empower a woman for Christmas - \$48.00

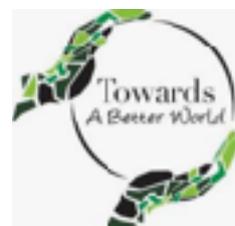
With your sponsorship one woman will attend a 4 day education course with lunch, fresh water, and will receive a certificate of completion and a Days For Girls kit to manage her period and you will receive a post card to pop inside a Christmas Card to gift to your friends

To support a woman please send funds to
BSB 242 200
Account 475591194
and email a copy of the receipt and postal address to
victoriaporter11@outlook.com

**No Means No and Days for Girls
Kitengela, Kenya 2019
Victoria Porter
Whatsapp - +61402575041
victoriaporter11@outlook.com**

Thank you to all major sponsors :

**Rotary Club of Mundingburra
Rotary Club of Townsville Central
Rotary Club of Darwin South
Rotary Club of Mareeba
Rotary Club of Ross River
Rotary Club of Townsville Sunrise
Rotary Club of Darwin Sunrise
Greg Marlow and the team from the 2019 - 9550 District Conference
Chris Kemp - Towards a Better World
Days for Girls Camberwell Chapter
Days for Girls Fern Tree Gully Chapter**





Hi All,

Its been a while since I touched base with you all, I apologise for my delay. I hit the ground running here arriving back in to Melbourne on the afternoon of Brownlow medal and that started the work, university and sleep cycle, that I have found myself in.

I am happy to announce that I am becoming a member of Rotary and will be one of the founding members of a new charter club - Passport club of Melbourne. The club will be based out of Donations in Kind warehouse in Melbourne, where I received the original first aid kits that I took to Noonkirpir primary school, Kitengela. Due to the work that I have been doing in Kitengela I will sit on the board as the Youth Director so if anyone has any wisdom be sure to let me know.

I will be heading to QLD on the 23rd of December until the 7th of January. I know this is a very busy time for all of you with family and friends but I would love to catch up, if any of you have any questions or if any meetings happen to be running those weeks.

KITENGELA

SASA GK PRISON PRIMARY

- 44 Children Identified for Sexual Assault Survivors Anonymous Training
- 4 Children being assisted post training from Children's Community Department including rehousing, change of school, health and legal assistance

Two of these children where identified while I was in Kitengela as being sexually assaulted by their father. Whilst the other two where being domestically abused by their mother, made to sleep outdoors, denied food and one of the girls had, had her shoulder dislocated after eating the babies food. Legal action is being pursued by the Children's department and police reports have been filed by Walter and Mercy from the SASA team at NO MEANS NO!

WOMENS EDUCATION

I have received the needs assessment created by Norah a lead educator from NO MEANS NO! who lead the team in Kitengela. I have attached it below for anyone who is interested. To continue the education for the women I am currently working on a sponsor a woman for Christmas Campaign. For \$48.00 I will send you a post card that can be popped inside a Christmas Card. The \$48.00 donation will go towards a 4 day intensive course for one participant (Run by NO MEANS NO!), food and fresh water for the duration of the course a certificate of completion and a reusable days for girls sanitary kit. This is a great gift for anyone that cares about Womens empowerment.





KITENGELA WOMEN NEEDS ASSESSMENT REPORT by Norah Mudanya

INTRODUCTION

We had an invitational class for women at Kitengela from 22 to 24 July, the field officers in charge were Norah, Sheila, Obege, and Hellen. We took them through self-defence classes, these women majority of them are single mothers with no formal employment, some of them being commercial sex workers, age limit ranging from 18 years to 63 years. The women are from different tribes majority of them being kikuyu, Kamba, Masaai and Luhya, we also have other tribes like Luos and Kisii who reside in the region. There is still presence of cultural practice in the region while most of those who are married are facing gender based violence. Some of the cultural practices include FGM, wife inheritance, a woman should be beaten by the husband, shaving of the hair when the husband is dead, when a woman gives birth to twins some believe it's a curse. We had a successful class, where majority of women were sharing their experiences without fear, doing role-plays and they were ready to take charge over their life after getting the skills.

THE FOLLOWING ARE SOME OF THE NEEDS THE WOMEN ARE FACING

1. Most of them have gone through gender base violence hence they need counselling
2. Majority are jobless and depending on their husband and these makes vulnerable to GBV, they need support to start small businesses.
3. Others are commercial sex workers so that they can get income. Equipping them with skilled based courses will help them to employ themselves.
4. We have single mothers, they feel lonely and hopeless.
5. Some woman are unable to educate their children therefore most of their children drop out of school.
6. Lack of education, lack of information, no training done, some were not aware about their rights we should empower them with more trainings.
7. Still practicing cultural myths e.g FGM, wife inheritance, they believe being beaten by husband increases love.
8. The women and their daughters are sometimes are being sexual assaulted by the husband/ father. Intervention classes is needed for the men.
9. They know referral pathways but they have never have used them because of threats from the assailants.
10. Training location was in the hospital, the need a bigger room for regular meetings where to share and educate other women and girls.

NOTE

We did not do the physical class due to time and space

WAYFORWARD

1. Looking forward to do full force
2. Looking forward to doing refreshers
3. Looking forward to collecting testimonials

