

Newsletter

January-June 2020



Education Against Mutilation

January 2020

After a successful and exciting Girls Empowerment Camp in December 2019, our Kenyan team was tired, but very happy.

A total of 117 girls and their families took part in the camp. The local community, the government and partner organisations applauded the success of the camp. Our intern Sonyanga created a breathtaking video, which can be seen [here](#).

At the beginning of January the hard-working and young helpers of the camp received new shoes for their school uniforms to start successfully into the school life.

February 2020

February 6th is the international day against FGM/C*.

In Kuria, our Zinduka community (girls, parents and tribal elders) celebrated it together with the local organizations Leonard Cheshire and Msichana Empowerment Kuria, as well as representatives of the local government.

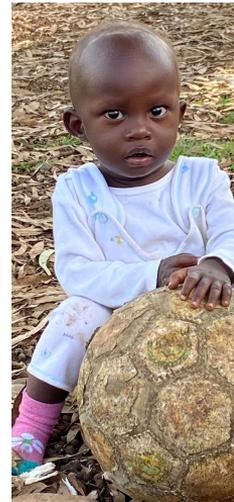
*Female Genital Mutilation/Cutting



February 2020

Also in the week of February 6th, we were part of the anti-FGM youth caravan and traveled through 5 FGM hotspot counties in Kenya.

With 50 NGO representatives from all over Kenya we initiated conversations with local communities through football matches and small group workshops. The caravan came to realization through the support of UNFPA Kenya.



February 2020

In the period from January to March we carried out over 100 home visits. We visited all families whose daughters were part of the Girls Empowerment Camp in December 2019. The development of the girls and their families was impressive. Especially the relationship between father and daughter has changed very positively.

"The girls are now very self-confident and tell us that they do not want to be circumcised under any circumstances. They teach their siblings and friends what they have learned and even got better grades in school." (Father of camp participant, Kuria East)

February 2020

Homevisits in Kuria East



February 2020

Foundation of the first two Economic Empowerment Groups in Kuria East. In order to promote the know-how around economy and the use of successful methods and techniques, two groups have come together. From now on we will mentor them in economic and entrepreneurship skills together with local partners.



February 2020

Girls Empowerment Feedback Session with the parents and our partner Tony Mwebia from Men End FGM.

Main topic was to emphasize the importance of involving men and boys to enhance the protection of girls and women from FGM/C*.

*Female Genital Mutilation/Cutting





March 2020

Launch of our "Confident Girls Project" with the amazing founder of [PadMad Kenya](#). Madhvi Dalal found a method to make reusable and biological sanitary towels here in Kenya using local materials.

She accomplished to support women and create job opportunities. The pads are made by disadvantaged women from the largest slum in Africa (Kibera slum in Nairobi).



March 2020

Together with PadMad and the support of Action Five e.V., in March we have distributed a total of 200 sanitary towels in two of our partner schools in Kuria East. The distribution included extensive training on menstrual health management and practical sessions on how to use the towels. The project will be resumed after school opening in Kenya.



March 2020

On March 8th we celebrated the International Women's Day. This took place together with the launch of our third Economic Empowerment Group in Kuria East.

Here, Mama Centrine* was elected Chairlady.

*On the right in the bottom picture





March 2020

Continuation of the home visits of all 117 camp participants. The feedback is still very positive and we are asked to continue to organize the camps and to include boys as well. For boys, the education around FGM/C is just as important as for girls.



For the upcoming summer (2021) we are now planning a camp for girls and boys. This December it will only take place for girls. (If it is allowed regarding Covid-19)

March 2020

Our last two school visits and follow-up sessions with the girls who participated in the Girls Empowerment Camp 2019.

Both, the teachers and the students took part in our sessions and were very enthusiastic. The teachers asked us to come even more often and also hold training sessions for them. We have already planned this for future visits.



April 2020

Completion of the video about the Girls Empowerment Camp 2019: Our intern in communication and media Sonyanga Ole'Ngais created a beautiful video under the guidance of Jeremiah (filmmaker and friend of Zinduka) and Antonia.

"I observed how Zinduka listens to the community so that they can get to understand and have an effective form of interaction and communication. The projects undertaken at Zinduka are headed by the community members hence this increases the sense of ownership." Sonyanga Ole'Ngais



April 2020

Keloid growth removal at camp participant Linet. Together with the support of Family Freitag and the Kenya Relief organization, we were able to arrange a successful operation for Linet. Linet has been suffering for some time from palm-sized Keloid growths on her head, arm and body. There were four of them in total. With the first operation, we were able to remove two. They are almost completely healed and Linet is very grateful and happy. She suffered very much from the clearly visible growths and is looking forward to enjoy a normal everyday life again. Due to lack of financial resources the family was not able to perform the operation.



May 2020

After the Covid-19 pandemic spread here in Kenya, schools and all public and private institutions had to close. Our projects in schools and community centres came to a standstill. We had to start thinking on how to change our program.

Together with PadMad, we started a mask project. Instead of sanitary towels, they are currently making mouth-nose covers. We now sell these in Germany. The profit will benefit our families in Kuria.



May 2020

The masks can be ordered via our e-mail*. They have already arrived in Germany and are available for children (7,5€) as well as for adults (10€).

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May 2020

With the profits we could already start our "Pamoja Tushinde Corona" = "Together We Defeat Corona" campaign.

25 families already benefited in May. The project contains: -food package for one month per family, -5 reusable masks, -training on how to clean the masks and wash hands. -Written agreement to respect human and children's rights. In particular, the promise that the children will go back to school when school opens and that they will not be married off, circumcised or suffer under any form of violence.

June 2020

Also in June, 25 families benefited from the "Together We Defeat Corona" campaign!

Our goal is to support a total of 300 families. The food for each family will be refilled after 1 to 2 months. The masks are made locally by a tailor from one of our "Economic Empowerment Groups". The maize is also bought locally and grounded in a mill to support local small scale businesses.



June 2020

Phone coaching:

Our programs director Cess Wangui has set up telephone coaching for our girls and families in Kuria. She discusses topics such as teenage pregnancies, early child marriages, risks of sexually transmitted infections and more. Currently Cess is coaching four girls in Kuria East.



End FGM Live Campaign

Our founder Antonia, together with her friends and colleagues Jeremiah Kipainoi and Tony Mwebia from Men End FGM, founded the online campaign End FGM Live.

Since April there is a daily show from Monday to Friday, lasting about one hour. The first series deals with what is currently happening in the different FGM Hotspot Counties in Kenya. Since schools have been closed, rates of teenage pregnancies have been rising and in some regions FGM is also increasingly practiced. The show highlights the problems of local organisations and activists. Prominent guests such as representatives of large organisations like World Vision, UNICEF, UNFPA and the government (Anti-FGM Board KE) are also interviewed and confronted with the problems. Solutions are found together.

The shows are available on Facebook under: @endfgmlive.

Past shows can be watched on YouTube [here](#).

The logo for the End FGM Live campaign. It features the words "END" and "FGM" stacked vertically in a bold, black, sans-serif font. To the right of "FGM" is a vertical rectangle containing the word "LIVE" in a smaller, black, sans-serif font. The entire logo is set against a bright yellow background.

Volunteers 2020

From January to April, family Freitag accompanied us in our activities in Kenya. They actively helped where they could and became part of our small Kenyan Zinduka family.

We would like to thank Roland, Claudia, Elena and Moritz for the wonderful support of our projects in Kenya!

Unfortunately they had to return to Germany early due to the pandemic.



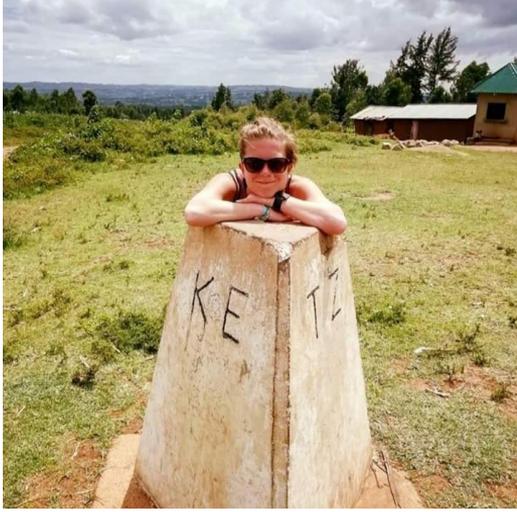
Volunteers 2020

In March the future doctor and former paramedic colleague of Antonia, Julia Schleicher accompanied us for two weeks in Kuria. She completed part of her clinical attachment in a local clinic and accompanied us in our projects in the community.

Thank you very much for your commitment and your great efforts Julia!



A S A N T E





Thank You for Your Support!

www.zinduka-ev.com

DONATIONS here: Account: IBAN: DE2053350000021010391, BIC: HELADEF1MAR

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Newsletter written and designed by Antonia Waskowiak, pictures by Zinduka e.V., June 2020