

# ICW-K BULLETIN



*Members of a self-help group tending to their kitchen gardens IGA. PHOTO: ICWK/Doreen Koech*

## **A) ENHANCING SOCIO-ECONOMIC STATUS OF WOMEN THROUGH SELF HELP GROUPS**

**by ICW-K**

Women at the community level have for so many years benefited through self-help groups (chamas). We have been able to witness the growth of women's investments in these groups where they pool resources and support each other.

In February 2022, ICW-Kenya with support from AWDF conducted a 5-day training for TOTs from Kiambu and Nairobi Counties informal settlements on financial management and Income Generating Activities (IGA's). As a result of the training, we have seen the trainees in action actively helping and training other women in their various communities on proper ways to start, manage and grow their self-help groups.

During the support supervisory visits to newly formed self-help groups, it was noted that most of the members of these self-help groups are women on HIV treatment and young mothers.

We were able to see that they not only use the groups to fundraise but also use these groups for psychosocial support to counter the effects of HIV related stigma and discrimination

In Kiandutu, Thika-Kiambu, the 2in1 Self-help Group noted that they had a struggle with maintaining their nutrition as most of its members are not able to afford a good meal. As a result, all members decided to use the money raised within the self-help group to grow green vegetables in their own kitchen gardens. The women also share the various challenges they face as women living with HIV in Kiambu. Among the key challenges are widespread stigma and discrimination and poor nutrition. ICWK has planned a legal AID clinic to empower the women on their rights and information on how and where to seek justice for any rights violations.



*Member of a self-help group in Makongeni-Thika during their monthly meetings. PHOTO: ICWK/Doreen Koech*



# 5-DAY TRAINING OF EXPERT MOTHERS

Written by ICW-K

IICW-Kenya held a one-week PMTCT Training for Mentor Mothers at Eton Hotel, Thika on 11th- 15th April 2022. The training was facilitated by Joan Gathigia and Alice Kinuthia who are Trained Master TOTs by NASCOP. The training had 10 expert mothers drawn from 9 sub-counties and were trained on the 17 modules in the revised KMMP.

Kenya established the Kenya Mentor Mother Program (KMMP) in 2012 to improve peer education and psychosocial support services within the national prevention of mother-to-child transmission (PMTCT) program. The KMMP is one of the core strategies in Kenya's national framework for the elimination of mother-to-child transmission of HIV and syphilis.



*PMTCT Mentor mothers in a group photo. PHOTO: ICWK/Doreen Koech*

“ THE NATIONAL GUIDELINES FOR THE KENYA MENTOR MOTHER PROGRAM (KMMP) INTEGRATES AND STANDARDIZES PEER EDUCATION AND PSYCHOSOCIAL SUPPORT FOR THE PREVENTION OF MOTHER-TO-CHILD TRANSMISSION OF HIV (PMTCT) PROGRAMS. ”

The training focused on; Basics of HIV and AIDs- prevention, treatment, Care and support; Healthy mothers and healthy families; how to encourage family testing and adherence, among other topic areas. They were also trained in effective communication skills and facilitating behavior change in all their clients.

Upon training the Mentor Mothers will work through ICWK to share the most recent information and best practices of PMTCT treatment, care and support with their peers in a facility setting. These “Mentor Mothers” work in local communities and at health facilities to ensure that women and their families get the health advice and medication they need, are linked to the right healthcare services and are supported on their treatment journey.

## TRAINING ON HUMAN RIGHTS & SGBV FOR KIAMBU COUNTY COMMUNITY VOLUNTEERS

Written by ICW-K



*Human Rights & SGBV community TOTs during group discussions. PHOTO: ICWK/Doreen Koech*

The human rights training was held on 11th-15th April 2022. The training which was supported by Global Fund (GF) through the Kenya Red Cross Society (KRCS) had participants drawn from all the 12 sub counties of Kiambu County with 46 participants in total. The aim of the training is to enhance the capacity of community volunteers in advocating for the rights of PLHIVs and identifying human rights violations that are meted upon PLHIV and how to seek redress for such violations and properly equipping people living with and affected by HIV on matters of legal and human rights.





*Human Rights & SGBV community TOTs during the training. PHOTO: ICWK/Doreen Koech*

TB is both curable and preventable, yet globally more than 1 million people die each year from the disease. In Kenya TB is the 5th leading cause of death , claiming 53,000 lives yearly. In 2019, health centers reported & treated 86,504 cases, with about 10% being children.

The 2022 theme, calls for the need for investment to help fight TB globally. This is especially since the Covid-19 pandemic has taken End TB progress aback.

According to the UNAID World TB Day Factsheet ([Add hyperlink](#)) Of the TB deaths among people living with HIV, 50% were men, 40% were women and 9.8% were children. Also, Nearly 12 million TB-related HIV deaths were averted in the period 2000 to 2020 because of TB/HIV-related interventions.






*Human Rights & SGBV community TOTs during group discussions. PHOTO: ICWK/Doreen Koech*

The training was facilitated by Annastacia Kendi and Josphat Maina who were trained County ToTs on Know Your Rights. The participants were taught about aspects of human rights and how they relate to PLHIV. The training covered the following modules;

1. Understand the Epidemic: this gives basic information about HIV and AIDS including myths, facts and statistics
2. Know Your rights: This is an introduction to Human Rights: this explains what human rights are, the basic principles guiding human rights and the concept of duty bearers and rights holders.
3. Civil and Political Rights: this gives a detailed explanation of each of these rights as they appear in the Constitution and supporting legislation
4. Economic, Social and Cultural Rights: this gives a detailed explanation of each of these rights as they appear in the Constitution and supporting legislation
5. Activating Justice: Seeking Justice: this provides information on the various bodies which protect and promote human rights in Kenya and how one can access these institutions
6. Tying it all together: this provides practical steps on how PLHIV may utilize the information in this manual to further their rights.

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International Community of  
Women Living With HIV



ICW-Kenya Chapter



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