



Promoting Healthy & Economically
Developed Community

HEDSO

JUNE 2023 NEWSLETTER



WHO WE ARE

Health And Economic Development Strategy Organization is a Community Based Organization working in Western Kenya. HEDSO is based in Kisumu County and was registered in August 2021 as a Community Based Organization. It was formed with the main aim of amplifying the voices and addressing unique needs and challenges faced by AGYW and youths in the rural communities. We recognizes that these groups often encounter significant barriers to achieving their full potential, both in terms of their health and well-being and economic empowerment and therefore we focus on improving their health and well-being while empowering them economically.



MESSAGE FROM MANAGEMENT

Greetings to all Health And Economic Development Strategy Organization Community. We are delighted to present our first newsletter edition, bringing you the most recent updates, achievements and exciting news from within our dynamic community. As we continue to grow and evolve , it is crucial to stay connected and well-informed about the incredible work being done by our talented team.



PROGRAMS AND SUB PROGRAMS

1. INTERGRATED HEALTH AND WELLBEING

- a) HIV prevention and response*
- b) Prevention and response to all forms of GBV and discrimination against AGYW*
- c) Sexual Reproductive Health*

2. ADOLESCENT GIRLS AND YOUNG WOMEN AND YOUTHS ECONOMIC EMPOWERMENT

- a) Capacity building*
- b) Linkages*

3. CLIMATE CHANGE RESILIENCE ACTION

- a) Waste management*
- b) Tree growing*
- c) Disaster risk reduction*

EMPOWERING YOUTHS

THROUGH HIV PREVENTION AND RESPONSE



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HEDSO integrated Health and Well-being program, which focuses on HIV Prevention and Response, in partnership with Zipline Kenya, has been actively engaging youths in rural communities to deliver essential HIV services and information. In Apondo, Kisumu Sportsground, Migere, Angoro, and Bondo Kachola, we provided HIV services, including testing, counseling, and preventive measures such as condoms, PREP, and PEP. These events were organized through football tournaments as a way of bringing youths from different villages within the community together in a safe space, where privacy and confidentiality are assured. At YMCA Kisumu, we conducted an informative session to equip students with knowledge and tools for HIV prevention.

These activities have empowered youths with accurate information and fostered a sense of responsibility in promoting a healthier future. In all the areas, we have reached over 800 youths with HIV services and information. We are determined to ensure that no youth is left behind and access and uptake to HIV prevention services is increased.



Health and Economic Development
Sustainability Organisation

GENDER BASED VIOLENCE

STOP

HEDSO EMPOWERS COMMUNITIES TO COMBAT GBV AND DISCRIMINATION

In line with our mission to integrate health services and promote a safe environment for all, our recent sensitization programs have successfully addressed gender-based violence (GBV) and discrimination against adolescent girls and women. We made impacts in the Apondo, Migere, Angoro, and Bondo Kachola communities. By raising awareness and encouraging open discussions, we aim to empower individuals to recognize, address, and prevent various forms of GBV. We emphasized the importance of prevention strategies, such as education and community engagement, and encouraged the community to challenge stereotypes and discriminatory practices.



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GROWING A GREENER FUTURE

Climate change has a lot of negative impacts on AGYW and youth's health, this month we actively engaged adolescent girls, young women, and youths through our Climate Change Resilience Program. This month, we conducted sensitization sessions for AGYW and youths in Apondo, Migere, Angoro, and Bondo Kachola communities, emphasizing their roles in climate change mitigation. We also planted 60 trees in each school and formed active environmental clubs tasked with the responsibility of growing the trees. With a remarkable total of 240 trees planted this month, we are making steps towards our ambitious goal of planting 3000 trees across the county this year.

BUILDING A SUSTAINABLE FUTURE: PROPER WASTE MANAGEMENT, A MONTH OF ACTION AND AWARENESS

Throughout the month, HEDSO organized sensitization sessions on proper waste management in Apondo, Migere, Angoro, Akwanya, and Bondo Kachola communities. These sessions aimed to raise awareness about the importance of responsible waste disposal, recycling, and reducing single-use plastics. Community members actively participated, demonstrating their commitment to creating a cleaner and healthier environment for all. We also joined forces with other stakeholders and the community of Karanda for a clean drive activity at Ahero Market, Karanda Primary and Secondary as we spread awareness about the importance of maintaining cleanliness in our public spaces. The enthusiastic response from the community showcased their dedication to making a positive impact.



WORLD ENVIRONMENT DAY CELEBRATION

As the world celebrated World Environment Day, HEDSO joined other stakeholders in Kisumu County in two different events, at Rotary and Dunga Beach. This year's theme was; solutions to Plastic Pollution which called for a global solution to combat plastic pollution. Participants from all walks of life came together to learn, exchange ideas, and commit to sustainable practices for a better future.

EXCITING PARTNERSHIP VISITS FROM LVCT KENYA AND EAGLES WINGS!

In June, we had the pleasure of hosting two esteemed organizations, LVCT Kenya and Eagles Wings, for partnership visits. LVCT Kenya is a leading Kenyan NGO focused on health and well-being, while Eagles Wings is a Community-Based Organization dedicated to community development. The visits provided a platform for knowledge exchange, collaborative discussions, and exploration of joint initiatives. The visits have sparked enthusiasm, leading to potential partnerships and shared projects that will have a lasting impact on our communities.

BEST PRACTICES

- Taking HIV services in a safe space closer to the youths to increase uptake. We used a team of trained mobile peer educators to mobilize the youths, they moved around to disseminate information in their comfort.
 - Launching the HEDSO chat box to provide a platform for adolescent girls, young women, and youths to share their concerns and questions without fear of being judged.
 - Conducting local resource mobilization to fund our initiatives responding to emerging issues from the field.
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REVOLUTIONIZING ADOLESCENT GIRLS, YOUNG WOMEN, AND YOUTHS SEXUAL REPRODUCTIVE HEALTH

We prioritized Sexual Reproductive Health among adolescent girls, young women, and youths. One of the key areas we focused on this month was proper menstrual hygiene management and sexual reproductive health education. Recognizing the significance of these topics, HEDSO organized informative sessions with girls and young women in Apondo, Migere, Angoro, and Bondo Kachola communities as well as in Magare Primary, and Kasagam Secondary. Our community outreaches also saw the youths access family planning services and girls and women access cancer screening services. The success of these activities is largely attributed to the collaboration between HEDSO, school administrations, and dedicated volunteers. The combined efforts have helped to create a positive impact on the lives of young girls, promoting their overall well-being and contributing to the development of a healthier community



READY TO FLY TO SAVE LIVES

Our team visited Zipline Kenya, a logistic company that uses drones to deliver medical supplies swiftly and efficiently. We explored ways to join forces and amplify our impacts on communities in need. Together we envision a nation where every life is preserved, and free from the loss caused by insufficient access to essential medication



AGYW AND YOUTH TAKE LEAD IN COUNTY PLANNING AND BUDGET MAKING TRAINING

We took in comprehensive three-day training on County planning Budget making processes convened by Youth Alive! Kenya. This was designed for 30 youth budget champions and partners from Transform Health Coalition to enhance their skills and knowledge in effectively addressing digital health and youth-related matters in public participation and budget making process. As HEDSO we were glad to see Adolescent Girls, Young Women and youths taking charge and learning about various development processes. We strongly celebrate their presence in such spaces and we will continue to amplify their voices and ensure they rise and claim these spaces.



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BUILDING BRIDGES TO SOLUTIONS

An inspiring intergenerational dialogue at the Ong'adi CPA Church that brought together the vibrant energy of youths, the wisdom of elders, the guidance of religious leaders, the resilience of Boda Boda guys, and the nurturing support of parents, with a shared purpose to forge community-owned solutions and combat the triple threats of New HIV infections, SGBV and Teenage pregnancies in the area head-on. In a powerful unity, we recognized that together we hold the keys to a brighter future.



DIVERSITY MAKES US STRONGER



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We joined various NGOs in Western Kenya during the NGOs week slated from 5th-9th June, 2023. The theme for this year was; Powering Sustainable Development in 21st Century. We showcased various interventions we have put in place to address Sexual Gender-Based Violence, New HIV infections among AGYW and youths and the rise in teen pregnancy. The team also joined Maseno School for the Deaf for an educative fun day activities.



OTHER HIGHLIGHTS

Huduma Mashinani

Huduma Mashinani was first held with the county assembly of Kisumu, under the Department of social service, Kisumu County, to reach people at the grassroots levels who may lack an opportunity to meet their leaders and share their views and opinions. We joined other stakeholders and community members in a dialogue aimed at promoting enhanced service delivery. The citizens got to know some of the ongoing and completed projects in various departments in the county. We will continue to bridge the gap that exists between the citizens and the government to ensure that they are aware of different government processes and how to participate in them.

County Political Education and feedback forum

We joined various political parties and civil society organizations in a forum aimed at promoting the active participation of special interest groups in electoral and political processes to enhance inclusion. We represented the adolescent girls, young women, and youths who are our rightsholders. We shared the challenges that these groups face during electoral periods that hinder their involvement. To ensure their inclusion in political processes, we will advocate for safe political seasons that are conducive for the AGYW and youths.

E-filing system and SGBV court launch

We were honored to be part of this great milestone in Kisumu Law Courts which was graced by the Chief Justice of Kenya Hon. Martha Koome, who commended the judiciary's remarkable progress in enhancing the efficiency of our justice systems. She highlighted the importance of ensuring that justice is served promptly and effectively. We will work together with the judiciary to ensure that all survivors of sexual and gender-based violence receive justice.



OUR PARTNERS

We Appreciate Your Valued
Support



CONTACT US

+254 773 222 909
healtheconomic9@gmail.com
Tom Mboya Kisumu Kenya