



JULY NEWSLETTER 2023 2ND EDITION

ABOUT US

The Health and Economic Development Strategy Organization is a Community Based Organization registered in August 2021. HEDSO was formed with the main aim of amplifying the voices and addressing the unique challenges faced by adolescent girls, young women, and youths in the rural communities in the Lake Victoria beaches and sugar belt areas. HEDSO recognizes that these groups often encounter significant barriers to achieving their full potential, both in terms of their health and economic empowerment. By focusing on improving their health and wellbeing while simultaneously fostering economic empowerment, HEDSO aims to create a more equitable and inclusive society free from social injustices.

VISION

- A healthy and Economically Empowered Society Free from Social and Environmental injustices.

MISSION

- Promoting integrated health, skills and knowledge development, human rights advocacy, climate change action, and economic empowerment among adolescent girls and young women, marginalized youth and families within the community through strategic partnership.

PROGRAMS

- Integrated Health and Well-being
 - AGYW and Youths Economic Empowerment
 - Climate Change Resilience



ACTIVITIES PROGRESS HIGHLIGHTS

Transformative ending triple threat youth engagement

July witnessed an exceptional display of Hedso's commitment to marginalized rural communities through the execution of five editions of the transformative Ending Triple Threats Youth Engagement Campaigns. The scope of these campaigns was vast, encompassing provision of comprehensive range of essential sexual and reproductive health (SRH) services that left an indelible impact on Ngere Kagoro, Magunga, and Kokuoyo, Oseng'teti, and Oren community.

At the heart of these campaigns was the provision of critical SRH services, which included offering HIV testing and counseling services, delivering family planning services, distributing life-saving Pep and PrEP medications, conducting cervical cancer screenings, and administering COVID-19 vaccinations. Equally vital were the enlightening discussions held at the engaging Chat Corners. These sessions addressed pressing issues such as the emergence of new HIV infections, the grave concerns of sexual and gender-based violence (SGBV), and the challenges surrounding teenage pregnancy.

Crucially, the undeniable success of these campaigns was a result of the active participation and resilience of the communities themselves. Their willingness to engage, learn, and embrace positive change showcased their determination to elevate their quality of life and overall well-being.



Rescue Dada Initiative's Impact in Building Resilient Communities for AGYW

Amidst its relentless commitment to fostering safe and resilient communities, the Rescue Dada Initiative's influence continues to shine through. July witnessed revolutionary mentorship sessions at AIRADS, engaging students in essential dialogues about overcoming barriers to accessing vital sexual and reproductive health (SRH) services among the adolescent girls, young women and youths in learning institutions.

Simultaneously, at Ngere Kagoro Primary, the focus on raising awareness about hygiene's role in preventing urinary tract infections (UTIs) demonstrated the Initiative's dedication to holistic well-being. With its core mission of creating violence-free spaces for adolescent girls and young women (AGYW), the Rescue Dada Initiative stands as a beacon of empowerment, bridging knowledge gaps and forging paths toward a secure and empowered future for all.

Empowering Training on Paper Waste to Gift Bag Transformation



Embracing sustainability and creativity, our recent training session demonstrated the incredible potential of repurposing paper waste. Guiding participants in crafting stylish gift hand bags from discarded paper, the initiative showcased how artistic expression and environmental consciousness can beautifully merge. This endeavor not only reduces waste but also fosters skill development and empowers individuals to contribute to a greener world. As we continue to nurture innovation and resourcefulness, we're building a future where every creation carries the essence of positive change.

Cultivating Resilience

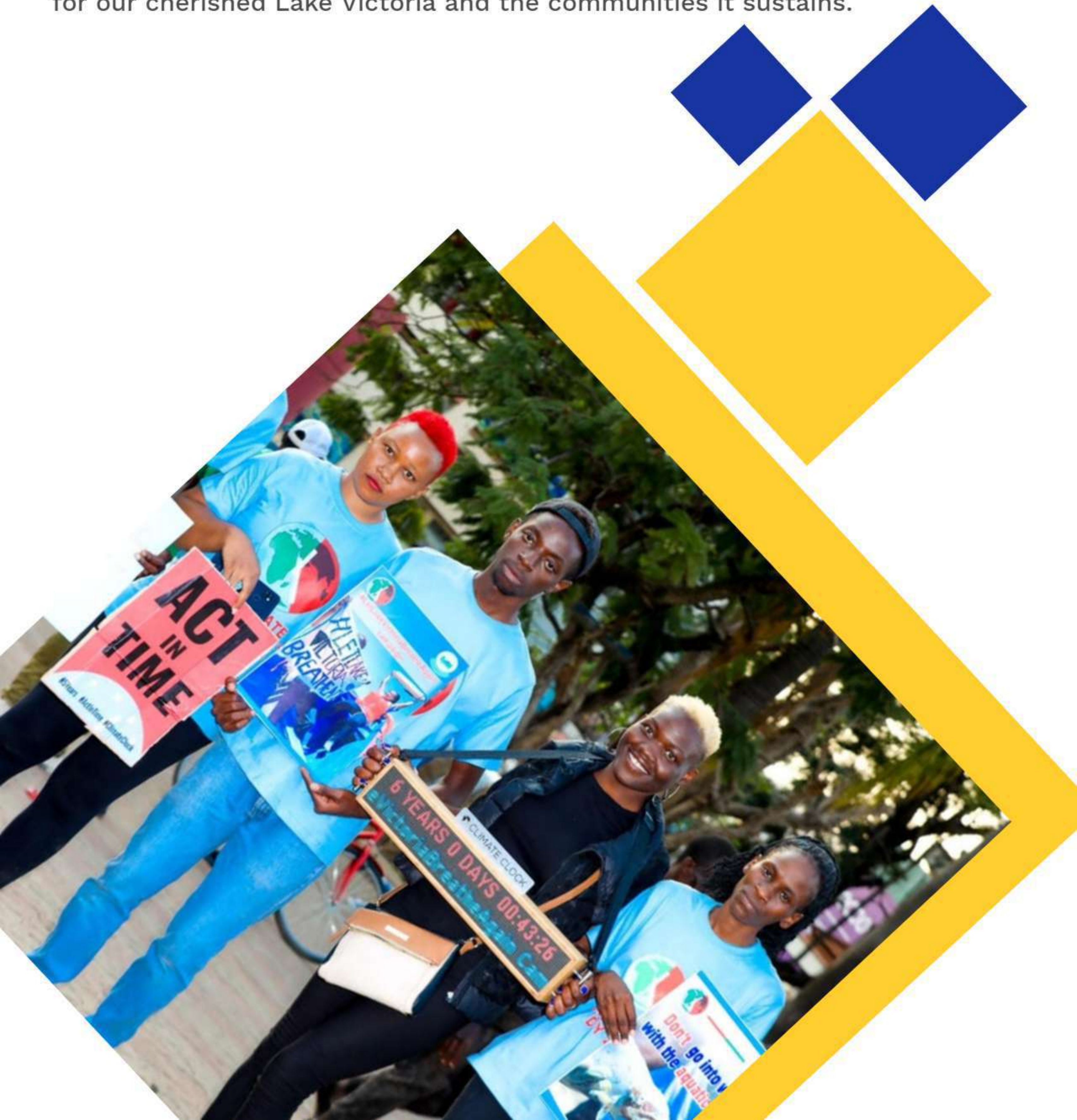
Our unwavering commitment to climate change resilience has brought forth impactful initiatives aimed at creating a sustainable future. Through innovative smart farm setups, we're equipping communities with advanced agricultural practices to combat climate challenges while minimizing environmental impact.

Simultaneously, our tree nursery activities contribute to reforestation efforts, nurturing native species that will play a vital role in mitigating climate change. These programs embody our dedication to creating a harmonious balance between communities and the environment, ensuring a greener and more resilient world for generations to come.



Urgent Action for Lake Victoria: Uniting on Climate Emergency Day

In a resounding call for immediate action, we teamed up with Kisumu County's Environmental Champions to mark Climate Emergency Day under the themed "Let Lake Victoria Breathe Again." Our collective voices urged swift involvement from government officials and local stakeholders to address the pressing issues of waste disposal and ecosystem restoration. This united effort highlights our commitment to environmental stewardship and climate resilience, emphasizing the need for collaboration to ensure a healthier future for our cherished Lake Victoria and the communities it sustains.



Fostering Wellness



Staff Mental Health Day marked a significant occasion where we prioritized the well-being of our staffs. Recognizing the vital role mental health plays in our lives, this day provided moments of introspection, self-care, and open dialogue. In collaboration with TINADA and LAREACO, we had a fun-filled day with different games such as football, volleyball and tug of war. Beyond this day, our commitment to mental wellness remains steadfast, reflecting our dedication to nurturing a workplace environment that values and supports each individual's emotional and psychological health.



Radio Show Sparks Action against the Triple Threats

Our impactful radio talk show stirred community engagement by addressing the challenges of new HIV infections, sexual and gender-based violence (SGBV), and teen pregnancy termed the "Triple Threats." Through candid conversations, the platform allowed community members to voice concerns, discuss solutions, and mobilize change. The show emphasized the vital role communities play in combatting these issues, highlighting innovative approaches and sharing information to empower listeners to make informed choices. As we reflect on this dynamic discussion, we recognize it's potential to inspire transformation, fostering a safer and more informed community dedicated to ending the Triple Threats.

Empowering Alliances

A new chapter of collaboration unfolds as we engaged in partnership visits to the CIHEB, Young Men's Christian Association (YMCA) and KENGEN. These visits signify our commitment to fostering strong alliances for community betterment. Dynamic discussions with CIHEB have illuminated shared interests in healthcare, interaction with YMCA emphasized our mutual dedication to youth development while visit to KENGEN underscored our shared commitment to combatting climate change and nurturing a more sustainable future. These partnerships represent bridges to joint initiatives, reflecting our belief in the collective power to drive positive transformation. As we explore possibilities, we look forward to a future enriched by innovative projects and united efforts in healthcare, youth engagement, and climate change action.





World Population Day Focuses on Gender Equality

Our active participation in World Population Day, themed "Unleashing the Power of Gender Equality," underscored our commitment to positive change. Addressing the inequalities faced by marginalized genders, we championed the importance of equal rights and opportunities.

Our collective efforts emphasize that gender equality is not just a concept but a transformative force that demands collaboration. By celebrating progress and acknowledging the journey ahead, we reinforce our commitment to creating a world where every individual can thrive without limitations or bias.



United for Green Impact

In a remarkable show of solidarity, we joined hands with fellow Civil Society Organizations (CSOs) to partake in the "Kodiga Green Initiative," a tree planting endeavor led by Ms. Salome Beacco of the Public Service State Department of Correctional Services. This collective effort emphasized the power of collaboration in fostering environmental sustainability. Through the act of planting trees, we symbolized our commitment to a greener and healthier future, contributing to carbon reduction, enhanced biodiversity, and improved air quality. Our participation serves as a testament to the potential for positive change when organizations come together with a shared vision for a more sustainable world.



TREE PLANTING & GROWING

In our efforts to contribute to minimized impacts of climate change on health, we had impactful tree planting growing sessions with adolescents from Kokuoyo and Ngere Kagoro Primary schools. Beyond tree planting and tree growing, the sessions included vital education on proper waste management. By nurturing environmental consciousness, we are sowing the seeds for a greener and more informed generation, poised to make positive contributions to our planet's well-being.



QUANTITATIVE INSIGHTS

- 250 trees planted

- 20 youths trained on making gift bags from paper waste.

- 300 adolescent girls engaged in mentorships sessions.

- 500 youths engaged in Sexual Reproductive Dialogue

OUR PARTNERS

Thanks For Always Standing By Us



We Are Stronger By Your Support




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