



# **OCTOBER**

## **NEWSLETTER 2023**

### **5TH 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 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

# ACTIVITY HIGHLIGHTS

## **Empowering the Future: Launching the Economic Integration of Teenage Mothers Project**

In a determined effort to combat the alarming rates of teenage pregnancies and sexual gender-based violence in the sugar belt areas and beaches of Kisumu and Homabay County, a groundbreaking initiative has been unveiled. The "Economic Integration of Teenage Mothers Project" is set to provide a lifeline for 300 young mothers between the ages of 14 to 24. They will receive comprehensive support and resources to not only transform their lives but also uplift their entire communities.

The project launch was a momentous occasion that brought together key stakeholders, both from governmental and non-governmental sectors. This unified effort signifies a significant step towards addressing the critical issues of teenage pregnancies and sexual gender-based violence. As we embark on this journey of empowerment, the Economic Integration of Teenage Mothers Project promises to be a beacon of hope, paving the way for a brighter future for these young mothers and their children.



# **Uniting to Defeat the Triple Threats: A Triumph in Homa Bay County**

In our relentless pursuit to eradicate the menacing triple threats that have plagued our communities, we joined forces with Zipline to launch our ambitious project in Homa Bay County. The historic launch unfolded at the welcoming grounds of St. Alfred Alara Secondary School, and it was met with open arms and enthusiastic participation from the local community. The response from the community was nothing short of exceptional, with a soaring demand for our services. Encouraged by the overwhelming support, we continued our mission by conducting three editions in Wangchieng', Ober, and Kandiege communities within Homa Bay County. Together, we are poised to make a real difference.



# **Making Strides to End Triple Threats in Kisumu County**

In a dynamic collaboration with the Office of the MCA Kisumu West, HEDSO made a significant impact by conducting two remarkable editions of ending triple threats youth engagement in Obambo and Osiri. These events underscored the resounding truth that young people are undeniably motivated by accessible services. It also became evident that football serves as a unifying force, bringing young minds together to champion positive change. We extended beyond these initial successes as we ventured into Nyando subcounty with the Bondo Kacholla Edition and further into Muhoroni subcounty with the Chemelil Roundabout Edition. This unyielding mission aims to tackle the formidable trio of new HIV infections, teen pregnancies, and sexual gender-based violence. For these editions, it was a continuation of our tireless efforts, propelled by the unwavering dedication to empower the youth and bring an end to the three giants that loom over our communities.



# INTERCAMPUSES OUTREACHES

## **Empowering YMCA Students on Reproductive Health, Contraceptive Choices, and Gender Equality"**

We engaged YMCA students on an effective discussion on sexual and reproductive health rights and gender based violence. We had a candid discussion with the students on the available contraceptive options, where to access them and the role men play in family planning





## **ROOTING FOR CHANGE**

### **Our Greening Initiative Takes Root in Kindu Primary School**

In our dedicated pursuit of a greener society, we embarked on tree planting activities at Kindu Primary School, nestled in the heart of Kajulu sublocation, Kisumu East sub-county. Trees, not just as mere plants but as invaluable educators, offer students a unique opportunity to delve into the wonders of nature, understand the intricate balance of ecology, and champion the cause of environmental conservation. By actively engaging both the community and schools in this tree planting endeavor, we sow the seeds of ownership and nurture a collective responsibility. Encouraging everyone to contribute to the well-being of our environment, we pave the way for a sustainable future. Together, we are fostering change from the ground up, one tree at a time.

[www.hedso.org](http://www.hedso.org)



# HEDSO joins the world in celebrating the international day of the girl child.

In a vibrant celebration of the International Day of the Girl Child, we hosted a dynamic event at Nyangoma Vocational Training, embracing the global theme of 'Investing in Girls' Rights: Our Leadership, Our Well-being.' Collaborating with partner organizations, we fostered a platform for insightful dialogue and innovation. Together, we delved into four pivotal thematic areas: leadership, gender rights, education, and general well-being. By acknowledging and addressing the challenges faced by girls, we are collectively shaping a more equitable and inclusive future for all. This celebration marked a significant step toward empowering the leaders of tomorrow.





# CAPACITY BUILDING

## **Empowering Choices: HEDSO Collaborates in Bi-Accountability Forum for Family Planning Initiatives**



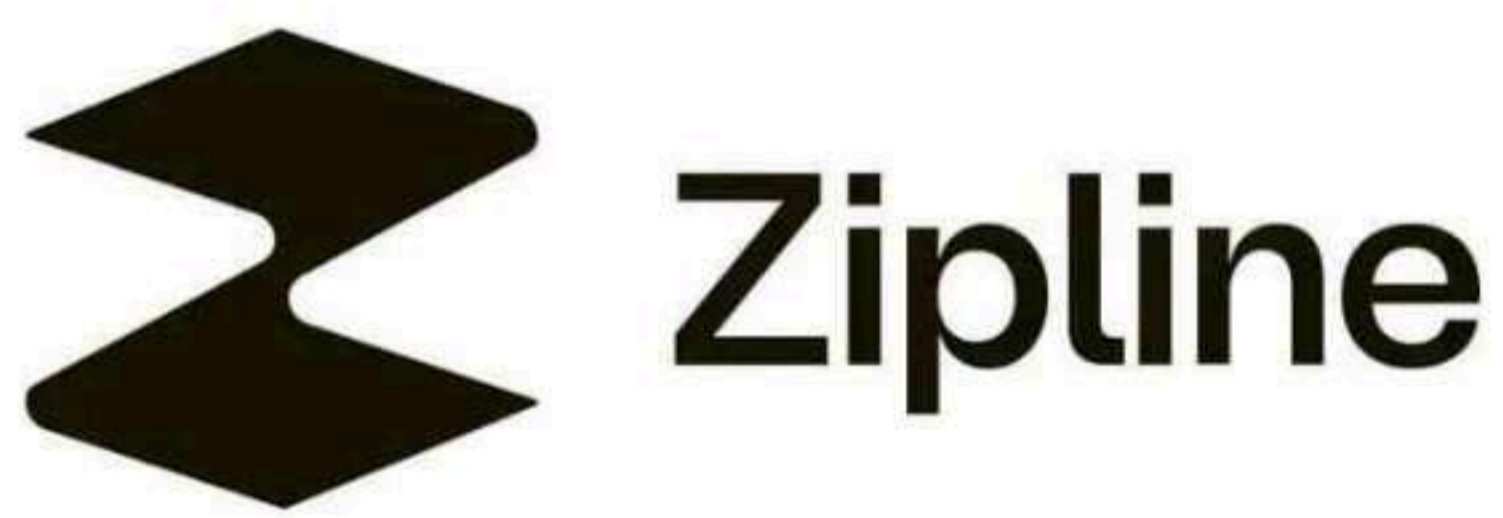
HEDSO teamed up with partner organizations for a dynamic bi-accountability forum, focusing on updates from the recently concluded Family Planning initiatives in Siaya County and Kisumu County. This forum provided a strategic platform for collaborative decision-making and engaged participants in informed discussions based on the outcomes of the Family Planning tool. Recognizing the vital role of family planning tools in promoting reproductive health, the event highlighted the importance of informed choices and collective efforts in empowering communities.

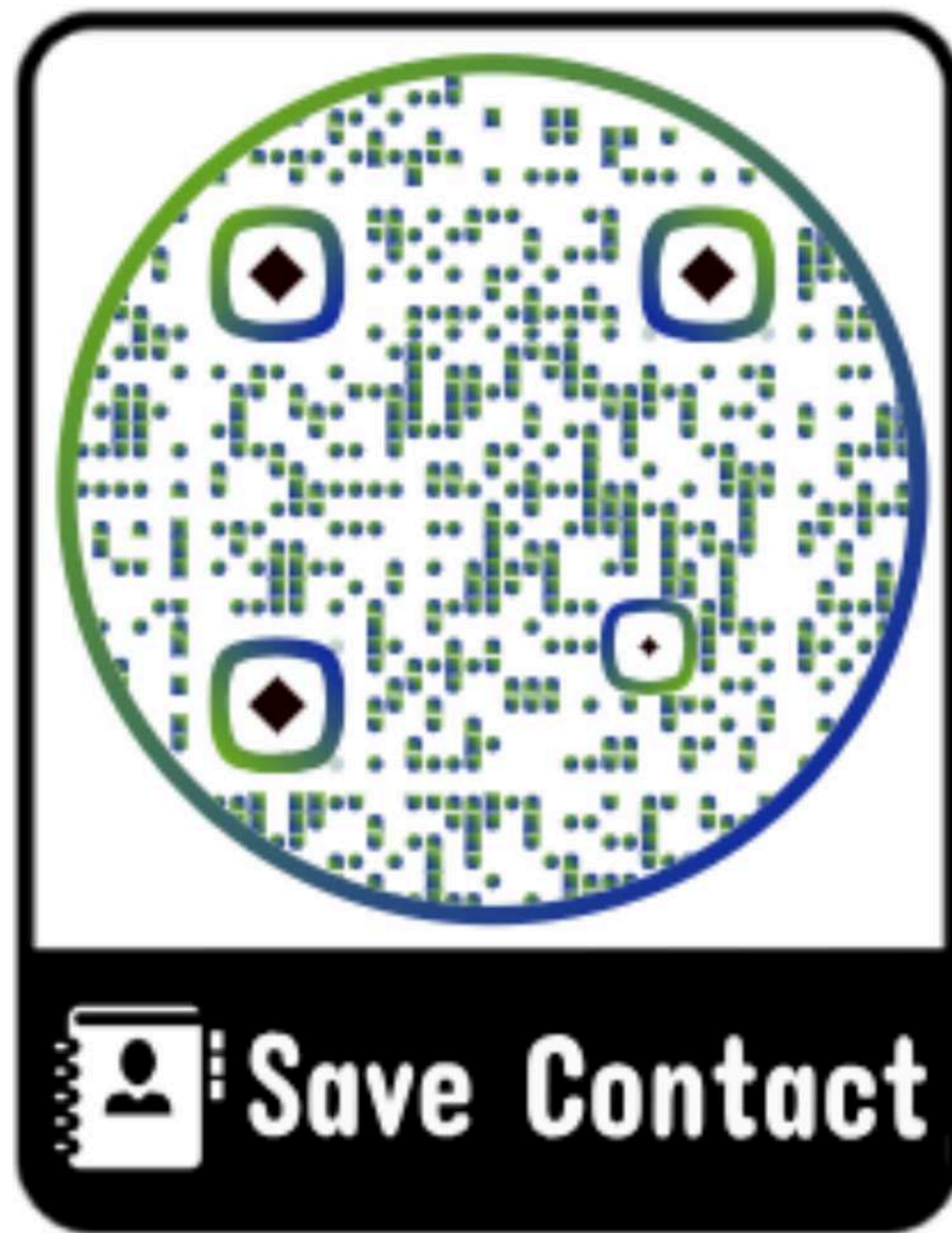
# Building Resilience Together: Engaging in the Global Disaster Risk Reduction Symposium

In a collaborative effort, we actively participated in a Disaster Risk Reduction Symposium alongside our esteemed partners, working collectively to plan and develop effective strategies for mitigating ongoing disasters. Central to our mission was the imperative task of raising awareness about disaster risks and empowering communities with knowledge on preparation and response. This symposium served as a pivotal platform for training and capacity building, ensuring that organizations are not just informed but also equipped with the essential skills to respond swiftly and effectively during disasters. Together, we are strengthening our resilience and fortifying our communities for a safer tomorrow.



# OUR PARTNERS





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