



SEPTEMBER

NEWSLETTER 2023

4TH 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.

www.hedso.org

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

Our Journey through SGBV Awareness



In our recent link and learning session, we delved into the issue of Sexual Gender Based Violence (SGBV) and made a crucial discovery: SGBV is not an inherent trait but rather a learned behavior deeply ingrained in our society. This realization empowers us to challenge and transform the cultural norms that perpetuate SGBV, marking the first step towards eradicating this pervasive issue. Recognizing that these behaviors can be unlearned gives us hope for a future where respect, equality, and empathy replace harmful behaviors associated with SGBV. Our journey toward SGBV awareness is a call to action, urging us to advocate for education, challenge stereotypes, and support survivors. Together, we can redefine societal norms, eliminate the roots of GBV, and work towards a more equitable and violence-free society.



Strengthening Community SBGV Cases Referral Pathways

In addition to our enlightening link and learning session, we recently hosted a Facebook Live event that explored the critical community role in Sexual Gender Based Violence (SGBV) cases and their referral pathways. This event was a significant step in our ongoing commitment to tackling SGBV comprehensively. Through insightful discussions, we highlighted the vital role communities play in identifying, reporting, and supporting survivors of SGBV. It was a dynamic and engaging session, shedding light on the importance of community collaboration and creating a safe environment for survivors to seek help.

HEDSO PRESENTS
Health 'N' wealth Talk

f LIVE

THEME
**ROLE OF COMMUNITY IN IMPROVING
GBV REFERRAL PATHWAYS**

7 september 2023
11 am -12pm

DORIS AOKO OMUGAH
SPEAKER

SHERYL ROSE
SPEAKER

MICHAEL MANDO
MODERATOR

Expanding Impact

In collaboration with Zipline Kenya, we extended our efforts to combat the triple threats of SGBV, teenage pregnancy, and new HIV cases of HIV infections through our youth engagement programs. These initiatives were successfully conducted in five communities: Ayucha, Oremo, Nyadundo, Boya, and Ngere. Our dedicated outreach reached over 700 young individuals, equipping them with essential information on Sexual and Reproductive Health (SRH). Furthermore, we provided critical SRH services, strengthening our commitment to empowering youth and safeguarding their well-being.





Blooming with dignity

HEDSO's inspiring journey into menstrual hygiene awareness reflects the power of community and compassion. In partnership with YWCA, we distributed sanitary pads and conducted enlightening group discussions at St. Leonera Ngere Kagoro Secondary School, emphasizing the importance of menstrual health hygiene. HEDSO is fervently advocating for a society transformation where girls have enhanced access to menstrual hygiene, where safe and hygienic menstruation practices become the norm, and where proper menstrual waste management is upheld as a crucial standard.

Celebrating World Contraceptives Day

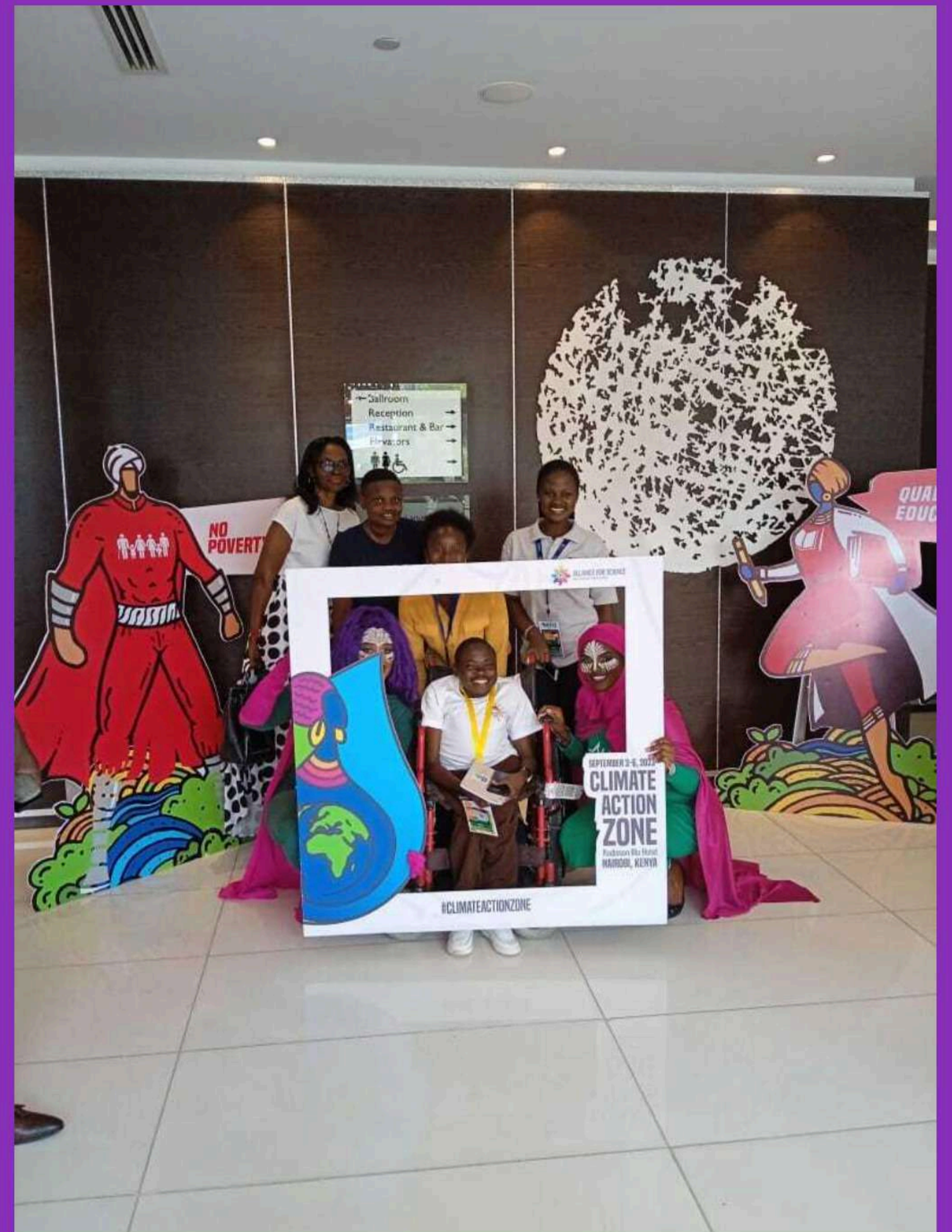
On September 26th, we proudly joined forces with the Kisumu County government and various stakeholders to commemorate World Contraceptives Day. We firmly believe that healthy families are created by choice, not by chance, and that the power of options is within our grasp. The utilization of contraception plays a pivotal role in reducing rates of maternal death and disability, as well as decreasing newborn and child mortality and morbidity, unintended pregnancies, and abortions.

Furthermore, both male and female condoms serve as crucial tools in the prevention of sexually transmitted infections. Enabling girls and women to plan their families equips them with the opportunity to unlock their full potential. This includes pursuing education and active participation in the economy, ultimately contributing to the creation of more prosperous, stable, and equitable societies for all.



Paving the Way for Green Growth: HEDSO at Africa Climate Week

HEDSO actively participated in the Africa Climate Week held at the KICC, centered on the theme of "Driving Green Growth and Climate Finance Solutions for Africa and the World." We firmly believe that addressing climate change should take precedence as a top priority. The impacts of a changing climate may seem subtle and gradual, but they can swiftly turn disastrous. Our commitment lies in advocating for nature's preservation as the most effective means to mitigate climate change's pace while simultaneously generating employment opportunities and bolstering economies.



Nurturing a Greener Future

HEDSO recently joined forces with Oremo Primary School. Through engaging tree planting sessions, we sensitized the students to the importance of trees in mitigating climate change and enhancing air quality. Together, we planted a total of 50 trees, fostering a deeper understanding of environmental stewardship and nurturing a greener and more sustainable future.



Harvesting Knowledge and Nurturing Growth

In our ongoing commitment to empower teen moms, we recently conducted a visit to our conical kitchen garden. During this visit, we harvested mature crops and prepared the garden for the next planting activity. At HEDSO, we prioritize educating teen moms on the immense importance of kitchen gardens, which prove to be highly productive compared to traditional methods. These innovative gardens require less space and labor while providing the opportunity for crop diversification, yielding a variety of nutritious vegetables. With a high concentration of nutrients and minimal losses, our conical kitchen gardens are nurturing a sustainable path to better nutrition and self-sufficiency for our community.



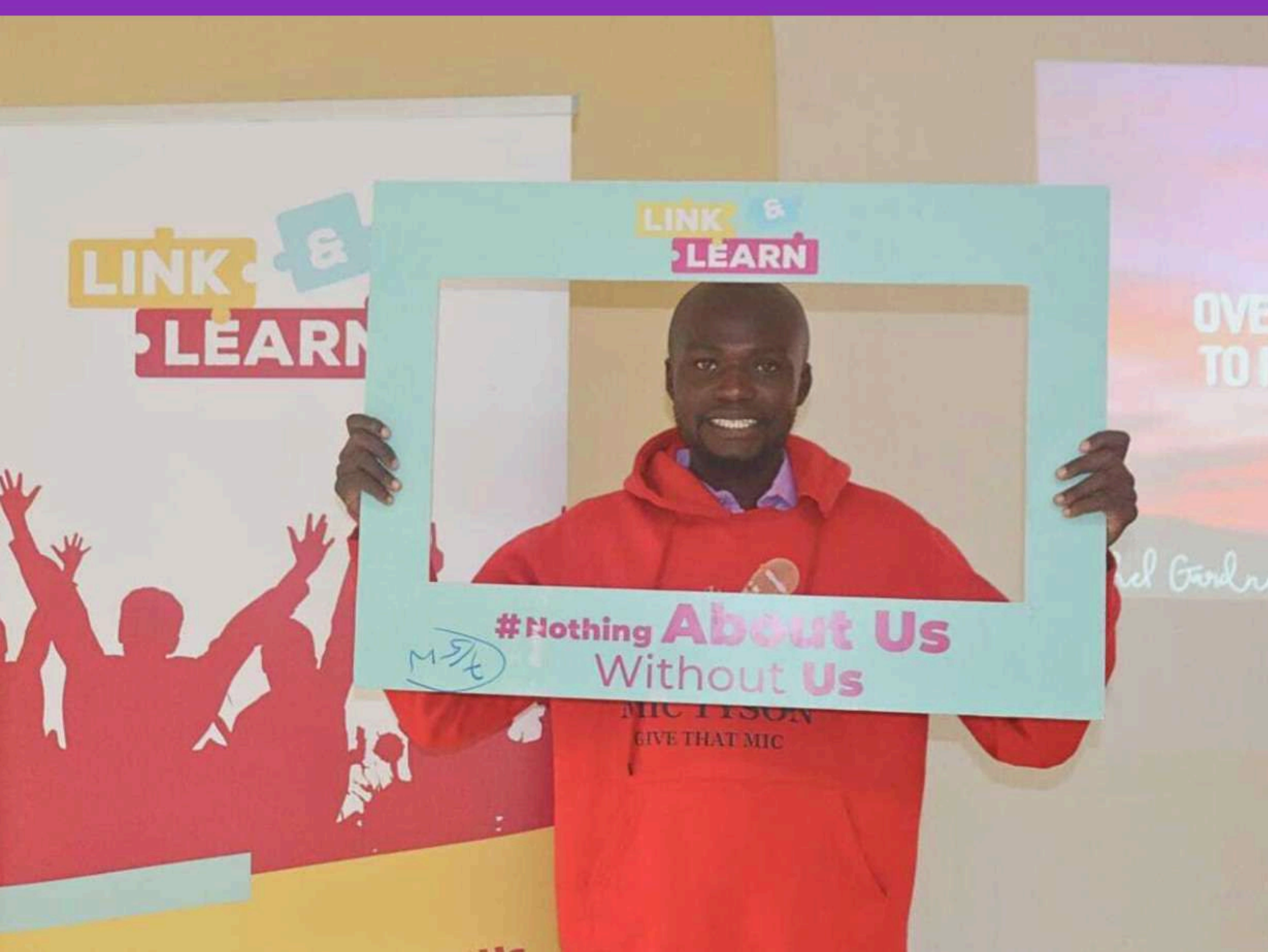
Empowering Young Women through Soap Making

We recently conducted a soap making mentorship session with the aim of empowering young women to explore and engage in business ventures that enable them to achieve financial independence. At HEDSO, we firmly believe that empowering women is not only essential for their own well-being but also for the holistic health and social development of families, communities, and nations. By creating opportunities for women to lead safe, fulfilled, and productive lives, we unlock their full potential, fostering a brighter future for all.



Collaborative Learning

In a spirit of collaboration, HEDSO recently joined forces with VOICE KENYA and its partner organizations to participate in a training session focused on the documentation of impactful stories. This initiative reflects our dedication to sharing and preserving the inspiring stories and experiences that drive positive change within our community and beyond.



HEDSO Joins Nairobits for Capacity Building and Knowledge Sharing Forum

In our commitment to continuous growth and community engagement, HEDSO recently participated in a Capacity Building and Knowledge Sharing Forum convened by Naiorbits. This collaborative platform allowed us to enhance our organizational capacity and share valuable insights and knowledge with fellow community-based organizations, strengthening our collective efforts for positive change.



Respectful Maternity Care is a right

HEDSO proudly collaborated with White Ribbon Alliance Kenya in a meaningful discussion centered on Respectful Maternity Care (RMC). This discussion focused on tracking commitments made within Kisumu Central and Muhoroni Sub County, emphasizing the importance of ensuring that mothers receive compassionate and respectful care during maternity, thereby promoting healthier and safer childbirth experiences. Our dedication to this cause reflects our unwavering commitment to maternal health and well-being.



Linking and Uplifting of Grassroots Organizations

HEDSO proudly participated in the Global Alliance for Communities as part of our ongoing membership drive. This alliance serves as a vital platform for connecting and elevating grassroots organizations, highlighting our commitment to strengthening the collective impact of community-driven initiatives.

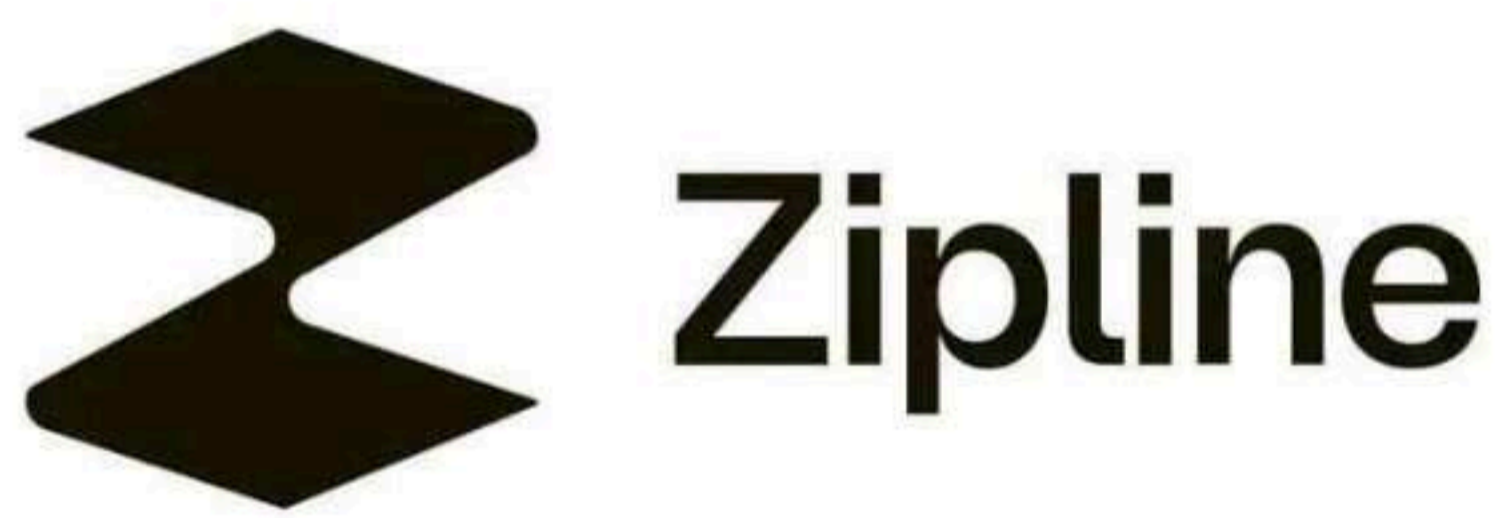


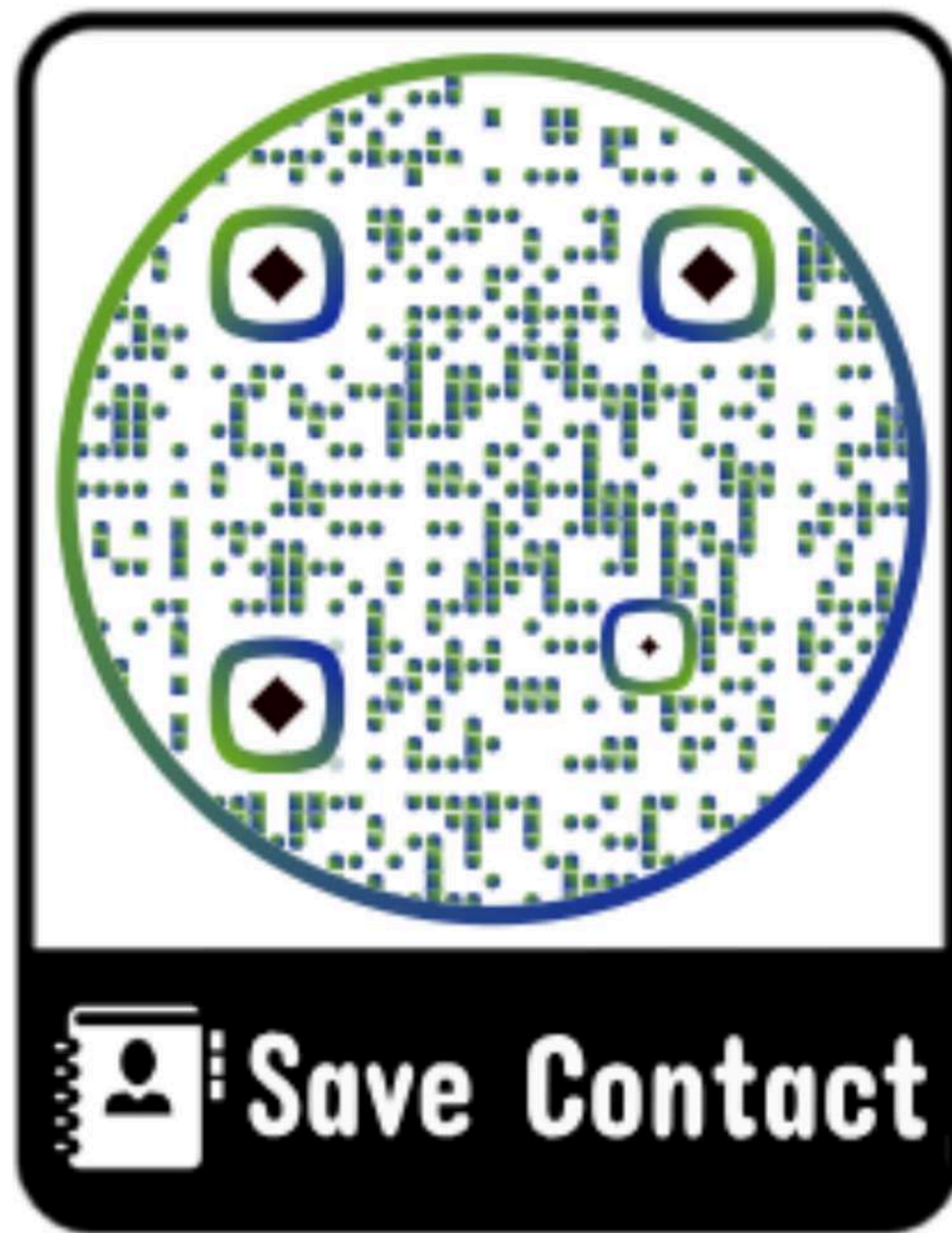
Empowering Voices

In a dynamic and insightful dialogue, HEDSO engaged with young women from Muhoroni Sub County to discuss and amplify their perspectives on Respectful Maternity Care. This dialogue provided a platform for these young women to share their invaluable insights on what respectful maternity care means to them and how they envision its improvement. It's an essential step towards ensuring that maternal care is not only safe but also deeply respectful of women's rights and choices.



OUR PARTNERS





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