



AGATHA AMANI HOUSE (AAH)

## QUARTELY NEWSLETTER



### A Sneak Peak of This Issue:

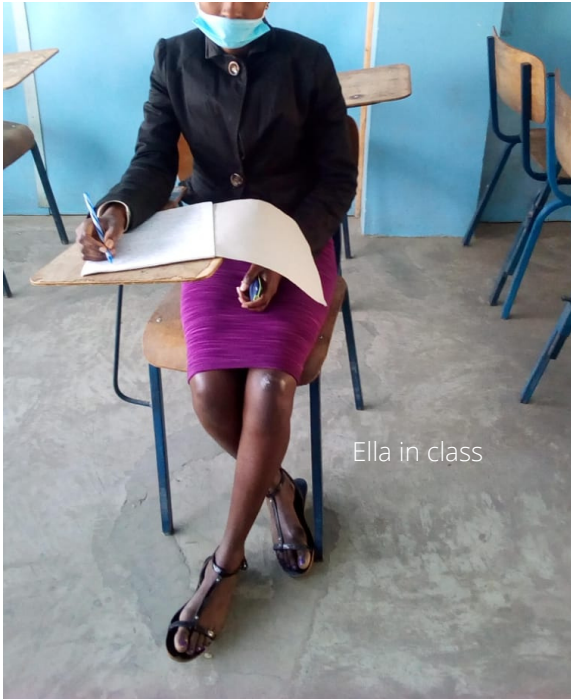
- 1.Success story: Ella's and Jeddy's testimonies
- 2.AAH Full House
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- 5.Meet a staff
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### 2021 3rd Quarter Milestones;

- Currently serving the needs of more than 12 clients and 12 babies
- One of our residents has got a scholarship with Kenya Institute of Developmental Studies- pursuing a Diploma in Social Work-featured
- One of our residents collected her form 4 KCPE certificate and is currently pursuing a certificate in Bible and Theology and she also got a new job with a bakery shop-featured
- Our Quarantine house completed- For isolation of new clients and volunteers #fightingcovid-19
- Our cow; gave birth to a healthy calf and we named it Baraka.
- Continuity of our permaculture project; Rabbits and vertical garden featured



"Empowered women, empower women." This is one of our motivation while serving and empowering women and girls. The ripple effect that happens with that one empowered woman is worth us spending days, months and even years working with her without divided devotion! 'Empowering women doesn't come from selfishness but rather from selflessness' – Selene Kinder



Ella in class

### ELLA'S STORY, JIJENGE PROGRAM BENEFICIARY

This is phenomenon! We are honestly glad to celebrate and let you know that one of our residents, Ella (not her real name), got a scholarship with Kenya Institute of Developmental Studies to pursue a Diploma in Social Work! Ella is a survivor of domestic violence and a mother of 2 children, she came to our shelter with one kid, and she was pregnant; she gave birth to her second child and they have been housed for the last one year and two months! This is a dream come true for Ella. "Because of this scholarship, I start now documenting my triumphal life story! I previously felt too messed up to make it in life; who would have thought that with my 2 kids I would ever get a chance to peep into any college? But right now, I feel the power to become; I have the opportunity to make myself be. Thank you Agatha Amani House, for walking with me and my children, Thank you Kenya Institute of Developmental Studies for this exceptional opportunity." Says Ella.

*Thank you*

**Thank you very much to our dedicated volunteers that are helping fund Ella's living expenses during college. You are the reason that her education journey is possible and her children are comfortable.**

### JEDDY'S STORY, JIJENGE PROGRAM BENEFICIARY

Jeddy is one of our residents at Agatha Amani House and a mother of one. She has been with us for the last 7 months. Her serial rapes by her father since she was in class 7 to form 2 did not stop her! By the time she was referred to Agatha Amani, she had completed her form 4 education but due to fee arrears, Jeddy had not collected her certificate. Posing is Jeddy with her certificate, courtesy of our Jijenge program! We are happy to also let you know that she also got an opportunity to pursue a Diploma in Bible and Theology. Jeddy recently got a job with a bakery shop, which she is using baking skills she learnt at the shelter.



Jeddy with her form 4 certificate



Jeddy at work



Ella and Jeddy are among the first beneficiaries of our Jijenge Transition Program. Jijenge in Swahili means "Build yourself up". This project was designed to help prevent our survivors from leaving the shelter, psychologically and emotionally fit but economically inadequate. The project helps sustain the change and impact of our work, avoiding them to relapse back to abuse and exploitation. Currently, this project is in need of funding and support to enable us empower these women as they go back to the community.

Please hear their voice from us! We need you, we need your support, we need the people who believe in the same values to join us, and donate towards this noble solution for these women! Your support is equal to these women's empowerment; it is equal to their voice!

To start or continue supporting our work, kindly donate/volunteer through our website:

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



## WE ARE A "FULL HOUSE"!



Our shelter is full! we are currently serving the needs of more than 12 women and 12 babies. The need for the shelter expansion to accommodate a minimum of 40 survivors is now more urgent than ever before! We need to get more and bigger dorms to increase our housing capacity and this is now a necessity considering the number of overwhelming calls and referrals of needy survivors. We need your support towards this expansion project, to enable us serve more women.



We feel like addressing the whole world! Bubbly, lovely and fulfilling! Yeep! 5 of our rescued and sheltered pregnant women received their bundles of joy! Yes, it was a safe delivery for all of them, mothers are ok and the babies as well. For the mothers who came with their babies, they are hitting their milestones beyond expectations.

## OUR COMPLETED QUARANTINE HOUSE # FIGHT COVID - 19

Following the rise of cases of COVID-19 virus in Kenya, Agatha Amani House resolved to build mandatory quarantine rooms as one of our preventative measures to stop the spread of COVID-19 and to enable continued recruitment of new survivors in view of the increase in violence cases during the pandemic. Part of the new house will also be used to house our volunteers and interns who are an important aspect of the shelter's operation.

## #FIGHTCOVID-19 #naturalbuilding COMPLETED HOUSE





# AGATHA AMANI FARM



Practicing Permaculture



Women at the farm



Earth care, People care and Mental care! At Agatha Amani, we have been practicing Permaculture. It involves the cultivation of plants and rearing of animals in natural ways. This process involves the use of biological materials, avoiding synthetic substances to maintain soil fertility and ecological balance thereby minimizing pollution and wastage. Stewarding the land as we steward the souls and hearts of women is a fulfilling and a beautiful thing for us. Our shelter embrace farming as a way of being self sustainable. We have been producing our own vegetables, eggs and milk. We also use biogas for cooking and solar energy for lighting. Sustainability is one of our key projects.



## AAH Rabbits

AAH has been keeping rabbits for more than 3 years now. Benefits we get from rabbits keeping include;

- They produce great compost.
- Food production-rabbits for meat
- Kids love them and can learn responsibility
- Rabbits as pets
- They eat vegetable scraps
- Tending rabbits is therapeutic for our women and also teaches them an additional skill that they can use for income generation.
- Use of rabbits urine as pesticide and as foliar fertilizer.
- Rabbit's fur is also used in making hats, gloves and shoes. It is also used for stuffing, bedding and making felt.



## Vertical Gardening

We practice vertical gardening and train our residents on how to do it. Vertical gardens are an alternative to those who don't have too much space for classic horizontal gardens, want to hide an ugly wall, or just want something different.

At AAH, we use them to plant herbs and spices

*We are all enthusiastic when it comes to our shelter sustainability and permaculture*



## Meet a staff



*Abi, Farm officer*



Meet Abi, our farm officer. This is not her first time working with us at Agatha Amani House; she took 3 months internship with us in 2019 and she now joined us as an employee. "I am so grateful and excited for this opportunity, and I look forward to sharing my skills with the staff and residents as I also learn from them. Abi is also dedicated to introducing our children here to nature and farming. "Teaching these kids how to connect with the nature is part of my obligation and it starts as early as 2 months. They watch every move and pick up cues based on how we interact with nature. At Agatha Amani, our aim is to instill respect and love for all things, this way; they grow with such sense of responsibility and contribute towards making the world a better place for everything in it!" Says Abi.

## A message from Nyakio



Greetings to all our supporters and followers! As I write my message, I am currently getting ready to return to Kenya after a brief visit home in the U.S. having been home at the shelter continuously for 18 months. During this difficult COVID time we have made great progress as reported in this newsletter. We are particularly happy to report the increase in survivors and babies being helped at Agatha Amani House that have almost doubled from the outset of COVID. We are at full capacity now and are planning for expansion sooner than anticipated which after all is our mission and vision. The need for shelter for abused women has been overwhelming and it saddens me to turn hurting women away.

We have successfully fundraised to establish a food and eco forest that will extend to our new land that I previously reported. We will be working on this project in the coming months. Our focus will continue to be on helping empower our survivors who are victims of domestic and sexual violence. A main objective to accomplish this is our newly formed Jijenge program as described in recent newsletters. We appeal to you to help us in our fundraising efforts to build this transition fund for our survivors when they leave the shelter and seek independence. We are planning on a local fundraiser on November 19th. Please save the date.

I am continuously grateful for your support and interest in our mission.

Respectfully,  
Nyakio Kaniu-Lake  
Founder and Executive Director  
Agatha Amani House