

SOME REMARKABLE SUCCESS STORIES OF STRONG LIFE BLOOM WOMEN

Damarice - peer mentor, Nawiri Sanitary Pads Project

Damarice had always liked school, but once she got her first period she realised things would change. Her mother, who was raising her alone on a very small income, could not afford to buy Damarice sanitary pads every month. This meant the young girl would not attend classes and would feel anxious, sad and alone when she had her period. Life Bloom came to her school during this time, and began distributing sanitary pads and clean underwear to her and her school friends.

Damarice never again missed a day of school because of her period, and she even became a mentor with Life Bloom, to speak to other young girls like her, and encourage them to find safe and free or affordable ways to get pads every month. She knew that one option was to engage in transactional sex, and she is grateful she never reached a stage where she engaged in this, and she doesn't want any other young girl to do so.



Beth - survivor, widower, and now entrepreneur

Beth had a traumatic time in her early adulthood. Her first husband, whom she married when she was young, became abusive, and luckily she was able to leave. Her second husband tragically died, leaving her a widower with two boys.

When she first walked through the doors at Life Bloom she was unable to support herself and her sons' daily needs with her underpaid work doing laundry in a local hotel. She also had no social protection or insurance, and so when her children got sick she could not afford medical treatment.

Life Bloom worked with her to identify what she wanted to do, and what she could realistically do to improve her life, and through this she started a small food vending business, selling eggs, sausages, and relishes in the streets and door-to-door. The life skills and business training she has received from Life bloom has helped her to build up her business enough to provide for her and her family's needs, and pay monthly contributions to the National Health Insurance Fund, and even paid her son's annual school fees upfront for the first time.

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OUR IMPACT TO DATE

Who We Are

Life Bloom Services International is a non-profit organisation working with at-risk women and children in Nakuru County, Kenya, to support them in pursuing the safe, prosperous, and healthy life of their choosing.

THEORY OF CHANGE

By providing at-risk women and children with free, safe, and non-judgemental safe spaces and access to support services and linkages to opportunities, Life Bloom helps women and children regain choice and control over their lives, health, and livelihoods in order for them to develop the independent and safe future they want and deserve.

WHAT WE DO

Any woman or child that comes through Life Bloom's doors, or is referred to us by an institution, community member or community leader, is invited to an initial, personalised introductory session, during which we can identify the services and support that might initially be required to make sure they are safe and healthy. As a first step they may be directed to any of the following Life Bloom programs:

LIFE BLOOM PROGRAMMES

1. Counselling services
2. Life skills training
3. Menstrual and sexual health and hygiene
4. Sanitary pad distribution
5. Financial education and support in opening a bank account

In addition, we have built up a network of referral services and institutions to provide women and girls with linkages to other opportunities, for example:

1. Scholarships for children to complete basic education
2. Scholarships to the European Business University
3. Referrals to family planning services
4. Accompaniment to COVID vaccinations
5. Referrals to child support services

In the long-term, we foster a community of mentors and group support systems, for both women and children that allow individuals to access support and guidance for many years to come, and continually keep moving in the direction that they want their life to go.

OUR IMPACT

- Provided counselling to 280 women and girls in 2019 -2021
- Provided long-term support to 149 to women
- 39 women enrolled in European Business University
- Trained 275 peer mentors since 2015
- Approximately 94 women start their own business between 2019 - 2021
- Installed 4 water tanks
- Trained 302 women with vocational and trade skills since 2015
- 75% of whom have created a business
- Seen 149 women generate a total of -\$133 per month in revenue from their business
- In 2019 & 2020 distributed 554 sanitary pads to young girls and women
- Created 6 children's support groups
- Seen 2 children graduate from secondary school
- Since 2018, we have supported 63 children in their basic education

