



Women's Hope
Empowering Women



BROCHURE

www.womanshope.org

We Believe in Girls & Women Empowerment



ABOUT US

Woman's Hope Kenya is an organization that links women and girls to critical assets and resources to live their full potential. Our way of work is for and in collaboration with women, girls and communities to individually & collectively create a caring and balanced society to everyone.

Woman's Hope envisions a thriving and connected community, one in which all of its members have dependable access to resources that enrich and empower lives. A community where all of its members feel they can belong, one in which everyone has a chance to both contribute and receive. A community where everyone can feel fulfilled by their involvement.

A BRIEF HISTORY

Woman's Hope was CONCEPTUALIZED when its founder, Consolata Waithaka, saw that the most vulnerable women and girls often fell through the gaps where protection, education and empowerment were concerned.

Understanding the risk of exploitation and abuse facing urban girls in Kenya the organization set out to create a one-of-a-kind community for women and girls to learn, grow, and become leaders in their own right.

In 2007 Woman's Hope Kenya was launched with the support of friends and partners.

OUR VISION

A society where women and girls live free of violence and discrimination.



OUR MISSION

To empower women and girls by liberating them socially and economically to live in safety and dignity.

THE HOPE RESCUE CENTER

At the Hope Rescue Center, our motto is *'Where love is always enough'*.

We are one of the few safe Shelters available in Nairobi that caters for women who are survivors of GBV. We receive survivors together with their children, and take them through their journey of healing to a point where they can take care of themselves. Our shelter is a beacon of hope for many women and children who are survivors of various types of abuse and neglect.

The shelter was established in 2007 and has successfully provided sanctuary to over 3000 women and children.

At full capacity, we are able to host 100 women, girls & children at a time. At the safe house, we engage the women into two major programs;

• *Counseling and mentorship:*

- We take the GBV survivors through counseling and mentorship as part of their healing process. This is undertaken by our in-house psychologists and social workers.

• *Training on soft skills:*

- Each survivor is equipped with skills that would either enable them to turn products they make into cash or equip them with skills that will increase their chances at being hired.

We also assist them in starting businesses and those who are transiting from the safe house to the of the skills offered include: tailoring, care giving, cater products to make (ornaments, decor rags, reusable shop- ping bags etc.)



Our safe house is able to run through the h



OUR PROGRAMS



LINDA BINTI

This initiative was conceptualized to address the high prevalence of teenage pregnancies in urban slums as well as rural setups. Teenage pregnancy has adverse effects on the population with girls more likely to face tough consequences.

One grave outcome of early pregnancies and marriage is reduced literacy levels in girls. To address this, the program seeks to enhance teenage girls' literacy levels by addressing the teenage pregnancy menace.

The program has two main components which are mentorship and community outreach forums.

The forums are meant to enlighten the public on the need to ensure teenage girls complete their education and equally to identify and eliminate teenage pregnancy risk factors.

Activities undertaken include Mentorship, school counselling sessions, distribution of dignity kits (contains pads, pants, soap, toothpaste and a toothbrush, public sensitization campaigns and connecting the girls with opportunities to education.

Through partnerships, we are able to get vulnerable teens and teen mums back to school. We have been able to impact over 2000 girls over the years.





With the onset of the pandemic, many people lost their jobs and sole means of livelihood. Many slum dwellers are dependent on casual jobs that pay on a daily basis. Owing to their congested and mostly unhygienic living spaces, many employers shied away from employing them due to fear of infection, even as the cases began to level out.

This led to many families losing hope. The sick and elderly were abandoned, and the teen pregnancies escalated as many young girls traded sex for basic needs. As a firm believer of helping all those in need, we decided to step up to the challenge. We launched our 'Adopt a Family' initiative, in a bid to feed this families who had lost all hope.

Currently, Adopt a Family Initiative is a campaign that supports life as a gift that keeps on giving. The program is aimed at helping and sharing with vulnerable families that struggle to make ends meet.

Under the Adopt a Family Initiative, we aim to:

- Help feed vulnerable families.
- Smoothen the integration of GBV survivors back into the community by providing them with business funds as well as a food kitty for the first 2 months before their business/ work takes off.
- Help sustain and upscale income-generating activities for vulnerable households.

This is typically achieved by, first identifying families that need help and tapping into our networks to address their predicament. Adopt a family brings together individuals and institutions willing to take impactful steps towards bettering the lives of others.

Activities that enable us to deliver on this mandate include Monthly Food Drives, Corporate Partnerships, Individual Appeals as well as seeking bursaries and sponsorships for selected beneficiaries.

Since conception, we have had impacted over 500 families. Most families have a minimum of 5 persons, children included.



VOCATIONAL TRAINING

At the beginning of 2021, we launched a caregivers vocational training program in partnership with the Lions Club of Denmark – Lystrup. With their assistance, we were able to purchase new modern equipment found in modern homes which are meant to facilitate their training under the program.

The caregiving training is curated for vulnerable women and girls in the community. Over the years, we have been empowering women and girls from poor backgrounds in Kenya with hand skill training, but this particular program offers a unique innovative and diverse opportunity for job creation and self-sustainability.

The program is curated to last for a period of a maximum of a time. The Lions Club – Lystrup was enough to give free sponsorship for the first program. The trainees stay with us at the Home during the duration of their training.



The cost of training one girl is KSh 100,000 including accommodation for the period they are with us. The highest number of our recruits has been teen mums. Many girls in slums are lured with food and money due to their abject poverty leading to early pregnancies, while for some it's from abuse.

This leads to high school dropout cases. It is not easier either for high school graduates as most cannot afford to receive higher learning or skills training. They are however still determined to attain their dreams through education, as much as their hard life of being teen mums in poverty still tortures their hopes. The program is also part of our exit strategies for the many vulnerable teen mums, girls and women housed in our safe house, to equip them with livelihood skills for when they re-join the community. An exit strategy is essential for GBV survivors as vulnerability and lack of a livelihood drives most survivors back to their abusers.

We help the girls to source for employment through our partnerships once they graduate.





Become A Champion Of Hope

Champions for Hope is all about serving those who are dealing with extraordinary obstacles. Any one of us has the opportunity every day to be a champion for someone in need.

We are asking you to become a champion for these tremendous causes very dear to our hearts:



To support vulnerable families who are survivors of Gender Based Violence at Hope rescue centre



To support building of a safe House for survivors of Gender Based Violence; Women and Girls in Kajiado County in Kenya



To support the vocational training of girls and women from poor backgrounds.



To donate Feminine menstrual hygiene products



To participate in the Girls leadership program.



Donating Food Stuff to support the Adopt a Family initiative.



Volunteer with us in our Programs.



Womans Hope

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