



Momentum



CAROLINA
for KIBERA

2019 ANNUAL REPORT

Dear Friends,

I'm delighted to present CFK's 2019 Annual Report. Last year's focus on implementing a new community outreach model, expanding health services, measuring impact, and establishing research collaborations has yielded dramatic, hugely positive results.

We doubled the number of patient visits to our clinics and received the Kenya National Health Insurance Fund (NHIF) accreditation that enabled our clinic to provide out-patient medical cover to members.

We launched a new maternity center that provides high quality maternity care to improve health outcomes for mothers and newborns in Kibera.

We established a research collaboration with faculty from the UNC Gillings School of Global Health that will bring us new data insights to help us better understand and improve adolescent nutrition among teenage girls in Kibera.

We opened the Young Health & Wellness Center, a dedicated space for at-risk youth designed to inspire creativity and learning, while also providing much needed medical counseling and treatment in a safe, supportive space.

For the first time, two graduates of our Girls Empowerment Program were invited to represent their community, speaking with Members of the Parliament of Kenya about the effects of teenage pregnancy on their abilities to realize their rights to education.

In 2020, we continue our momentum by embracing our local roots and developing holistic programming based on what our community needs, and you truly make this possible! We are developing a three-year strategic plan that will incorporate lessons learned from both our successes and challenges. We will build and expand upon our existing partnerships with the Centers for Disease Control (CDC), the University of North Carolina at Chapel Hill (UNC), and affiliated entities. We hope to share our expertise and insights with other organizations as we expand our geographic reach and position ourselves for nationwide scale in Kenya.

Thank you for wholeheartedly being a part of the Carolina for Kibera community. There is much to celebrate as we walk together to a brighter future.



Hillary Omala
Executive Director



Journey to a Brighter Future

Walking alongside
people at all
stages of life.



Giving all babies a healthy start at life



Providing children under five with proper nutrition and growth monitoring services



Enabling all students to attend quality primary school, preparing them for secondary school



Providing scholarships for secondary school to ensure that money will not be an obstacle for qualified students



Empowering young people to take control of their healthcare journey



Encouraging teenage mothers to return to school and connect with a community of mentors and peers



Linking adults to various work training and employment opportunities



PARLIAMENT OF KENYA

Shamira and Joyce, two young mothers, were nominated by their peers to address Members of the Parliament of Kenya, speaking to some of the challenges of accessing formal education as pregnant teenagers. With the news of their pregnancies, both girls had been forced to drop out of school and had not been able to enter a classroom for two years until joining CFK's Girls Empowerment Program. Through tuition assistance and mentorship, Shamira and Joyce were able to re-enroll in school and continue their educations. Both women, who graduated from and mentor in the Girls Empowerment Program, shared their story of stigma with members of Parliament urging them to support teenage mothers' right to an education.



UNC RESEARCH PROJECT

Mercy Owuor, CFK Head of Research, Development & Policy, and Dr. Stephanie Martin, Assistant Professor in the Department of Nutrition at the University of North Carolina at Chapel Hill (UNC) are leading a multidisciplinary research project with other UNC nutrition faculty to examine iron deficiency and anemia among adolescent girls in Kibera. Research findings can lead to behavioral interventions that can be integrated into CFK's adolescent health programs to improve nutrition and prevent anemia. Mercy and Stephanie are shown here with Eunice Ombati, General Manager of Special Projects, Lancet Laboratories.

2019 KEY MILESTONES

See more Key Milestones on page 11.

EDUCATION AND LIVELIHOODS

CFK's **Education and Livelihoods Program** takes a multifaceted approach to learning. In Kibera, the cost of formal schools can seem an insurmountable barrier to education and a diploma alone is not enough to guarantee employment. We focus on supporting in-classroom approaches to education, augmented with leadership training, field trips, and community service activities. CFK also conducts vocational skills training and work readiness initiatives.

Our impact is demonstrated by these numbers:

420

STUDENTS
RECEIVED
**SCHOLARSHIP
OPPORTUNITIES**

304

YOUNG PEOPLE
RECEIVED
TRAINING ON
**TECHNOLOGY
AND FINANCIAL
LITERACY**

2,336

CHILDREN
REACHED
WITH THE
**BEST SCHOOLS
INITIATIVE**

9,539

PEOPLE
REACHED
THROUGH
**SPORTS FOR
DEVELOPMENT**

STRATEGIES

- ▶ Angaza Scholarship Project
- ▶ Best Schools Initiative (BSI)
- ▶ Sports for Development
- ▶ Entrepreneurship and Economic Development



SUCCESS STORY ► PETER



In September 2019, Peter Opiyo successfully graduated from university earning a Bachelor of Science in Civil Engineering with second upper class honors. Peter is the first college educated member of his extended family. However, these achievements were no easy feat.

Peter joined CFK in 2006 as a participant in Sports for Development's Caught Offside Project. With support and encouragement from CFK staff, he became a peer educator and was granted a scholarship through the Angaza Project.

***"I am now, more than ever, tasked with the great responsibility of making Africa and ultimately the world a better place."** – PETER OPIYO*

Angaza covers high school tuition and fees for qualifying students, as well as offers leadership trainings and immersive field trip experiences.

Even though Peter graduated at the top of his class, he still worried about the next chapter. As the second born

in a family of five, he was unsure of how he could continue with his university education with few funds available. After graduating high school, he continued to volunteer with CFK and to give back to the community that gave so much to him.

During this volunteer gap year, Peter applied to the Adobe Youth Voices Project. Peter was chosen as one of two Kenyan scholars to pursue his university studies. He also completed Young African Leadership Initiative (YALI) training and joined the Kenyan boys choir during his tenure at university.

When we asked Peter how it felt to be a college graduate, he told us that "being in the Civil Engineering Class of 2019 and finally graduating is a dream come true." Ultimately though, Peter is still looking at how he can make the most impact on the community that helped him excel.

We are proud to call Peter a part of our CFK family and an Angaza Alumnus.

Communities within Kibera experience high rates of infectious disease, including HIV/AIDS, as well as increasing levels of illness resulting from non-communicable diseases, such as heart disease and cancer. CFK's **Primary Healthcare Program** offers a holistic approach to care, providing healthcare services for people at all stages of life.

Our impact is demonstrated by these numbers.

33,320

PATIENTS
TREATED AT THE
TABITHA CLINIC

6,934

YOUNG PEOPLE
REACHED AT THE
**YOUNG HEALTH AND
WELLNESS CENTER**

2,750

WOMEN & CHILDREN
REACHED VIA
**COMMUNITY
HEALTH OUTREACH**

8,202

CHILDREN
REACHED BY OUR
**NUTRITION
PROGRAM**

STRATEGIES

- ▶ Tabitha Medical Clinic
- ▶ Tabitha Maternity Center
- ▶ Lishe Bora Mtaani Nutrition Center
- ▶ Young Health & Wellness Center



SUCCESS STORY ► ROSE



Rose's smile is one that brightens the day of everyone she meets, especially when she talks about her family. Rose has devoted her life to helping others, but she went through periods where she wasn't sure she'd always be there for her own children.

Rose recounted the many clinics she visited when she first became ill, none able to diagnose her mystery condition. "They talked of growth," she shared, remembering a period in her life where she was losing weight and was labeled as frail by physicians. She knew she was sick, yet no one could pin down a diagnosis, so Rose continued her life as normally as she could.

"My ultimate dream is to take care of my children until they grow big and have brighter futures." – ROSE

When Rose began her work as a CFK community health volunteer (CHV), she learned to mobilize women and encourage positive health behaviors, including family planning, various health testing, and cervical cancer screening. After a few routine days of referring women

in the community to CFK's healthcare services, Rose felt empowered to visit the Tabitha Medical Center to be screened. That's when her life shifted.

Rose's screening revealed she had stage one cervical cancer. Luckily, the Tabitha Clinic team caught the disease early. After a successful course of treatment, Rose is now officially cancer free.

Now Rose focuses her efforts on encouraging more women to be screened for cancer, stating that the women in her community "have really changed, they are coming [to be screened]," which isn't surprising because Rose shares her story with many of the women she meets. "I'll introduce myself to you, tell you what happened to me, and that cancer doesn't have any symptoms." She reviews the importance of regular testing frequently with her clients and meets their stories and fears with support and compassion. Her relentless work educating and encouraging women to take control of their healthcare needs has ensured that she won't only be watching her children fulfill their brighter futures, but will also see those women she helps every day fulfilling theirs.

GIRLS EMPOWERMENT

Adolescent girls and young women face many challenges growing up in Kibera. Of those challenges, nearly one in five teenage girls is either pregnant or already a mother. The **Girls Empowerment Program** (GEP) helps girls discover their rights and personal leadership capabilities as they build confidence through a combination of mentorship and advocacy efforts. With our help, girls have the opportunity for a thriving future.

Our impact is demonstrated by these numbers.

1,262

ATTENDEES IN
**SAFE SPACE
SESSIONS**

1,337

GIRLS
PARTICIPATING
IN ALL **GEP
PROGRAMS**

198

GIRLS
**RE-ENROLLED
IN SCHOOL**

343

GIRLS
**SUPPORTED
WITH
SCHOLARSHIPS**

STRATEGIES

- ▶ Mentorship
- ▶ Advocacy
- ▶ Education

SUCCESS STORY ► JULIE



Imagine being expelled from school and kicked out of your home because of a positive pregnancy test. This nightmare became reality for Julie during her third year of high school. At only 16 years old, hopes of a university level education seemed impossible, and her relationship with her mother had become strained.

After being subjected to gossip and ridicule by her peers at school, forced to take a pregnancy test, and subsequently kicked out of school, Julie thought she had hit rock bottom. "I honestly thought that was my lowest," she reflected back on the moments before her mother made her pack her belongings and leave home for good, "I still remember the hurt I felt."

Luckily, Julie's aunt took her in temporarily and worked to help mother and daughter begin to mend their relationship. Her mother agreed to

let Julie move back in on the condition that Julie would cover all of the baby's expenses, including food. Since the father denied any responsibility, Julie was on her own.

When Julie's daughter was almost two years old, she found consistent work, taking away any hope of going back to school. Her mother had made it clear that education was no longer a priority, so Julie began cleaning houses and washing clothes to provide for her own daughter. She explained, "Thus far it has helped me do [what I can] for her and looking at her now, I only feel love and joy, not the pain and regret I felt initially."

After two years of hard work and parenting, Julie found CFK, which in turn provided Julie the opportunity to enroll in school. Her busy schedule and love of cooking made a vocational skills course in catering the perfect option. Julie is able to work in the evenings and on weekends, while taking classes during the day, securing a better future for herself and her daughter.

"Carolina for Kibera has helped me do [what I can] for my daughter and looking at her now I only feel love and joy, and not the pain and regret I felt initially." – JULIE

2019 FINANCIALS

for the fiscal year ended June 30, 2019

Thanks to the generous financial support from our donors, partners, and collaborators, CFK was able to continue our core programming while also fueling new impactful endeavors, such as the Tabitha Maternity Clinic and Young Health & Wellness Center. We continue to strive to be good stewards of your gifts and to create the most impact for every dollar spent.

KENYA OFFICE

\$1,539,573
REVENUE*

\$1,398,616
EXPENSES

\$1,046,255
TOTAL ASSETS

*Includes \$550,000 grants from the US

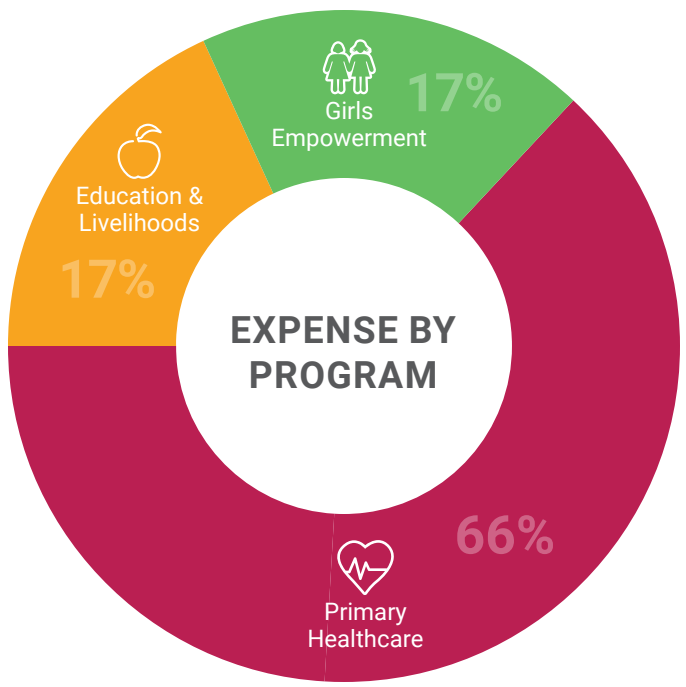
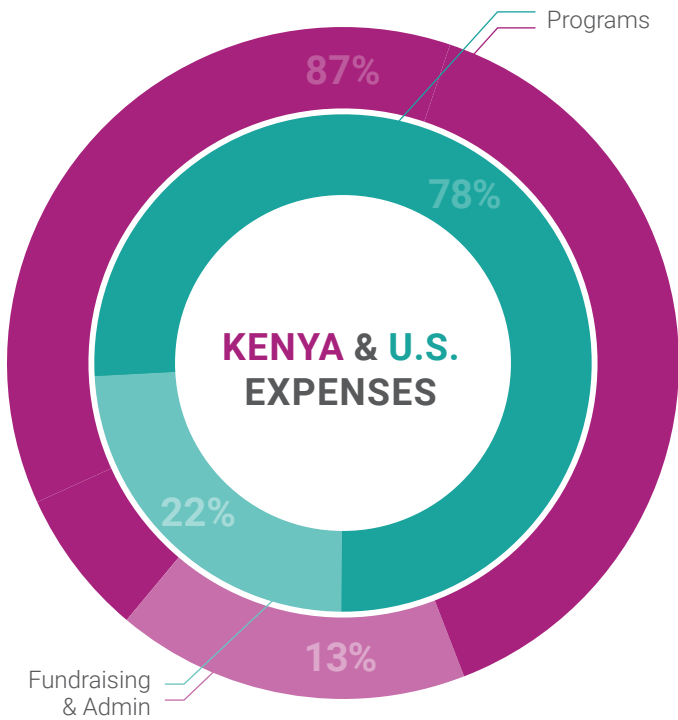
U.S. OFFICE

\$975,249
REVENUE

\$889,302
EXPENSES*

\$2,861,535
TOTAL ASSETS

*Includes \$550,000 grants direct to Kenya.





YOUNG HEALTH & WELLNESS CENTER

In January 2019, CFK opened the doors of our Young Health and Wellness Center. This one of a kind Center focuses specifically on serving young people and provides physical, social, and mental health services, breaking barriers to health seeking behavior. Mental health counseling, health education on non-communicable diseases, and HIV testing and treatment are just a few of the services offered by CFK to address the health concerns of young people in Kibera. The Center fosters an environment that supports the protection and promotion of the health of young people by increasing their capacity to make informed choices through a dual focus on treatment and prevention. Since opening, the Center has provided services to more than 6,900 youth.



TABITHA MATERNITY CENTER

In September 2019, CFK opened the Tabitha Maternity Center after listening to and observing community needs. Inconsistent ante-natal care visits, home births without a skilled attendant, and disease from lack of proper post-natal care are some of the challenges faced by pregnant women in Kibera. As an extension of Tabitha Medical Clinic, the Maternity Center provides high quality, affordable, and accessible care to expectant mothers, newborns, and infants. On September 23, 2019, the Center welcomed its first baby, Ivan, pictured above. The Maternity Center continues to welcome the newest Kiberans and their mothers with high quality healthcare.





**2019
KEY
MILESTONES**



Want to join us in our work?
Mobilize your community for CFK.
give.carolinaforkibera.org/fundraiseforcfk



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Established in 2001, Carolina for Kibera (CFK) is an international, nongovernmental organization based in the informal settlement of Kibera in Nairobi, Kenya. In the United States, CFK is a 501(c)(3) nonprofit organization and an affiliated entity of the University of North Carolina at Chapel Hill. © 2020 Carolina for Kibera. All rights reserved.