



ANNUAL REPORT 2018



TICAH
Trust for Indigenous
Culture and Health



what's inside



TICAH

Trust for Indigenous
Culture and Health

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TICAH
Trust for Indigenous
Culture and Health

OUR Staff

TICAH is made up of a dedicated team of people with one foot in culture and the other in health. We are practical but we are also visionary in our outlook and in our work. We believe that beauty is powerful and truth and justice are part of that power. As a collection of people, TICAH is diverse. As an organization, we are fifteen years old. We have grown from one to seventeen staff members.

In those years, and our work has grown in reach, in depth, in bravery, and in effectiveness.

TICAH team: Suzanne Miekko Thomson, Mary Elias, Jedidah Maina, Mercy Oongo, Diana Moreka, Mageda Esolyo, Liz Okumu, Jeremiah Musyoka, Gideon Chirchir, Joseph Kirrinkol, Mickreen Adhiambo, Prisca Karachia, Gloria Anniva, Peter Otieno, Caroline Ngala, George Chemaket (Who left TICAH in 2019), Phonsina Archane, and Gibson Mwangi not pictured.

All of us know how to listen and how to work as a team. We have growing groups of advisors, consultants, artists, musicians, healers, scientists, students, filmmakers, botanists, environmentalists and others who work with us in a wide range of different capacities.



Welcome to our 2018 Annual Report



In 2018 TICAH turned 15! This was our year of transition, of dreaming, and of finding a common way forward. It was both an inward looking and an outward looking year for us as we embarked on an ambitious reflection and visioning for the coming 3 years.

Our strategy in the next coming years will see us DEEPEN, DIVERSIFY and SHARE our work in ways that respond to the needs of our communities.

During this period we reflected together on how we believe change happens. We paid attention to our own growth as a team and that of the communities we serve. Our Healthy Households program started the review of the “Using Our Traditions, Herbal and

Nutritional Guide”. We completed some exciting projects like the “Adventures of Fatuma” card game for use by in and out of school youth, our hotline went toll free making it possible for us to expand our reach across Kenya. Our Medicine Wheel program expanded throughout Kenya, the time around the fire pit and prayerful ceremonies on the TICAH labyrinths, grew in 2018. Art with Heart team began to find its footing with DreamKona, to experiment with how to best support artists and arts collectives in Kenya, to support young and upcoming artists and to use art as a tool for sparking change.

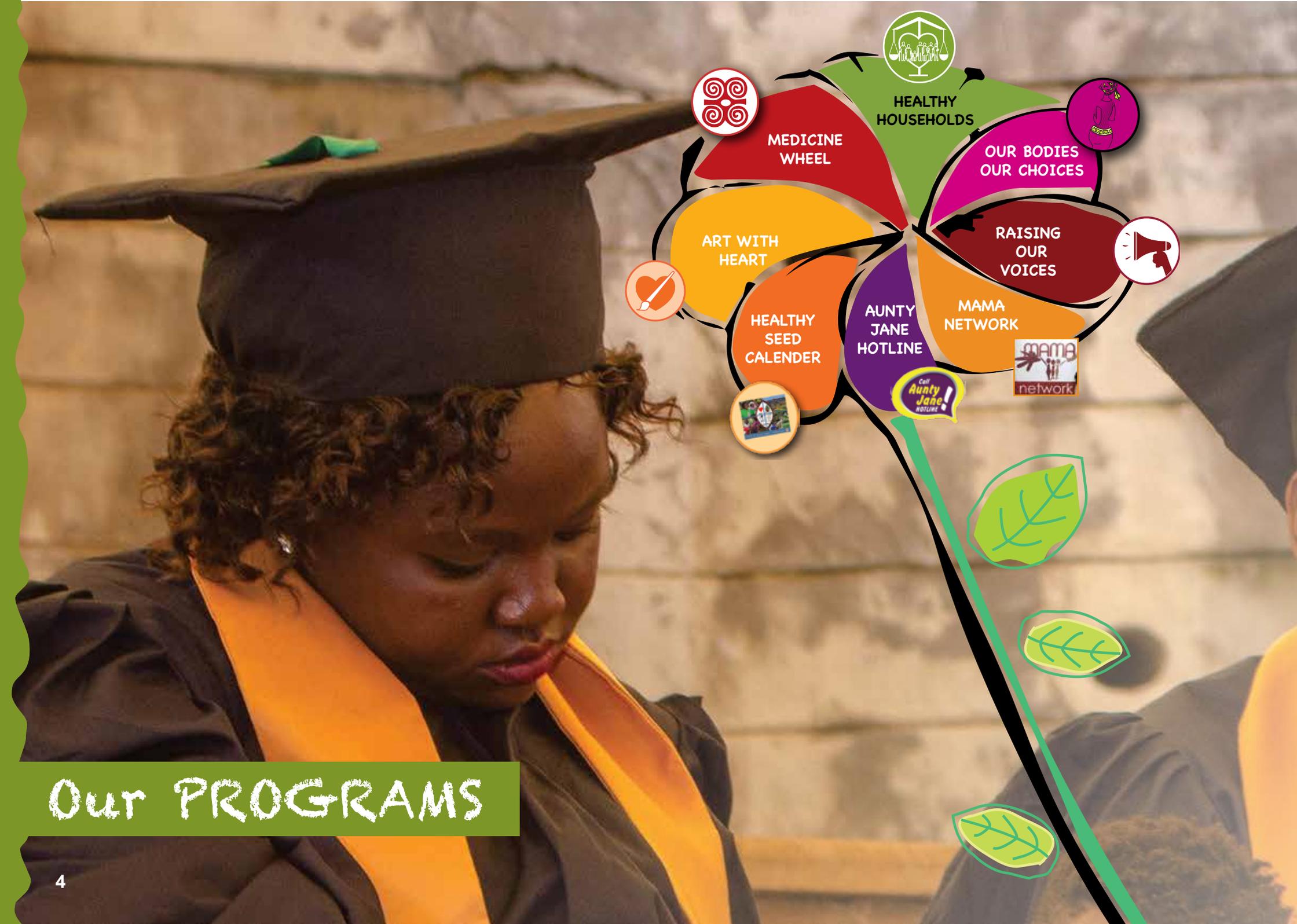
TICAH continues to be brave, our uniqueness is in the radical way we approach challenges and the belief that the process of change matters. We believe in the connectedness of all things, and the importance of dialogue. We believe that understanding and change starts with listening. We seek ideas from traditional and non-traditional sources. We have a vision of healthy empowered communities embracing healthy choices, mobilizing for collective action and keeping the flames of hope alive. We are grateful to all our partners both near and far who support us and walk the journey with us. We hope that in the next pages you can see the richness of the work. It is with tremendous gratitude and humility that we share the year’s activities, dreams, challenges, and lessons. Please do enjoy and do reach out to us if anything excites or interests you.

With Heart,

Jedidah Maina

Executive Director TICAH

WELCOME
to 2018



HEALTHY HOUSEHOLDS



MEDICINE WHEEL



OUR BODIES
OUR CHOICES



RAISING
OUR
VOICES



ART WITH
HEART

HEALTHY
SEED
CALENDER



AUNTY
JANE
HOTLINE



MAMA
NETWORK



Our PROGRAMS



1

Healthy Households to identify household strategies for health and good nutrition, including training in herbal remedies, improving the use of health services, encouraging local leadership, and helping our children to thrive

2

Our Bodies, Our Choices to encourage more honest, healthy and informed approaches to sexual life for all ages where rights and choices are respected

3

Raising Our Voices to create and encourage community social agency to act independently in accessing and seeking justice, happiness, rights, health services and information

4

MAMA Network A sub-sharan network that works to strengthen grassroots organisation working to ensure girls and women have access to comprehensive SRHR rights and service.

5

Aunty Jane Hotline to provide confidential, reliable information on reproductive health, services, and sexuality on the hotline numbers 0727/0751/0737/0771 101919

6

Healthy Seeds Calendar Outreach working with schools and community groups using the TICAH Calendar to promote health, good values, and responsible citizenship

7

Art With Heart to bring art and free expression into communities and into our shared vision to create conditions for justice, health, and happiness

8

MEDICINE WHEEL to create opportunities for Kenyan traditional elders, healers, musicians, apprentices, students, community members, and others to build peace and connection through the exchange of knowledge about plant medicines, songs, histories, ways of teaching, food, weaving, and values.

How WE WORK

All of our programs at TICAH are connected through a consistent approach to our work. Whether we are focusing on helping those caring for HIV-positive children take better care of those children, or on creating opportunities for traditional herbalists to learn from one another and teach others, we always begin by listening. We recognize that those closest to a problem must play a leading role in addressing it. Our aim is to promote health, and we believe that how we use our knowledge, how we ask for help, and how we advocate for change increases our chances of being healthy and living in a supportive society where our rights are respected and our cultures are valued.

Our work is driven by a vision of participatory engagement and a belief that there is often more than one answer to a question. While we do have goals in all of our programs, we believe that our process is also important. Our strategy for achieving our goals must itself be part of the solution. It must have integrity. We consider ourselves facilitators rather than experts, though we do bring in experts when they are needed. All aspects of our lives are linked and determine our health, so all of our programs try to take this into account. We do our best to understand the ground we are standing on and the community we are working with, so that we can work together to achieve health, happiness, security, nourishment, free expression, and good relationships.





Our REACH



TICAH

Trust for Indigenous Culture and Health



HEALTHY HOUSEHOLDS



OUR BODIES OUR CHOICES/MWILI WANGU, CHAGUO LANGU



RAISING OUR VOICES



HEALTHY SEEDS CALENDAR



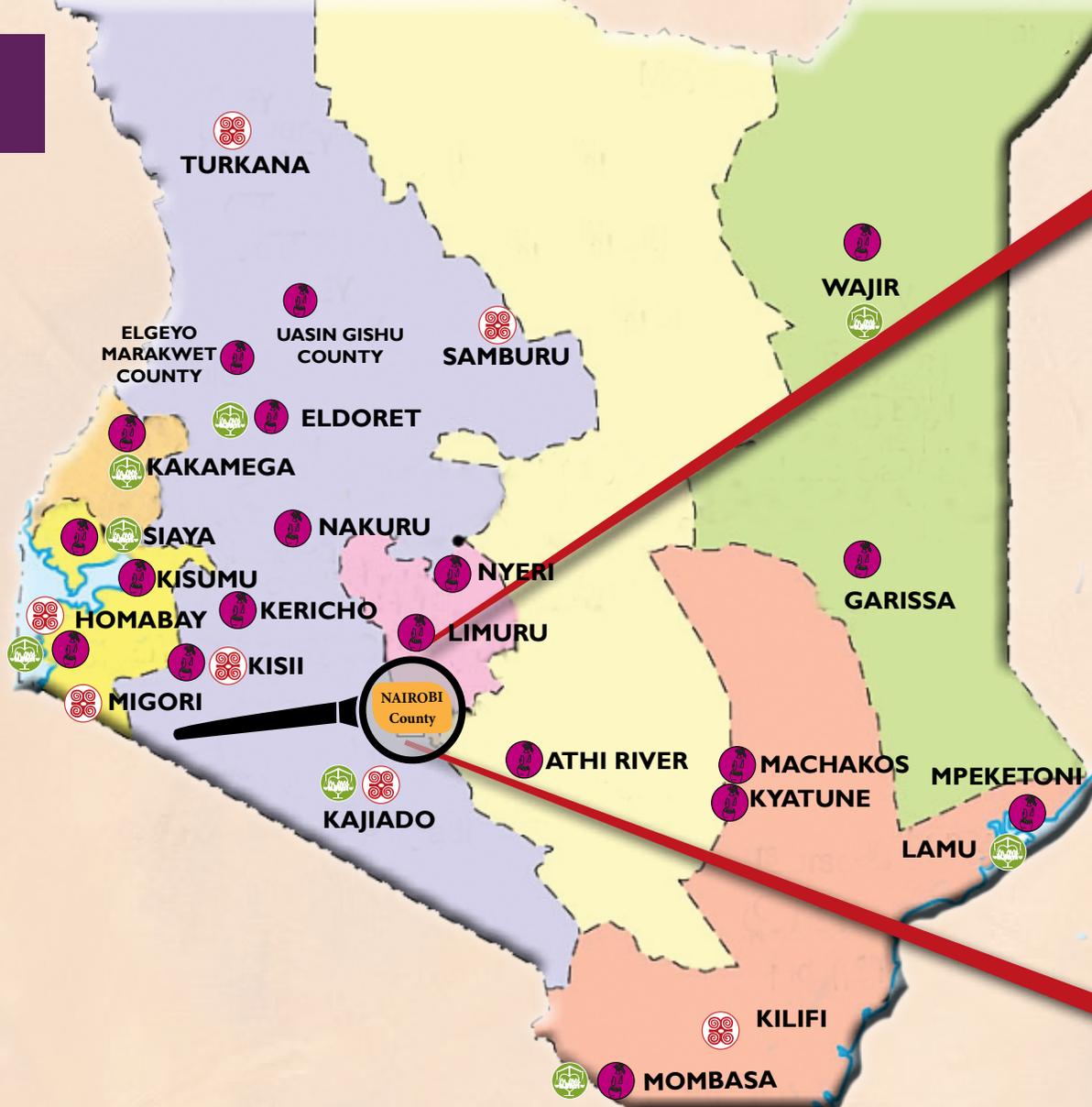
ART WITH HEART



MEDICINE WHEEL



AUNTY JANE HOTLINE
Is nation wide with minimal reach in the Northern parts



TICAH was established to strengthen understanding of positive links between cultural belief, knowledge and attainment of health at a meeting at the Brackenhurst of over 100 African traditional healers to discuss HIV/AIDS

2003

TICAH published a *Journey of Connectedness*: After a workshop that was held before ICASA 2003
TICAH published the *Nine lives: Treatment of Stories of Positive People*

TICAH Published *Unprecedented Conversations: Broadening Notions of AIDs Treatment and Care for Africa*

2005

Published *Our Positive bodies: Mapping Our Treatment, Sharing Our Stories* – sampling different body maps done by positive woman in India, Thailand and Kenya.
Published *Using Our Traditions: A Herbal and Nutritional Guide for Kenyan Families*

2006

Hosting the first sexuality support group of HIV+ Women, the *KUDUS*.

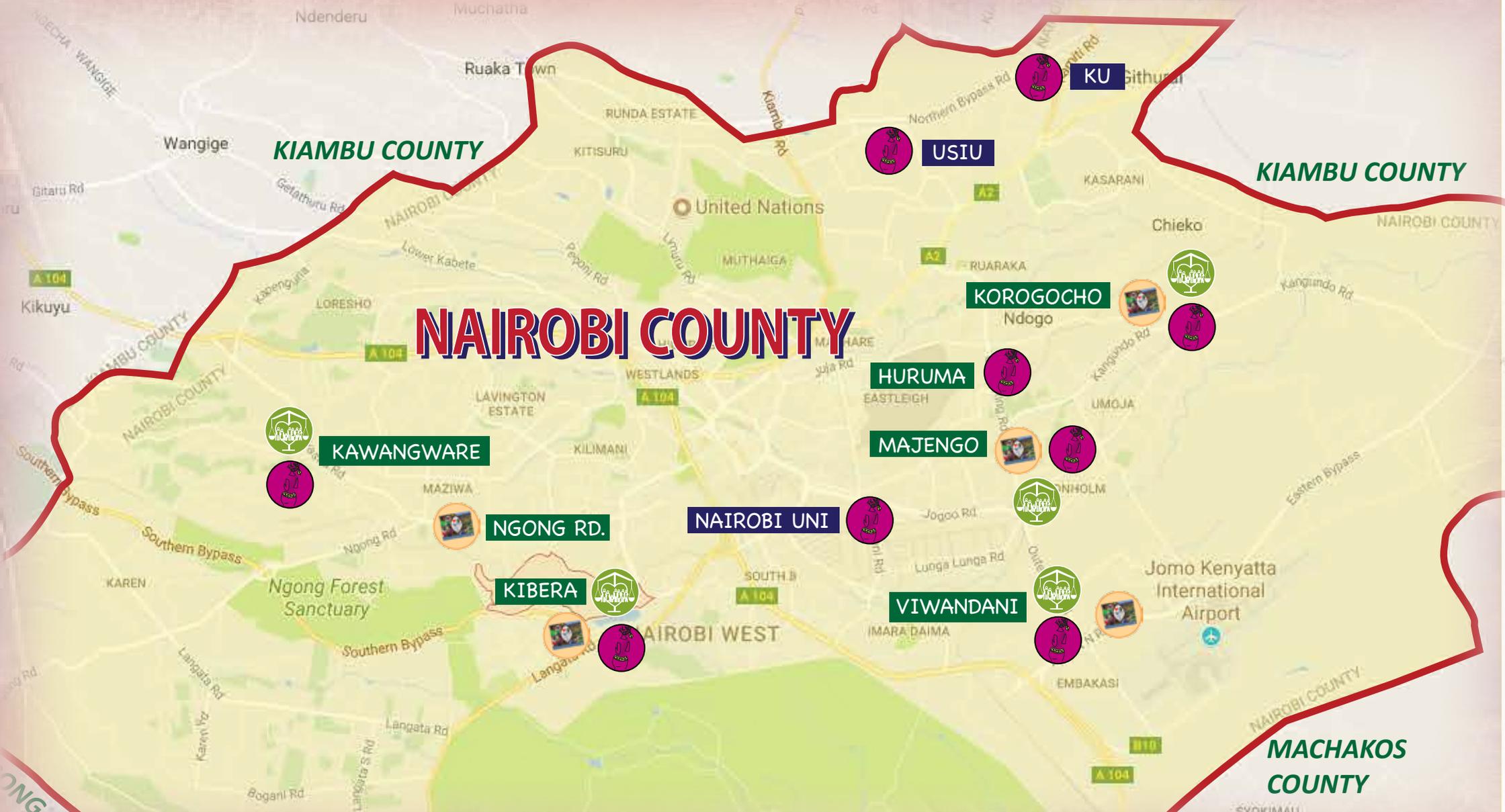
2007

Opening of the Medicine Shield Garden. TICAH Started hosting Children Arts Program.
We also published *Traditional Medicine and HIV/AIDS report*

2008

River shrine – Kaya ya Mto
Published *We Are talking are about sex*.
These materials all part of our “*Our Bodies, Our Choices*” program in Kiswahili “*Mwili Wangu, Chaguo Langu*” program Sharing our learning, strengthening positive living: The Africa-Asia Inter-Action on AIDS

2009



NAIROBI COUNTY

TICAH publishes its first *Healthy Seeds* calendar

2010

Launch of the *Aunty Jane Hotline*
Published Scenario cards for the sexuality program

2011

Opening of the *Peace Path* at National Museum of Kenya in Kenya

2012

Medicine Wheel program officially started

2014

Opening of *Mahali Pa Umoja* at Uhuru Gardens

2016

Completion of *DreamKona* at Uhuru Gardens
Urembo & Hekima Exhibition at Kenya National Museums

2017

First regional *MAMA Meeting* in Kenya

Elkana Ong'esa's *Elephant Family* sculpture moved to DreamKona

2018

Healthy Households



15,860
households reached



POSITIVE LIVING/ SUPPORT GROUPS

Using our cascade and community participatory approaches, the Healthy Household program reached approximately 15,860 households and graduate miales established support groups of 5-10 members.

With support from Egmont Trust we continued to implement the Healthy Households program for women children and care givers to address the challenges lingering in the communities of Viwandani, Kibera, Kawangware and Majengo.

The program recruited new members in January. During the year, the focus has been on supporting healthy living, communication, identification and treatment of common illnesses with natural remedies, and parenting skills, mentorship of graduate miales, leaderships skills, exchange visits with partner organisations, and training of staff to enable an understanding of program development over time.

EXCHANGE VISITS/ PEER EVALUATION

The exchange visit program allowed eight Miales to visit ACE Africa, one of Egmont partners, and TICA's partner REAP in Kisumu. Over the years TICA has worked with REAP and attended trainings organized by REAP.

45 children from Kibera, Majengo and Kawangware participated in children's art



CHILDREN'S ART

Through the year we worked with children to improve self esteem, self expression, and social development to enable them to relate to others effectively and to heal from trauma or illness. We worked with 45 children who came from Kibera, Majengo and Kawangware.

- Through art activities and games, we enabled children to connect with each other and their guardians and other caring adults
- We helped children learn to use words rather than actions
- We helped each child express how they feel
- We helped children understand how some words are hurtful
- We encouraged each child to share their dreams and beliefs

YOUNG MOTHERS

The program supported 47 young pregnant and breastfeeding mothers. Our objective is to improve family eating and nutrition in households with children under the age of five years. A chance for a healthy life begins during pregnancy, when children depend on their mothers to get essential energy, protein, fats, and micronutrients.



The Young Mothers program supports young women with children below five years fight malnutrition.

Ann Njoki joined the program in 2018. She learned how to prepare nutritious food for her child.

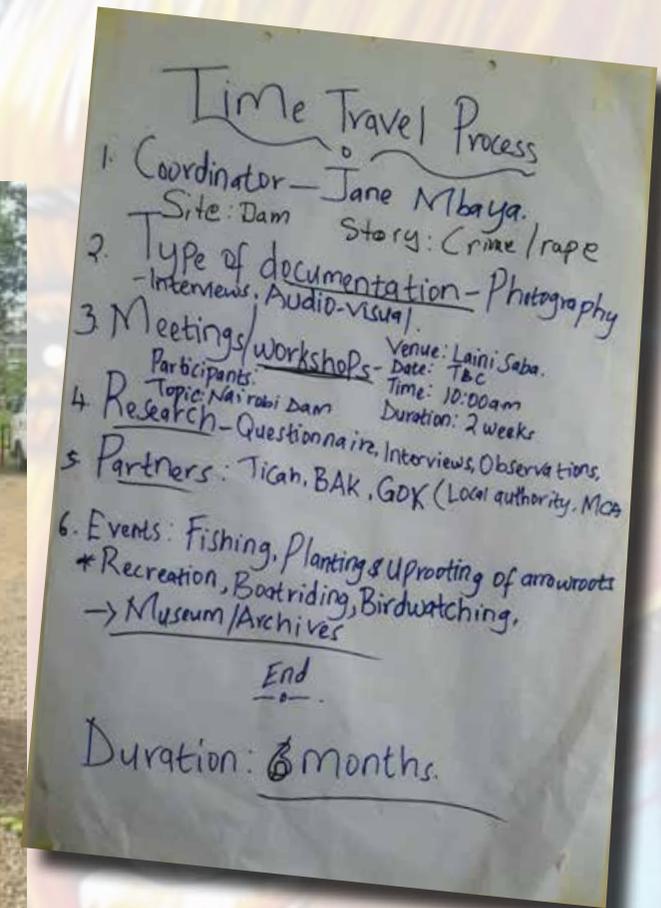
"I want my daughter to get better. I never want her to be malnourished ever again."

47 young pregnant and breastfeeding women supported



TICAH YOUTHS FOR PEACE

20 TICAH Youth for Peace members also hosted walks at the Peace Path in the National Museum with their fellow youths and also engaged in discussions about peace and how they can have safe and healthy communities



The TICAH Youth for Peace program has engaged young people from Kibera, Majengo, Viwandani and Korogocho in peace building exercises and inter-generational dialogue. We believe that youth should be at the forefront of promoting peace and change. Young people have

tremendous capacity, as individuals and as a community, to contribute to peace. The program has equipped youth with the knowledge and skills to work within their communities to combat intolerance and promote connection and understanding.

This year the youth learned how to facilitate “time traveling” exercises with groups. This is a facilitation method that works to address contemporary issues through historical and cultural settings. The training included artwork, games and discussion. The youth shared about their challenges and how they managed to work with other youth on issues related to crime, insecurity and injustice.



The TICA Youth for Peace also hosted walks at the Peace Path in the National Museum to share with visitors how meditation, culture, and prayer can transform individuals and communities and bring peace.



Our Bodies, Our Choices

Mwili Wangu, Chaguo Langu

OUT OF SCHOOL YOUTH PROGRAM

This year, we increased the number of adolescent mothers in our support groups to 90. The training, which was coupled by social and economic empowerment and healing processes, saw a big change in the lives of these adolescent mothers with most of them starting small businesses. The support group members have made progress in supporting each other to take care of their children, and additionally 40% are going back to finish their basic education, and 50% are enrolling in vocational trainings.

We were lucky this year to be visited by the Crown Princess Mary of Denmark during her Deliver for Good campaign launch in Kenya.

90
adolescent
mothers
trained

40% of
adolescents went
back to finish their
basic education



BUILDING FACILITATORS' CAPACITIES

TICAH, through support from American Jewish World Service (AJWS), worked with WETEC in Malaba, Nyanza Initiative for Girls' Education (NIGEE) in Kisumu and Msichana empowerment in Kuria in building their facilitator's capacity to run safe spaces and conduct conversations around sexual reproductive health and rights with adolescents and youth.

COMPREHENSIVE SEXUALITY EDUCATION (CSE)

TICAH is part of the Nairobi Centre for the Study of Adolescents (CSA) caucus, and together with partners, we have been pushing for the CSE agenda through social media, key policy makers and relevant stakeholders.



GRADUATION

We graduated 300 school students from our school clubs. By the time of graduation, the students had improved self-esteem, improved leadership skills and improved decision-making skills. This year, Kibera Girl Soccer School in Kibera recorded the best performance ever in their national examinations. The principal was very excited; noting that the candidates are the same students TICAH began working with four years ago.

300
students
graduated from
our school clubs

DAY OF THE AFRICAN CHILD

We brought together 300 students from the ten schools that TICAH support as an exchange program to share what they have been learning with each other. The schools prepared and presented messages in form of skits, poems and songs in line with the year's theme 'Leave No One Behind'.





Our bodies Our choices Mwili Wangu, Chaguo Langu

This year, we partnered with 6 institutions to ensure that we not only distributed condoms but had organized and deliberate safe sex conversations with students within their hostels, lecture theatres/halls, eating spaces and organized events.



“NO GLOVE, NO LOVE” CONDOM CAMPAIGN

We partnered with University of Nairobi Health Services (UHS), USIU VCT center, Love Matters Africa, AIDS Health Care Foundation (UHF) Kenya, Women Students Welfare Association (WOSWA) and Kenyatta University Students Association (KUSA) on the 14th of February to distribute condoms in an effort to start safe sex conversations with young people





Raising our Voices

FACT FINDING: RESEARCH ON RIGHT TO INFORMATION

The Centre for Reproductive Rights (CRR) and TICAH collaborated to research on the access to information throughout Kenya in four counties. The first of its kind, the research aimed to show the correlation between the lack of access to SRHR information and sexual and reproductive health outcomes.

TICAH attended the NGO forum at the African Commission's 63rd session and presented preliminary findings from the fact finding mission.

2018 - TICAH

researched access to sexual and reproductive health and rights information across four counties in Kenya.

RIGHT HERE: RIGHT NOW

TICAH is part of a 15 member SRHR youth advocacy consortium called Right Here Right Now (RHRN) supported by Rutgers and others. RHRN was founded with the aim of improving the protection, respect and fulfillment of the sexual and reproductive health and rights (SRHR) of young people.

The platform's SRHR advocacy focuses on freedom from stigma, discrimination and violence; access to comprehensive sexuality education and information; and the creation of spaces for young people's voices. The project is currently being implemented in three counties: Kisumu, Nairobi and Mombasa.

In 2018, TICAH was chairing the platform. Together, we were able to advocate for the launch of an adolescent sexual and reproductive health policy and the reinstatement of the standards and guidelines on prevention of maternal mortality through unsafe abortion.

15 Civil Society Organizations with an aim of improving the protection, respect and fulfillment of the sexual and reproductive health and rights (SRHR) of young people.



MAMA Network

6 grassroots organizations in Nigeria, Kenya, Malawi and Tanzania received sub grants by the network

THREE NETWORK GRANTS

MAMA received three grants to further the network's core mandate of strengthening the capacity of grassroots organizations working on women and girls sexual and reproductive health and rights projects including advocacy across Sub-Saharan Africa.

SUB-GRANTING TO MEMBER ORGANIZATIONS

The network sub-granted six grassroots organizations in Nigeria, Kenya, Malawi and Tanzania to initiate and or strengthen MAMA strategic interventions; hotlines, working with pharmacists and community training/ outreaches.

3 network grants secured up to 2021





5 organization's capacity strengthened through online mentorship modules. 5 month MAMA Webinars on reproductive justice movement

Research Project with IBIS Reproductive Health
Seven out of nine of MAMA member organizations across sub-Saharan Africa embarked on a research project that aims to understand the impact that each organization has within that community and identify gaps to be strengthened.

7 out of 9 mama organizations launched Reproductive Justice research



IBIS Reproductive Health Strategic Partnership
The network forged a strategic partnership with IBIS Reproductive Health aimed at strengthening monitoring and evaluation within the network, documenting the impact of MAMA strategies and generating evidence for purposes of advocacy.

First reproductive justice research partnership launched with IBIS reproductive

Network Expansion
MAMA network began the exciting process of increasing the number of network partners. We scouted for members from francophone and anglophone countries in Sub-Saharan Africa. Over 100 organizations are interested in joining the network as it expands.



LAUNCH OF THE MAMA NETWORK WEBSITE
The MAMA Network's official website was launched September 28th to mark the International Day of Safe Abortion.

AUNTY JANE HOTLINE

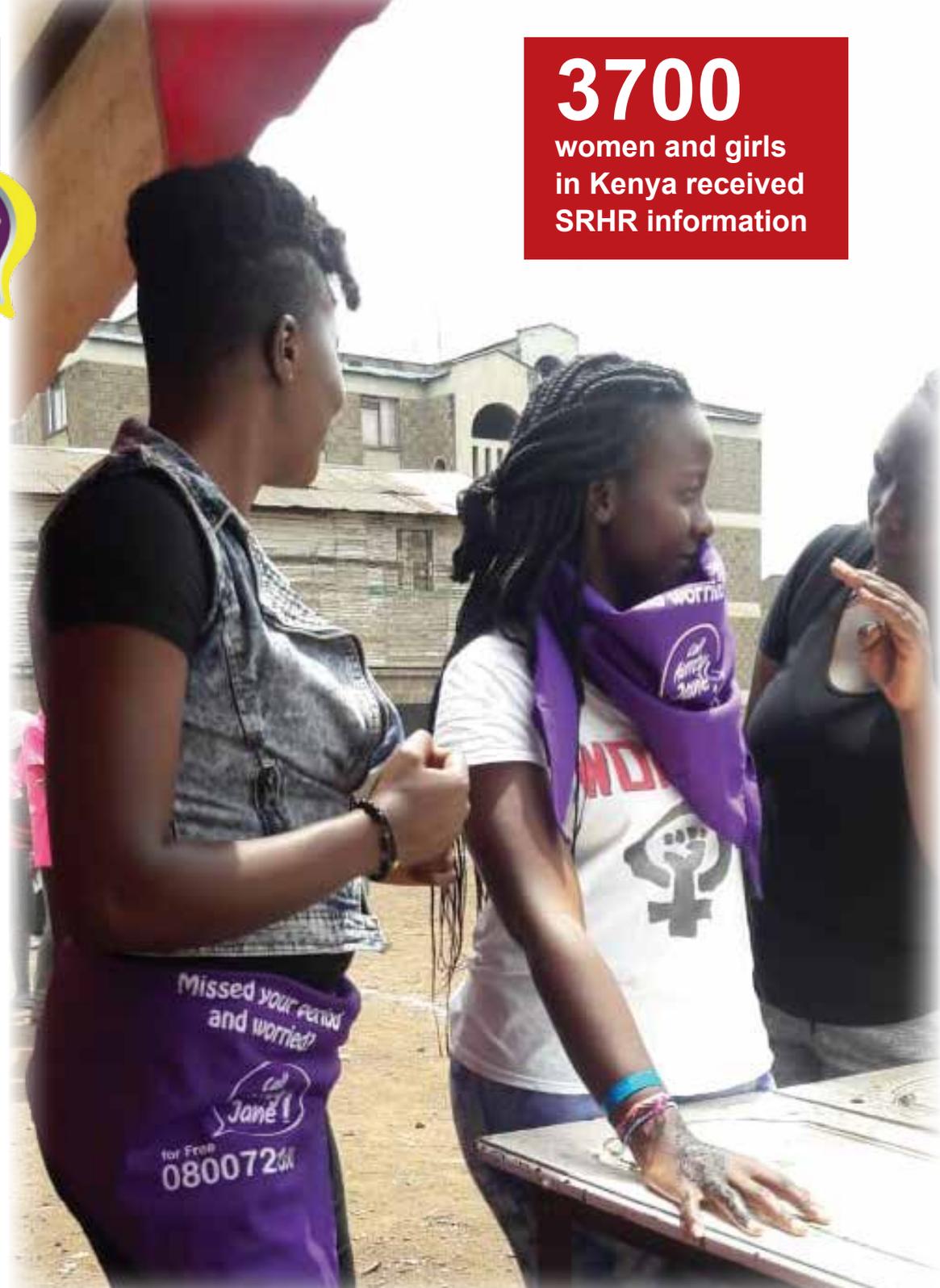
0727 101919/0800 721530



This was the year that saw over 3,700 women and girls in Kenya receive SRHR information and referrals to access quality healthcare through the Auntie Jane Hotline.



3700
women and girls
in Kenya received
SRHR information



Stay Social on Twitter pages
[@YourAuntieJane](https://twitter.com/YourAuntieJane)



Like our pages Facebook
[OurBodiesOurChoices](https://www.facebook.com/OurBodiesOurChoices)
[Auntie Jane Hotline](https://www.facebook.com/AuntieJaneHotline)



In case of unwanted pregnancy

Call **Aunty Jane!**

Hotline: 0727101919

Wondering which **contraceptive** is best for you?

TOLL FREE 0800721530

Call **Aunty Jane!**

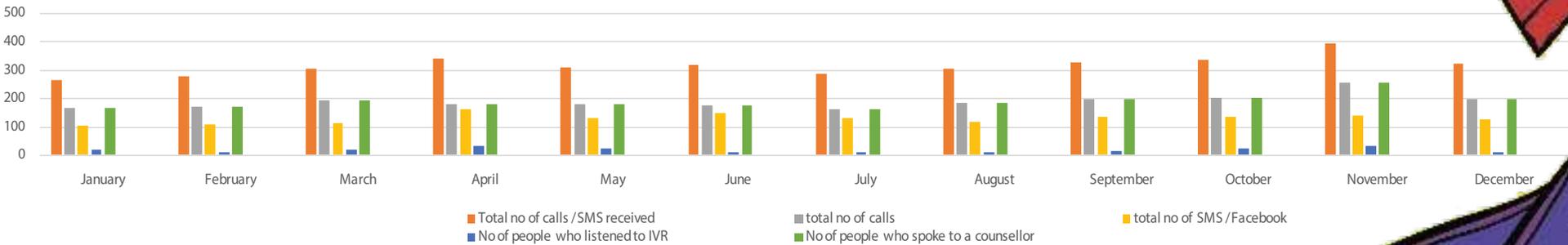


HIGHLIGHTS

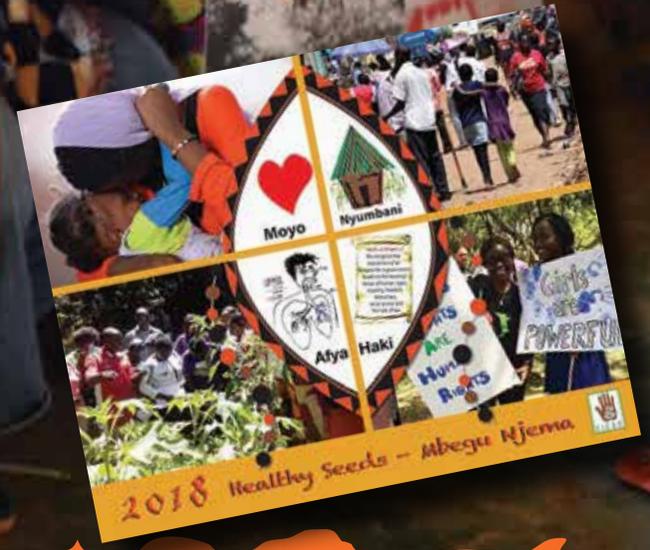
- The Aunty Jane hotline went toll-free! Allowing callers to call the hotline without any cost barriers.
- We launched the Aunty Jane website! Check out www.auntyjane.org for information on sexual and reproductive health and live chats with Aunty Jane counsellors.
- We participated in two successful online advocacy efforts! To mark September 28 “Day of Action for Safe and Legal Abortion” we conducted an online campaign dubbed #KeepWanjikuSafe, advocating for the reinstatement of the Policy Standards and Guidelines for the reduction of maternal mortality from unsafe abortion

- We spearheaded a successful call to the lifting of the ban by the Kenya Medical Practitioners and Dentist Board on MarieStopes.
- The Aunty Jane hotline presented an abstract at the 2nd Annual Conference on Adolescent Sexual Reproductive Health and Rights seeking to bridge the gap for women and girls’ access to information and services.
- Our partnerships and referral networks grew. We are delighted to work with our new partners Zana Africa on their Nia pads, with Nivi for referrals on contraception and with service providers on the Reproductive Health Network (RHN) and Kisumu Medical and Education Trust (KMET)

Chart Title



Healthy Seeds Calendar



Integrated into all pieces of TICAH's work with TICAH support group participants, their children, school children, teachers, elders, sexuality groups, community leaders, and partner organizations, the TICAH calendar offers a beautiful and practical guide for talking about health, rights, art, values and community.



12,000
copies were printed!

The calendar continues to spark discussions within primary, secondary and post secondary schools across Kenya. Using the TICAH calendar as a guide, school club leaders are trained to facilitate conversations and to use the calendar as a conversation tool.

TICAH calendars are filled with local art and photography, quotes and inspirational events from history, and offer questions to discuss and ponder.

Good values help to instill confidence in children. School clubs take these lessons and values to the next level by organizing school clean ups, planting medicinal trees in their schools and encouraging teachers to be part of the movement to live good values.



Art with Heart!



PROGRAM



DREAMKONA

At DreamKona we held four art and culture events that included creation of new murals or installations on the DreamKona wall; integration, support and promotion of local artists of different mediums and ages; local music; and indigenous arts practices. During these events we invited all of Nairobi to participate and taught children and adults about art and arts practices. We shared the creative works we created together online and were covered by the traditional media.

Beyond the events, our work at DreamKona over the past year included moving Elkana's famous Elephant Family to its new home at DreamKona; commissioning a new permanent sculpture by Meshak Oiro called, "The Tree of Hope," created from found materials; constructing a semi-permanent plant medicine installation; and producing three temporary large murals done by over 20 local artists and one temporary installation by six local artists.



PARTNERSHIPS

We broadened our support of local artists and collectives by hosting a NaiNiWho/GoDown event at DreamKona and curating a local art exhibition for the Segal Family Foundation Conference at Radisson Blu. We also cohosted a cultural event with Wibo where we explored the diversity and creativity of local Benga music as an art form.

We continued to support Elkana's African Stones Talk Symposium by sponsoring a group of artists to take part in the activities in Kisii. We invited and celebrated local art in our 2019 calendar.

Finally, we continued to support Wajukuu with their arts practices.



CHILDREN'S ART PROGRAM

Our children's art program continued within slum communities and extended to DreamKona during the school holidays when children are home and looking for activities. At these workshops, amazing local artists gave their time to teach and support the creativity of the young as they learned how to paint, create cards and collage, sculpt, and weave. When we could, we integrated indigenous cultural arts practices into the workshops to include traditional games, music, songs and stories.

We continue to be inspired and encouraged by the unique arts practices alive in our environment, by the ways people innovate and include one another, by the strong links between social issues and the arts, and by the role that we as TICAH have found for ourselves in all of this.

COMMUNITY MURALS

Our community art practices continued to reach deep into slum communities across Nairobi. We painted 12 murals in three slum communities that sparked conversations about values such as integrity, hope, respect and humanity. These colorful walls continue to attract attention from community members and in fact we still get requests from property owners with walls to paint murals for them.

12 murals
in three slum
communities in
2018!



Medicine Wheel



The Medicine Wheel program continued to create opportunities for elders and cultural knowledge keepers to connect and share their cultures, medicines, songs, histories, foods, prayers and stories with one another and others.

2018 started with the extension of the Wisdom/Hekima and Beauty/Urembo exhibitions at the National Museum. These exhibitions, which celebrated and shared cultural wisdom and arts practices, were supposed to end in December 2017, but because they were so popular, the museum leadership asked for them to continue longer. TICAH was happy to do so and continued to manage the exhibitions through February 2018.

2018 May, a multi-tribal ritual was held during the Elders Circle meeting at the National Museum where the cleansing of a mugomo tree that had split into two was done.

ELDERS CIRCLE - TICAH hosted three major elders' gatherings in Nairobi—in February, May, and September, and also held several smaller exchanges throughout the year. In our gatherings we discussed many topics including: land, food, animal wisdom, sacred sites, and the creative places in our cultures.

One major success was the unprecedented multi-tribal ritual that was held during the May 2018 Elders Circle meeting at the National Museum. When a Mugomo tree (a sacred tree in many cultures) in the National Museum compound, was damaged during a storm, the Medicine Wheel elders were invited to hold a ceremony to offer prayers and healing for the tree. Such a multi-ethnic ceremony has never been held.





SONG CIRCLE - The Song Circle continued its mentorship program in Kisii, Luo and Suba schools in Homabay county. One very exciting and unexpected result of the mentorship was the secondary school scholarships awarded to two participants because of their musical talent.

The circle added new communities, which included groups from Kakamega, Bungoma, Kitale and Mt. Elgon. celebrated, achieved and shared.



PEACE CIRCLE -We found ways to combine artistic celebration with indigenous wisdom.

A TICAH delegation, including elders from several different communities and artists from Nairobi, joined the Africa Stones Talk Symposium in Kisii in October. The goal was to visit and bless the ancient rock art sites in Kisii, and to provide an opportunity for exchange between the Nairobi artists and the small group of international stone carvers attending the symposium.

Finally, the Turkana warriors who joined Medicine Wheel in 2017, the Murengo Five, continued to apply what they learned about establishing trust and making agreements against violence at our gatherings. All of them reported using these peace-building approaches in their home communities in Isiolo.

LEARNING CIRCLE -The Learning Circle added new students, while continuing to work with slum and periurban community members in and around Nairobi. We identified new teachers, strengthened important partnerships, graduated our previous class, and widened our curriculum.



REVENUE AND EXPENSES

FOR THE FISCAL YEAR ENDED 31st DECEMBER 2017

CASH INFLOW

Grants Received	77,496,639	
Total Grants 2017		77,496,639.00

Programme Costs	(70,605,027)	
Monitoring and Evaluation Costs	(1,590,320)	
Administrative Expenses	(5,301,292)	
Total Expenses	(77,496,639)	
Net Grants		-

FINANCIAL POSITION

FOR THE FISCAL YEAR ENDED 31st DECEMBER 2017

Grants b/f	<u>32,657,367.00</u>
	32,657,367.00

ASSETS

CURRENT ASSETS

Funds Available 2018/2019	<u>75,347,679.00</u>
Tax paid	146,001.00
	<u>75,493,680.00</u>

CURRENT LIABILITIES

Committed Funds	<u>42,836,313.00</u>
	<u>42,836,313.00</u>

NET CURRENT ASSETS	<u>32,657,367.00</u>
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Strategic Planning

TICAH continues to thoughtfully grow as an organization. In December 2018, we took these conversations to the next level with a retreat where we re-evaluated our programs, and the organization as whole, in order to create a shared vision and strategic direction for the next three years. Together we created our “One Page Strategic Plan (OPSP)” with trusted consultant Tayeb Noorbhai. This document outlines the way forward for the organization and each of its programs for the next three years 2019-2021. Let us know if you’d like a copy of the plan.

The TICAH Theory of Change

In 2018 we finalised the TICAH theory of change that captures our beliefs and assumptions about how change happens and the change we would like to see. This theory mirrors TICAH’s belief that relationships and stories matter and process is critical.

Monitoring, Evaluation, Learning and Sharing (MELS) Strategy and Development

TICAH worked with MELS expert Victoria Brown to strengthen our current MELS systems to ensure we collect the most useful data and distill learning that enable us build on our unique program strengths. The consultant worked closely with the team to build our capacity to develop tools that are appropriate and improve our own learning.

Spire and Edge support

We worked with consulting firms Spire and Edge who helped us in grow our team capacities in programming and management. Sessions included: development of our new job descriptions,

goal setting and visioning for our programs, work planning, communication and seeing tasks to completion. The Program Managers were taken through sessions on management, motivating teams and team evaluation. We also developed a management document.

Joining the Team

In 2018 Diana Moreka and Peter Otieno joined the TICAH team. Diana joined the sexuality and reproductive health team to manage the Amplify Change grants. Otieno joined TICAH as the M&E Coordinator to work with the program teams to monitor and evaluate our work. They are both great additions to the TICAH family.





The TICAH Theory of Change

LONG-TERM GOAL: HEALTHY COMMUNITIES

Informed, self motivated communities making choices and building relationships that address their own needs and rights



OUR BODIES, OUR CHOICES

MEDIUM-TERM GOAL:

Individuals have the agency to make informed choices that allow them to access their rights

The community accesses community resources and services and fights for their rights and the rights of others

Legislators positively represent SRHR topics in parliament

Myths about SRH are burst and individuals regularly make better, conscious choices

Individuals believe in and uphold good values, are healthier and demand respect

Individuals have mutual support teams and feel free to discuss topics related to sex and sexually express themselves

Community change agents teach others and create safe spaces to talk

Individuals know their SRHR, have high self-esteem, voice their preferences and express themselves

MEDICINE WHEEL MEDIUM-TERM GOAL:

Valuable indigenous wisdom is utilized in the present and builds health, peace, justice and dignity for all

Inclusive, safe spaces bring elders, youths, women and men together to remember and share traditions to promote peace and heal wounds

Communities embody peaceful practices, conserve and practice traditional music and recognize the value of traditional medicine

Local communities learn and heal through plant medicine, traditional music and peace practices

Indigenous practices that create peace and benefit health are identified, shared and taught

People appreciate traditional healing, traditional music and participate in its conservation, teaching and practice

HEALTHY SEEDS MEDIUM-TERM GOAL:

Communities, families and children take responsibility for their own health and live positively

Communities know their rights and advocate for themselves

Community members exercise their right to choose their treatment

Families and individuals make informed and healthy choices about their food, water and medicine and access appropriate and comprehensive health services

Individuals embrace good values and are activists who are mindful of their and their community's health

Communities are connected through mutual support groups and individuals know their power to provoke positive change

ART WITH HEART MEDIUM-TERM GOAL:

The arts and artists are preserved, protected and integrated into community development

Traditional and contemporary arts and arts practices are recognised, respected and viewed as a viable livelihood

Improved relationships for healing and good communication

Inter-cultural and cross-generational relationships are strengthened between elders and youth

Art is used as a tool for psycho-social support and therapy

Parents and communities support self-expression and creativity

INPUTS

- Creation of safe, cultural and art spaces
- Curricula, materials, trainings and workshops
- Referral hotline
- Health workers and ambassadors
- Wajukuu partnership
- Art therapy exercises and mural painting
- TICAH calendar
- Traditional music activities
- Urembo exhibition and classes

Spotlight 2018 FRESHER'S CONVERSATION

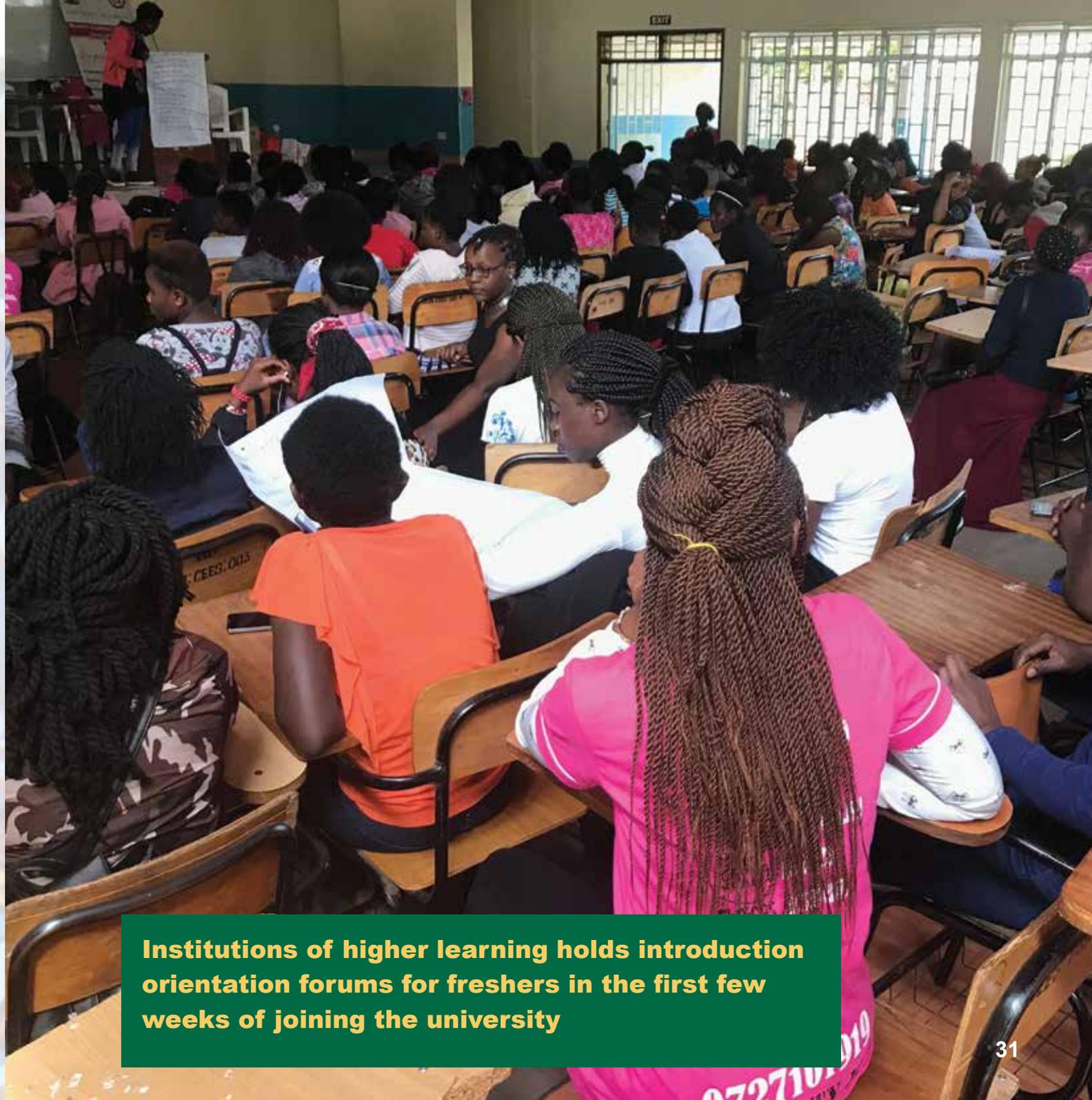


2 phenomenon common in Kenyan Universities are the “Goldrush” and “Sponsor” cultures!

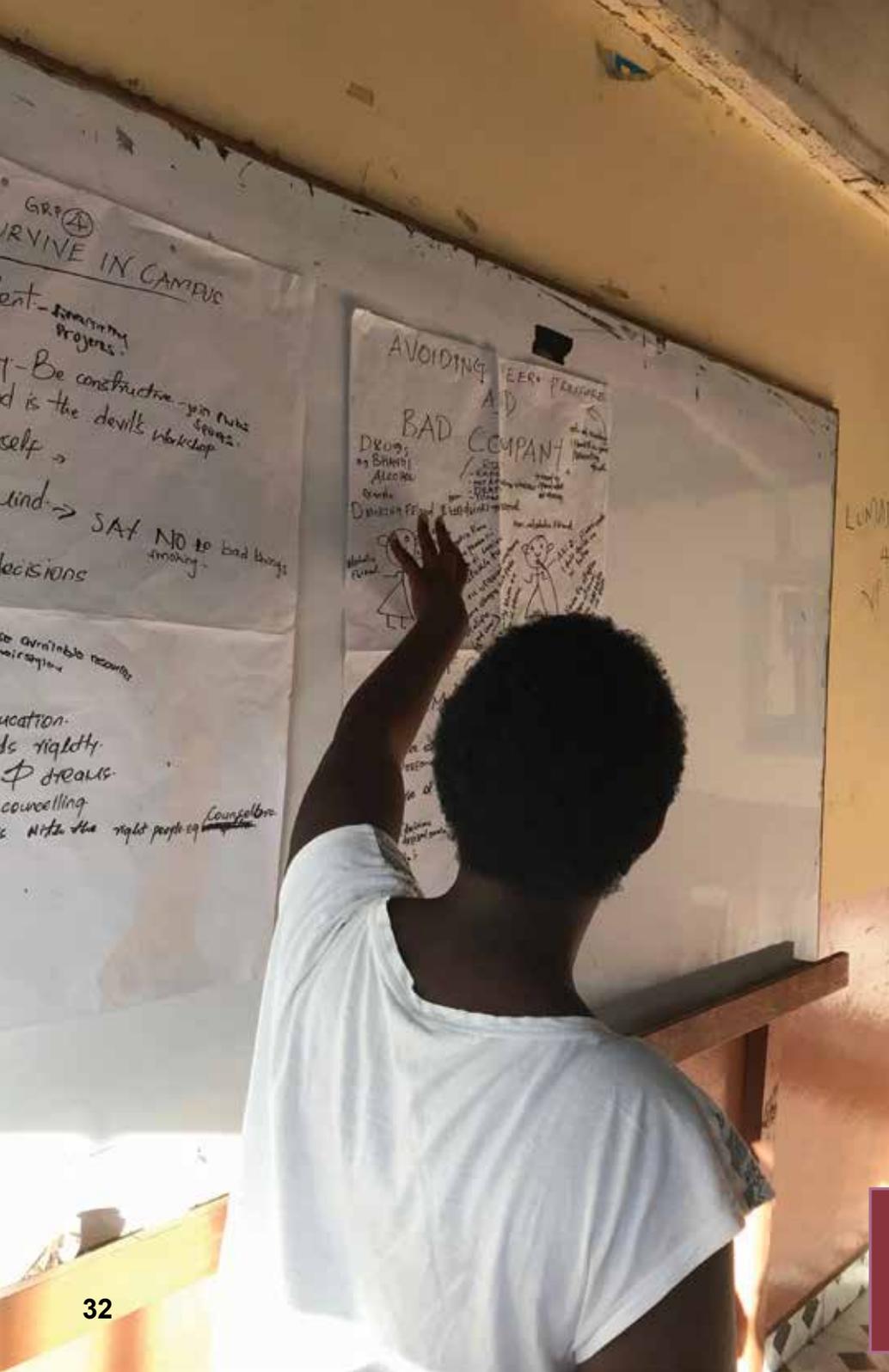
Every year thousands of young adults join public Universities in pursuit of higher education. The society views them as elites with a clear sense of purpose and direction as they step into adulthood and provides them with little guidance in this very delicate transition in their life. From strict rules and supervision and sometimes from really sheltered home or school environments, they suddenly find themselves with ‘freedom’ to do anything they please.

The freedom and responsibility thrust on one is enormous and can be quite a challenge if no proper support and guidance is in place to navigate these challenges. The pressure to belong, to be cool, to blend in, to live a flashy lifestyle, makes so many of the girls make some wrong decisions during this stage of their lives, some with devastating consequences. Two phenomenon common in Kenyan Universities are the “Goldrush” and “Sponsor” cultures that place female freshmen (commonly referred to as “freshers”) in such vulnerable position and in danger of exploitation. Whereas goldrush refers to the rush by older students mostly male, to have sex with as many female freshers a possible, Sponsor is more of a transactional relationships between young girls with much older men who “sponsor” them, affording them an expensive lifestyle while in campus.

Institutions of higher learning holds introduction orientation forums for freshers in the first few weeks of joining the university, the focus is mainly academics, leaving behind life skills that highly contributes towards the academic performance of the students.



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Our interactions with the students showed the need for a safe space to provide sisterly advice, where older students and alumni share their experiences with the freshers, giving them the general overview of campus life, importance of sound decision making, self-esteem and self-awareness to avoid peer pressure. This is now famously known as the 'Freshers' Conversations'. In our conversations we discuss finances in campus, ways to earn a decent buck, the need to involve oneself with extra curricula activities and opportunities available while in campus. This opens up space for conversations on sex and consent, relationships and staying safe, studies and fun. Mentorship relationships often formed in these spaces and are carried on throughout their stay at the university. These skills ensure that the girls have the ability to make safe, healthy and informed decisions when faced with different challenges in campus.

TICAH hosts Freshers conversation in the first weeks of the new students joining the Universities and Colleges in which we have strong partnerships including University of Nairobi (UON), Kenyatta University (KU), Jomo Kenyatta University of Agriculture and Technology (JKUAT) Mount Kenya University (MKU) and Zetech College.

We collated some of the common tips that we wish someone told us when we joined campus, into a flier on ways to navigate campus life and we distribute this during our freshers conversations. This is aimed at equipping freshers with information and resources to support their life through campus. Some of the resources on the flier are contacts of important offices within campus e.g the respective Deans contacts, placement office, student counsellors and welfare offices, hotlines and helplines for reproductive health information and services including the Aunty Jane Hotline.

10,000 students reached indirectly through the fliers distributed



1800 freshers directly reaching through these spaces

We have hosted freshers conversation for the last 4 years, directly reaching over 1800 freshers through these spaces and an estimated 10,000 students reached indirectly through the fliers distributed. The conversations have significantly reduced the exploitative behavior towards freshers, increased safer sex practices among the female students, led to healthier relationships and have created links and access to reproductive health services through school's health facilities, reproductive health weeks that are jointly organized with the Aunty Jane Hotline.

Mentorship relationships created have seen the students linked with internships and opportunities for part time work especially for needy students. We have seen more students spending their time volunteering in different institutions thereby giving them exposure to job markets or participating in school's extra curriculum activities. Female students are now taking collective action to protect each other, We are often proud to see more female students taking on more leadership roles and responsibilities in their respective schools.



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