

# THE MOYO FOUNDATION

Help From The Heart

## 2020 Annual report



Letter from our Founder  
Ethos & Project Focus Overview  
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Dear Reader,

2020 has been unlike any other year -- we've been reminded that at times we all struggle with healthcare, sustenance, education, empowerment, and employment.

I am continuously amazed by the graciousness and generosity of those who support Moyo, recognizing that though they may have less this year, they still have more than many. Stories of the tenacity, resilience, and appreciation from those touched by Moyo's programs fuel each of us to make the goals of Moyo become a reality.

A huge thank you to the small team of tireless volunteers and supporters helping Moyo along the way -- whether donating their money or time to an outreach medical clinic, funding a scholarship, selling Moyo Angels to provide sustainable menstrual products to school girls, or teaching a Healthy Kids class.

Our supporters come from all walks of life and from all corners of the globe. They donate in the name of a loved one because they fervently believe that access to at least basic education is a foundation of a productive society. They donate because they've seen first-hand the power of our outreach clinics. They donate because they've witnessed the bright smiles of our Healthy Kids students. The heart of Moyo beats strong.

I have the distinct pleasure and honor of interacting with our donors and those we support on a regular basis, and hearing first-hand how lives are changed by our programs. I hope this report helps to share the light that Moyo sheds on so many lives.

With gratitude,  
Lizzie Odegaard  
Founder of The Moyo Foundation

# OUR ETHOS

Moyo is a volunteer-run organization. All contributions go directly to projects, programs, and minimal operational expenses. We take great pride in the fact that Moyo is a true nonprofit; we're a grassroots organization, streamlined to deliver help where it's needed most.



## Our Project Focus Areas

Education

Women's Health & Empowerment

Community Healthcare

Environmental Stewardship





# PROJECT FOCUS: EDUCATION

## Student Scholarships

COVID-19 prevented schools from accepting boarding students, negating our scholarship program which pays for students' tuition and board. However, in January 2021 we were able to fund scholarships for nine students to attend boarding school.



## Supporting the Mugie School

In 2020 we contributed to the Mugie School Exam Fees, covering the costs of the Kenya Ministry of Education, Class 7, national exam.





## Healthy Kids

Our Healthy Kids classes were all the more important this year. As travel within Kenya was restricted and the children had few outside social interactions, the classes were a great opportunity to bring students together and address life skills like self-awareness and healthy communication, as well as dental care and personal hygiene. Hand washing and germ-spreading prevention were particularly relevant and timely! Our facilitators taught these topics in their signature fun way.



*Now I am back teaching in the UK, where it is easy to fall into the trap of taking education for granted, I am able to draw on my experiences at Mugie's School. I continue to be inspired by the love of learning that the pupils shared with me during the 'Healthy Kids Programme'. Moyo recognises the power of education to change lives; every child has the right to a better future*

*- Jenny Halton / Moyo UK Ambassador and Volunteer*





# PROJECT FOCUS: WOMEN'S HEALTH AND EMPOWERMENT

## Women's Health

With education comes freedom and we are working to bring about a new era of freedom for women and girls and their menstrual health. This means an understanding of the ins and outs of menstruation, the health and hygiene critical to a woman's well-being, and sustainable options for menstrual care. Two Kenya-founded companies, The Grace Cup and PadMod, produce sustainable, reusable menstrual cups and pads and help widen women's access to resources needed to take care of their bodies. We are donating pads to the girls of the Mugie school as well as distributing them in our women's community groups. The purchase and donation of these products comes directly from sales of 'Moyo Angels' beaded by Paksi.



*Talks with communities allow us to identify the dire and urgent problems faced that would otherwise go unnoticed. Men are now taking an interest in what we have to say and beginning to be part of these talks - a critical step forward.*

*- Jedidah Maiyna / Mugie's Nurse and Moyo's Healthcare Director*



## Mugie Women's Group

It is critical that women have access to the information and resources to make empowered and informed choices about their own bodies. Our Mugie Women's Group offers a safe space for candid discussion about subjects that are taboo or considered shameful, and are facilitated by our wonderful and knowledgeable nurse. Everything is up for discussion -- from pediatric dental hygiene to women's economic empowerment. This year, the group celebrated International Women's Day with a discussion on breast cancer and cervical cancer awareness!



## Women's Economic Empowerment

Working with Heavenly Treasures Kenya at the beginning of 2020, Moyo, Mugie, and Ekorian collaborated to further women's empowerment in a region of extreme inequity and disenfranchisement. The community meetings examined the strengths, weaknesses, opportunities, and challenges faced by women trying to achieve economic independence. These were town-hall style meetings with community leaders and members until COVID halted in-person actions. We continued on our own small scale, working to support Paksi in her handicraft endeavors and leveraging the Ekorian shop to promote local female artisans.



*The passion Moyo has for ensuring that women feel empowered gives me so much hope and demonstrates the strength of the human spirit. Moyo gives women an opportunity to meet and share their experiences, opening up an invaluable dialogue that empowers their choices.*

*-Jenny Halton / Moyo UK Ambassador and Volunteer*



# PROJECT FOCUS: COMMUNITY HEALTHCARE

## Outreach Health Clinics

Our outreach clinics bring healthcare to rural communities that wouldn't otherwise have access. Mugie's nurse is able to diagnose and treat, refer and counsel - everything from skin conditions to gastritis, hypertension to malnutrition, pre- and post-natal care, and family-planning. These clinics provide a critical service to these far-out communities -- children, women, and men of all ages.

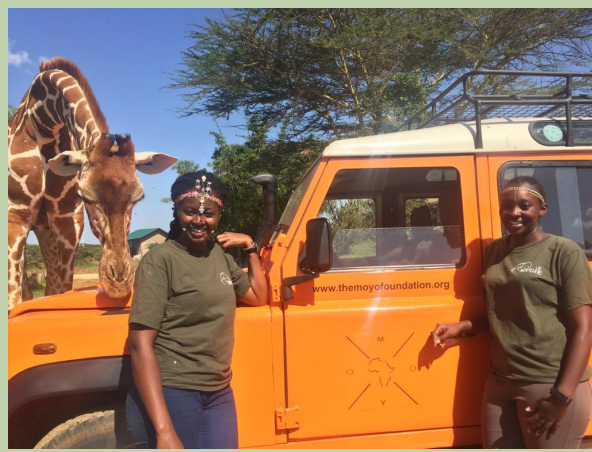
A subset of our outreaches are the maternal healthcare and family planning information sessions that we hold in collaboration with Mugie and Ekorian. We share with women the unintended strain that a constant cycle of pregnancy and childbirth can have on their bodies, and the economic strain that results in fewer opportunities for children and families. We offer information, resources, and family planning guidance - a service that many women, and often men, seek, but don't know where to start.



Our focus on community healthcare has led to collaboration with county hospitals as well as building relationships on a small scale in rural and remote villages.

- Jedidah Maiyna / Mugie's Nurse and Moyo's Healthcare Director





## Food Drive and COVID-19 Safety Sensitizing

Throughout the first several months of COVID, Kenya was hit extraordinarily hard by the economic standstill and many families were barely able to stave off famine. In response to these struggles, we rallied Moyo's supporters and had a few much-appreciated donations. This allowed us to purchase food packs to contribute to the Food Drive and COVID-19 Safety Sensitization we facilitated in collaboration with Mugie, Ekorian's Mugie Camp, and Governor's Mugie House. We traveled to many communities and distributed food packs and re-sensitized the communities on hygiene and the WHO guidelines to prevent spread of COVID.





## Preventative Care

Mugie and Moyo are helping facilitate a few preventative care programs. The Malezi Bora program distributes Vitamin A capsules and dewormers to all children and Human Papilloma Virus vaccine to 10-11 year old girls. Another is an Eye Health/Trachoma Prevention Clinic in collaboration with Afya Timiza.



## Philanthropic Travel with Ekorian's Mugie Camp

Guests at Ekorian's Mugie Camp are given the opportunity to join Moyo's healthcare outreach clinics and assist the nurse and our Moyo team in running a clinic. This is a wonderful and educational way to participate in true philanthropic travel and engage with the local community.



*I feel incredibly lucky to have had the opportunity to experience the work of Moyo first hand. Taking part in their outreach programme gave me a real perspective on life in rural Kenya. It was clear to see the immediate impact Moyo's clinics have on improving the lives of all people: men, women and children, from the surrounding communities.*

*- Jenny Halton / Moyo UK Ambassador and Volunteer*



# PROJECT FOCUS: ENVIRONMENTAL STEWARDSHIP



## Mugie Weekly Clean Ups

Weekly litter clean-ups, banning of single-use plastics, and installation of waste receptacles are the few early steps in our work to clean up and conserve this precious land. Every Saturday morning, the entire Mugie team picks up litter and refuse in their assigned area. This keeps Mugie clean and spreads awareness of the importance of taking care of our environment.

## "It's All About You, Honey"

We have donated many top-bar bee hives to build Mugie's apiary. Started in collaboration with Ekorian and Mugie, this community economic empowerment program raises sustainable honey at Mugie (honey that when harvested doesn't harm the bees or trees, as it does with traditional harvesting practices) while also providing jobs and a source of income to the local community. This is also an opportunity to educate the community about the use of "bee-hive fences" to protect crops from elephants. Mugie currently sells honey faster than it can produce it!





## Alternative Fuel Education Outreach

Moyo, Mugie, and Ekorian collaborated to conduct several community outreaches to introduce gas as a healthier and more sustainable fuel alternative in rural Kenya (charcoal is primarily used for heating and cooking). The open flames, in addition to smoke inhalation, have dire health consequences, and the clear-cutting of drought-stricken bushland harms the environment. These clinics were very well-received as many community members had never been given the opportunity to learn that propane burns clean and is a safer, more sustainable option.



## Tree Nursery

Jedidah and the Healthy Kids class of 2020 have started a humble tree nursery within the school grounds. Seeds, seedlings, and saplings have all been planted to help teach sustainable forestry skills and the importance of taking care of our environment.

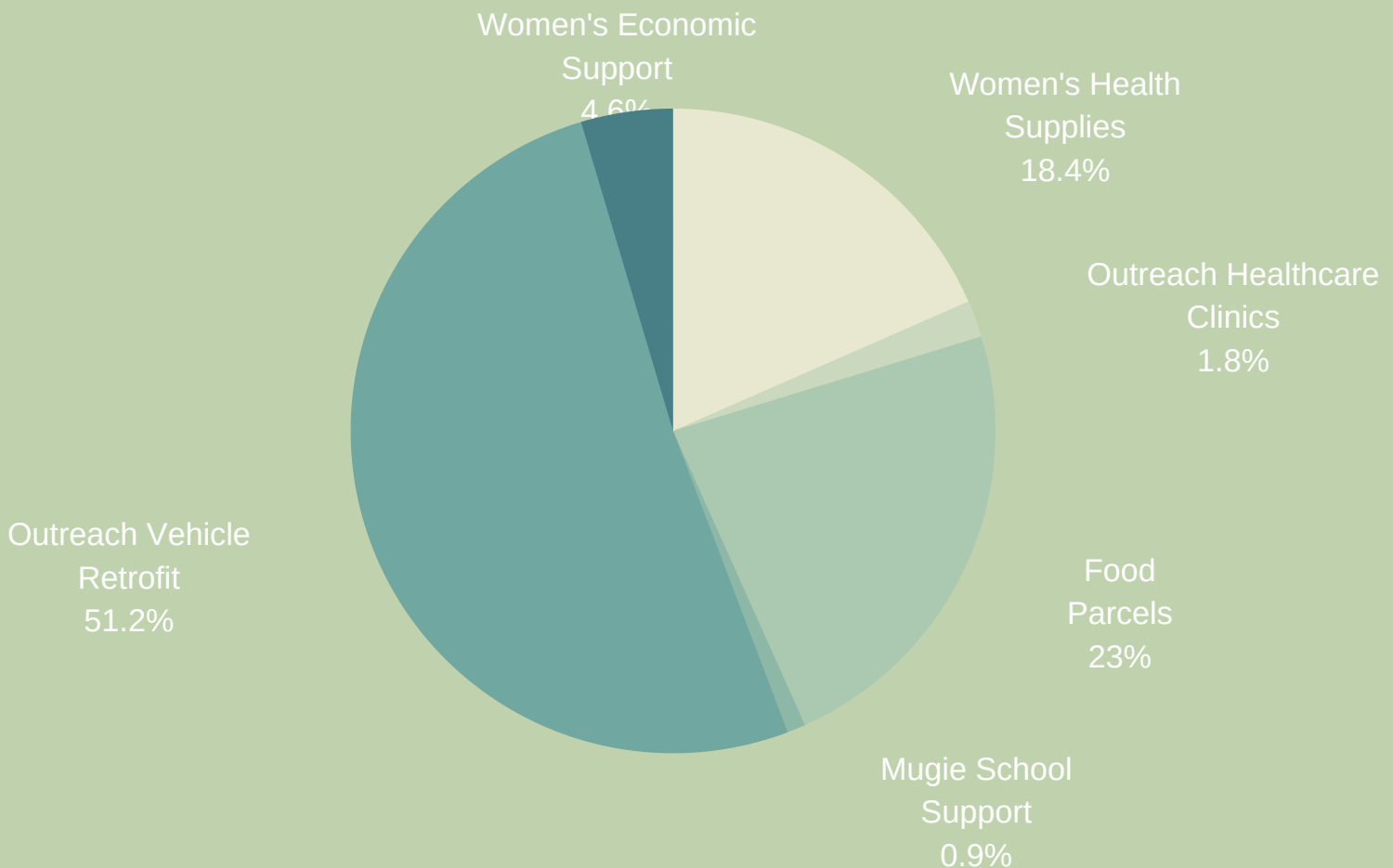




# Metrics

## Program Spending

Our biggest program expense this year was the retrofit of the outreach vehicle. We customized it with a reclining patient exam bench, medical supply storage, and water storage. This ensured that when it hit the road in May, it was ready for anything - including the food parcel distributions and COVID-19 prevention 'hygiene re-sensitization' community outreaches that we led. The COVID-19 pandemic and resulting economic downturn led to vast job loss worldwide. Even worse, in Kenya, where the gap between poor and impoverished is so narrow, the downturn threw many families into famine. The food parcels we delivered at our Community Outreaches, along with COVID re-sensitization education and nutrition supplement distribution, was a hugely appreciated project we undertook. The food parcels were our second largest program expense. Women's health supplies, such as reusable menstrual Grace Pads and family planning contraceptives, were the third largest part of our program spending.



# Outcomes: Meeting Our Goals

COVID-19 limited what we could do to achieve our education goals this year, but we continued our Healthy Kids classes for Mugie resident children and we supported the Mugie School by sponsoring the Year 7 national exams.

Our collaboration with Heavenly Treasures Kenya has led to several gatherings in the Pokot and Samburu villages with community leaders. These meetings have been valuable education opportunities to discuss the importance of economic empowerment of women, the benefits of working together to produce complementary handicrafts (rather than competing ones), and the different methods of marketing and accessing a wider audience.

Our Outreaches have been very successful since we hit the road in May with our very own Moyo Mobile. We first focused on Food Pack delivery, COVID-19 safety and prevention as well as basic hygiene re-sensitization; in August we shifted back to our routine Health Outreach clinics, critical nutrition supplementation and education, illness diagnosis and treatment, and maternal healthcare. We traveled hundreds of miles and have seen hundreds of patients -- men, women, and children -- and developed trust and rapport with community leaders. We were able to purchase and distribute many Women's Health Supplies - from sustainable menstrual products to maternal nutrition supplies and contraceptives.

Our honey harvests were bountiful throughout 2020! Mugie is now steadily producing and selling honey -- a sustainable, eco-friendly income source -- thanks largely to the donation of 25 top-bar hives Moyo made so they could start an apiary. Mugie also continues to have weekly litter clean-ups. Moyo, in collaboration with the Mugie School, is developing a tree nursery on the school grounds and spreading seed balls throughout Mugie. Moyo has had several outreaches to provide local communities with education and information about the sustainable method of cooking with gas (as opposed to the environmentally destructive use of charcoal).

It has been a joy to have guests staying at Ekorian's Mugie Camp and Governor's Mugie Camp help facilitate outreaches and Healthy Kids classes. We hope that we can deepen understanding and build a bridge between different walks of life.



# The Faces of Moyo





# 2020 Challenges

As everywhere, the Mugie community and all of Kenya were hit hard by the COVID-19 Pandemic. It threw the country, whose economy relies significantly on the tourism sector, into a tailspin of job loss - and the famine, abuse, and addiction that often follow. Moyo has worked hard to meet the challenges of the pandemic with a quick pivot to adapt its programs to the community's needs.

## Contextual Challenges

The challenges described above exacerbated the difficulties of working in a culture with stigma and taboos surrounding women's rights to healthcare and education. We have found that the deeply ingrained and long-held belief that a woman's worth is determined by her ability to bear children and the rate at which she produces them is one of our greatest hurdles. With this mindset a woman is not only encouraged to get married young, as one of several wives, and have children early (before her body is ready for it), but she is threatened and dissuaded from using any method of family-planning.

The burden of providing for the family -- whether it be tending the herd of goats or selling illegal charcoal -- often falls to her. With a multitude of children, simply feeding them is a challenge, let alone the education that would prepare them to become empowered members of society. If any of these children do get an education, it will be the boys, not the girls (from the oldest to youngest), and care and consideration will certainly not be given to any children with special needs. Within this very typical family unit, the time, energy, and money needed for mothers to seek medical care for their children make doing so incredibly difficult, if she can at all. Without access to healthcare or education about it, transmittable disease spreads, nutritional needs are often not met, personal hygiene is minimal (not to mention menstrual hygiene which is virtually nonexistent), family-planning education remains taboo, and knowledge of conservation and the importance of caring for our environment are completely absent. Moyo's focus areas are deeply entwined - we cannot hope for the success of one without that of the other two. But it is through perseverance and patience that Moyo will be a part of Kenya's success story.



# 2021 Outlook

## EDUCATION

Our scholarship program was put on hold when the school closed. Though this was disappointing, the delay meant that we were able to start 2021 with nine student scholarships -- exceeding our goal of eight. We will continue with these scholarships through the year and support the Mugie School where we can. We will continue to build and develop our Healthy Kids curriculum and encourage engagement through activities, such as our tree nursery.

## WOMENS HEALTH & EMPOWERMENT

We will continue outreaches and the distribution of supplies, and educate the community in the hopes of disrupting deeply engrained taboos and stigmas.

We aren't sure How the Heavenly Treasures Economic Empowerment Program will recover from the pandemic, but we plan to continue our own, more localized economic program with women at Mugie. We are running a small pilot program making and selling sustainable menstrual supplies.

## COMMUNITY HEALTHCARE

A huge point of pride is Moyo's ability to pivot to meet the needs of our community - whether through a food drive, rabies vaccination clinic for dogs, alternative fuel education outreaches, or our healthcare outreaches. We'll see what 2021 brings, but we have no doubt that we can meet those challenges.

## ENVIRONMENTAL STEWARDSHIP

In the coming year we will continue to educate and share information about the importance of taking care of the environment. We will further engage the Healthy Kids class by adding on to our tree nursery with a chicken farm with composting, and teach kids the interconnectedness of the ecosystems and the importance of bees with Mugie's apiary.



Thank you to all who make Moyo possible!

