

THE MOYO FOUNDATION

Help From The Heart



2021 Annual report

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The Faces of Moyo

Letter from our Founder

Dear Reader,

This year saw Moyo gain traction and momentum in a COVID world. As a lean, agile organization, we pride ourselves in our ability to pivot and meet needs and these past two years have shown that. Between food drives, the provision of vaccinations, and basic health and hygiene educational forums, Moyo's team has helped our community survive and adapt.

Throughout the year, we increased the number of outreaches and variety of services offered which allowed us to have a wider reach. And within that circle of impact, 2022 gives us the opportunity to dig in and get deeper.

Our outreach vehicle has been on the road for over a year now and, along with our all-star team led by nurse Jedidah, has become a familiar sight. This trust and rapport means that we are a welcome visitor in these remote areas and community members are much more inclined to seek out our services.

We have, quite literally, sewn seeds of change with our Healthy Kids classes - inspiring children to take up the banner of environmental stewardship by spreading acacia seeds, growing a vegetable garden, and planting saplings.

But we know we can do more, and we can do better. This year we are doubling down on our goals to reach more people and deliver more nuanced services. The Moyo Team and I are endlessly grateful for the support of our donors - we know that none of this would be possible without them.

Please read on to learn about our projects and their impact, the challenges we have faced, and our goals for next year. This is an exciting moment for Moyo, and we're glad to have you bear witness.



Reusable menstrual pads donated to girls of Mugie School

With gratitude,
Lizzie Odegaard
Founder of The Moyo Foundation

Our Ethos

Moyo is a grassroots organization in Laikipia, Kenya delivering health, education, and environmental assistance where it is most needed. These sectors are inextricably intertwined and true success in one area cannot happen without the success in all.



Objectives

Empowerment is a key part of each objective.

Broaden access to education for all students with particular focus on reversing systemic inequities faced by girls and empowering them to make healthy life choices.

Deliver healthcare services and health education to remote communities and empower people to make informed decisions.

Teach the importance of conservation for the health of the earth, and humanity, and empower the community to take on this environmental stewardship.

Overview of 2021 Impact

Moyo's expanded offering of scholarships/bursaries meant we hit the ground running in 2021 when schools reopened, helping 27 students access education. Our nurse Jedidah, with her team of Margaret and Ann, found that taking a more active and kinesthetic approach to learning, increased retention rates and engagement in Healthy Kids classes. This mindset guided the development of the topics and structure and not only did the kids build a tree nursery, they sowed a vegetable garden, planted trees around the school (56 trees), and spread 4 kilos of acacia seed-balls around Mugie. Jedidah, Maggie, and Ann began the female student wellness and empowerment mentorship program with a goal to support and inspire girls to achieve their education goals.

Moyo's aim to bring environmental conscientiousness to the broader community was furthered by forum led by Ann, discussing the use of gas (instead of firewood) for cooking. These forums brought together women from surrounding areas and highlighted the safety, health, sustainability, and cost effectiveness etc. of gas. This topic was further discussed by nurse Jedidah at several Outreach Clinics in the surrounding communities where there was a disproportionate number of people suffering from respiratory damage due to smoke inhalation.

Jedidah and her team held several women-only outreaches that focused on menstrual hygiene and distributed sanitary pads (Pad Mad Kenya) and The Grace Cup. These outreaches covered other aspects of maternal healthcare as well, like family planning and prenatal and antenatal care. A clinic for breast and cervical cancer screenings treated 18 women and provided the Human Papillomavirus Vaccine to 31 recipients. These outreaches and clinics saw nearly 100 women in total - a significant number taking into account the deeply ingrained taboos and stigmas of a patriarchal society.

Moyo's general healthcare outreach clinics saw approximately 638 people in 2021. In collaboration with Maralal Referral Hospital and Rumuruti SubCounty Hospital we were able to provide 182 COVID vaccinations. Jedidah and the team also began providing vaccinations for children and babies - a service we look forward to expanding in the coming year.

Focus: Education Support



- Project: Full Scholarships
 - Impact: 9 students
- Project: Bursaries/Partial Scholarships
 - Impact: 18 students
- Project: Female Student Wellness and Empowerment Mentorship Program
 - Impact: 53 secondary school girls; 32 talk for primary school girls/boys

Focus: Conservation





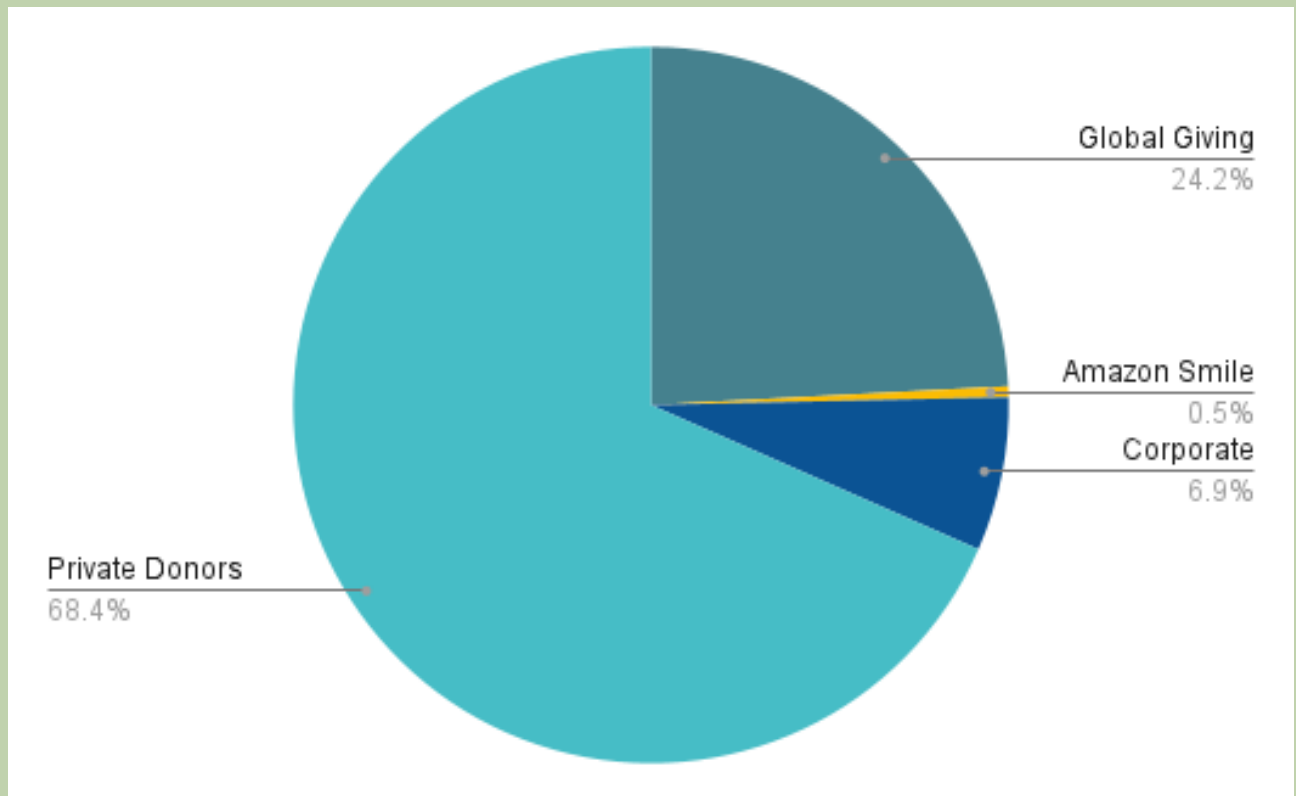
- Project: Healthy Kids Classes
 - Impact: Fifty kids in attendance per session
 - Impact: Fifty-six trees planted around the Mugie School
 - Impact: Spread 4 kgs of Acacia seeds from Seedballs Kenya
 - Impact: Veggie garden will cut cost of buying food for the 70 boarders at Mugie School
 - Impact: Litter clean ups around the Mugie School
- Project: It's All About You Honey
 - Impact: Gallons of honey harvested and sold, benefiting the Mugie community
- Project: Alternative Cooking Fuels Outreach
 - Impact: More than 100 people learned about the health and environmental dangers of using firewood/charcoal and the sustainability and benefits of using propane gas

Focus: Community Outreaches

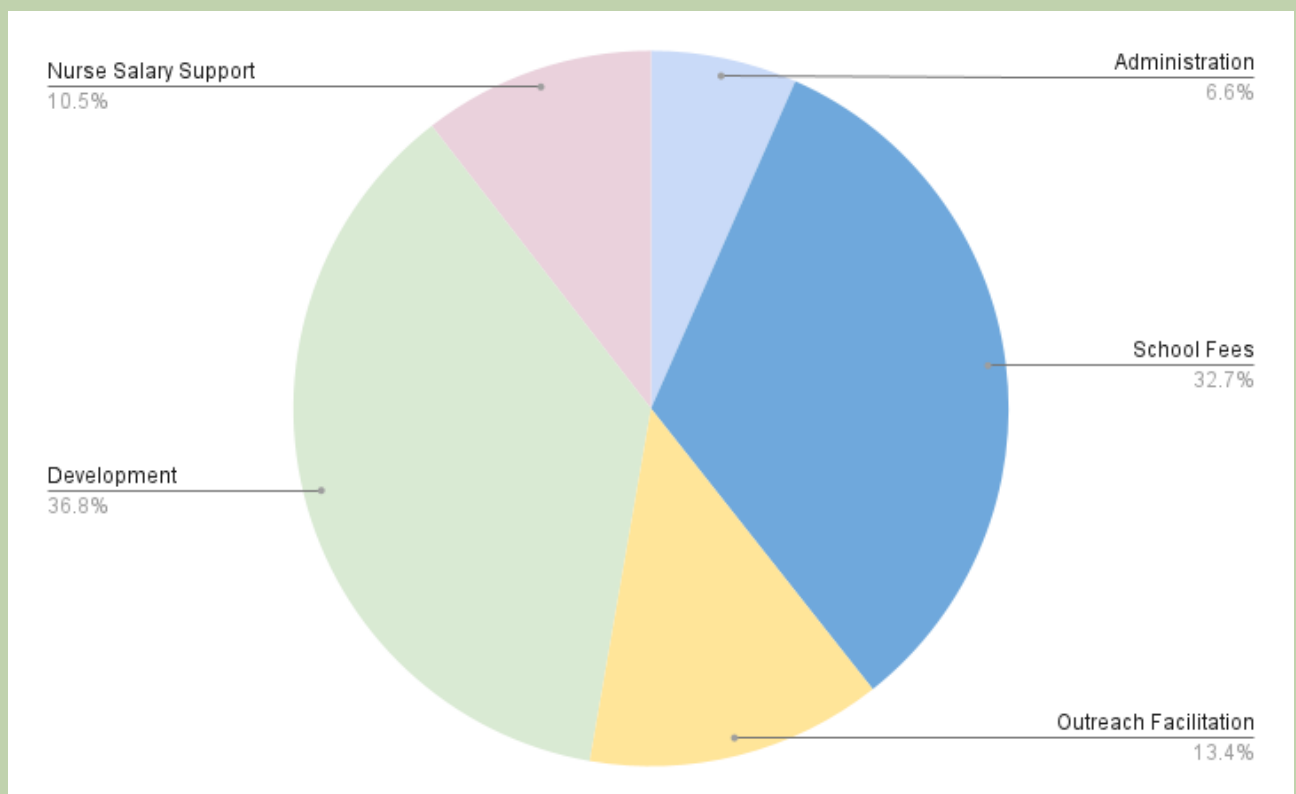


- Project: Breast and cervical cancer screening
 - Impact: Screened 18 women
- Project: COVID Vaccinations
 - Impact: Provided vaccines for 182 people
- Project: General Healthcare Outreaches
 - Impact: Saw 638 people
- Project: Women's Healthcare (FP, prenatal, antenatal, menstrual health/hygiene)
 - Impact: 60 women for family planning talks, 20 Antenatal care, 31 Human Papillomavirus Vaccine, 2 immunization for babies
- Project: Distribution of reusable sanitary pads and cups
 - Impact: 44 menstrual cups (The Grace Cup) and 10 kits (Pad Mad Kenya) were distributed
- Project: Part of Laikipia Rabies Vaccination Campaign
 - Impact: 669 dogs vaccinated within Mugie neighborhood.
- Project: Food Drive
 - Impact: Delivered food to 11 schools
- Project: Community sanitation, ventilation, and hygiene outreach
 - Impact: 48 men and women reached

Where Did Our Donations Come From in 2020?



How did we spend money in 2020?



Challenges

Providing the services we do, in a patriarchal society with a low literacy rate, Moyo is up against a lot. We've been upfront and aware of those challenges from our beginnings in 2016. Over the past year, we have honed in on a few specific things.

- Our team often faces language barriers with certain dialects (especially Pokot)
- Our outreach clinics require a more private space for sensitive exams
- Women are often late to outreaches (or cannot attend at all) because they are doing chores (like walking to get water)



2022 Outlook

This year, Moyo's goal is to deepen our impact -- providing more nuanced and customized services to the communities we help. We will do this by tackling the challenges mentioned above by:

- Train a person within each community to work as a translator and liason for our outreaches
- Building/fabricating a portable and private exam space for outreaches
- Transport water with us on outreaches to ease the burden of women's chores

In addition to continuing the existing Moyo Projects, in 2022, we plan to:

- Set up a women's group to raise bees and harvest honey
- Set up chicken farm/composting at the Mugie Veggie Garden
- See 1,000 patients at general healthcare outreaches
- Serve 100 women at our women-only clinics (family planning, breast exams, cervical cancer screening, HPV Vaccines)
- 'Pop-up' clinic for dental health
- Provide 10 full scholarships and 20 bursaries for students
- Further engagement with our Healthy Kids classes

Thank you to all who make Moyo possible!



2021 Partners & Collaborators



**Rumuruti
SubCounty
Hospital**

Maralal Referral
Hospital