

# THE MOYO FOUNDATION

Help From The Heart



2019 Annual report

Our Ethos & Our Programs

Focus Areas & Metrics

Outlook & Goals

”We know that health, education, and conservation are complexly, interdependent. We lean into this challenge as we work to make a positive difference in the lives of those in and around the Mugie community.”

Lizzie Odegaard  
Founder of The Moyo Foundation



## OUR PROGRAMS

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Student Scholarships  
Healthy Kids Classes  
Outreach Medical Clinics  
Female Healthcare  
”It’s All About You Honey”  
Wildlife Conservation  
Support for Mugie School  
Environmental Conservation

## OUR ETHOS

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Moyo is a volunteer-run organization. All contributions go directly to Moyo’s impactful projects and programs and our 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 is most needed.

# FOCUS: EDUCATION

## Student Scholarships

Education is key to building a sustainable future. We feel that widening access to education is critical to broadening, and brightening, the horizons of the next generation. Thus, we've started a program for full and partial scholarships for school children.



## Healthy Kids

Our weekly 'Healthy Kids' classes at the Mugie School are a collaboration between Mugie, Ekorian, and Moyo. Mugie's nurse, Jedidah, Moyo's directors, and the team at Ekorian teach about hygiene, self-esteem, wildlife conservation, and everything in between! We try to keep it interesting and make it as experiential and interactive as possible to encourage the kids to engage with the lesson.



## Supporting the Mugie School

Whether it is mosquito nets and mattresses for the dormitories, sponsoring a set of exams for one of the school's classes, forming relationships with charitable organizations to gather donations of new school supplies, Moyo helps the Mugie School wherever it can.



# FOCUS: 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 - patients range in age from just a few weeks old to 84 years old! We have just purchased our own outreach vehicle! This will enable us to go farther afield, and be better equipped and prepared. The 'Moyo Mobile' is in Mugie's workshop being retrofitted into a clinic-on-wheels but should be hitting the road in early 2020.



## Mugie Womens Group

It's vital that all women have access to resources and information that enable them to make empowered and informed choices about their own bodies and lives. The candid discussions at our Mugie Womens' Group gatherings, allow for an open dialog about subjects that are often taboo, and not otherwise talked about.

## Female Health & Hygiene

We are working to bring about a new era of freedom for women and girls in the form of 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. Working with The Grace Cup, a Kenyan founded company producing sustainable, reusable menstrual cups and washable and hygienic menstrual pads, we are widening womens' access to the resources needed to care for their bodies.



# FOCUS: CONSERVATION

## Opening Up Rangelands

Mugie is working with its neighbors to open the rangelands for animals. By creating corridors on the planes that allow wildlife to roam more freely, genetic diversity is encouraged, greater access to grazing/foraging/feeding is available - all leading to stronger, healthier, wildlife. This also means less damage to land and diminished threat of disease to stock animals.



## Cleaning Up Mugie

Weekly litter clean-ups, banning of single-use plastics, and installation of waste recepticals are just the first step in our work with Mugie to clean up and conserve this precious land. We are also planting trees and spreading acacia seedballs in an effort to encourage reforestation. We're working hard to promote a mind-set of conservation and thoughtfulness in our whole community, but especially students at the Mugie School.

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

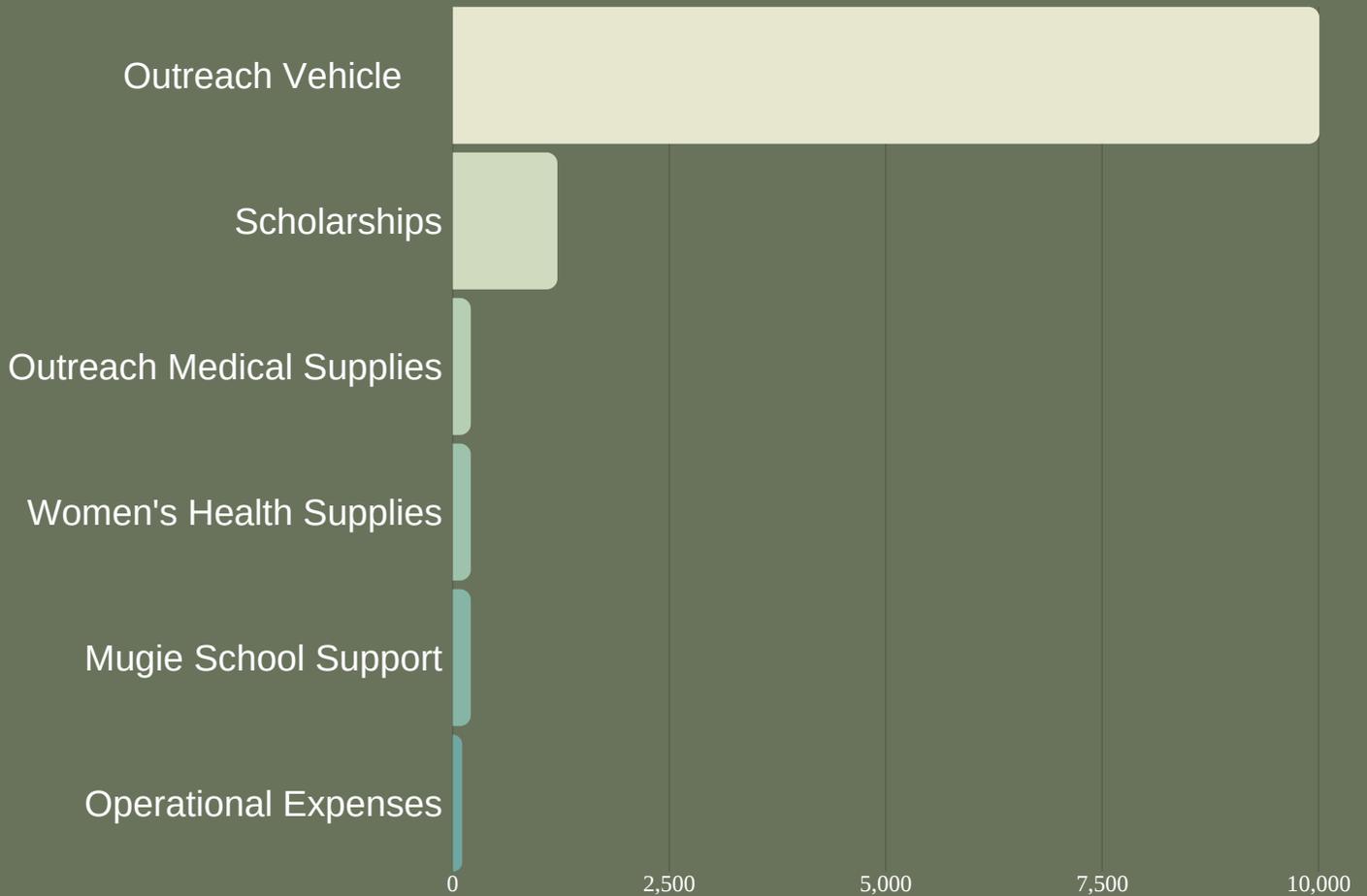
Started in collaboration with Ekorian and Mugie, this community economic empowerment program sources sustainable honey at Mugie (honey that when harvested doesn't harm the bees or trees as it does with traditional harvesting practices) while also providing jobs and a source of income to the local community. This is also an opportunity to educate the community about the use of "bee-hive fences" to protect crops from elephants.



# Metrics

## Spending

Our biggest expense this year was the purchase and retrofit of the outreach vehicle. This is a capital investment and the only ongoing costs will be normal vehicle maintenance and fuel. Our second greatest cost is that of school scholarships - four students at \$350 each, per year. Other than that, funds were primarily spent on medical/health supplies, and for Mugie School support costs - mosquito nets, mattresses, exam sponsorship, etc.



# Outcomes

It's been an amazing year of fantastic growth. We have seen approximately **1,200** people at outreach clinics, we have supported four scholarship recipients through school this year, we have aided the Mugie School in exam fees, we have empowered more than fifty women and girls by bringing them access to menstrual cups and reusable menstrual pads, we have scattered seedballs over nearly **5,000** acres of land and planted many saplings, we have helped over **100** gallons of sustainably harvested honey find its way to market, we have helped Mugie collect nearly **1,000** pounds of garbage, and we have collaborated with Ekorian, Mugie, and Heavenly Treasures in an economic empowerment program that works with many women. We have been fundraising hard for an outreach vehicle which will help us to go farther and do more, serving a wider group of people with our mobile health clinics. That vehicle will be on the road in early 2020.

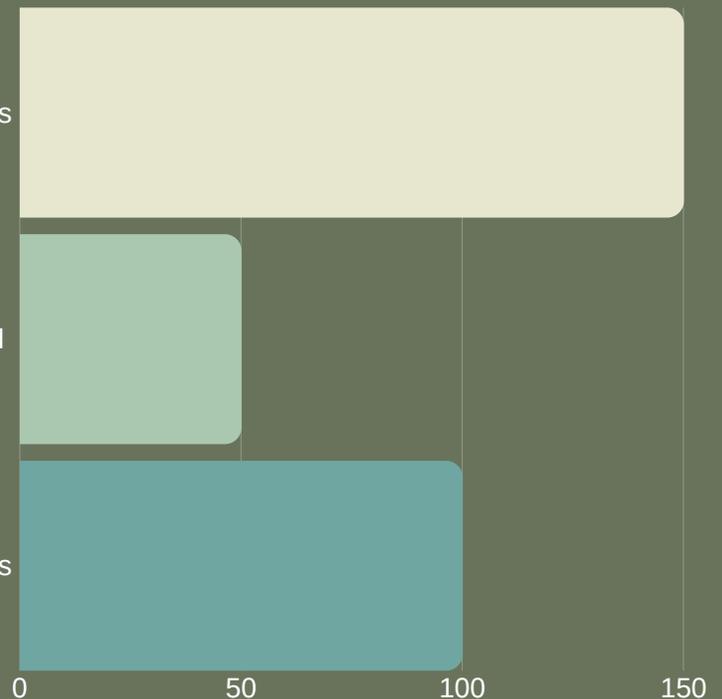
\*Numbers are closest approximations



Students Reached by our Education Programs/Scholarships

Recipients of the Grace Cup/Pad

Women in Economic Empowerment Programs



## Challenges

We have encountered a multitude of challenges in our first few years. Most of them stem from the cultural stigma and taboos surrounding women's healthcare and education. We have found that the deeply engrained, 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 powerfully 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, does not exist for mothers to seek medical care for their children often until it is too late - if 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 is taboo, knowledge of conservation and the importance of caring for our environment (and more importantly HOW to care for our environment) is 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 slow progress that Moyo will be a part of

## Goals & Outlook

We are working towards creating wider access to healthcare and education for all Kenyans, and building a sustainable future for all by way of wildlife and environmental conservation projects.

# 2020 Projects

## Education

Continuing our Healthy Kids classes at the Mugie School, we plan to implement a mentorship program for students. Our goal is to increase the number of scholarships we offer from 4 to 8. And we will incorporate reforestation projects and start a tree nursery with the school, to engage students in hands-on environmental conservation.

A big project we have this year is in collaboration with Heavenly Treasures Kenya - we're supporting their work to empower local tribeswomen through the economic development of their handicraft businesses. Along with the business training and a connection to market, we will also be sponsoring an outreach medical clinic into these remote villages to provide the much needed healthcare that they would otherwise travel miles to reach.

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## Healthcare

Our outreach vehicle is almost ready! With our own vehicle, we will be able to go further and do more - in the new year we plan to double our reach and provide access to healthcare services and resources to more than 2,000 patients. In collaboration with The Grace Cup, we have provided 100 sets of reusable menstrual pads to young women and girls. This cost-effective and environmentally friendly solution will allow school girls to continue to attend classes all month.

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## Conservation

We will continue our weekly environmental cleanups at Mugie - each department responsible for a particular area of the conservancy. Our wildlife conservation efforts persist as we advocate for wildlife corridors, and pursue species-specific projects (collaborating with lion landscapes and raising funds to replace the cheetah collars - which are used for monitoring the behavior and movement of two individuals on Mugie).