



HEALTH EDUCATION
AFRICA RESOURCE TEAM

The Pulse

HEART WEEP

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*"They will tell you everything
that is happening here."*

- Colossians 4:9

BEAT OF THE HEART:

**"The Lord is my
shepherd, I shall
not want**

**He makes me lie
down in green
pastures, He leads
me besides quiet
waters, He re-
stores my soul.**

**He guides me in
paths of right-
eousness for his
name's sake."**

Psalm 23:1-3

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Taking Tally

The worldwide HIV/AIDS epidemic continues to expand. According to [UNAIDS](#), 33.3 million people live with HIV, including 2.5 million children. In 2009, some 2.6 million people contacted the virus and an estimated 1.8 million died from complications from AIDS. The greatest tragedy, is that AIDS is largely preventable and many treatment alternatives can be employed but are not. In those places where there is not a base of shared community knowledge and attitude regarding the realities of HIV/AIDS transmission, prevention, and treatment, the disease will continue to spread at a growing rate.

Kenya is home to one of the world's largest HIV/AIDS epidemics. An estimated 1.5 million people are living with HIV; more than 1 million are women and close to 1.2 million children have been orphaned due to AIDS. HEART through its WEEP pro-

gram, is actively reaching vulnerable populations through a unique health and education program combining AIDS education with literacy and community action. In 2010, through your support HEART reached more than 5,000 adults, youth, and children who have lost family members and been infected by HIV/AIDS in



Kenya.

HEART also has an AIDS orphan initiative termed PROPS which is basically reaching the bed ridden in their houses by our stable WEEP participants.

The most important aspect of HEARTs programs is the focus empowerment of the women living with HIV/AIDS through education. The women are trained to facilitate psycho social support in their groups at the centers' and ARVs collection points. The trainings consist of life skills, basic literacy, and health literacy as men are also affected many of the social issues surrounding HIV and AIDs. They are taught how to knit, sew, bead work and in addition to this, book keeping, account opening, marketing strategies, and assist in business planning for eventual financial independence. The program reported major successes in the year 2010 which saw some of the women graduate, start and successfully run different businesses.

We are proud and grateful for the partners and support we received from you for the WEEP program.

New Beginnings

Since the first group of students from the WEEP Centers graduated, the centers have seen an increase in the desire to join the program from other women in the communities we are serving.

The success stories reported by the women like Jane Akinyi, a WEEP graduate who now runs a successful Omena fish business has given the rest of the commu-

nity hope and reassured them that



being HIV positive doesn't necessarily mean end of the world for

someone. More than 7 women have been enrolled into the program. One such lady is, Lillian Atieno who came into the program very weak but now is posting improved health and better spirit. "if it were not for HEART I probably would be dead by now. Thank you very much." she says. We look forward to enrolling even more Women into the program with your support.

We Made It!!!

In Business.....

Following the Business launching Workshop held for the beneficiaries of the WEEP Centers across Kenya and the successful graduation of some of the women in the program, the participants went on to start business(including Omena fish sale, milk business, tailoring business, and bananas wholesale) in their different localities.

Jane Akinyi (Kibera WEEP Centre graduate) embarked on Omena fish Business. She started in a small shack at Kibera, about 100 meters from the centre. She sold in retail to members of her community keeping in mind best business practices as taught in the workshop. Soon enough she started realizing profits and has since grown her business and is now selling in wholesale. "Through my business, I was able to

purchase a house for my family and later I managed to buy a piece of land and I've since constructed a renting room which boosts my earnings," Jane says. "In fish business, am now dealing with wholesale customers and supply to eight supermarkets within Kibera. At first, I was feeling so hopeless, but now, life has changed. I'm stable, and at first I was seeing as if I'm dying, my family had a coffin made for me. All hope was gone but through God's grace I am a business lady now. I'm hoping to live." She continues to be an inspiration to the other women at the centre and every so often she finds time to speak to them and give them hope.

Jane is also a resource to the community and through her business she aims to make sure that

whatever she sells remains affordable to everyone "Since I respect humble beginnings, and I know my community cannot afford to buy the fish in large quantities, I still maintain my position at Bombolulu Street, Kibera where I sell in the evening on retail." She says. Guided by the quote 'trust in God with all your heart, believing and put effort in your work is worth a good return.'

The hard work she put in her business and the determination she exudes to live and give hope encourages HEART to continue reaching out to other women like her. Through your support we are making progress. Thank you.



Jane Akinyi at her business premises in Kibera.



Rose Amollo in her dress making shop..

.....And in life

Teckler Syombua, is a single mother of two and a foster parent to five. She enrolled at Mathare WEEP in March 2008. Her Health was not promising since she had a CD4 count of 2.5. Altogether I had a thorn in my flesh of a wrong operation which left my bladder not able to hold urine and eventually it developed a tumor. She was bed ridden by then but the center coordinator together with HEART field officer showed a lot of faith in God for her survival. They took the initiative to take her to the hospital and volunteered to be visiting her twice a day to make sure she takes her medication and to spoon feed her.

Worse still, her spirit was broken because of the stigma she had to endure because of her HIV positive status from her family and neighbors who saw her being taken to the hos-

pital.

Through the WEEP program whose primary goal is to keep a mother alive, she was given basic care and counseling till she regained her strength. Like all other members, she was trained in the different trades; beads making, tailoring skills, business planning and peer counseling for her to become self sufficient. Teckler graduated in 21/08/2010 and the smile on her face that particular day evidenced the joy and hope she had for the future.

Teckler did not venture into business as most other women; instead she chose to dedicate her time in the empowerment of other infected women.

She was offered a job as a trainer at Njiru WEEP center which is near a residential area.. Since she

started work, she has been able to train and counsel over 13 Mothers.

Teckler uses her story as an example during the support group sessions every Thursday. She tells me, "Before WEEP, I was going through many things; I was not getting food and I was constantly worrying if I was going to wake up the next day. Now every morning I wake up feeling more alive and I have regained the will to live." She reiterates that for her the most important healing is that of the spirit and in her day to day work this is foremost priority.



Teckler Syombua; 2010 WEEP graduate

Centers' Sustainability

HEART in its endeavor to better the lives of the most underprivileged in our society through our WEEP program, also seeks to see that the Centers of our programs can be self-reliant and the programs sustained long after the present partners, administrators and beneficiaries are gone. It is from this sustainability angle that HEART embarked on setting up income-generating projects for the WEEP Centers through the support of partners and donors.

These programs are run by the Guardians and Beneficiaries in the Centers. The projects include Tailoring, Beads making, candle making and other Art and Crafts products. The beauty about this projects is that they are multipurpose i.e. they serve as a base for identifying talents in individual participants and family, giving the participants skills to reach others for improved livelihood, also exploring leadership abilities, imparting business ideas and knowledge of God's word for now their eternal life, and serve as income-generating activity for the centers.



WEEP products include, malaria prevention nets, school uniforms, African beads work, aprons, and other unisex wears.

Kibera WEEP Center is in un-rented property where HEART has renovated several rooms, one among the upstairs rooms is rented and the big hall is now premise to a Baby day care, Nursery School and Pre School. This is aimed at the Centers sustainability. " All this is made possible through in kind donations, for example, the pre- School was funded by Stephen Lewis Foundations and CACC and we are forever grateful." Gladys says eyes brightening with joy.

In the photos:
Topmost, Kibera preschool kids during a medical checkup.
Second; women displaying a finished product and
Bottom; Installation of computer in Mombasa WEEP centre .

Behind the scenes—Letter from WEEP Coordinator.

In the beginning, it seemed like a dream having centre's for HIV infected women but for a period of three years it has brought about a tremendous change in lives of women in living in the slum areas. These ladies are not only Christians but are just members of the community, who came to know of their status and thought it was end of the road for them. (hopeless situation) In search for restoration of their hope to live, they found themselves in the care of God's servants who had a strong will to make a difference in the lives of the infected since majority were vulnerable women

raising children on their own. The sensitivity of the situation was highly realized by this female servants of God and in their search for a long term assistance to their fellow ladies God brought Vickie their way . (today's good Samaritan) .

Through the establishment of weep centre's, restoration for 89 ladies began. Abandoned rejected and stigmatized, the group of ladies got a new lease of life. Today 120 children who were to be orphaned have access to care and security in their mothers households. Glory to God who is not unjust

to respond to our humble cry of his children.

Since the ladies regained their health, HEART vision has come along way to empower through education survival of these ladies has been evident by the businesses they run and their employability. Thank you.

In Service,
 Mary Maithya.



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*"Empowering the people of Africa to survive
the HIV/AIDS pandemic"*



HEART-felt Thanks



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of Kings

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WEEP Center Highlight — Mombasa, Maweni



Mombasa WEEP ladies making malaria prevention nets in their permanent building

This WEEP Center houses a net making project and is situated in Mombasa, Maweni area. The Center was started by Pastor William and his wife Delina and was initially housed in the local church. The Center has since moved location to its own building next to the church which was constructed through funds donated by

Steven.

The Center has eight active participants who are able to produce five hundred and fifty malaria prevention nets in a month for HEART and ICAP orders. Along side, the ladies are also venturing in other income generating activities including beads work, tailoring, of female Muslim attire, *Mitumba* (second hand clothes) Business at the beach, a Weaving of African *Ciondos* (baskets) and Charcoal Business.

What stands out in the centre is their talent and entrepreneurial spirit that drives that the participants demonstrate. This encourages HEART to continue supporting the Centre. We also appreciate the immense aid we receive towards this project from Brian and Stacy Cloud.



Top: Mombasa WEEP ladies during their Psychosocial support.
Below: Finished nets at a distribution in Mombasa.

