

Kakrao prayer update - February

KAKRAO PROJECT

Supporting Kenyan families with HIV/Aids

Dear Friends,

This month I'm bringing you further updates from Sylvia about the training that the Kakrao community has been receiving. I thought you would like to see the kind of training they're undertaking that will transform their lives!

The community groups have now been split into smaller cell groups, led by a peer farmers. The peer farmer receives all the training from the Send a Cow staff and their role is to pass this training onto their cell group. It's proved to be an excellent way of sharing the learning to a smaller audience. The cell group get to know one another well and are able to support each other both morally and physically - they generally work together on the heavy building work too.

Part of their early training is farm planning and resource mapping. They look at the land and the resources they have and decide what would work best for them. They literally draw out a map of their plot of land and plan where everything should go. For example, having a kitchen garden near the house, but a compost area would work better further away from the house.

You can see in the photos the cell group learning how to build vegetable gardens, raised beds and keyhole gardens - different ways of maximising the growing of vegetables. They are being taught to use their own compost in the soil, which ensures a healthy crop of vegetables. They also are taught about mulching which prevent water evaporation and protect the vegetables from the sun.



They've also started to build their compost pits, learning the importance of using this on their crops, making organic compost to ensure healthy crops. Healthy crops provide enough for the family to eat, and will soon provide extra to sell at the market too - thus providing an income.



Being part of the Send a Cow training groups helps improve the self-esteem of those who thought it was too late for them to change their lives. This training has provided a new hope for many:

"I did not go to school, but from the Send a Cow

trainings I see myself becoming a graduate at old age” Maurine Adhiambo-Nyamache women group.

The staff work really hard to make sure that everyone has taken on board what they need to and that the challenges have been overcome:

“I am happy that farmers have picked up the trainings we have delivered and have already put them into use. They are very enthusiastic about the project” Judith Otieno-Project Facilitator, Send a Cow

The Challenges

The aim of the Kakrao Project is to reach out to groups of people living with HIV. However, due to the stigma attached to HIV, people don't want to attend meetings that are close to home - they would much rather attend meetings in a group which is further away from where they live, for fear of discrimination.

The problem with this is as support group membership is therefore scattered and attendance of trainings is low due to the long distances that members travel to the meeting/training venues. The team are working how to overcome this issue.

Please pray

- Please pray for those with HIV, who are fearful of discrimination due to their status. Pray that they would be protected from discrimination and that people would learn more about the condition and how to treat it.
- Thank God for the enthusiasm of those who have received training so far. Ask that god would bless the work of their hands.
- Pray for the Send a Cow team and they deliver the training and build good relationships with the farmers.
- Please pray for those who are finding it difficult to travel to the group meetings, that a solution would be found.

Thank you for your continued prayers,

Best wishes,



Ann Hatton

