



# WOMEN UP ANNUAL REPORT 2023

*While we are strong together we are stronger*





Environmental issues, such as climate change, significantly impact women and children in developing countries. Moreover, during challenging economic times, their vulnerabilities increase due to limited access to education, child labor, exposure to sexual and physical abuse, and domestic violence. Gender-based discrimination further worsens their vulnerability.

I consider myself fortunate to work with Green Kenya, where we mentor and nurture the skills of young children through sports. Additionally, being a part of the Women Up team allows us to mentor girls physically, socially, and emotionally. Thanks to our partnership with Pamoja Girls, our outreach has expanded. This year, we conducted numerous on-field and off-field sessions. During on-field activities, our focus was on playing games from our programs. Off-field, we utilized the Pamoja handbook to inspire over 60 girls.

We covered vital topics such as reproductive health, sanitation, menstruation, well-being, mental health, problem-solving, teamwork, budgeting, saving, leadership, gender equality, human rights, and environmental awareness, equipping them with essential life skills. Running the program presented challenges, including interruptions due to national holidays and school programs, adverse weather conditions, and scheduling issues. At one point, we faced a shortage of Women-Up coaches, which we addressed by expanding our team.

Our plan moving forward is to integrate the Pamoja Girls topics with the Community Impact Program, enabling us to run the Women Up program. In 2024, we anticipate increasing participation by partnering with more schools and football teams, covering more ground, and collaborating with like-minded organizations to expand our impact and reach.

A handwritten signature in black ink that reads "Leah Wanjiru".

Leah Wanjiru  
Women up Coordinator,





## INTRODUCTION

Women up program is a brand within Green-Kenya, we work with women and girls to eradicate all forms of gender inequalities through Sports, in line with UN SDG target 5.1 to achieve gender equality and empower all women and girls.

This year marked the beginning of the normal school calendar, post the Covid-19 pandemic. It was a time when we could finally return to normalcy after the disruptions caused by the pandemic. It has been a productive year for us, as we conducted more sessions than in the last couple of years. The year began with us expanding our network. We partnered with the Pamoja Girls. This partnership has been helpful as we received handbooks that helped us conduct off-field sessions. Also, the monthly meetings with Pamoja girls have provided valuable insights to our women-up team on how to conduct workshops effectively.

Most of our Women-Up sessions were conducted in Mukuru slums and some in Huruma. Mukuru is home to over 700,000 people. Due to the harsh economy, women are often left responsible for caring for children while men seek manual or casual labor in nearby industries.



Many girls are unable to pursue education beyond secondary school due to the lack of school fees or early pregnancy, which forces them to drop out. This situation emphasizes the critical need to empower women and provide them with opportunities to enhance their lives and those of their families.



## **Mission:**

To work with women and girls to eradication of all forms of gender inequalities through Sports

## **Vision**

A Society where every girl feels part of a big family, developing a positive outlook and gaining useful life skills beyond football that help them thrive beyond the boundaries of her confinement and sport.

## **Sessions Within The Community**

The Women Up community coaches conducted sessions in two schools in Mukuru slums, Vision Daycare and A Place for Grace, and one football team, Huruma Queens, in partnership with Pamoja Girls. Vital topics covered during the on-field sessions were gender equality, drug and substance abuse, teamwork, problem-solving, self-directed learning, environmental literacy, child rights, peace, leadership, financial literacy, good health, and well-being. For off-field sessions, they included menstruation, mental health, reproductive health, and social awareness topics.





## The Highlight Of The Year

We had several highlights of the year, but one of the top highlights is our partnership with the Pamoja Girls. Through this partnership, we received the Pamoja handbook, our curriculum for the off-field sessions. Moreover, during the virtual monthly meetings, we have had the opportunity to meet other Pamoja Girls partners. Our team has acquired valuable insights from these meetings, enabling us to improve how we conduct our workshops.

*“Some of the parents of these girls are busy, while others are always drunk and some neglect them. I saw the need to have this program in our community so that we can teach and nurture them to have a better future that they need in life.”*

***Rose Minage -BrainsWealth Learning Centre***



# Women Up Impact 2023

| COMMUNITY IMPACT DIVISIONS             | NUMBER OF SESSIONS PER SCHOOL | TOTAL NUMBER OF SESSIONS | AVERAGE ATTENDANCE | PARTICIPANTS | BOYS     | GIRLS      | ADULTS    |
|----------------------------------------|-------------------------------|--------------------------|--------------------|--------------|----------|------------|-----------|
| Women Up - Vision Daycare              | 25                            | 52                       | 33%                | 29           |          | 29         | 4         |
| Women Up - Brainswealth & House of God | 4                             |                          |                    | 26           |          | 26         | 4         |
| Wome Up - A Place of Grace             | 9                             |                          |                    | 48           |          | 48         | 4         |
| Women up at Huruma                     | 14                            |                          | 75%                | 37           |          | 37         | 4         |
| <b>TOTAL</b>                           | <b>52</b>                     | <b>52</b>                | <b>54%</b>         | <b>140</b>   | <b>0</b> | <b>140</b> | <b>17</b> |

The program anticipates increasing the number of participants by 15 % in 2024

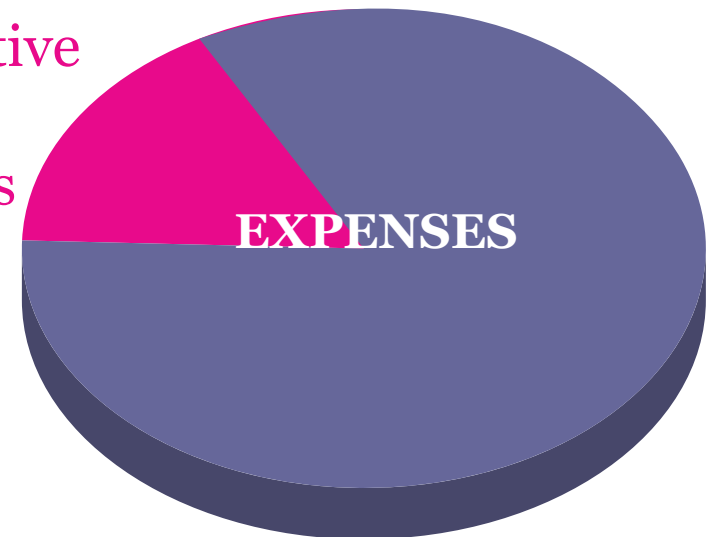


# Women Up Financials



**\$ 1,786**

0.34%  
Administrative  
Support  
Expenses



99.66%  
Programme Expenses





## Individual donors

Elin Hansen  
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Dave Oriedi



**They supported:**

U.S Embassy Nairobi  
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