

# 2022 MAISHA

# REPORT



"Together,  
working to  
support  
pregnant  
women, young  
adults, and  
adolescents"

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## IMPACT

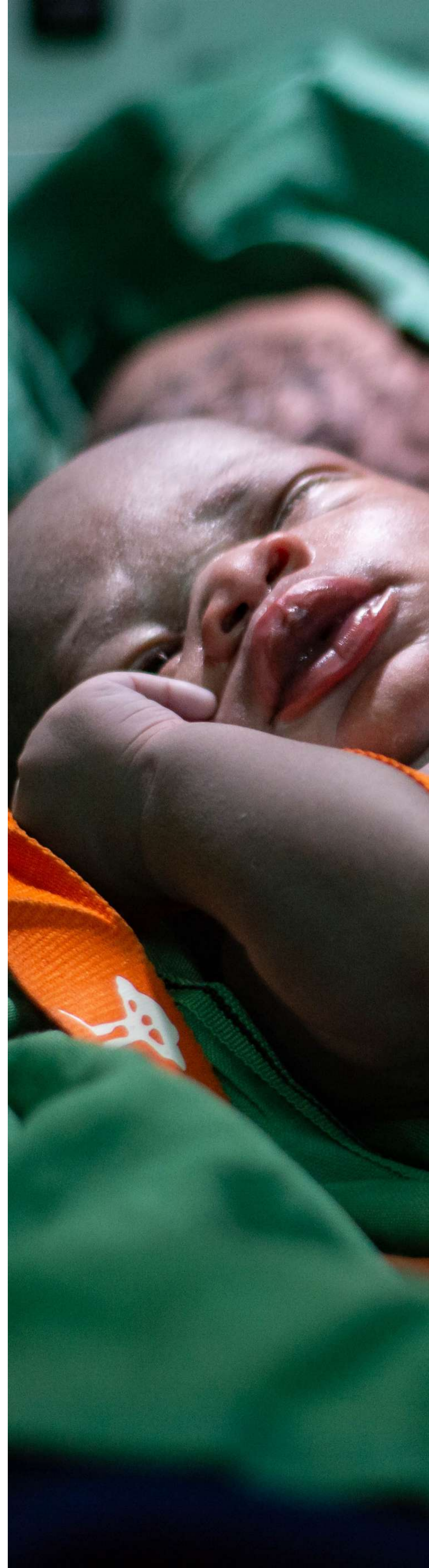
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# Dear Maisha community,

We began the year 2022 with hopes to continue supporting and offering growth opportunities to pregnant women, mothers, and young people in vulnerable situations.

This year was marked by the growth of the volunteer team, the development of programs in Kenya and, above all, by the professionalization of our collaborators. We are very proud to have a remunerated team that works every day to help Maisha become a reality.

Faced with a post-pandemic scenario, which forced us to stop and reassess our situation, we managed to get ahead stronger, organize better, and be able to reactivate operating activities. What's more, we didn't just stop at reactivating, but rather, we set out to grow and formalize this dream, so that nothing could stop us in this great mission.

As the years go by, we continue to overcome our project-stage and form a more solid institution in Chile and Kenya. It's incredible to think that more than 200 women have received support in the time the nonprofit organization has been in operation.

2022 was a challenging year: new faces, evolving projects, and a lot of learning, but as an organization we could not be more grateful to each one of you, who with unconditional support allowed challenges to be transformed into successes and learning. We thank our volunteers, coordinators, donors, and the team in general, because without their support and hard work Maisha wouldn't be a reality.

For this coming year, we commit to continue the hard work so that Maisha reaches more women and corners of the world. We dream of a world with more Maisha: more volunteers, more coordinators, a larger staff, and more donors, where we can reach out as guides and companions to those pregnant women, mothers, and young people who need us.



A big hug to each one!

**Maria del Rosario Mozó Fuenzalida**

Executive Director  
Maisha Foundation

# I am Domtilla Ayot,

Co-Founder of Maisha Foundation Centre, Kenya. We are a Community Based Organization dedicated to supporting Vulnerable Young Pregnant Mothers in Kenya. Since our inception, the Centre has grown progressively due to the support of people of goodwill, Maisha Foundation Members, and Volunteers who have selflessly offered their expertise in service to the Centre. I am deeply grateful for their inspiring, generous, and friendly support.

The year 2022 presented its own set of challenges, including the ongoing Coronavirus pandemic and the sudden increase in the cost of living to alarming heights.

However, despite these challenges, we were able to provide assistance to more young mothers than ever before, with the support of people of goodwill.

In 2022, we assisted a total of 76 young mothers. Out of these, 10 were out-door mothers who were helped at home, 25 were admitted in the Centre for indoor support, and 36 were assisted online. Additionally, 2 young mothers were trained in catering, 23 in tailoring, and 2 were able to return to school. Furthermore, 37 young mothers were assisted in beauty courses to enhance their skills and opportunities for employment.

I am incredibly thankful to our benefactors, my family, and all the benevolent people who have supported our cause. Your generosity and kindness have made a significant impact in the lives of these vulnerable young mothers, providing them with hope and opportunities for a better future.





As we look forward to the future, I appeal to all people of goodwill to join us in this noble cause. There are still many innocent young souls who are threatened by cruel hands that seek to take away their lives. With your support, we can reach out to more young mothers in need and make a difference in their lives.

In conclusion, I am proud of the progress that Maisha Foundation Centre has made in 2022, despite the challenges faced. We are grateful for the support of our benefactors, family, and kind people, and we remain committed to our mission of supporting vulnerable young pregnant mothers in Kenya. Together, we can continue to make a positive impact and bring hope to those in need. Thank you for your unwavering support.

**Domtila Ayot**

Cofundadora y Directora  
Fundación Maisha

**Maiishda means life**



## We are

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We are a nonprofit organization that was born in collaboration between Chile and Kenya. We are committed to achieving dignity, accompanying women, mothers, and young people.

## Mission

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Our mission is to support and offer growth opportunities to pregnant women, mothers, and young people in vulnerable contexts.

## Vision

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Our vision is to be the main support network for women, ensuring that every mother welcomes her child in the dignified conditions they both deserve.

## Values

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### **RESPECT FOR LIFE**

We are committed to respecting the life and dignity of the human person.

### **RESPONSIBILITY**

Our commitment to life translates into concrete support for pregnant women, mothers and adolescents who require a support network.

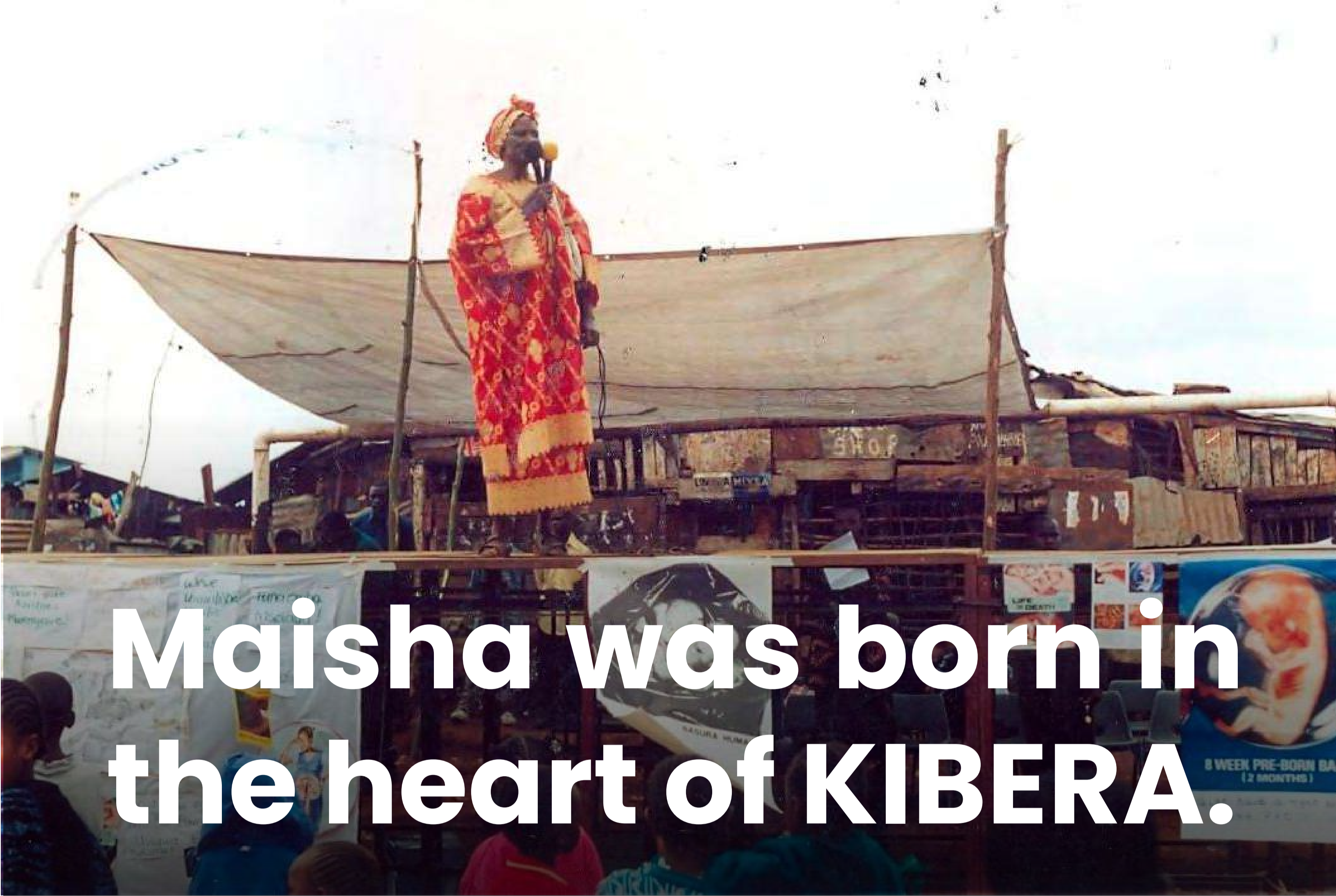
### **COOPERATION**

We work collaboratively and value the cultural crossroads between diverse communities. We work as a team, horizontally and relying on local actors to carry out our projects.

### **EQUITY**

We work for gender equity, offering equal opportunities and guaranteeing non-discrimination.





# Maisha was born in the heart of KIBERA.

Something was worrying Domitila Ayot: Day by day she witnessed how in her town, Kibera, **many adult and adolescent women became pregnant with little to no support, sometimes even against their will, and in conditions of extreme poverty.** Something else alarmed her: the number of women who had to perform clandestine abortions, due to the lack of resources they had to support their children.

"Mama Domitila" decided to contribute with what little he had. She started cutting out papers with her phone number and posted them throughout Kibera, hoping that women in need of a shoulder to lean on could turn to her. **This is how Edel Quinn Center was born, which was destined to pregnancy crisis and accompaniment of women.**



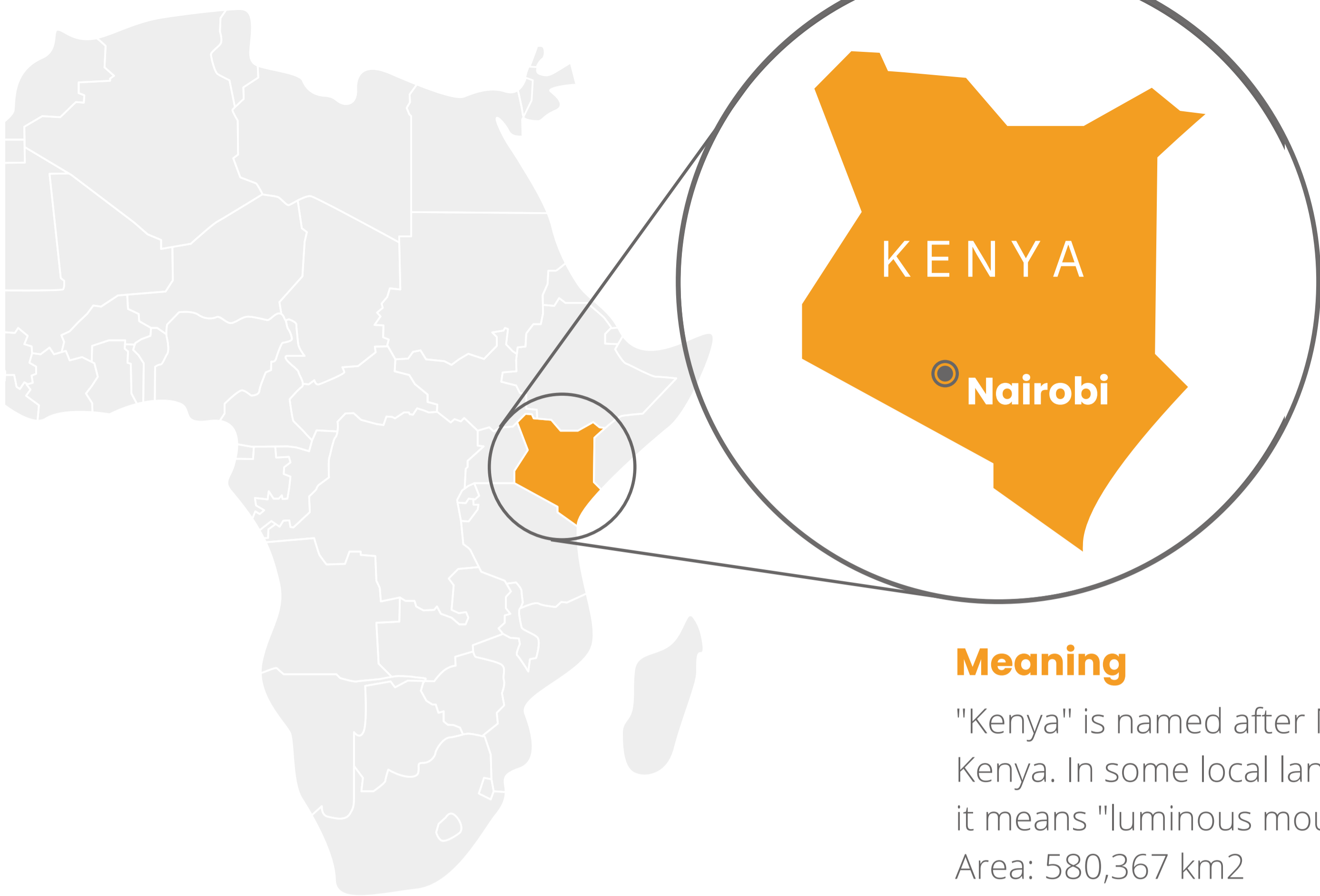
**In 2015, a small group of Chilean volunteers from a low-income hospital in Kenya came across this small, but great, local initiative;** which had become a place of light and life for women involved in very adverse environments. They were also extremely moved by the reality of thousands of African women who could not welcome their children in a dignified way. They asked themselves, how can we give them real support?

After this experience, they decided to commit to these women and become a true support network. Thus, in partnership with the Edel Quinn Center, Maisha was created. **Maisha, which in Swahili means LIFE, shared the dream of welcoming and supporting mothers and their children in Kibera.**

Today, Maisha is a network of more than 60 people focused on providing support to women and their families, united in the dream of continuing to expand this work in Kenya, Chile, and other countries around the world.



# Alorut Kenya



# Kenya

Is a country in East Africa whose capital is Nairobi.

It is known for its wide variety of animals, landscapes and tribes.

It is officially formed by 44 ethnic groups. The main ethnic groups are the Kikuyu, Luo, Luhya, Kamba, and Kalenjin.

## Meaning

"Kenya" is named after Mount Kenya. In some local languages, it means "luminous mountain".

Area: 580,367 km<sup>2</sup>

## Surface

591.958 km<sup>2</sup>

## Population

56.2 million inhabitants

## Official languages

English and Swahili

## Capital

Nairobi

## Life expectancy

67 years

## Religions

Christianity predominates with 48% of its population. More than 24% corresponds to Catholics.

**60%**

Out-of-hospital deliveries

**21%**

Of the mothers are teenagers

**20%**

Of the girls are subjected to FGM

**50%**

School dropout



**Only 40% of births occur within hospitals**

In Kenya there is no free access to healthcare services, which could be the reason why only 40% of births occur within hospitals (Carrera JM et al, 2007).

When examining the figures, the situation is alarming. The maternal mortality rate is 377 per 100,000 live births, whereas in Chile, the number does not exceed 10 women (World Bank, 2020).



**3rd country with the highest number of teenage mothers worldwide**

Around 13,000 Kenyan young women drop out of school each year due to unplanned pregnancies, reaching a figure of 21% teenage pregnancies in the country.

According to the latest pregnancy report from the Health Ministry (Health Ministry, 2021), Kenya would be the third country with the highest number of teenage mothers world wide.



**30 abortions for every 100 births during 2012**

In Kenya, very high rates of clandestine abortions have been observed, being this the main cause of maternal morbidity and mortality in the country

According to a study carried out in 2012, there were 464,690 cases of induced abortions, corresponding to 30 abortions per 100 births that year (Ministry of Health, Kenya, 2013)..



**9.7 health officials for every 10,000 patients**

The limited accessibility of health systems makes it difficult for women to receive treatment in case of illness, but also deprives them of their right to receive health education, health promotion, and disease prevention.

There are only 9,7 health workers, including doctors, nurses, and midwives, for every 10,000 patients (World Health Organization; 2014).

# Abolut Kibera



# Kibera

It is the largest slum within Kenya and the second largest in Africa. It is an informal settlement located in the suburbs of Nairobi.

## Meaning

Forest or jungle.

## population density

+ 2.000 people per hectare

**1.000.000**



POPULATION

It is estimated that Kibera is home to approximately 1,000,000 inhabitants who live in overcrowded conditions, that is, about 8 people in 9m<sup>2</sup> dwellings (Bouza, 2019).

**US\$1,25**



A DAY TO LIVE ON

More than 50% of the slum dwellers live in extreme poverty, on less than 2 dollars a day.



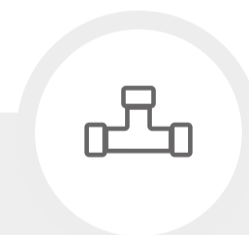
*High levels of unemployment*



*Limited water supply*



*Inadequate electrical supply*



*Absence of sewage*



*Drug trafficking and crime*

**20%**

Of homes have access to electricity.

**20%**

Of children attend primary school.

**20%**

Of residents have a formal job.

**50%**

Of the residents are unemployed.

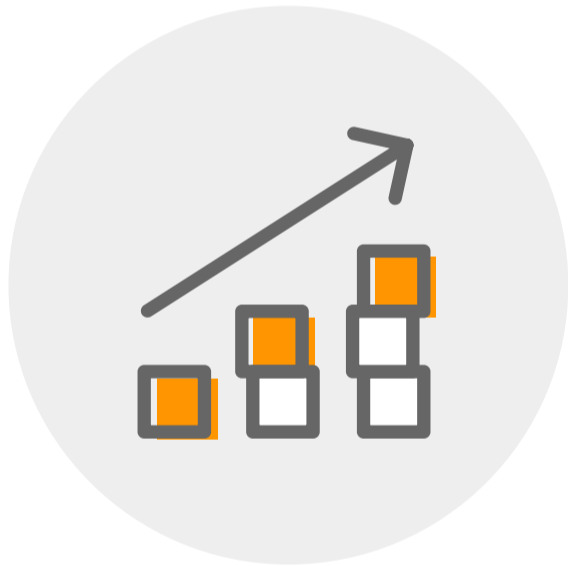




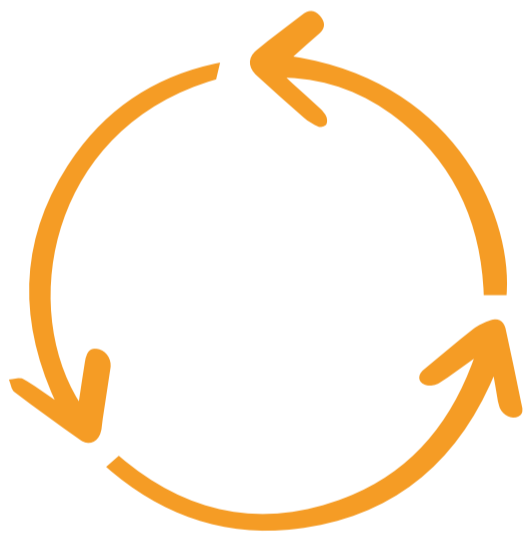
# Maisha Programs

We have four lines of action to carry out our work

## HOUSING



## SUSTAINABILITY



## HEALTH



## SEXUAL AND AFFECTIVE EDUCATION



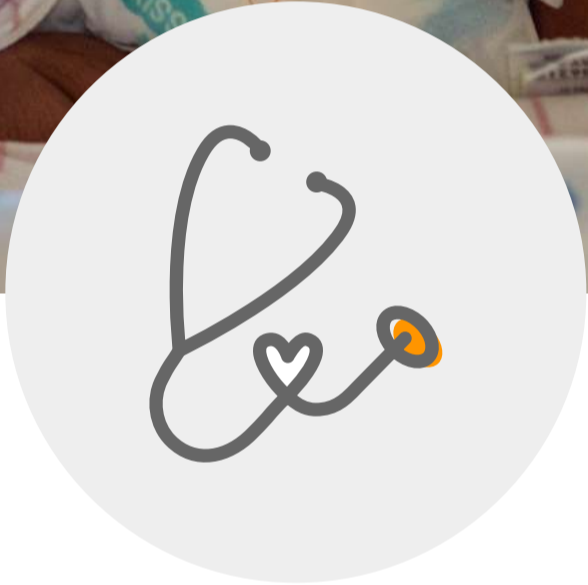
## Housing

Through our housing program, we provide comprehensive support to pregnant women in crisis during pregnancy and postpartum.

We offer 24/7 telephone accompaniment, home visits, and a temporary home for those mothers who do n't have a support network.

We provide for the basic needs of the women and newborns through the delivery of supplies, food, and care.

We organize opportunities for our mothers to meet with the local community and the network of Maisha volunteers in Kenya.



## Health

Through our health program, we ensure our mothers and their children receive adequate healthcare before, during, and after childbirth.

We offer prenatal check-ups, delivery care, and breastfeeding counseling. We perform a continuous follow-up of mothers and newborns through home visits.

We educate and train local health personnel to improve competencies in the community itself.



## Sexual and Affective Education

We support children, adolescents, and young people in different stages of development, under a personal perspective of their affectivity and sexuality.

We work in collaboration with the international Teen STAR program, which trains our volunteers to work on issues related to the physical, psychological, emotional, intellectual, and spiritual dimensions of the person.

We develop decision-making skills based on freedom and responsibility. We train local monitors from Kibera so they can continue replicating the program on an ongoing basis in Kenya.



# Sexual and Affective Education

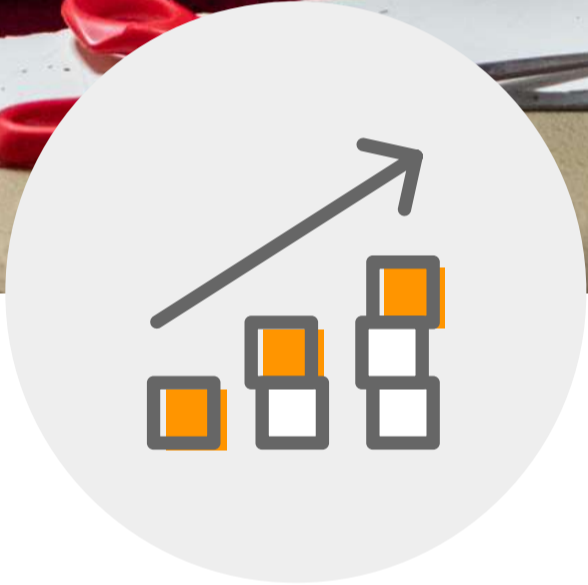
## Menstruation without Rules

As part of our sexual and affective education program, we have the "Menstruation Without Rules" initiative to guarantee menstrual hygiene supplies. We work to make menstruation no longer an impediment, but instead to ensure that it is informed, environmentally friendly, and accessible.

Menstruation continues to be a problem

for many girls, adolescents, and adults who do not have the basic supplies needed for this period. It is also one of the main reasons for school absenteeism in Kenya.

Each delivery is accompanied by an educational workshop on the menstrual cycle and feminine hygiene recommendations.



## Sustainability

Through the sustainability program, we empower mothers with tools that enable them to support their families autonomously and safely.

We provide them with technical skills, saving strategies, and the opportunity to explore income-generating activities. In addition, we encourage personal and professional development by promoting recreational and educational opportunities, allowing them to broaden their horizons and increase their confidence and self-esteem.

Finally, we seek to provide them with the knowledge they need to achieve their goals.

# 2022 Staff and Volunteers

## FOUNDERS



**Julián  
Ávarez**

*Co-founder*



**Wenceslao  
Zegers**

*Co-founder*



**Sebastián  
Frías**

*Co-founder*



**Fernanda  
Almarza**

*Co-founder*



**Antonia  
Villablanca**

*Co-founder*

## DIRECTORY



**Antonia  
Villablanca**

*Director  
II° Semester*



**Javiera  
Arellano**

*Director*



**Wenceslao  
Zegers**

*Director*



**Fernanda  
Almarza**

*Director*



**Christine  
Chassin-Trubert**

*Director*

## EXECUTIVE DIRECTOR



**Antonia  
Villablanca**

*Executive Director  
1st Semester*



**Rosario  
Mozó**

*Executive Director  
2nd Semester*

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## KENYA TEAM

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**Domtila  
Ayot**

*Co-founder and  
Directo*



**Fernanda  
Almarza**

*Operations  
Coordinator in Kenya  
1st Semester*



**Catalina  
Bustos**

*Operations  
Coordinator in Kenya*



**María Jesús  
Figueroa**

*Operations  
Coordinator in Kenya  
2nd Semester*



**Felipe  
Amenábar**

*Financial Advisor*



**María Luisa  
Manriquez**

*Volunteer*



**Clara  
Tagle**

*Volunteer*



**Margarita  
Cury**

*Volunteer*



**Emilia  
Muñoz**

*Volunteer*



**Laura  
Muñoz**

*Volunteer*



**Cris  
Cubillos**

*Volunteer*



**Verónica  
Valencia**

*Volunteer*



**Josefina  
Streeter**

*Volunteer*



**Cecilia  
Wedeles**

*Volunteer*



**Bernardita  
Ovalle**

*Volunteer*



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## KENYA TEAM

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**María José  
Goles**

*Volunteer*



**Carolina  
Erazo**

*Volunteer*



**Marianne  
Pollmann**

*Volunteer*



**Dominga  
Brunner**

*Volunteer*



**Florencia  
Torrejón**

*Volunteer*



**Bernardita  
Sanhueza**

*Volunteer*



**Verónica  
Leigh**

*Volunteer*



**Carolina  
Fuchs**

*Volunteer*

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## PROGRAM ADVISORS

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**María Jesús  
Figueroa**

*Sexual Education  
Program Advisor*



**María José  
Salas**

*Housing Program  
Advisor*



**Catalina  
Bustos**

*Health Program  
Advisor*



**Marianne  
Pollmann**

*Sustainability  
Program Advisor*

# TRANSVERSAL TEAM



**Rosario  
Mozó**

*Administration and Finance  
1st Semester*



**Josefina  
Streeter**

*Volunteer  
Coordination*



**Victoria  
Covarrubias**

*Human Resources*



**Ismael  
Frías**

*Legal area*



**Consuelo  
Gutiérrez**

*The Maisha Market*



**Catalina  
Grez**

*The Maisha Market*



**Andrea  
Figueroa**

*Financial support  
and advice*

# Partnerships

We would especially like to thank our collaborating institutions that, day by day, make the realization of our projects possible.

The contribution that each one makes has been fundamental for us.

**Thank you so much! Asante Sana!**



Chile  
en marcha



EDUCAFRICA



KiCA  
KIBERA CREATIVE ARTS



MBAGATHI  
COUNTY HOSPITAL



SagradoByMe



REAMEDICA  
HEALTH



EL BAZAR  
DE MARÍA  
Tienda Solidaria





# Maisha 2022 Activities

It was a year marked by growth in Kenya and the restructuring of our programs.

In this section, we would like to show the most important projects and milestones of the year 2022.



## JANUARY 2022

We started the year by saying goodbye to Esther, Maisha's 17-year-old mother. She joined the Maisha family in July 2021 and we were lucky to share 7 months with her.

Esther is a very nice, smiling, sociable, and helpful woman. Her daughter's name is Catalina, in honor of our health advisor, Catalina Bustos.



Our volunteer network continues to grow! In January, Bernardita Ovalle joined our team of volunteers in Kenya.

Berni worked on the sustainability program and managed to launch a great project in conjunction with The Maisha Market.

We want to express our immense gratitude for your work during the months you were with us.

You left a great impact on the hearts of our mothers and the team



## FEBRUARY 2022

Thanks to an incredible donation, we were able to have a spectacular trip to the Wildlife Trust of Kenya.

Maisha Mothers and volunteers had the opportunity to see elephants and enjoy an incredible day.

If you are interested in donating an experience like this, please write to [contacto@fundacionmaisha.com](mailto:contacto@fundacionmaisha.com)



We ended the month with the graduation of Magoso Primary School students, who successfully completed the Maisha - Teen STAR program in sexual and affective education.

We would like to thank Teen STAR for training our volunteers and for collaborating with us in the implementation of this program.



## MARCH 2022

We begin Women's Month by launching the "Menstruation Without Rules" campaign. As in previous years, the campaign focused on raising funds to provide reusable sanitary pads to girls and young women in Kenya.

Thanks to donor contributions, we were able to collect and deliver more than 1,900 reusable sanitary pads for 540 girls and young women.

Many thanks to all the donors and volunteers who participated in this campaign!



The team in Kenya did not stay behind, closing Women's Month with great motivation. In association with the Sister's Keeper program, we held an event to celebrate Women's Day with meaning. Friends in Nairobi were present at the 2022 Menstruation Without Rules.

Together with the Maisha Mothers, we share yoga classes, prenatal exercises, a mental health session, and a delicious lunch. In addition, the mothers were able to sell the products they made in their tailoring classes.



APRIL 2022

The delivery of reusable sanitary pads in Kenya began, along with the start of educational workshops led by our local monitors and Maisha's volunteer team. Thanks to them, we were able to reach a community of 17 teenagers in Angaza



The Maisha Market, in collaboration with the sustainability program in Kenya, launched a new collection made with love by the Maisha Mothers.

The meaning of this day is not in buying gifts, but in representing maternal love. What better way to do it than #ConnectingMothers!

**MAY 2022**

Mother's Day at Maisha was celebrated in a big way. We had the opportunity to organize a beautiful celebration at Maisha's home, to which the current and former foster mothers were invited

We especially thank Domtila, the coordinators, and volunteers for preparing a beautiful Mother's Day. It was full of details, activities, and affection.

Asante Sana! Thank you so much!



We close this incredible month with the grand opening of The Maisha Market in "El Bazar de María Ayuda".

We are grateful for this new alliance and the reception they have given us.

Visit us and come for your solidarity gift at Las Tranqueras 56, Local 2, Las Condes, Santiago, Chile.

We are waiting for you!  
Give Maisha • Give Life



## JUNE 2022

Since 2018, we have been working together with the local alliance Toto Care Box. Thanks to this collaboration, we have been able to provide mothers with boxes containing all the necessary supplies for the first months of their newborn's life.

This year we had the opportunity to receive a donation of 30 Toto Care Boxes in a sports run, along with food kits for Maisha Mothers from the shelter.

Thank you for these years of partnership and your permanent support in Kenya!



We close the month with an artistic activity in the housing center. The activity was a success among the mothers, who were happy coloring each other. They brought, through art, joy and acceptance of their pregnancy..

During these days we seek, through games, coexistence, and laughter, to generate meeting spaces that help the Maisha Mothers navigate their crises.

## JULY 2022

We celebrated the birthday of our dear Domtila, the heart of Maisha.

We are enormously grateful for your work at the nonprofit organization. Thank you for your commitment, your joy, and for all the love you put in everything you do.

We love you so much Domi!



We closed July saying goodbye to our dear Ivonne, along with her twins Harmony and Hally.

The twins left weighing 3 kilograms each. Today, thanks to the health and housing team who accompanied them, the family is well and home



## AUGUST 2022

We continue the year launching one of the most important annual campaigns for Maisha. During this month we invite our community to be part of our 2022 solidarity raffle: "Sharing the dream of giving LIFE". With the contribution of the participants, we managed to sell 5.600 raffles to fulfill the dream of welcoming 30 Maisha Mothers by 2023.

Thanks to everyone who was part of this solidarity raffle!



We closed the month with a great turnout for the team and volunteers at our 2022 semester session

We took this opportunity to welcome the volunteers for the first semester of 2022 back to Chile, and we were able to make a symbolic shipment to those who were about to leave.

We already have more than 50 members in the Maisha collaborative network!

The Maisha field team continues to grow!

To close the month, Jesu and Felipe joined our permanent team in Kenya.

Our dear María Jesús Figueroa returned to Kibera with more energy than ever, and with the task of organizing and continuing to professionalize Maisha's programs in Kenya.

On the other hand, Felipe Amenábar also joined this great challenge in Kenya, finishing the year 2022 as financial advisor and starting 2023 as operations coordinator.

We are confident that Maisha will make great progress thanks to his management!



## SEPTEMBER 2022

During this month we received Mariola Rodríguez, mother of one of our founders (Fernanda Almarza).

Mariola's visit did not go unnoticed by either the volunteers or the mothers at the center.

She was just one more participant in the activities, and we were lucky enough to enjoy her great cooking skills.

Thank you Mariola for your visit, delivery, and dedication during the time you were in Kenya!





During this month, we had the opportunity to conduct a neonatal resuscitation training at Mbagathi Hospital.

6 professionals from the establishment actively participated in it, and were able to acquire new skills and tools for their work in the area of neonatology. Thank you Maisha health team for the training!

During their stay in the housing and health program, our Maisha Mothers received classes and training on issues related to motherhood and parenting.

During this month, Margarita Cury, housing volunteer and kinesiologist, held a series of workshops on early stimulation to learn about the milestones of each stage, along with appropriate exercises for each age.

Thank you Margarita for contributing from your area!



## OCTOBER 2022

In October, we congratulate all the Maisha Mothers who graduated from the sexual and affective education program.

In the workshops, we worked on topics such as hormonal and body changes, menstrual cycle, family planning methods, among others.

In alliance with the Teen STAR program, we support and provide tools on sexuality and affectivity, from a holistic and personalistic perspective.



September was a month with 6 Maisha births. Each one was different, unique, and special. Alía, Ethan, Njambi, Sean, Margarita and William were the new members of the house.

During the month of October, the volunteer, and midwife, Ceci Wedeles organized a workshop on basic newborn care.

We thank to Ethan, Ivonne's son, who was very calm during the demonstration.



## NOVEMBER 2022



At the beginning of November, we welcomed the directors of África Digna in our housing center, an organization that has been supporting us since 2019 with the development of our housing and health programs in Kenya.

For this special occasion, Maisha Mothers introduced themselves one by one, together, we shared a pleasant moment.

We look forward to receiving you again! !  
Thank you very much for these years of collaboration.

We had the opportunity to do rural health rounds in different villages of Samburu and Pokot.

In Pokot, there are only 2 people in the whole tribe who speak Swahili. They have a low level of education, and trade mostly through barter and local markets.

In this community we conduct trainings on breastfeeding, early stimulation of the newborn, and, in alliance with "Water is Life", we also train on water cleansing.

Having the opportunity to share with communities that open their doors to us is priceless. We are always grateful for the good reception we have received on the African continent! Asante sana



## DECEMBER 2022

We took part in the Christmas fair at Peponi, along with other 70 local entrepreneurs. We set up our solidarity store with beautiful products, for meaningful gifts.

Each of these products were made with love and effort by our Maisha Mothers, along with the sustainability program.



Finally, we concluded the year with an exciting Christmas celebration at the housing center, in which more than 100 people participated. Thank you very much to all the MaishaMothers, alliances, neighbors, and local team members who attended, and most of all, thanks to our team in Kenya for organizing!

We are proud to look back over the year and see the fruits of our labor. We are confident that 2023 will be a year full of new challenges, alliances, and projects

Since we started this project in 2017 until today, we have been growing every day. Below, we present the cumulative impact we have had in these years of work.

# Maiisha in numbers



# Housing Program Impact



**211 women**

Have received support from the nonprofit organization during their pregnancies and postpartum.



**95 of them have received telephone assistance and support provided by our local team in Kenya.**

**73**

**indoors mothers**

have entered the indoor program, temporarily living in the Maisha housing center during their pregnancies and postpartums

**43**

**outdoors mothers**

mothers have join the outdoor program, receiving integral accompaniment and home visits.



**Continued with the pregnancy**

100% of the mothers who have entered the housing program continued with their pregnancies, along with the support of our network..



**86 Toto Care Box donated**

100% of the mothers who have entered receive integral accompaniment and material help during their pregnancies and post partums.

**255**

**Tecreational workshops**

with the objective of giving mothers a space where they can develop differentskills and generate a sense ofcommunity.



# Health Program Impact

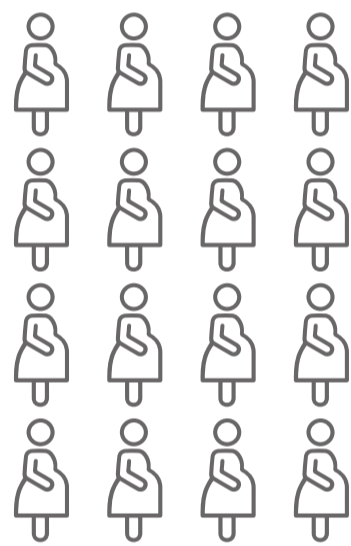


100%

Health coverage

We have provided 100% of health coverage to Mothers and newborns that are part of our program.

## HEALTH TRAINING:



**48 Madres Life**

have received the cycle of specific health training, for both their self-care and for the care of their newborns.

**40**

Trainings carried out

to local health personnel.

**313**

Direct beneficiaries

have received health training in the Maisha center.

## PRENATAL CONTROLS CARRIED OUT:



**123**

Obstetric ultrasound

made to Maisha Mothers.

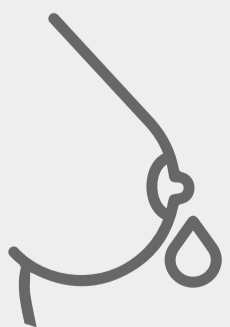
**564**

Maisha Mothers

**3101**

Mothers from other communities

## DELIVERIES ATTENDED BY MAISHA VOLUNTEERS:



**100%**

Exclusive breastfeeding in the first months of the newborn.



**103**

Maisha Mothers

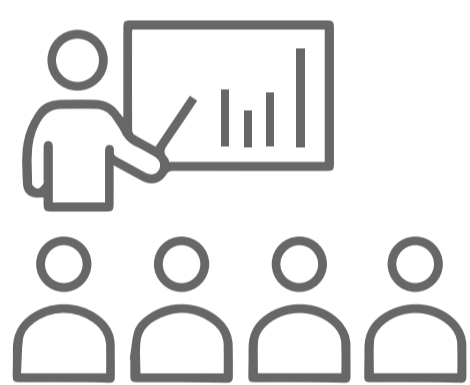
**245**

Mothers from other communities

# Sexual Education Program Impact



## TEEN STAR SEXUALITY AND AFFECTIVITY PROGRAM:



**28**

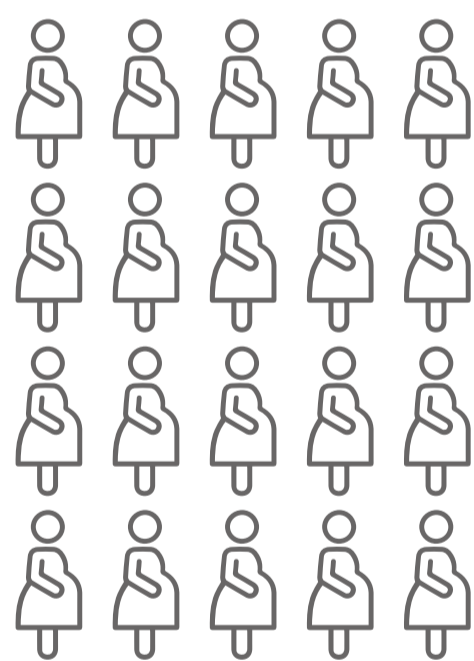
**Trained volunteers**

to implement the sexuality and affectivity program.

**11**

**Trainings carried out**

for program implementation in Kenya.



**50 Maisha Mothers**

have benefited from the internal - educational program on sexuality and affectivity.

**987 direct beneficiaries**

of the external - educational program in schools and communities.

## MENSTRUATION WITHOUT RULES CAMPAIGN:

**1660**

**Direct beneficiaries**

have participated in the educational campaign in urban and rural areas of Kenya.

**75**

**Direct beneficiaries**

have participated in the educational campaign in urban and rural areas of Chile.

**4131**

**Reusable sanitary pads**

have been delivered to girls and adolescents without access to this basic commodity.



# Sustainability Program Impact



**94**  
Direct beneficiaries

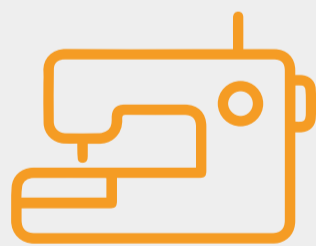
have participated in our sustainability programs.



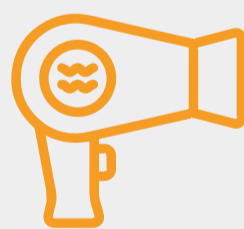
**303**  
Sessions taught

to strengthen the education of our beneficiaries.

## Training has been conducted on 4 topics



Tailoring



Hairdressing



Computing



Finance and Entrepreneurship

**6** Direct beneficiaries

have resumed postpartum studies.

**1%** of the foundation's income

comes from the sales of the program's products.

**9** Direct beneficiaries

have employment at 6 months postpartum.



## Volunteers and Collaborative Network

**53**

**Volunteers in Kenya**

53 volunteers have worked in Kenya for the development of the projects.

**50**

**Members of the Maisha network**

50 members have collaborated and participated, through their disciplines and professions, in different initiatives of the organization.

**Partners**



**240**

240 people are an active part of the Maisha Partners family.



A photograph of a woman with a joyful expression sitting on the ground, surrounded by children. The woman is wearing a grey cardigan over a black top. In front of her, a young boy in a black and white checkered shirt and blue jeans sits on the ground. To the right, another child in a white shirt and blue pants holds a large, bright red balloon. The background is filled with lush green foliage. The overall scene is warm and intimate, capturing a moment of connection.

# Stories and testimonials

We know how important it is to put a face on the work we do. Without a doubt, the heart of our project are the Maisha Mothers, and our sex education students. They move, inspire, and motivate us every day to continue working for this cause.



# Faith

My name is Faith, I'm a Maisha Mother.

Being part of the Maisha family is a great experience, for me, it taught me how to live with people from different places and I learned we are very different. And we are one family expected to love and respect each other.

The volunteers are the best. Taking care of us and ensuring we are at our best state. They are full of love and it was very easy to interact and talk to them about issues disturbing the mind. They understand the pregnancy journey and its pressure, so they make sure to be there when we need them.

The midwives are so good when it comes to doing their jobs. They teach us what we're supposed to know about pregnancy and what we should do and not to do. They make sure our food is balanced for the sake of the babies.

When my time for delivery came, the midwife - Katerina, was there every second until my baby was in my arms. She would tell me what's going on and would make sure my baby was okay. She was very patient with me and loving. She understood the pain I had and she walked with me every step. She would take videos of me during labor for memories. She would make me laugh to forget the pain.

Unfortunately, my baby had to go to the newborn unit. The volunteers couldn't come to the hospital so they always made me feel I'm not alone by assuring me everything is going to be okay. They would bring what I needed at the hospital. The midwives would come and check on my baby frequently until it was time to go home.

When I went back to the home, they showed me how strong I am and how happy they are I was out of the hospital. It made me feel super strong. They would check on my baby even after going back to my home. I know I have a family in Maisha. It's a home where I'm always welcome.

I'm a proud Maisha Mother

**Faith Wachira**

Maisha Mother 2022

My name is Corazon Ong'ayo,

I'm a teacher at Grace Humanitas Educational Centre, where the Maisha Foundation has been distributing the reusable pads for the past 3 years.

It has been of help to our girls in school because it has reduced absenteeism where by most of our girls used to miss classes due to lack of sanitary pads that their parents did not have money to buy for them.

It has reduced stigmatisation among our girls whereby you find a girl staining herself and others laugh at her, this used to reduce her self esteem.

I can say the pads program has created self esteem among girls. It has also reduce a burden to parents because it is reusable, compared to other pads where you find that you have to buy every month 1 or 2 packages, but these, once you have, you use, you clean them for you to use them another time.

Lastly, it has made our girls responsible because they have to ensure that the reusable pads are clean. So it forces them to clean and dry them, and keep them safe for you to use it another time. Thanks to the Maisha community for the reusable pads.

### **Corazon Ong'ayo**

Grace Humanitas Educational Centre Professor  
Sexual Education and Affectivity Program

**Corazon**



# Lavender



My name is Lavender Gracious,

I'm 21 years old and a mother of a girl named Naya. Now I'm glad to say I'm a Maisha beneficiary. I've stayed in the Maisha home since August 2021, then I delivered my baby in September and then I stayed in Maisha for one and a half months after delivery, then I was released to go home.

But Maisha is always helping me and other girls, even as we are at our homes. Maisha has taught me to make reusable sanitary pads that are helping me and other girls who are unprivileged out there on menstruation periods.

For the pads we use a cotton Kitenge, linen inside and a nylon waterproof fabric. We use only that, we make them, it is very easy, and because of the production we get a pay. For example, I've benefited a lot from making the pads and I also use them. And they are also distributed in schools for girls that they can not afford pads and they distribute them like charity and we receive them with love from the distributors. We are happy to have very good people who are helping us as women here in Kenya, in Kibera at large.

It is important to keep going with the sanitary pads. I can say since the project stopped we have been having many cases of girls not being able to afford the pads and they can end up in bad situations. Like you can hear a girl doesn't have pads and then they can not go to school because of the lack of pads. And we, who make them for payment we also are suffering Kidogo, it's like our job so when the project stops, we stop job and no payment. So we are praying and hoping that a caregiver and a care person can boost us and the project so that we can continue.

The project has helped me because nowadays I do not spend much on pads because the pads I have been given for free. And also the payment has helped me a lot, now for example I pay my house rent and I cater for my babies diapers and clothes and others things for myself too.

**Lavender Gracious Mukadi**

Maisha Mother 2021

Beneficiary of the Sustainability 2022 Program



### **How did you meet Maisha? How has it been working with the moms?**

Through my boss Ben, he introduced me to the nonprofit organization and we started working together. It has been over 3 years since we started this alliance and I have taught many women about sewing.

### **What do you like most about your job?**

Friendship, I have good friends there. And to the moms, I have met good moms and I have been able to see how Maisha has known how to handle their situations and move them forward.

### **What do you like the most about Maisha?**

How Maisha cares about moms. The women are happy with the nonprofit organization and they always tell me about it in class.

### **What else do you want to tell Maisha?**

I want to tell Maisha to continue with the programs that are delivered to the mothers. It's good to see how there are women who are paid to produce reusable pads and with that they can buy milk for their children.

#### **Lucas Oluoko Molo**

Tailoring Workshop Teacher  
Sustainability Program 2022



Before I was using a piece of cloth during my menstrual period, I didn't have anything else. But then good people came and showed me how to use a reusable sanitary pad. Now, finally I know how to use them and also I can prevent infections. Maisha helped me to know more about myself, being confident and not feeling shy because of my period. Thanks to the people donating sanitary pads, I would like to ask them to continue sending them please because they are very helpful **(Janet Okinyi)**

Let me talk about the garbage. There is less garbage since we received our reusable sanitary pads. When you are done using them, you can wash them and reuse them again. There was lots of garbage since every girl used more than 5 in their menstrual period. Some girls used to throw some garbage even along this road and this brought a dirty environment and caused diseases that hurt human beings. Thanks to the people in the project for empowering girls and being for girls who come from poor grounds by helping them with pads. **(Florence Anyango)**

Maisha and the Teen STAR program has helped me when I'm stuck in different ways. They are encouraging us to know and to understand what is going on with our bodies in menstrual cycles. **(Wendy Achieng')**

Experiencing Africa and Maisha from the inside is something that impacts you forever. This is why many of our volunteers and team members wanted to share their testimony with you.



Ceci



I had always wanted my work to be useful, to mean something to someone. In a personal search, I learned about Domitila's story and the work she does with the Maisha Foundation. What stood out to me the most was that the emphasis was put in delivering tools, and not just providing a service.

In a little more than a year, time that I was in Kenya, I was able to experience, how through accompaniment, understanding, and educating, the destiny of a person can be changed.

From my role in the health program, it was revealing to see how something as simple as being there for another person can change everything. I met brave women

and girls who taught me that one is capable of everything, just by wanting it. I saw them dream and face their maternity from another perspective thanks to the work of the nonprofit organization, which not only guarantees dignified care for their pregnancies and childbirths, but also gives them a real options to change their reality. For me, it was a year of too many emotions and new experiences, the constant struggle of managing expectations, and being aware of where I was working. This experience was much easier thanks to my friends, with whom I lived and with whom I not only had fun, but rather became a family, in a place so far away and different from Chile. I hope that Domi's dream continues to touch the hearts of many and, thus, continues to change the fate of girls and adolescents in Kenya.

### **María Cecilia Wedeles**

Midwife

Volunteer Health Program 2021 - 2022



How lucky I was!

To fulfill my dream of going to Africa with a nonprofit organization that manages to accompany and fight for many women and their families, setting a great example.

I met Maisha thinking that I would not be useful to help there: I am not a midwife nor do I know much about the health area, but a nonprofit organization aligned with my desire to help and defend life quickly opened its doors to me, and I was able to contribute a grain of sand in Kenya.

I spent almost 3 months living in Nairobi, trying to get to know the different and shocking realities of the city. Upon my arrival, despite feeling very different and trying to observe anything that helped me

connect with this reality, I felt very welcomed by each volunteer and Maisha Mothers. Joyfully, they welcome you with their own individuality, they tell you their stories, and see in you a great opportunity for friendship, help, and good times.

I worked in the area of sustainability, generating learning opportunities for each of the mothers who, despite the difficulties, woke up each day with the motivation and hope of learning and raising their children.

I had the opportunity to learn, together with the mothers, how to create new products that would generate income in tailoring, the program that teaches them to sew. I will never forget the happiness of each one when seeing that, they alone, created something useful, something beautiful, and personal.

Time was short, and with my suitcase filled with memories, experiences, friendships, and creations from the incredible women I met, I returned to Chile with the certainty that everything I did in Kenya helped; and the foundation will continue its work, thank you to volunteers, so that all women have opportunities to get through adversity.



## **Bernardita Ovalle**

Basic General Teacher

Volunteer Sustainability Program 2022

I had already planned my trip to Africa when I got the opportunity to join Maisha. For a few weeks, I was to contribute to the creation of audiovisual content. Obviously, I took the opportunity!

Traveling through Africa is always an opportunity to experience a wide variety of colors, landscapes and realities. Sometimes this generates more questions than answers, and when faced with them, the only clear thing to do is take action no matter what happens, seeking a balance between the efficient use of resources, and covering as much as possible, along with urgency and respect for the culture.

Many times, what happens is that volunteers or nonprofit organization are not able to keep their focus and cool minds on what is happening and what is being done. Being faced with problems so big and urgent can be overwhelming at times, frustration can set in and produce inefficiencies. In Maisha, I found a solid project, committed to its ideals, with a clear focus and where many people, every day, put their hearts into achieving a better world.

Along with being such an incredible project, my experience in Maisha was also incredible. There are many things that have to be done. One of them is to surround yourself with other volunteers who also believe that we are part of something bigger than ourselves, and that want to get involved in some way. What better than sharing 24/7 with these people! Life in the volunteer house is very entertaining: you get to share adventures and the surprises that Nairobi gives you every day, which is also an incredible city with infinite options to enjoy, which makes the experience even better.

Thanks to my role as an audiovisual creator, I was able to learn about every aspect of the project. I loved all of them, the sustainability programs, the workshops in different schools in Kibera together with local organizations, the sex education program, life at home with the moms, and every little involvement with the community. It is there where one realizes the high level of work that is done, a complete and deep work, which gives certainty that the effort and energy invested is really generating a change in the world.





And Kibera, dear Kibera, the place where everything happens, not only Maisha as a project, but life itself. It is a truly alive place, where the most beautiful aspects of humanity are seen daily, such as empathy and collaboration, resilience, and joy. I think Kibera leaves more in one than one leaves in Kibera. A place where nothing and no one goes unnoticed. Many things could be said about Kibera, but being there and feeling it is the only way to understand what I am talking about, that is why I advise everyone to visit Africa and join Maisha. And to those who can't, live it from social networks, because love is contagious.

**Cris Cubillos B.**

@LaMagiaDeAfrica

Audiovisual Volunteer 2022



## Origin

You enter and your feet are submerged in the mud that overflows and leaves you glued to the surface, warning you that you are already inserted. You walk and you begin to smell the garbage that is imposed on hills and soils. Screams, tears, sales, songs and the train passing in the midst of the chaos that is experienced every day. You look up a bit and, between the rain and the wind, thousands of zinc roofs lean out over one of the largest, poorest, and most marginal slums in the world. This is the origin of the Maisha mothers. An adverse origin, with a crude past, tinged with inequalities, injustices, violence of all kinds, and often drug trafficking. It hurts. It hurts to think, feel, and live –even for a few moments- this reality, which over the years never ceases to amaze me and stir my head, heart, and stomach. I walk through the rain and the crowd, looking for the corridor that, with some planks, allows us to cross into a small dark room in which 9 people live, sharing a floor and a mattress.

They greet me with a warm hug that makes me forget that I'm already wet. They notice, and a member of the family takes off her vest and covers my back. When the mother of the house sees me, she runs out and returns a few minutes later with a bag of milk and a packet of tea that the business on the corner gave her.

They light the coal and the room fills with smoke. In a second, they make me feel part of them and we start laughing and talking about life. The mother sits by the fire, heats the chai (tea) and turns to me with an anguished face. She brings me closer to her daughter, Yvonne, and tell me that an uncle abused her until she got pregnant. At first, fear seized this innocent girl. She wanted to abort, tried to do so illegally, and was unsuccessful. Then, she began to accept the pregnancy, until finally decided she wanted to have her child. She felt lonely and scared to walk around Kibera assuming her new reality: being 13 years old and having the father and head of the family telling her she must leave home. Her mother met Maisha through a neighbor, and asked us to accept her in the foundation. After that afternoon of conversation and being incorporated into the program, they cried with emotion, hugged each other and prayed gratefully. The girl grabs her belongings, ready to go to Maisha's "home".

In a small bag, she carries her pregnancy control card, a T-shirt, and underwear... That is everything she has... But in her heart she carries hope, confidence, and immense love, with which she decides to continue her pregnancy and have her child.

**Catalina Bustos**

Midwife Nurse

Operation Coordinator 2021-2022

The first thing I saw when I entered the foster house was the mural where handprints of each mother who has been through Maisha are. I froze. Suddenly, a tremendous fear came over me, the kind that immobilizes you. Because at that moment, I realized the tremendous responsibility and honor that they had entrusted me: to be part of something as big as Maisha. I felt the same fear I felt when I decided to travel to Kenya, to cross to the other side of the world, with an open heart to everything and everyone who crossed my path. I tried to count each hand engraved on that mural, but it was impossible: there were too many. After a few seconds, I understood that each one of those hands represented 2 people: a Maisha Mother and her baby. Each one had a unique story, a family, and dreams. When I applied for Maisha, a 23-year-old kinesiology graduate, I was eager to go and apply everything I learned during my career. But life is wise, and it gives you the challenges that you have to go through in a precise moment of your life.

I went exactly where I had to: to Maisha and its housing program. It was a challenging job, at times even painful, but tremendously fulfilling.

Receiving and welcoming each Maisha mother, listening to their stories, reaching a level of intimacy where they entrusted me with their experiences, their joys, and their sorrows. Their dreams and also their biggest fears. Suddenly, I had crossed all the cultural barriers: language, race, etc. None of that mattered anymore. At that moment, we were completely different women, but so similar at the same time, laughing and crying together. Because that's what it's all about: listening, empathizing, and understanding what the needs of each one of them are.

After a few months of a lot of learning, I was ready to prepare my kinesiology workshop. I did 4 classes on psychomotor development in the first year of life and on the importance of early stimulation in newborns. This was a tremendous challenge, since they had no idea what I was talking about. But that didn't matter, because their desire to learn was huge, and even more since it had to do with the health of their sons and daughters. It was a tremendously enriching instance! I can't explain in words what I felt when I got home and saw some moms were doing the exercises that I had taught them the day before.

# Margarita





The love that the Maisha moms gave me, what my dear and wise Domitila taught me, and the support of the team, who became my family in Kenya, is not something that can be explained: it is something that has to be lived to understand.

Meeting the Maisha moms has been the most inspiring thing I've ever experienced. Women who have been victims of so many injustices have taken this suffering as an engine for change, becoming excellent mothers and people. For me, they are an example of life. They taught me the value of a smile, that every minute counts, and above all, to be thankful that I am alive. I will be forever grateful, a part of my heart stayed in Africa, with them, forever. A part full of hope.

Asante sana Kenya,  
Thank you very much Maisha.

### **Margarita Cury**

Kinesiologist

Volunteer Housing Program 2022



It is difficult to describe the footprint that Maisha leaves.

It is a face-to-face encounter with inequality, injustice, poverty, deep love, courage, and the universality of compassion. Being able to witness the transformation of fear, loneliness, and hopelessness into courage, love and smiles is something I could live a thousand times over.

I constantly thought “she could have been me”. Some had my name, but were 15 years younger and had unwanted pregnancies. I was able to meet women filled with colors, women who are changing the world: Maisha moms, volunteers, coordinators, and Domtila. Let no one say that women are not strong. I would return to Kibera a thousand times, to that place that is difficult to describe with words, without sounds. Because there is always music. There is always dancing. There are always many - many - people selling, walking, smiling, shouting. As a foster volunteer, I was able to get to know this place that hides the cruelest part of human beings, and also contains the purest hugs in the world.

It's just that getting to Kibera is getting to streets full of garbage, covered with many greetings from children - and not so children - who approach nervous and happy, shouting and calling their friends to come shake your hand too. It's looking eye to eye, and hugging just because. Here it is impossible not to greet, not to hug, not to love.

It is the only place where, despite the lack of basic services of any kind, there is an overdose of love, resilience, and smiles. And garbage, odors, and mistreatment.

Kibera is an absolute contrast of endless alleys. Of infinite stories. And with Maisha, I learned to look at both sides. I learned that I am because we are, I learned that you can change the world one smile at a time. Kibera is a constant welcome hug, and it is also a cry for help. A request for help from poverty, fear, and abuse. It's getting raped because you went to buy water. It's prostituting yourself for food. It's seeing girls live in an unfair world, and yet have the biggest hearts in the world. It's having to cross rivers of garbage to get home. It is to dance in the street. It is knowing your neighbor, and your neighbor's neighbor.

In Kibera, you learn how it feels to be alive, and what to live for.

Asante sana Maisha.

**Josefina Streeter**

Psychologist

Volunteer Coordinator

During the five months I was lucky to be in Kenya as part of the team, I stay, above all, with everything that the Maisha mothers and volunteers taught me, who over time became my family.

One of the people who marked me the most was also our dear Domi. Her dedication, affection, and love for all the mothers who pass through the house, which seems to never end, just like her infinite patience. Having had the gift of walking with her, going to mass together, and sharing faith, is something that I will keep forever.

I was in charge of the Sexual Education program, and with the help of the coordinators I was able to train myself, although many times I experienced some nerves and doubts. Little by little, I realized two things; first, of the value and tremendous importance of the work of the nonprofit organization and the fact that someone dedicates their time to speak to

so many young people about those issues that no one else touches on in their reality. And, secondly, that, in the end, what these women are most left with is the love that each volunteer puts into doing their job, as well as forming a friendship and true ties with them.

From the perspective of faith, it impresses me to think how God chose to cross my path with people who live in a world so different, and so far away from mine, and yet we were able to understand each other, even love each other, and enjoy being together.

They taught me to try to change the point of view of things to find happiness in simplicity, like a dance to cheer up the day. To persevere in difficult moments where there is not much encouragement to move forward. And above all, to be thankful for something as obvious as being alive.

Asante Sana Maisha!



Clara

**Clara Tagle**

Journalist

Volunteer Sexual Education and Affectivity Program 2022





How difficult it is to summarize this tremendous experience in just a few lines!

Without much thought, we arrived with Wence to Kenya. I'm not going to lie .. I was a little scared to arrive to a country that was so different and unknown to me, but at the same time, I really wanted to get to know this new culture.

It is still difficult for me to describe in words what Kenya is like, what Kibera is like, what the Maisha moms are like, and what our dear Domtila is like.

I remember very well the first time I saw the Maisha Mothers. Shy, nervous, they showed little affection, were women of few words. But after a few days, they began to give you all their love, open up, and tell their tremendous life stories. Very hard lives and much suffering, which are not consistent with the desire they have to live, the joy they show every day, the fellowship and sisterhood that is seen between them in our "home", and the total dedication as mothers to their children.

It is admirable to see how they they overcome adversity, how they learn to be mothers by teaching each other and observing the others who are having their babies first, and setting an example for the others. They arrive at the house shy and helpless, and leave there a few weeks postpartum fully empowered and having experienced great growth during the months of their stay. I am privileged to have been able to accompany some women in this process of becoming mothers.

I thought they could've looked at us strangely for being "mzungus" (white) and that it is something that we had to hear on a daily basis from the smiling faces of the children. But it is an expression that they tell you with affection, with a smile on their face, and with the interest of being able to talk and get to know you. Despite the shortcomings that exist in Kenya, people are very welcoming, very open to show what they have and what they do.

We returned with a full heart, and looking at things with different eyes. WWhat for us is very simple and taken for granted, for many Kenyan women is an unattainable privilege. They taught me to live in the present, to value the smallest things, and to have another perspective on the circumstances.

I was privileged to have been able to meet and work as a volunteer at the Maisha Foundation, which does an incredible job of helping women with their pregnancies. All my admiration for Maisha's volunteers and coordinators, and thank you very much for the tremendous opportunity to have been able to contribute a grain of sand there. Undoubtedly, the most benefited are the volunteers.

**Carolina Fuchs**

Doctor

Volunteer Sexual Education and Health Program 2022

# Camila



Working with the Maisha Foundation was a very enriching experience: we met an organization full of meaning and affection in its work, which was dedicated to finding better ways to manage its talent, make its strategy and structure more robust, define roles, and optimize work processes to strengthen their impact.

Accompanying them on this path filled us with joy, especially at seeing their great commitment and the great progress they were showing session after session. This also filled us with conviction regarding the importance of pro-bono work. We thank all the team involved for opening the doors of their home to provide them with an external strategic perspective to generate changes and a positive impact on their work reality.

### **Camila Pasten**

Positive Impact Director  
Todxs Somos Personas

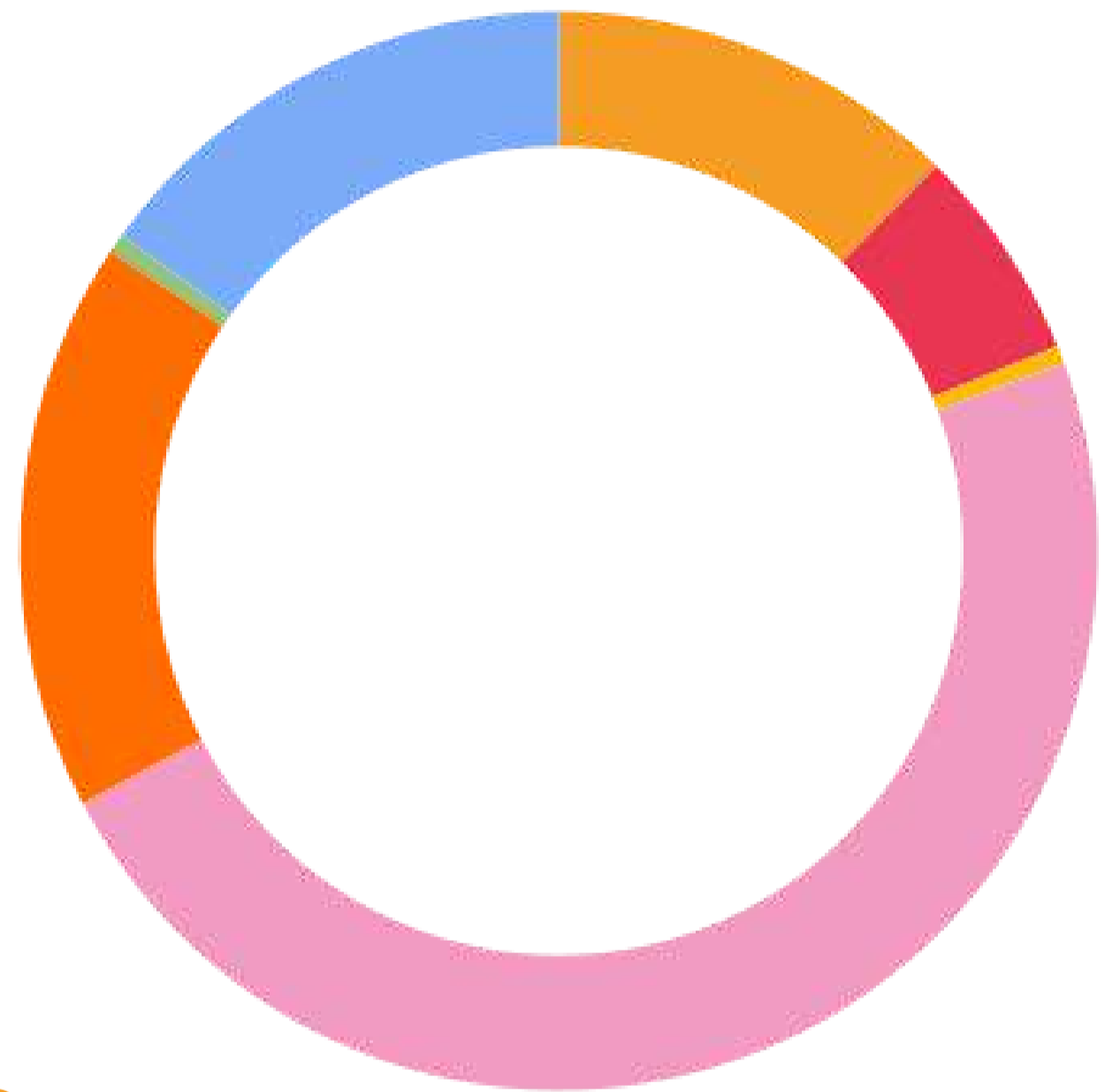


# Transparency

In this section, we present you a summary that corresponds to our income and expenses of 2022, in order for you to have the details on how our resources are used and distributed on an annual basis.

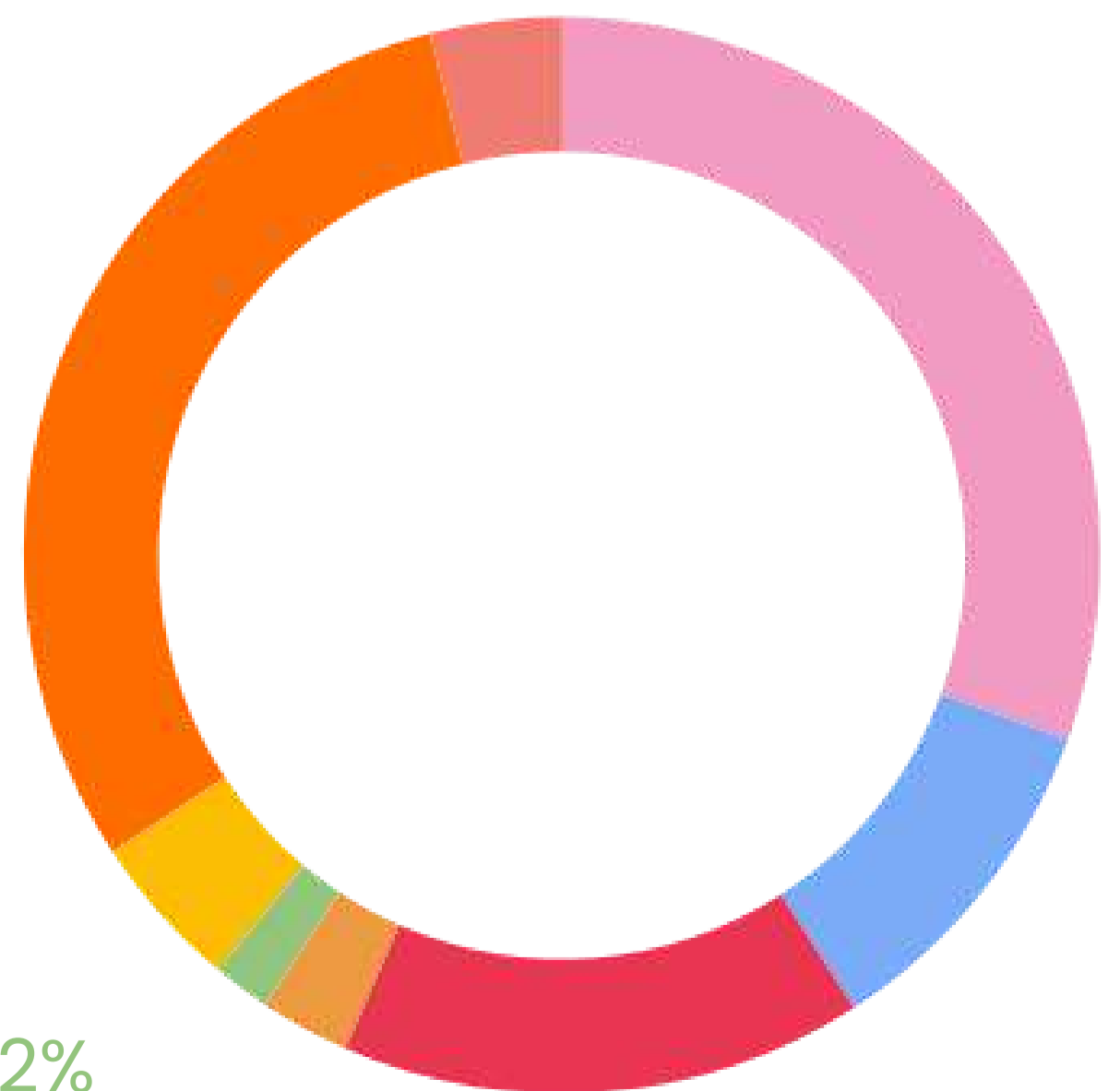
## 2022 INCOME \$94.632 total USD

- Partners 48%
- Competitive Funds 17%
- The Maisha Market 15%
- Fundraising Campaigns 12%
- One - time Donations 6%
- Company Donations 1%
- Kenya´s Shop 1%



## 2022 EXPENSES \$94.680 total USD

- Administration 31%
- Kenya Coordination 30%
- Housing Program 16%
- The Maisha Market 10%
- Sustainability Program 5%
- Volunteer Management 4%
- Health Program 3%
- Sex and Affective Education Program 2%



# How do our beneficiaries receive your contributions?

Your monetary contribution translate into the following:

## INDOOR – MAISHA MOTHERS MONTHLY SUPPORT \$260USD

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Home and food



Toto Care Box



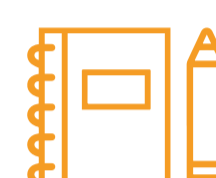
Recreational workshops and meetings



Psycho-emotional support



Health



Trainings and materials



Sex Education

## OUTDOOR– MAISHA MOTHERS MONTHLY SUPPORT \$75USD

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Toto Care Box



Recreational workshops and meetings



Psycho-emotional support



Health



Training and materials



Sex education

## SEXUAL EDUCATION COURSE FOR 60 CHILDREN \$1.000USD

---



School kit



Monitors




Extracurricular activities

If you are interested in contributing, enter our website [www.fundacionmaisha.com/en/dona](http://www.fundacionmaisha.com/en/dona) or write us an email at [donaciones@fundacionmaisha.com](mailto:donaciones@fundacionmaisha.com)

# We count on your support this 2023!

We will continue working to support many more families.



Together,  
let's continue sharing  
the dream of giving LIFE

# Thanks

*We are especially grateful to those who prepared this annual report: María Rosario Mozó, for writing the content and compiling testimonials, Antonia Villablanca for the review, and Cris Cubillos, Marianne Pollmann, and Veronica Leigh for the audiovisual content.*

*We also want to thank all the Maisha Mothers, volunteers, and team members for sharing their experiences, testimonials, and stories with us.*

*Thanks to everyone who makes our work possible!*



 [www.fundacionmaisha.com/en](http://www.fundacionmaisha.com/en)

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