



AISHA
& friends

Aisha in Hospital, Life Skills in Kenya and lots of Toothbrushes



To enter the world with confidence. Aisha & Friends Foundation is facilitating education of Life Skills in Kenya and Tanzania in three areas: At Primary Schools, in Hospitals and via Health Campaigns.

Activities in *all three pillars* progressed a lot over the year 2022. New projects have been started and we welcomed several new partners to cooperate with. During our recent trip to Moshi and Kilifi all three areas got their share of attention.

Let us start with the hottest news:

The launch of the booklet ['Aisha in Hospital'](#) made us world famous for one day :-) in Tanzania. National press journalists visited the presentation, resulting in informative articles, social media posts and TV images. This new method is available for NGO's supporting hospitals.

Our new freeware: the '**Brush and be proud**' flyer has been published, which was well received by many colleague NGO's in the field, as well as at several schools. And yes, this document is [FREE to be downloaded](#), to support your Health Campaigns. Please read more below.

In Kenya we met participants of the first [Speak Up! Training](#). Many stories of experience and tips on how to get the training more depth were shared by teachers and headmasters. It helps our continuous learning and will improve the impact on Primary School learners in the end.

How is the 2023 outlook for Aisha & Friends? Without being able to reveal everything, we could say: 'The program is quite packed already!'

New projects are piling up and our search for volunteer project managers is ongoing. The Speak Up! Training will be extended to another 12 schools (5.000 children) at least. We will add several new hospitals to our list and new Life Skills-campaigns will be launched with partners.

All with one goal in mind: To make many more children *Entering the world with confidence*.

For now we wish you lot of reading pleasure!
With love Alberdine & Mieke

Successful launch 'Aisha in Hospital'.



'Amina is 8 years old, she has bone cancer and is in her second chemotherapy. Her sister accompanies her in the hospital, where she has been staying for six months. Doctors did not want to let her go after the first treatment, because they were not sure that they would see Amina again.'

'Joseph is 5 years old. With burns all over his body, he was admitted three months ago. After three weeks, his parents returned home. To work. Occasionally his aunt comes to visit. Joseph can now walk independently again. His treatment will take at least another month.'

For children like Amina and Joseph, Dr. John Minja and the MEDIAMS foundation, with the aim to make the hospital more child-friendly, started the Hope Hospital School in the KCMC hospital in Moshi (Tz). Aisha & Friends, providing expertise in the area of social-emotional support, has been involved in the project since 2020.

On Friday 22 October, supported by the hospital board, we launched '[Aisha in Hospital](#)'. The booklet designed by Aisha & Friends illustrates a number of moments in hospital. It is a tool to prepare children for medical procedures and to make exciting situations in the hospital discussable in a playful way. The booklet, plus the accompanying

manual, is available for nurses, doctors and parents. Based on the book, we intend to organize a number of training courses for nurses in the KCMC in 2023. In case you are interested in the 'Aisha in Hospital' method, feel free [to reach out to us](#).



Toothbrush or twig? - New Aisha Freeware

'Brush and be Proud'. The information flyer about the importance of oral hygiene is available on the website. The importance of healthy food is discussed in addition to the how and why of brushing teeth. During our visits to schools in Kenya and Tanzania, we brought the leaflet to the attention and Aisha toothbrushes were handed out.

TAKE GOOD CARE of YOUR TEETH

Do you want to be healthy and
happy just like me?



HOW ?

WHY ?

I am Aisha

I ate food with a lot of
sugar and now my teeth
have little holes

Now I am in a lot of pain
and sometimes my
mouth and face swell

I am not able to eat
and drink and I can't sleep
well. Sometimes I don't feel like
playing or going to school



SO! Brush your teeth
properly and be
healthy and happy !

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On a visit to fellow NGO FT Kilimanjaro, the idea was warmly received. In particular, the twig as an alternative to the toothbrush is recognized in practice. The flyer can be downloaded free of charge via our [website](#) and can be used by NGO's in their campaigns on oral hygiene.

Speak Up! training - the number of schools continues to grow



A new group of 20 teachers (4 schools) was in the starting blocks on Saturday 29 October for another Aisha Speak Up! training. And well planned: the Aisha team could be present!

With the feedback of previous participants, the concept of the training has been adjusted on a number of points. For example, there is more room for coaching and monitoring after the training. The professional guidance of Jacqueline Jumbe-Kahura (Learn! Foundation Kenya) also made the difference this time. The enthusiasm, the openness and the many suggestions were contagious.

And of course, at the end of the first day, there is always the Aisha Toolbox with creative learning resources that goes to school. In this way, the knowledge can be used in the classrooms and easily shared with fellow teachers.

Thank you for all your encouragements in 2022. We wish you a beautiful year end and let us stay tuned!

Alberdine & Mieke



Curious? Keep an eye on us on social media !!
If you have any questions, comments or tips, you can always email us at the email address below.

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