



**Child Abuse, Health Campaigns,
Aisha & Friends supports Life Skills in
2024!**



"Do we have brushes? Tubes of paint in the suitcase...?" Aisha colorfully painted on the playground of the school, and in the playroom of the hospital was only one of the results of another tour in Kenya last November.

We visited 4 Life Skills projects this time, worked in schools, and held workshops in a hospital. What a good job our current local partners do! Tired and satisfied we were, back on the plane.

And now...? Now it's time to kick off 2024 and say...

Happy New Year to you NGO Partners!

We sincerely wish you a lot of impact in the new year. May all your project dreams come true! Let the stories in this newsletter inspire you!

For [Aisha & Friends](#) the momentum remains good! The number of **health campaigns** we are asked to support with our materials, is increasing. Our big wish, teaching material on the theme of **Child Abuse**, is scheduled for 2024. The teaching package for **the hospitals** is expanding and thanks to generous donations, more and more schools in Kenya benefit from **the Speak Up!**-training.

What we are most looking forward to in 2024? With no doubt this is working with you in beautiful Life Skills Projects, whilst building on each others strengths! All with one goal in mind: To make more children ***Entering the world with confidence!***

Happy reading and... looking forward to meet in 2024!

With love Mieke and Alberdine.



Handwashing in Uganda

The Medical Checks for Children Foundation (MCC) provides medical information in countries where children still have to do without a child health clinic or school doctor. They reach about 10,000 children every year. A board member of the foundation asked for help in the development of child-friendly information material. The third flyer has now been scheduled. After 'Brushing Teeth', '[Washing Hands](#)' we are now working on material about the importance of 'Healthy Food'. We regularly receive beautiful photos from Uganda, Nepal or South Africa.



Aisha in Special Care Schools

Sometimes you have those partners with whom working together comes 'naturally'. In the contacts with KidsCare Kenya, one activity follows from the other. Teachers of Special School Units (for children with disabilities) were trained as planned over the last months. In 2024 the trainings for parents and social workers in the villages have been scheduled already. A great target group to work for!



Child abuse a big problem!

The Corona period, for example, has increased the number of teenage pregnancies in many countries, where girls did not have the usual protection of the school for a while. We have received requests to produce educational material about children's rights many times. A culturally complicated and sensitive subject in our perception. We decided to join only programs that are put together in a professional way. Last year we spoke with FTKilimanjaro, a foundation from Moshi (Tz). Their community-based approach appeals. Currently we are establishing the right conditions to start the project whilst already working together on the topic in a careful manner. Sometime in mid-2024, we expect the first materials on 'Child Protection'.

Kilifi County Referral Hospital

A number of doctors, nurses and social workers want to make their hospital more child-friendly. They involved Aisha & Friends in their project and together we designed a beautiful 'Me in Hospital' book. A real activity book that helps to process all impressions during a hospital stay. We worked together on this theme in workshops. In 2024 we will implement a more extensive training for the Children's ward staff. To be continued!



Aisha cries and laughs during first aid class

Teachers from previous Speak Up! Training courses took us into their practice. Emotions are discussed during sports and games at school, during dance and music and during the... First aid lesson. In addition to the practical skills, the lesson we attended also focused on a number of drastic emergencies from the past in which the children were involved. Under the professional guidance of a teacher, they spoke. Emotions were given a place!



Speak Up!-training enters new phase

Generous donations made another year of [Speak Up! Training](#) possible. In 2024 we will reach 16 schools at least. The training, in collaboration with Learn! Foundation Kenya, will be enriched with a new module on Relationships to be implemented in April 2024. As always the module will include a rich toolbox to work with. The Speak Up!-training remains an ongoing success!



Dear NGO partners, there is always room for new collaborations in the area of Life Skills. Do not hesitate to reach out to us if you would like to use our existing materials or have suggestions for new topics or projects.

With love 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.

'To enter the world with confidence'

Aisha & Friends Foundation is facilitating education of Life Skills in Kenya and Tanzania, at Primary Schools, in Hospitals and via Health Campaigns.

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