

TUMAINI

NEWS LETTER

Steps of Hope - One Story at a Time

1st Edition July, 2025



The Provincial Development Office of the Salesian Sisters of Don Bosco (Daughters of MaryHelp of Christians) shares with you the first edition of TUMAINI. A monthly newsletter full of stories of HOPE.

Be inspired and informed.

INSIDE...

3

Keeping Families together

4

**Empowering Communities for
Food Security & Resilience**

8

**Mental Health & Bridging
the Digital Divide**

10

**Early Childhood
Development**

11

**Compassionate
Response**

12

**Journey towards
Sustainability**

Keeping Families together Through GHR Project

Strengthening of **Family Bond** and enhancing **sustainability**:

GHR Project aims at supporting Salesian Sisters in India and Kenya in building their capacities and developing tools that can help them strengthen families and facilitate child reintegration in family set-up. The goal is to promote, protect and fulfil the child right to a family. In preparation for child reintegration, the project has been committed in conducting family visit and tracing and capacitating the parents/caregivers and the communities on coping strategies, positive parenting skills and children's mentorship.

The GHR Project lays a strong foundation for long-term family stability by addressing the root causes of family separation such as poverty, illness, and social exclusion. Through home visits and family tracing conducted, some of these challenges have been partially addressed with the support of GHR Foundation. In addition, several income-generating activities have been established to help improve the livelihoods of families and create a more conducive environment for successful child reintegration.



HOME VISITS AND FAMILY TRACING



MONITORING VISIT IN EMBU AND MURANGA COUNTIES



POSITIVE PARENTING TRAINING SESSION WITH PARENTS/GUARDIANS





KEY ACHIEVEMENTS

Empowering Communities for Food Security and Resilience through Agriculture project.

As climate change continues to disrupt agricultural productivity, many households in our communities face the twin challenges of food shortages and malnutrition. This project aims to empower vulnerable families by enhancing their farming practices, increasing access to quality resources, and promoting sustainable agriculture that ensures food availability and economic stability.

The project is committed to improved Food Security: Better access to nutritious food for households, Build climate resilience: Adoption of climate-smart agriculture and livestock practices, Economic Empowerment: equip the farmers with entrepreneurial skills for sustainable livelihoods, and community Self-Sufficiency: Reduced dependence on external aid through enhanced local production.



**Net house in
North Horr Mission**



**Green Houses in Embu,
Siakago & MMV**



**Establishing greenhouses
and net houses for hands-
on training in climate-smart
crop production.**

Introducing kitchen gardens to improve nutrition and promote agricultural education.

This project is committed to Supporting missions and households with limited land to set up compact, high-yield kitchen gardens for fresh and nutritious food.

It encourages the use of recycled materials and innovative techniques for gardening in small spaces



Kitchen garden scouting and spraying in Dagoretti missions



Community Awareness Forums and sharing of food Items



Nutrition awareness forum and food with Laura Vicuna beneficiaries



Nutrition awareness forum with students in Karare; Bishop Cavallera School



Nutrition awareness forum in MEC School



Nutrition awareness forum in Siakago



Food support for a School in North Horr

Agriculture Knowledge enhancement



Key implementers of the Agriculture Project participated in a five-day training focused on sustainable farming, entrepreneurship, and food security. The team has conducted several field visits to well established farms like Charis Farm, Green Ponics, Kimna Farm among other. The visits were to create an opportunity for learning best farming practices and how to effectively utilize small plots of land to increase productivity.

Mental Health & Bridging the Digital Divide

Multi-Congregational Project is a joint endeavour implemented in 6 countries to advance girls rights, close the digital divide & guarantee girls' mental health.



Mental health training for the sisters in charge of homes, learning institutions and social workers.

Several Sessions on mental health were conducted with sisters, staff, pupils and students in Siakago, Embu, MMV and MEC missions. These sessions created awareness on mental health by bringing the participants into common understanding, stress management; how to deal with stress, and self-care techniques. Learners were offered with group counselling as well as individual counselling. much appreciation to our experts who took through our staff and learners through this informative session and for extending their schedules for one on one sessions.

This project continues to change the lives of participants particularly their perception on mental health wellbeing and enhanced their skills on how to deal with stress positively.



Mental Health training for medical staff, teaching and non-teaching staff



Menta Health Training for students in Mec



Mental Health Training for Mother Mazarello Children's Home Girls.



CYBER SECURITY TRAINING IN OUR LEARNING INSTITUTIONS



Cyber-Security sessions with Laura Support Centre Girls



Cyber-security session for Don Bosco Sec Sch in Makuyu



Cyber Security Training for Girls in Embu Mission

In today's fast evolving digital landscape, the knowledge of cybersecurity is not just an asset but a necessity. The internet has become central to communication, education, innovation, and employment. With such prominence, comes significant risks like cybercrime, identity theft, privacy invasion, and online harassment. To address these challenges, cyber security awareness sessions were conducted at Mother Mazzarello Village Children's Home & Don Bosco Day Secondary School- Makuyu, Laura Support Centre & Don Bosco Technical School - Siakago, Mother Ersilia Catholic School - Mutuini and Don Bosco Girls Secondary School - Embu, Don Bosco technical school in siakago, and Don Bosco Secondary school in Makuyu. the learners were made aware about cyber security, empowered with knowledge on how to identify online threats and techniques for prevention, how to maintain online ethical behaviors and online privacy.

Through the desktops provided, this initiative continues to bridge the digital gap through digital literacy programs running in our missions for instance Siakago Mission

EARLY CHILDHOOD DEVELOPMENT

The MSc Project is a preventive initiative aimed at addressing the problems of children in the health and education sectors. It provides screening to identify developmental delays among children below 6 years.

The project works with families and schools in Dagoretti and Mutuini slums of Nairobi to raise awareness and provide interventions to such children so as to minimise the risks faced by children who, because of developmental delays and mental health issues, under-perform in primary school and face marginalisation.

Through targeted community outreach, workshops, and informational sessions, the project has effectively increased awareness among parents and community members in Dagoretti. It empowers them to recognize and support children with developmental delays. A steering committee leads the planning and coordination of workshops across three pilot schools.



Positive Parenting Training Session

Through parent forums and targeted home visits, families are now receiving psychosocial support, practical guidance, and connections to appropriate services. Parents have expressed gratitude for the emotional and educational support offered. Informal peer groups have also been established to help sustain learning and mutual support.

Training for teachers and engagement with school management committees has promoted inclusive learning environments. The targeted schools have begun developing and implementing Individualized Education Plans (IEPs) for affected learners, marking progress toward sustainable support for all children.

COMPASSIONATE RESPONSE

In the wake of the ongoing conflict in Goma, the Salesian Sisters – Gisenyi Community, in collaboration with the PDO, have stepped forward in a spirit of deep solidarity. With the generous support of Misesan Cara, the Sisters have extended a compassionate hand to displaced families at the DRC–Rwanda border. The community has offered not only food and clothing, but also emotional support through mentorship and counselling sessions, helping refugees regain a sense of dignity and hope. We are especially grateful to the PDO team for their swift mobilization of resources and to Misesan Cara who continue to show that love and humanity can reach even the most forgotten corners. Let us keep reaching out to those most in need.



Sharing food items with the displaced families



Sisters interacting with children and sowing hope to them



JOURNEY TOWARDS SUSTAINABILITY



Over the last three years, the WASH project has touched and transformed lives in Temeke, Dar es Salaam, creating safer, cleaner, and more empowered communities. What began as a mission to improve water, sanitation, and hygiene has grown into a movement of sustainable change, inclusion, and innovation.

A standout success is the Temeke Secondary School, where over 2,500 students and surrounding community members now access clean and reliable water daily. The school administration didn't stop there they creatively repurposed wastewater from the water point to breed frogs for science studies, turning it into a biology resource and a small income-generating activity to support the water system's maintenance.



The project also ignited a behavioral shift, particularly in hand hygiene and environmental sanitation. Through the formation of WASH clubs in schools and community sensitization campaigns, thousands of students embraced the habit of regular handwashing while community members actively participating in community clean ups, reducing illness and improving school attendance. Teachers report seeing a “new normal” where children now remind each other about hygiene a ripple effect spreading beyond the school walls.

A particularly inspiring chapter of this 3 years journey involves the UWAVIUTE group, a local organization of women with disabilities. Through project trainings and engagement, these women deepened their understanding of environmental hygiene, becoming advocates in their own homes and communities. Their involvement proved that inclusion fosters development, with several now playing active roles in promoting sanitation practices and supporting other women.



Behind these visible results is strong collaboration: local government officials, ward officers, and community volunteers who have all worked side by side with the project team. Regular monitoring, inclusive participation, and community-led WASH committees ensured accountability and ownership at every step.

This project has not only delivered services but also planted a lasting culture of hygiene, dignity, and empowerment, proving that with the right tools and inclusion, change truly begins at the grassroots.

Thank you Note

Much appreciation to the PDO team, Province Leadership, Salesian Sisters' local communities, our mission partners and collaborators for their tireless efforts in making this great impact possible.

To our dear partners and donors — Misesan Cara, GHR Foundation, Hilton Fund for Sisters, Begeca, the Italian Government, and Vides Internazionale — we are truly grateful for your unwavering support towards sowing seeds of hope in East Africa. May God richly reward you.

**Thank you to all
May God Bless
you**