

September Lifeskills Programme Report

Activity and Hike Implementation



INTRODUCTION



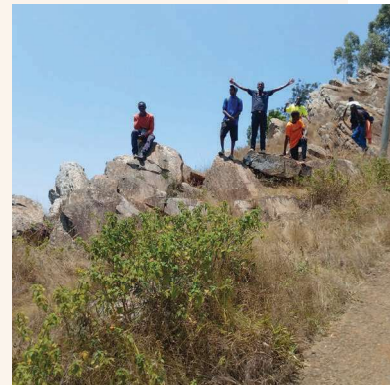
This month was busy buzzing with a lot of activities like music, first aid, hiking, counselling and mentorship. Since the school is opened there were fewer groups to handle and we dealt with out of school.



Holiday Activities Implemented

1. HIKING

We had a total of 2 hikes this and 20 young adults benefited from it. We went to Karue hills and Thende Njeru falls. The children were excited and they open up on their fears and expectation. These kinds of adventures are great for the young adults.



2. COUNSELLING

We had a total of 5 session with the young adults whereby 30 of them benefited from the sessions. Topics covered were self esteem, anxiety, time management, self awareness and resilience. We had a volunteer (joy) who helped us through the sessions.

3. MENTORSHIP

Through the program we were able to mentor 30 young adults. It was great to see them come out of the sessions renewed energetic ready to conquer the world.



4.FIRST AID

Topics covered were asthma, cleaning wounds, fainting, epilepsy and stings & venoms. The young adults were taken through these topics all 30 of them because we discovered there is need to teach them how to manage these injuries and conditions. There is, and still a lot of epilepsy and thats why we needed to demisfy them.



5.MUSIC

Most sessions were in the weekend in the afternoon and 20 kids are benefiting from the sessions. Kids are learning different music instruments and composing and singing original piece. Most of the kids would have never entered a music studio or able to play a guitar by their own but thanks to the organisation they are able to.



RECOMMENDATIONS

Still the sessions are interrupted by the noise outside which also distract them from listening and understanding fully. There is also a need for audio visual materials for easy understanding especially a projector.

CONCLUSION

The continuous support given is highly appreciated because the program is really changing lives of these kids.

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