

IMMACULATE HEART OF MARY SISTERS

CORDIS MARIA MEDICAL CENTRE GITHURAI



Cordis Maria Staffs

The program had main parts, school health, and medical camps and mothers empowerment. The women's empowerment training took five day 2-7 may 2016, with about 120 women attending, they were trained on the following topics: personal development, economic empowerment and health issues.



The trainees

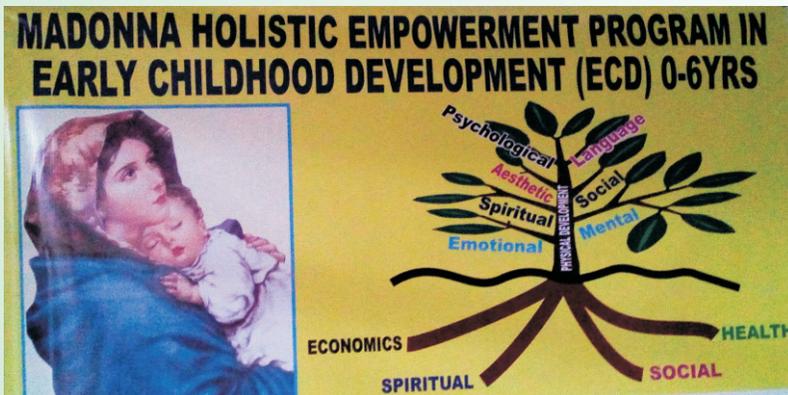


Practical skill on enterpreneurship (beadwork)



Demonstration on first Aid Skills

The training employed participatory and experience from the mothers approach. For the school program, two schools were visited trained on first aid skills pupils 140 pupils were empowered, and for 200 parents they were trained on positive parenting and health issues.



Report for Madonna Holistic Empowerment Training Program.

Date: 2nd - 7th May 2016



During the Medical camp 320 people attended 81 screened for cancer, 108 for diabetes and hypertension 110 for general treatment. The medical camp was carried out in one day in the cordismaria centre.



The sister in- charge giving opening remarks



Women Undergoing counselling before cancer screening



Patients undergoing treatment



Community health Education

Achievements

- About 80% of the targeted women attended the training and were successfully trained and empowered on financial skills, how to start business, manage and how to monitor the business this was done in the topic of economic empowerment. They were also trained on the health issues such as nutrition and legal issues affecting their family, first aid skills and child development.
- The trainees got bases for creating groups and networking for their personal growth, spiritual and financial enlightenment.
- High number turned out for the medical camp making the day very successful and helped the people on issues of health and how to manage their health conditions.
- Parents of the schools were empowered on positive parenting and appreciated the program.

Challenges.

- About 20% of the women did not manage to attend the training fully. These are care givers of children with disability who had to take their children for physiotherapy during the training.
- The weather was also a challenge, it was rainy and it affected the time scheduled for the training since participants were walking to the training venue, difficult especially those who were coming with their children.
- Time was short as the initial plan was the training to take five whole days but it only took five half day (8:00am-2:00pm) as majority had children and they had to take care of them.

The way forward.

After the three part of empowerment training the following were developed as the strategies to maintain the programs.

- Monthly special clinics for diabetes, hypertension and cancer monthly support group for cancer patients which will be taking place in the medical centre.
- Monthly meeting for the women who have groups on bead work and the ones who make detergents. They meet to bring their products and to discuss the way forward. The program coordinator will be meeting with them for advices and guidance.
- School health program, there will be a follow up program every term (in every 3 months) for continuous training and empowerment of the pupils, parents and teachers who are care givers.
- Home visit for the women by the community health worker volunteers especially those with the physically challenged children.

Recommendations.

As the coordinator of the training program I could recommend

- Those who were trained on the entrepreneurial skills to be assisted to access financial support to start the business. They have the skills but they cannot implement them for lack of capital.
- A continuous training for the women basically twice per year.
- Majority of the women are single and they cannot be able to educate their children and will recommend for financial support or educational sponsorship to educate their children.

The training organized and coordinated by Sister Mary Clara.