



Newsletter



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Girls' Vision for the Future



International Day of the Girl Child, celebrated annually on October 11th, is a global observance day initiated by the United Nations.

It aims to highlight the unique challenges girls face worldwide, promote gender equality, and empower girls to pursue their dreams and ambitions.

The International Day of the Girl Child focuses attention on the need to address the challenges girls face and to promote girls' empower-

ment and the fulfillment of their human rights.

In Nyeri, this day was celebrated at Gatondo Secondary School in Mathira East Sub-County, organized in collaboration with Philia Mission Kenya and the Department of Gender, Youth, Sports, and Social Services.

This annual event is a crucial global moment to honour girls, amplifying their voices, actions, and leadership while advocating for their rights and creating inclusive environments.

The County Government of Nyeri under the stewardship of Dr. H.E. Governor Mutahi Kahiga, EGH is committed to promoting the rights of both boy and girl children in the county. Through the Department of Gender, Youth, Sports & Social Services, various initiatives have been undertaken to support the rights of girl children.

During the event, various highlights were addressed. They included.

- Empowerment Sessions led by James Mwangangi, who led discussions aimed at empowering the girls and raising awareness on critical topics
- Mental Health Sessions that focused on understanding mental health challenges, emphasizing the importance of seeking help and support. Girls were encouraged to prioritize their well-being and share their experiences;
- A Drugs and Substance Abuse session that highlighted the dangers of

substance abuse, equipping participants with the knowledge needed to make informed decisions and avoid risky behaviors.

- Life Skills practical workshops that provided essential skills in communication, decision-making, and leadership, preparing girls for future challenges and opportunities.

Continued on page 2

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Women and girls represent half of the world's population, and therefore, also half of its potential.

This year's theme "Girls' Vision for the Future" underscores the importance of enabling girls to articulate their aspirations and take an active role in shaping their futures.

The theme conveys both the need for urgent action and persistent hope, driven by the power of girls' voices and vision for the future.

It is a time to foster a sense of community, allowing girls to connect, share their visions, and inspire each other.

Philia Mission Kenya Director Joseph Otieno emphasized the collaborative effort in supporting girls' rights and initiatives.

"As we celebrate International Day of the Girl Child, it's crucial for everyone - parents, educators, and community leaders - to champion girls' rights and ensure they have the resources and opportuni-

ties to thrive in their lives and futures," said the Director. According to the National Gender and Equality Commission (NGEC) Kenya has made progress in advancing the rights and welfare of girls.



Key achievements have been registered in legislative, policy, and programmatic initiatives.

The Constitution guarantees gender equality, access to basic education, and protection from abuse, harmful practices, and all forms of violence.

Key legal frameworks, such as the Children Act, Prohibition of FGM Act, and Sexual Offences Act, reinforce these protections.

Policy interventions like the

National Adolescent Sexual and Reproductive Health Policy and the National Policy for the Eradication of FGM provide further support for girls' health and protection.

Worth noting are two key Government return-to-

school policies directly affecting the future of Kenya's teenage mothers.

Specifically, The 1994 School Re-entry Policy for Girls provided guiding principles

for educators, parents, and communities in support of teenage mothers' return to school, mandating school heads and teachers to unconditionally readmit teenage mothers into school.

The Ministry of Education in Kenya has also introduced

the 2020 National School Re-Entry Guidelines to facilitate and formalize teenage parents' re-entry into learning institutions.

Systemic barriers however do continue to hinder potential progress including but not limited to economic, cultural, and social barriers.

Gender-based violence, deeply ingrained social norms and limited access to quality education also play a huge part in these limitations. But despite these confines, girls across Nyeri County and the country at large continue to break boundaries and barriers posed by stereotypes and exclusion, including those directed at children with disabilities and those living in marginalized communities.

As entrepreneurs, innovators, and initiators of global movements, girls are creating a world that is relevant for them and future generations.



Health team to visit Finland



Story - Gaudencia Kemunto | Photo - Peter Wangari

H.E Mutahi Kahiga was delighted to host maternal health representatives and nurses from Karatina Sub County Hospital and Naro-moru Level 4 Hospital who paid him a courtesy call at his office.

The team, led by Karatina Hospital Nurse Services Manager Winfred Mulwa, is set to travel to Finland for an observership programme for four weeks.

This educational experience will allow them to learn more about maternity child health and Infection Prevention Control (IPC).

In review reports regarding

maternity care published by the World Health Organization (WHO), Finland consistently ranks at the top in maternal care, with a mortality rate of only three deaths in one year.

The main goal of this benchmarking is to bring new methods and improve the current processes to meet the higher standard.

“My administration is ready to apply the new policies they will find for better services in our maternal child health. We hope that our nurses by going there will learn about the measures being taken in the health care system, es-

pecially in maternal health services provided to mothers and children,” remarked Governor Kahiga.

The CECM for Health Dr. Joseph Kiragu who was in attendance urged them to be open-minded.

The team consists of Caroline Kariuki (NSM) Naro-moru Level 4 Hospital, Dr. Peter Kimori representing doctors, Rebecca Wamuyu and Ann Irene representing clinical officers, and Nurses Wangeci Ndungu and Gladys from Karatina Sub-County Hospital.

Cleft Surgical Camp at Nyeri County Referral Hospital

The Department of Health Services, in collaboration with Smile Train, is organizing a Cleft Surgical Camp from 11th to 15th November 2024 at the Nyeri County Referral Hospital.

Cleft Lip and Cleft Palate are conditions that can be corrected through surgery, giving children and adults a chance to smile confidently and improve their quality of life. This surgery helps close the openings in the mouth and lips, with minimal scarring, and additional care such as speech therapy and dental work supports better communication when needed.

Registration is ongoing!

Don't miss this opportunity! Spread the word and help us bring smiles to those who need it most. Visit the Nyeri County Referral Hospital to register.





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World Sight Day commemorated in Nyeri town



Story & Photo - Catherine Muthoni

This year's World Sight Day, we recognize the vital importance of eye health and the profound impact it has on our lives. Healthy vision allows us to experience the world around us fully, making it essential to prioritize eye care, especially for our children. In celebration of this day, Nyeri County Referral Hospital, in partnership with Charity Vision and Sight Buddies, came together to host an outreach program at Githwariga

Primary School. This year's theme, "Children, Love Your Eyes," emphasizes the need to prioritize child eye health, ensuring that every child has the opportunity to appreciate and care for their vision. During the event, students from Grades 6, 7, and 8 benefited from free visual acuity tests, screenings for common eye conditions, and treatment for issues identified. Additionally, those requiring further care were referred to

NCRH for follow-up management. Approximately 350 students received vital eye health services. A heartfelt thank you to the dedicated team of healthcare workers from the Nyeri County Referral Hospital Eye Unit for their commitment and efforts in making this day a success. Together, the team is helping to ensure that our children can see a brighter future.

Photo Caption

A 10 -Kilowattz solar system was installed at Nairutia Vocational Training Centre for all the lighting, and sockets in the office and fridges in the catering department. The electrical students are learning solar skills as they assist in the installation. The project is financed jointly by GoalSmile Onlus and the County Government of Nyeri.



Global Handwashing Day held in Mathira East

Story & Photo - Catherine Muthoni

The County Government of Nyeri commemorated Global Handwashing Day at Kirigu Primary School in Mathira East sub-county. The event, centered around the WHO's theme "Why are clean hands still important?", was a powerful reminder of the vital role hygiene plays in preventing illness. The day kicked -off with energetic performances from the pupils, who treated guests and partners to a heartfelt poem and lively dances highlighting the importance of handwashing. The school's headteacher, Grace Waithanji, expressed deep gratitude to the partners for their unwavering



support in promoting hygiene education. Rotary Club of Karatina, led by President Dr. Kamiti Muchiri, generously

provided soaps for the occasion, ensuring that the message of proper hand hygiene was not only shared but also practiced. Public

Health Officer Mr. Peter Murimi, from the health department, delivered an informative talk on the role of handwashing in illness

prevention, reinforcing the day's key message. Boniface Macharia, IPC Coordinator, gave a practical demonstration on the correct steps and techniques for handwashing, making sure the students knew how to stay safe from harmful germs. Later, the community gathered at Gathugu Primary School, where 1,000 trees were planted as part of an ongoing effort to support environmental conservation and WASH initiatives. The event was a beautiful combination of health, education, and environmental stewardship.

World Mental Health Day 2024 marked



This year on World Mental Health Day, we join the global community in rais-

ing awareness and promoting mental well-being. This year's theme, "Prioritizing

Mental Health at the Workplace," highlights the importance of fostering healthy,

supportive environments for all employees. At Nyeri Town Health Cen-

tre, the Department recognize that mental health is just as important as physical health.

The County Government of Nyeri is committed to creating a workplace that nurtures our team's well-being by encouraging open conversations, reducing stigma, and offering resources for support.

Let everyone continue to prioritize mental health for a healthier, happier workforce!

Let's work together to make every workplace a mentally healthy space.

Marafiki FC board visits Sports CECM

The Marafiki FC Board led by its Chairman Paul Nderi paid a courtesy call to CECM Sports Esther Ndung'u, to appraise her on their quest to gain promotion to the NSL league this season. Marafiki FC was recently promoted to Division One after a successful 2023-2024 League season where they emerged champions.

During the meeting the delegation which included Club Secretary General Eng. Anthony Irungu, Board member-finance Rose Thuo and James Muringo aka Jammo wa Kahiga who serves as the Club Welfare executive, expressed their appreciation and gratitude for the continued support from the County Government of Nyeri led by H.E. Governor Mutahi Kahiga.

They explored various ways in which Marafiki FC and the County can continue working together to grow sport and empower the young people of Nyeri. CECM Esther Ndung'u congratulated the Marafiki FC fraternity for their historic fete of joining national division one league while at the same time appreciating the challenges, hard work



and dedication that come with performing at such a high level.

She encouraged the team to remain focused, diligent and determined so as to achieve this season's goal which is to earn a promotion to the national super league.

Madam Ndung'u reiterated H.E. Governor Mutahi's vision of flagging off

Marafiki FC as they join the Kenya Premier League season 2026/2027.

She assured the team of her unwavering support and that of the County Government and the great people of Nyeri in achieving this goal.

The CECM stated that the County Government is working to improve the sports facilities for football

and other disciplines in the county to ensure that sports continues to grow and provide a means of empowerment to the young people of Nyeri as she urged Marafiki FC to continue mentoring other teams so that they can achieve the same level of success and discipline.

She reminded them that as Nyeri County ambassadors they should continue to ex-

hibit discipline, diligence and hard work and sportsmanship.

"While you're out there showcasing Nyeri's football talent always remember that you carry the aspirations and dreams of your fellow citizens. Go forth and be the Wangari Mathais, Charles Kamathis, Dedan Kimathis and Mwai Kibakis of football," she added.

Stakeholder’s engagement meeting on Slum Upgrading and Prevention Strategies



The County Government of Nyeri through the Department of Lands, Physical Planning & Urban Development in collaboration with South Consulting Africa Limited held a two - day consultative meeting with stakeholders including but not limited to leaders of slums and informal settlements within Nyeri County. During the engagement meeting, the County Proj-

ect Coordination Team (CPCT) led by Lands CECM Ndirangu Gachunia, National Project Coordination Team (NCPT) led by Sally Lesas together with South Consulting Africa Limited National Project Coordination Team (NCPT) spearheaded by Dr. Mbathi Musyimi registered insights tabled by representatives from Mweiga, Kiamwathi, Chorongi,

Kiawara, Mutathini and Munungaini informal settlements, as well as from slums such as Chania Methodist, Chania Maua, Witemere, M.O.W, Diaspora among others. The core objectives of the two-day engagement included the development of slum upgrading and prevention strategies, insights and feedback on the key challenges within identified

settlements and exploring potential partnerships & collaborations to enhance the effectiveness of the strategies. KISIP II in collaboration with Nyeri County under KISIP II Component 3 (Institutional Capacity Development for Slum Upgrading & Prevention) through South Consulting Africa Limited is developing coun-

ty-specific slum upgrading and prevention strategies. These action plans will then inform further decision making more so in cascading the national strategies, relevant legislation and regulations to the county level. The strategies will further form part of the next CIDPs and basis for funding slum upgrading programs at the devolved unit.

Mazingira Day celebrated in Mathira



The County Government of Nyeri in collaboration with the National Environment Management Authority (NEMA) celebrated the National Mazingira Day at the Rathithi Polytechnic in

Mathira West Sub - County. The event comprised a tree planting activity through planting a variety of indigenous tree seedlings at the Institution’s compound. A total of 500 tree samplings

were planted. The celebrations embodied the County’s commitment to addressing the adverse impact of prevailing climate change, reducing greenhouse gas emissions as well

as achieving the national goal of 15 billion trees by the year 2032. The day was a resounding success as a result of collaborations and partnerships across the board in the cru-

cial role of forest conservation and environmental sustainability.

AMREF & MoH Courtesy call to the County Director

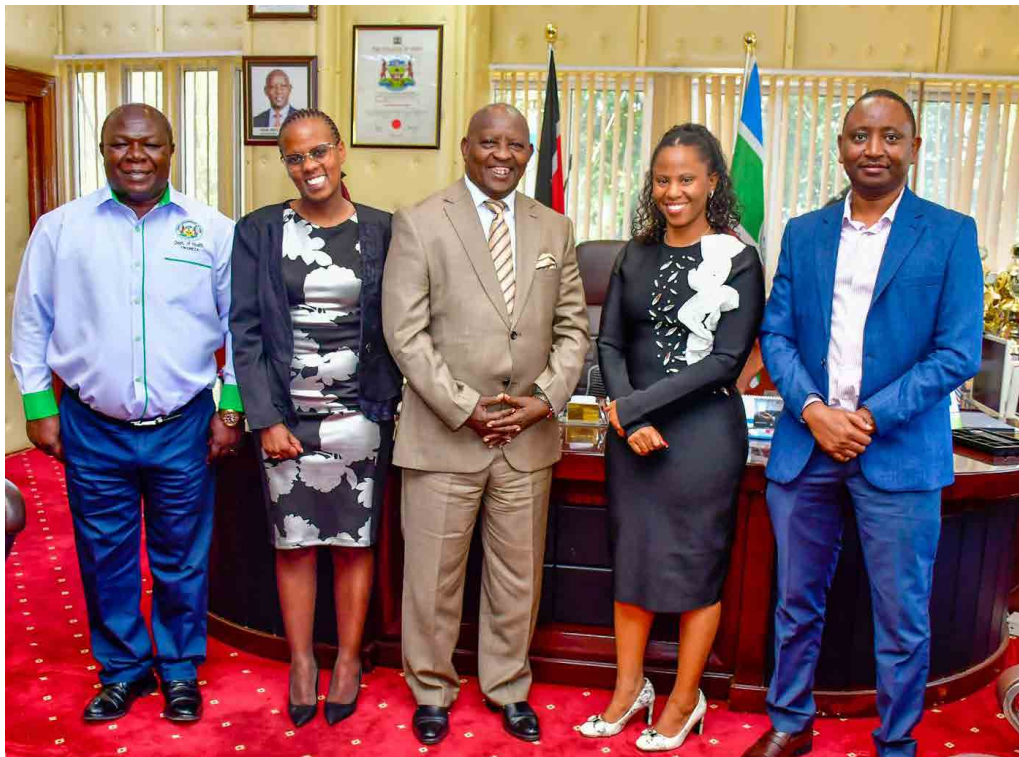
Story & Photo - Catherine Muthoni

Health Services Director Dr. Nelson Muriu received a courtesy call from representatives from The Ministry of Health (MOH) and Amref Health Africa in Kenya. The visit was to update him on the ongoing 10-day cascade training for Community Health Promoters (CHPs) across all the eight sub-counties. This initiative, funded by the Global Fund through Amref Health Africa, aims to strengthen the capacity of CHPs to deliver essential health services at the community level. This cascade training follows right after a successful training of Community Health Assistants (CHAs) on all the Basic Community Health Modules.



Dr. Muriu appreciated the team for their continued support especially in Primary Health Care (PHC) and Capacity building for the Health Care Workers, (UHC) for all. The Department is putting efforts geared towards ensuring that Nyeri citizenry receive quality and essential health care whenever they need it, and in the most affordable manner.

Baraka Smiles' Visit to the Governor



Story - Barbara Wambui | Photo - Peter Wangari

H.E. Mutahi Kahiga hosted a team from Baraka Smiles Foundation led by their Director Ruth Gacheru who paid a courtesy call to his office. Under the theme "A Million Healthy Smiles," discussions centered around potential collaboration in the official launch and rolling out of rehabilitative dental clinics and outreach camps across Nyeri County. Through preventative, curative and restorative interventions, the partnership seeks to achieve a broader, more comprehensive target of 1 million citizens both within the County as well as nationwide, over a span of three years.



Mahiga Children's Home Prize Giving Day

The Department of Gender, Youth, Sports & Social Services represented by Social Welfare Officer Doris Mwangi attended a prize-giving day ceremony held at AIC Mahiga Children's Home. The home is located in Othaya. The ceremony aimed to motivate the children and acknowledge their hard work. Awards were presented to students who demonstrated academic excellence and perseverance. The children also showcased their talents and the best performers in each category received awards. During the event, she interacted with the children, encouraging them to adopt a mindset of resilience and continuous improvement. She emphasized the importance of never giving up and always striving to better their best. This message resonated well with the children, who expressed their gratitude for the support and recognition received. They also conveyed their appreciation for the food and non-food items provided by the County Government through the department. She highlighted the County government's unwavering commitment to the well-being of children. The County Government of Nyeri sponsors Karatina Children's Home where it provides food and education, including shopping for the children.



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