



2023 Annual Report

MESSAGE FROM BOARD CHAIRPERSON

On behalf of Life Lifters' Board of Directors, I am pleased to share our annual report for the year 2023, documenting the impactful strides made by Life Lifters Kenya in our mission to empower rural girls through education. Our unwavering commitment to providing quality education to rural girls remains at the core of our mission. In 2023 we continued to envision a world where rural girls have access to education, unlocking their future with opportunities.

I extend my heartfelt appreciation to our tireless team, dedicated partners, and generous supporters who have been the driving force behind our success. Your passion for the cause is what propels us forward.

As we celebrate our successes, we acknowledge the challenges encountered. It is through resilience and strategic planning that we navigate hurdles, ensuring the sustainability of our mission.

Our commitment to transparency is reflected in the detailed financial overview provided. Every contribution has been utilized to maximize our impact, ensuring that the resources entrusted to us make a meaningful difference.

The journey does not end here, our vision for the future is bold, and our determination is stronger than ever. Together we will continue to break down barriers and create opportunities for the rural girls to realize their full potential.

Thank you for being an integral part of Life Lifters Organization. Your support is the cornerstone of our success. Let us match forward with renewed vigor, knowing that the work we do today shapes the destiny of generations to come.

In solidarity,
Josephine Karani
Board Chair, Life Lifters Kenya.



MESSAGE FROM EXECUTIVE DIRECTOR

As we close the chapter in 2023, I am honored to share with you the annual report highlighting the strides we have taken in advancing our mission for rural girl's education. This report is a testament to the collective efforts and unwavering commitment that define Life Lifters Organization.

Throughout the past year, our organization has achieved significant milestones in our pursuit of empowering rural girls through education. From expanding access to quality schooling to fostering community engagement, our impact has been both profound and far-reaching.

Our innovative educational and Sexual Reproductive Health and Rights (SRHR) programs have been instrumental in breaking down barriers and creating pathways for rural girls to thrive academically and beyond. These initiatives highlight the transformative power of education as a catalyst for change.

Collaboration has been the cornerstone of our success. We extend our gratitude to our donors, partners, board members, staff, mentors, teacher volunteers, and community stakeholders whose shared commitment has amplified our impact. Together we are building a network of support that transcends boundaries.

In acknowledging the challenges faced, we remain unshaken and adaptive. Whether navigating unforeseen circumstances or addressing systematic barriers, our team has demonstrated a remarkable ability to overcome obstacles, ensuring the continuity and effectiveness of our programs.

We are pleased to provide a comprehensive financial overview. Your trust in us is reflected in our responsible stewardship of resources, ensuring that every contribution is maximized to its full potential.

To our dedicated team, donors, volunteers, and supporters—your passion fuels our mission. The impact we've achieved is a testament to the strength of our collective commitment to the cause of rural girls' education.

As we embark on a new year, our vision remains clear and our determination is resolute. With your continued support, we will build upon the foundation laid in 2023, striving for even greater achievements in the empowerment of rural girls through education.

Thank you for being a significant part of our journey. Together we are shaping a brighter future for rural girls worldwide.

Sincerely,
Cynthia Muhonja
Executive Director, Life Lifters Kenya





We empower rural girls to take control of their lives, make informed decisions about their lives, and advocate for their rights and wellbeing

We Empower Rural Girls

Life Lifters Kenya empowers rural girls to take control of their lives, make informed decisions about their lives, and advocate for their rights and wellbeing. We are a registered non-governmental organization that invests in disenfranchised smart underprivileged rural girls to enable them to access quality secondary education, comprehensive Sexual Reproductive Health and Rights (SRHR) information, and economic opportunities that positively impact their life outcomes. As an organization we:

01.

Promote gender equality through Girls Education

Implemented through our Girls Educate program, Life Lifters provides disenfranchised smart underprivileged rural girls with comprehensive multi-year scholarships, back-to-school supplies, mentorship and training in sexual reproductive health and rights (SRHR), leadership, and business. We intervene at a catalytic age of 13-19 and eliminate barriers that hinder secondary-school-aged rural girls from accessing quality education in Kenya

02.

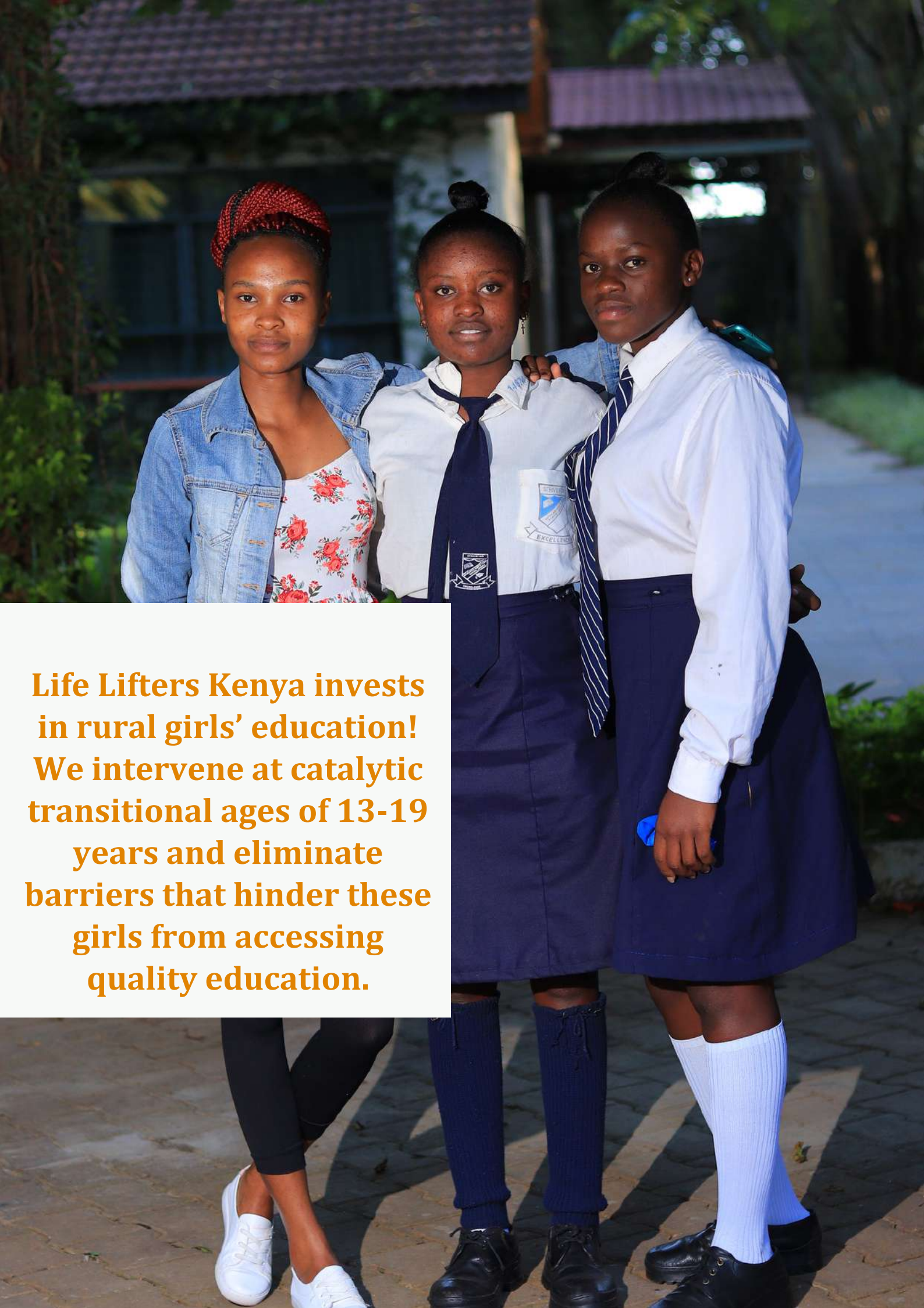
Advance Sexual and reproductive rights of young teenage girls

Implemented through our Wasichana Twashinda program, Life Lifters provides comprehensive Sexual Reproductive Health and Rights (SRHR) training to teenage girls aged (11- 19) from rural and grassroots communities. With the overall strategic purpose of increasing high completion rates by preventing early sexual debut, and teenage pregnancy and delaying subsequent pregnancies for teenage mothers, Life Lifters Kenya ensures that all the girls incubated in this program are equipped with quality and timely SRHR information to enable them to make informed decisions about their lives.

03.

Promote economic empowerment of young women

Life Lifters is intentional about increasing rural girls' ability to access and control their financial resources, opportunities, and decision-making within the economy. We provide our girls with quality education, comprehensive training, and mentorship to enable them to make informed decisions on how they wish to participate in the economy



Life Lifters Kenya invests in rural girls' education! We intervene at catalytic transitional ages of 13-19 years and eliminate barriers that hinder these girls from accessing quality education.

Measuring Progress

Over the past 8 years, Life Lifters Kenya has been committed to empowering, educating, and training rural girls in 5 different counties in Kenya. 2023 has been a pivotal year in our programming for Rural Girls

100

Rural girls impacted through our programs

13

Partner primary and secondary schools reached by our programs

14

Need-based scholarships awarded to rural girls so far

KSH 2,643,972.88

Invested in rural girls' education and Sexual reproductive Health and Rights

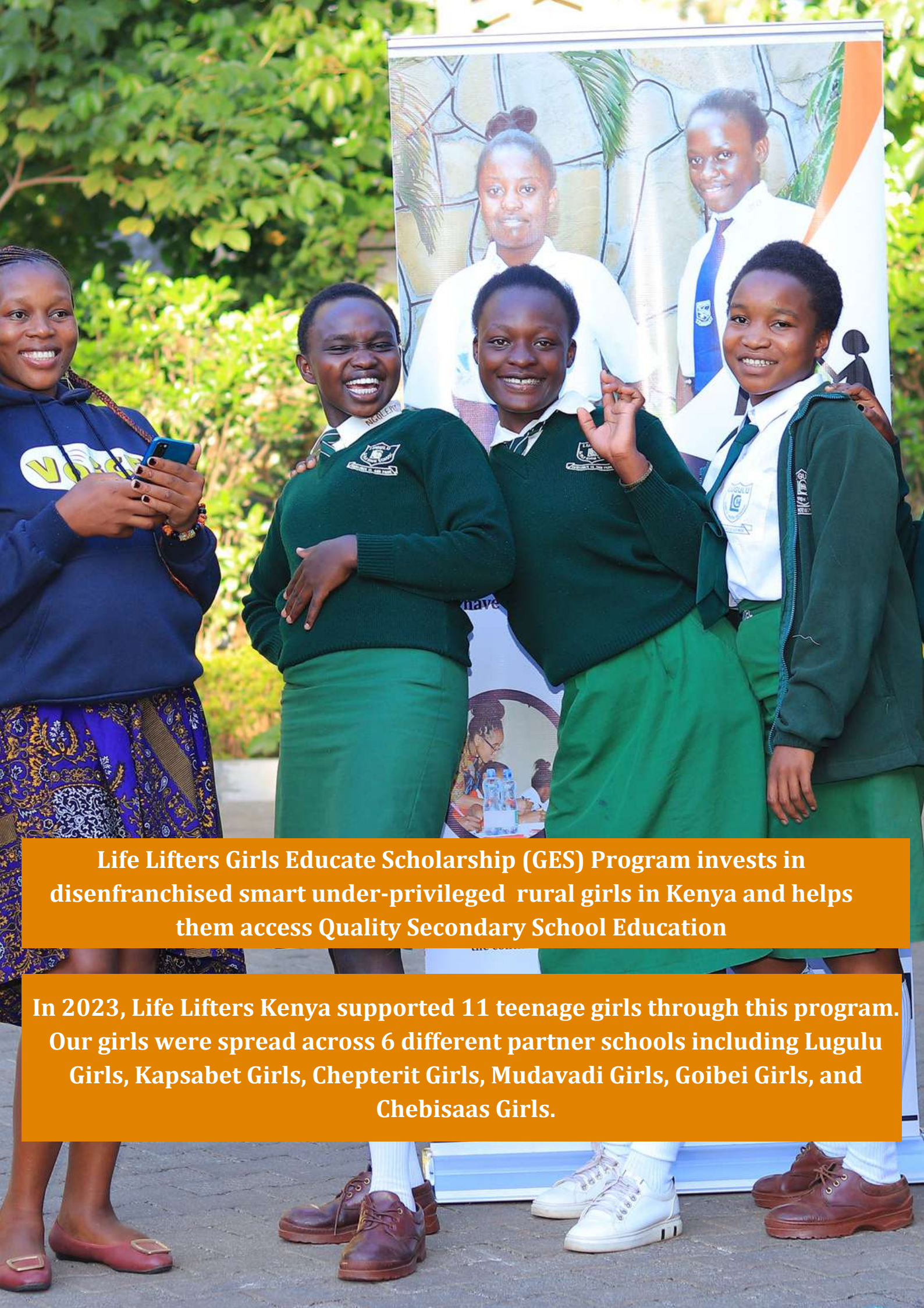
OUR APPROACH

*Life Lifters Kenya is intentional about investing in Rural Girls' **education and Reproductive Health**.*

*Education provides a means for Rural Girls to escape **Poverty and Barbaric Cultural practices** such as child marriage. Educated rural girls become **leaders, change agents, and role models in their communities driving positive and meaningful change.***

These girls are more knowledgeable about nutrition, hygiene, and reproductive health, which reduces the risk of maternal and child mortality, improves family health, and contributes to overall well-being.





Life Lifters Girls Educate Scholarship (GES) Program invests in disenfranchised smart under-privileged rural girls in Kenya and helps them access Quality Secondary School Education

In 2023, Life Lifters Kenya supported 11 teenage girls through this program. Our girls were spread across 6 different partner schools including Lugulu Girls, Kapsabet Girls, Chepterit Girls, Mudavadi Girls, Goibei Girls, and Chebisaas Girls.

2023 GIRLS EDUCATE WINS

Life Lifters Kenya is focused on strengthening the Girls Educate Scholarship Program to effectively and sustainably serve more rural Girls across Kenya.

Since inception, the program has awarded **14 scholarships to smart underprivileged teenage girls across 4 different counties.**

In 2023 we had the following successes:



Joan Joins Ashesi University on a Full MasterCard Scholarship!

In 2023 Life Lifters Kenya supported one of our alumni scholars to apply for university abroad. Joan successfully gained admission at Ashesi University, Ghana on a full MasterCard scholarship to pursue a Bachelor's degree in Computer Science

FIVE GES Scholars Successfully Graduated from High school

In 2023 the GES program incubated 11 scholars. Five scholars successfully graduated from high school at the end of 2023 with qualifying grades that can get them admission to any university/college. This increases our alumni numbers to 8 young women!





Comprehensive Sexual Reproductive Health and Rights training is fundamental for rural teenage girls. Most times it's the difference between a girl staying in school or dropping out

Life Lifters' Wasichana Twashinda program seeks to reduce school dropouts among upper primary teenage girls, reduce teenage pregnancy and increase high school transition and participation rate by exposing them to quality comprehensive SRHR training.

2023 WASICHANA TWASHINDA PROGRAM WINS

Twashinda Program provides rural girls with accurate and comprehensive information about their sexual and reproductive health, including topics such as puberty, contraception, sexually transmitted infections (STIs), and menstrual hygiene. This knowledge empowers rural girls to make informed decisions about their bodies, health, and lives

In 2023 we had the following successes:



Menstrual Hygiene Day Celebration 2023

Life Lifters Kenya organized a Menstrual Hygiene Day celebration in Nandi County Kenya. The Day brought together MH trainers and rural girls from 3 different schools in the community. Life Lifters Kenya equipped 33 teenage girls with quality information and menstrual hygiene products as a strategy of helping reduce period poverty for the girls. The Girls were equipped with six months of sanitary towels!

Comprehensive SRHR Training for rural Girls

Project EmpowerHer, is a comprehensive SRHR training and advocacy program on how to prevent first-pregnancy cases, reduce subsequent pregnancies, and avert unsafe abortion cases for teenage girls in Nandi County. Life Lifters Kenya received funding from Ipas Africa Alliance to implement the project EmpowerHer for 50 teenage girls in the Emgwen and Aldai constituencies in Kenya.

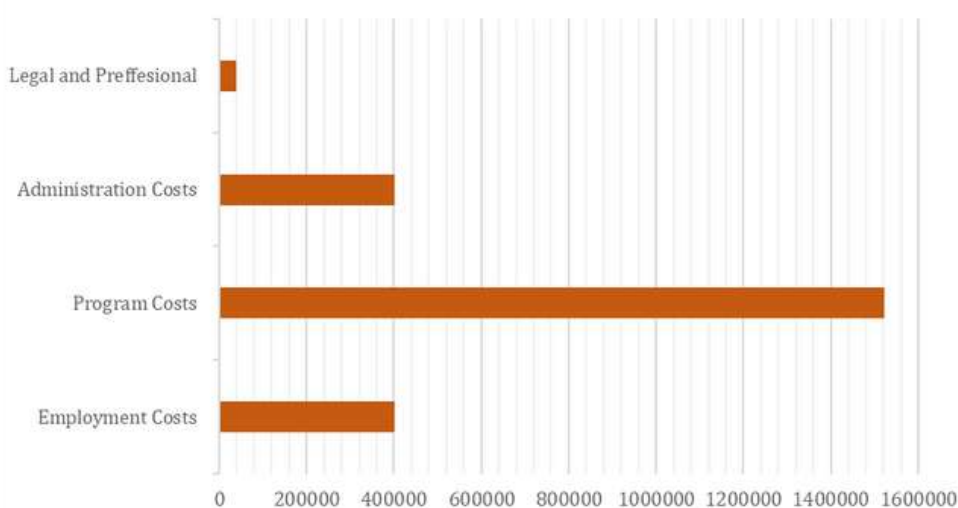
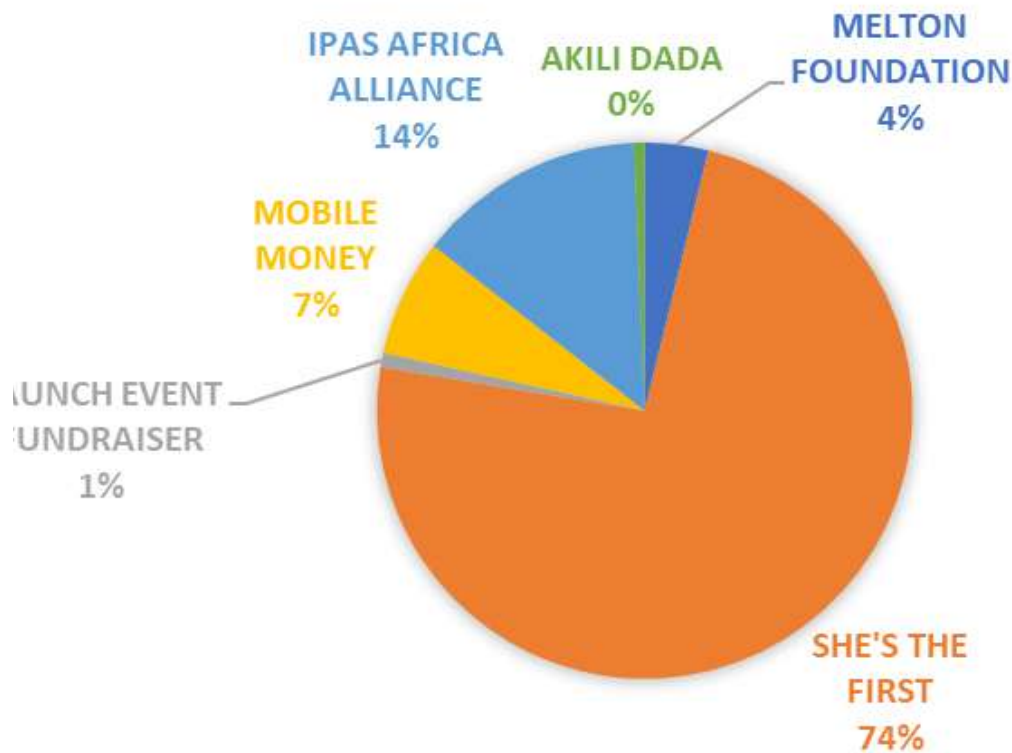


Ipas50

Ipas Africa Alliance for Women's Reproductive Health and Rights works in Kenya and Uganda—and with regional East Africa partners—to reduce deaths from unsafe abortion, to expand the availability of safe abortion care, and to improve the legal and policy environment for safe abortion across the continent.

Life Lifters Kenya is striving towards financial sustainability. In 2023 we experienced significant growth in our income. The charts below showcase our revenue and expenses in 2023

INCOME: KSH 2,534,552.88



EXPENSES

KSH 2,363,962

64% Was invested in rural girls' education and reproductive health programming. These funds were spent on tuition, school supplies, menstrual hygiene products and SRHR trainings for rural girls.

HONOR ROLL

BOARD OF DIRECTORS

Josephine Karani, Board Chair
Alafia Stewart, Vice Chair
Peninah Ringera, Treasurer
Sharon Kate Ng'ang'a, Secretary
Audrey Too, Member

MEMBERS OF STAFF

Cynthia Muhonja, Executive Director
Ruth Rozenja, Programs Coordinator
Linus Wafula, Intern
Linet Were, Intern

VOLUNTEERS

Doris Kiagora, Mentor
Scofia Chepkoech, Mentor
Patricia Musomba , Mentor
Corazone Katete , Mentor
Colette Simanto, Mentor
Joy Ogada , Teacher Volunteer
Irene Chepchirchir, Teacher Volunteer
Betty Kabeya , Teacher Volunteer
Caroline Maindi, Teacher Volunteer
Nancy Lumire , Teacher Volunteer
Claire Mugeru, Teacher Volunteer

GIRL SPONSORS

Suzanne and James Jelinek
Peggy Greene
Alafia Stewart
Rachel Greene
Christine Lee
John Ephrahim Kwaku
Isaac Tedeku
Partnerz Limited

HONOR ROLL

FRIENDS OF LIFE LIFTERS

1. Sydney Oerton
2. Ezinne Kwubiri
3. Johannes Gustafsson
4. Shantell Richards
5. Candac Goodwin
6. Candace R. Banks
7. Audrey M S-Darko
8. Adam Jimenez-Schulman
9. Nadine Tim
10. Erika Hudson
11. John Gitau
12. Audrey Too
13. Diana Chepchirchir
14. Crispus Barasa
15. Collins Rigaya
16. Dennis Anjimbi
17. Cynthia Muhonja
18. Collins Kipchirchir
19. Josephine Karani
20. Emmanuel (GHANA)
21. Mary Wamaitha
22. Doris Kiogora
23. Jenelle Penha
24. Sabreesh Sabreesh
25. Marissa Scott
26. Daniel Bennett

A LOOK INTO THE FUTURE

A TOTAL OF 110,821 PREGNANCIES WERE RECORDED AMONG ADOLESCENT GIRLS AGED BETWEEN THE AGES OF 10 TO 19 IN THE FIRST FIVE MONTHS OF 2023.



Teenage pregnancy has hit crisis levels many rural communities in Kenya and has now become the main driver of school dropouts and early marriage. This vice negatively impacts the health, education, economic prospects and mental wellbeing of many rural girls driving them into deeper cycles of poverty. As 2024 unfolds, Life Lifters Kenya is committed to empowering rural girls. This year our organization will continue to:



Make strategic investments in rural girls' education by supporting more girls to access quality secondary education! We hope to invest at least \$20,000 in rural girls' education and empowerment.

Make investments in rural girls' sexual and reproductive health by ensuring more rural girls in Bungoma, Nandi, Uasin Gishu, and Kakamega have access to quality and timely information on their reproductive health. With the strategic purpose of helping more rural girls continue their education, we will:

- Provide rural girls with quality information and resources to help delay early sexual debut, delay first pregnancy, and prevent/delay subsequent pregnancies among teen mothers.
- We will establish 'Women Dignity centers' in our communities to ensure more rural girls have access to quality menstrual hygiene products.
- We will also scale project EmpowerHer to reach 100 teenage girls in Nandi and Bungoma County



LIFE LIFTERS ORGANIZATION

...y ensuring
mentorship,

Excellence

Building a generation of women who excel in every field they choose to explore.

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in
d mental
of women
continent.

Website: www.lifelifterskenya.org

714985200
lifelifterskenya.org

@life_lifters
 @LifeLiftersKenya



CITY PLAZA, BANDAPTAI STREET, ELDORET KENYA

PO BOX 23754-00100, NAIROBI

+254714985206

WWW.LIFELIFTERSKENYA.ORG