



Newsletter 2. November 2025

Empowering self-help groups for caregivers of children and family members with disabilities

Welcome to our newsletter November 2025. From next year we aim to produce two newsletters each year: the beginning of June and the beginning of November.

OUR SELF-HELP GROUPS



The last year has seen the set-up of more self-help groups for caregivers. We now have 217 caregivers registered to 19 self-help groups across Kilifi County. There are also 60 associate members, some of whom have disabilities themselves. Associate members are people who have joined with the caregivers in their local community to work towards making the group successful.

HELPING EACH OTHER

Our group members assist each other in times of dire need. For example, the members have been encouraging each other to take their children with disabilities for vaccination. This is being carried out nationwide for children between 0-14 years for measles, typhoid and rubella.

FUNDED LIVELIHOOD PROJECTS

We have provided capital funds for 9 group livelihood projects over the last year. Our group members write a proposal for their livelihood project including an itemised costing of all materials and labour. They tell us what they hope to achieve from their project and what income they expect.



Market stalls

Group 4 received capital funds for construction of two stalls in a covered marketplace. While they wait for the market to open officially, they have rented their stalls to local people to store their goods. This ensures early income for the group.

The Chairperson told us *"We are happy for the capital funds. The group was able to give Ks10,000/= towards treatment of one of our children with disabilities. We are planning next year to pay school fees for one of our children who is blind."*

Hiring tents and chairs for community events

Three of our self-help groups have set up a large tent and chairs hiring business in the community.



Group 7 used their capital funds to buy one big tent, 100 chairs and a gazebo. The group has started earning income from this project and the group membership is thriving

A caregiver told us "Income from the tents increased membership attendance to meetings. Nearly every member comes for meetings. It is no longer a problem if a member needs little money to sort out a problem concerning the child with a disability. We thank God for this."

Group 12 added large cooking pots (sufurias) to their tent purchases. They have regular bookings for the equipment and the group is now making profits from the business.

A grandmother of a child with disabilities told us "To say the truth, we are now happy. We can see a brighter future for our children with disabilities and ourselves as caregivers. Things will never be the same again."

Community water tank



Group 13 work together on shares and savings, making baskets and beads for sale. The group received capital funds to construct a water tank. Their sale of water has started up and there is a steady income for the group.

One caregiver told us "We have decided to save the profit till mid-December then we divide some of the profit to members. For the first time I'm sure of buying a new trouser and a shirt for my child with disability during Christmas time."

Café business

Group 8 used their capital funds to construct a building to make and serve refreshments to customers. The business is going well and the membership and their children with disabilities are benefitting.



A caregiver member told us "I used to struggle paying fares and school fees for my girl who is in a day special unit. My savings were not doing so well. But at least now the group can assist, though not always because the business has just started."

To find out more about this important work, to make a donation or to get involved, visit our website: <https://www.walezi-caregivers-kenya.org> or email us at: walezicaregivers.kenya@gmail.com