



WALEZI-CAREGIVERS KENYA

## Newsletter October 2026

### A problem shared

Now, more than ever, our caregivers and their children with disabilities depend on the mutual support that comes from being members of a community-based self-help group. Rises in the cost of living and climate change impact everyone: unreliable rains, crops fail, prices rise, food is scarce and disposable income is more limited.

Regular meetings of the self-help groups provide a place to share worries and concerns so that no one is alone. Financial loans from the group mean that transport costs are covered and hospital appointments are attended; school fees are paid to enable children with disabilities to receive an education; there is food on the table.



**A group receiving advice from our local team during a monitoring visit**

### Changing lives

Membership of a self-help group can change lives. Group livelihood activities bring financial benefits to the caregivers and their children with disabilities. The caregivers work together with energy and commitment to secure a better life for their children. Read what our caregivers say:

*“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 a little money to sort out a problem concerning the child with a disability. We thank God for this.”*

*“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.”*

## Belonging

The self-help groups are a place of belonging for the caregiver and their child or family member with disabilities. The act of coming together makes the caregivers and the people they care for visible in their local communities. The group members wear T-shirts displaying the Walezi Foundation logo which lets people know that they belong to a self-help group. Where once children with disabilities were hidden away, they are now present and a part of their community.



Caregivers and children with disabilities come together

### Real talk: the cost-of-living crisis

The cost of living is going up across the world. This brings further challenges to our caregivers – the majority of whom survive on a very low income. As members of a self-help group they continue to pull together to generate income through combined and individual enterprises.



Our funds go to support start-up businesses for the groups, such as purchasing large tents, gazebos and cooking pots to hire out for community events. When a group's application for start-up funds has been approved by our trustees, the group members celebrate their success. They understand that their struggles cannot be magicked away: sustainable growth means building their business over time.

*"I used to struggle paying fare 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."*

## Looking forward

Through the work of our self-help groups, our caregivers now have hope. They can look forward to the future and make plans for the group, which includes celebrating their successes. Read what our caregivers say:

*"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."*

*"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."*

## Farewell to Dr. Joseph K. Gona



Dr. Joseph Gona has worked tirelessly to improve the lives of children with disabilities and their families throughout his career. Having worked as a researcher for many years with the Kenya Medical Research Institute (KEMRI), he was instrumental in setting up Walezi Foundation Kenya (NGO) in 2023. As Director of the NGO, Dr. Gona has led our work on the ground. This has involved the set-up of new self-help groups - helping them to develop livelihood projects, monitoring financial income from group enterprises, and encouraging caregivers to take control of their lives. We offer our gratitude and thanks to Dr. Gona for his legacy - our network of self-help groups in Kilifi County, Kenya.

## Welcome to Mr Joseph Rasi

Walezi Foundation Kenya is in safe hands with the transfer of the Directorship to Mr. Joseph Rasi. Here he is with the Board of Trustees. Although Dr Gona ceases in his role as Director, he will continue to be a source of support and guidance to our new director.



## Fund-raising success



### 🏆 Liz 's 70<sup>th</sup> birthday triathlon!

Liz Cameron, a close friend of our secretary Joe, completed her triathlon on 16th August. She raised a grand total of £1,270.00 for Walezi-Caregivers Kenya. Liz told us about her experience:

*"I did it in just over 2 hours, which is a win for me. The temperature was 36° and we are over target!"*

A HUGE thanks to Liz for this amazing achievement and to each and every one of you who donated so generously to Liz's Just Giving initiative.

## Help us build a future for our self-help groups

Every gift, big or small, helps 22 self-help groups become stronger and more self-sufficient.

[Donate now →](#)

## Become a regular donor

A donation of £2.00 per month can help our groups to move forward in their self-sufficiency endeavours.

[Donate now →](#)

## Behind the scenes

Our UK charity is run entirely by a voluntary Board of Trustees, working in close partnership with Walezi Foundation Kenya. Because our trustees give their time for free, around **95% of the funds** we raise go directly towards programmes in Kenya — making sure your donation goes as far as it possibly can.

## Thank you 💜

None of this would be possible without you. Every donation, every fundraiser, and every message of encouragement helps caregivers build stronger families and stronger communities.

Together, we're creating opportunities where there were few before, making sure children and adults with disabilities are included, valued and supported.

## Stay connected

**Our website has new reports, newsletters and information about our work — making it easier than ever to follow our progress and support our mission.**

 [walezi-caregivers-kenya.org](https://walezi-caregivers-kenya.org)

 [walezicaregivers.kenya@gmail.com](mailto:walezicaregivers.kenya@gmail.com)

**Know someone who'd love to hear about this? Forward this newsletter — every new supporter helps a family in Kilifi County, Kenya.**

[Give today →](#)



Walezi-Caregivers Kenya · UK-registered charity, run by a voluntary Board of Trustees

In partnership with Walezi Foundation Kenya, Kilifi County

You're receiving this because you've supported our work. Thank you.