



**EVERY GIRL
EVERY MOTHER
EVERY COMMUNITY**



WEMA HEALTH FOUNDATION ANNUAL REPORT 2024



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1. Notes from the Board Chair and CEO



It has been a true pleasure and privilege to work alongside such an incredible and motivated team in Kenya. Their unwavering dedication and heartfelt commitment to empowering children—especially girls—to thrive, stay healthy, and overcome oppressive traditions that limit their freedom and educational opportunities, is nothing short of inspiring.

One of the highlights of the year for me was the time spent with the Maasai community in December 2024. Engaging with clinicians and traditional birth attendants was a deeply rewarding experience. Their eagerness to learn and their tireless efforts to implement new techniques and protocols remind us why this work matters so deeply.

I extend my deepest gratitude to our remarkable team in Kenya and to every individual and organization whose financial support makes our mission possible. Your contributions are transforming lives and building a future where every child has the opportunity to succeed.

Elizabeth Makous, MSPT
Chairperson of the Board of Directors
Wema Health Foundation-USA Chapter



As I reflect on 2024, I'm filled with gratitude. This was a defining year for WEMA Health Foundation. On March 8th, 2024, WEMA was officially incorporated in Nebraska and received its 501(c)(3) status. This important milestone formalized our presence in the United States and deepened our commitment to advancing education and healthy living for women and girls—especially those from immigrant and refugee backgrounds.

Throughout the year, we remained grounded in compassion and action. We supported flood-affected families, mentored adolescent girls, trained traditional birth companions, and brought vital health services to underserved communities. From local efforts in Imbirikani and Moheto to sharing our impact on global platforms like Radio Taifa and the United Nations Civil Society Conference, WEMA's work resonated across borders.

As we look ahead, we are inspired to build on this momentum. With stronger programs, deeper partnerships, and a growing network of supporters, we are committed to ensuring that every girl can dream bigger, every mother can access safe care, and every community we serve continues to thrive. Thank you for journeying with us.

Leah Wandera
Founder and CEO
Wema Health Foundation

2. Overview

About WEMA Health Foundation

WEMA Health Foundation (WHF) is an NGO in Kenya that strives for universal Health Care and Education; strengthened within the golden triangle of Quality, Quantity and Equity. WHF was initiated in July 2019, by Leah Wandera. Since inception, more than 500 disadvantaged children have received educational support and 100 women supported with health care cover.



A healthy, empowered, and educated society where women and girls in underserved communities thrive and realize their full potential.



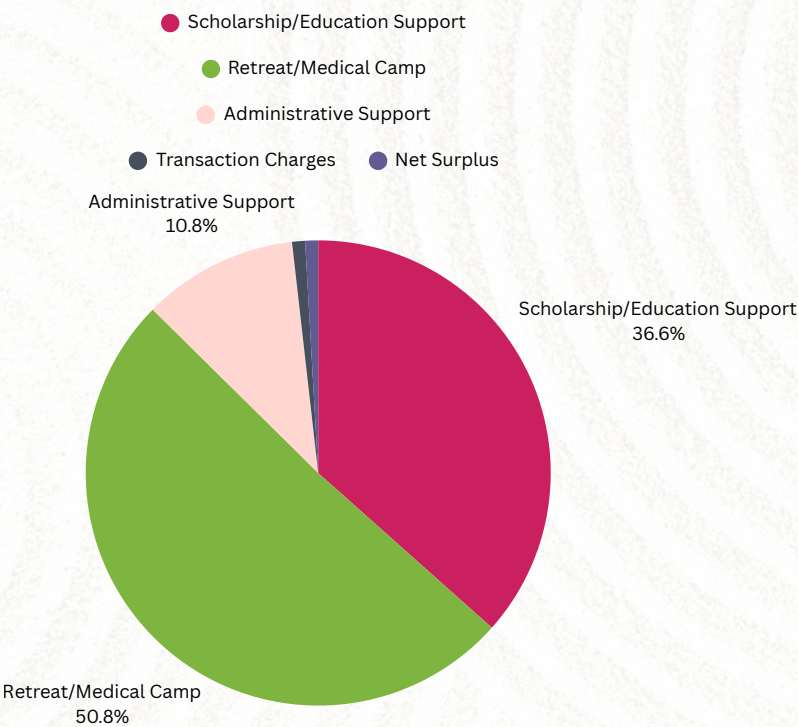
To empower women and girls through access to education, advocacy for reproductive health and gender justice, and life-skills mentorship—using a research-based approach to create lasting, community-driven change.



Values

- Empowerment
- Transparency
- Inclusion
- Equality
- Integrity

WEMA 2024 Financials At a Glance



WEMA Financial Statements for the Year 31st December 2024

In 2024, Wema Health Foundation raised a total of KES 5,551,787.60 through generous donations and grants. Out of this, KES 2,030,958.40 was spent on scholarships and education support, while KES 2,820,829.20 went towards organizing impactful girls' retreats and medical camps. To ensure smooth operations, KES 600,000.00 covered administrative support, and KES 50,002.35 covered transaction charges. At the close of the year, the Foundation recorded a net surplus of KES 49,998.65, reflecting a commitment to accountability and sustainable growth.

3. Empowerment and Retreat for Vulnerable Girls

Empowering the Next Generation: Highlights from the Imbirikani Girls' Mentorship Retreat

From 2nd to 6th December 2024, Wema Health Foundation organized a transformative Girls' Mentorship Retreat in Imbirikani Ward, Kajiado County. The week-long event brought together 285 adolescent girls from Kajiado, Migori, and Busia counties to engage in mentorship sessions, self-discovery exercises, and critical conversations around education, health, and empowerment. Held at P.C.E.A Girls Secondary School, the retreat provided a safe, supportive space where girls explored their aspirations, gained life skills, and developed the confidence needed to navigate adolescence and beyond. This initiative aimed to ignite purpose, nurture leadership, and challenge the cultural and socio-economic barriers that threaten the potential of girls in marginalized communities.

The retreat attracted a diverse group of stakeholders from the health and education sectors. These included representatives from the Kajiado County Government, the Ministry of Health, BigLife Foundation, Hope Beyond Foundation, Nice Place Foundation, and other local organizations. Additionally, healthcare providers from both Kenya and the USA, along with private sector representatives, contributed to the initiative. The retreat was also featured on one of the local TV stations, Kajido TV and widely shared on WEMA and other social media platforms.

During the opening ceremony, Mr. Samson Saigilu, Director of the Department of Health in Kajiado County, expressed gratitude to Wema Health Foundation for spearheading efforts to empower girls in the region. He acknowledged the challenges girls face—challenges that threaten their education and overall well-being—and emphasized the importance of collaborative efforts between stakeholders in the health and education sectors to address these issues. The opening session also featured a virtual presentation by Wema's founder, Leah Wandera, who joined from the USA to share insights on the organization's impact.



The first facilitator, a mental wellness coach, initiated a session by asking the girls to identify the “giants”—challenges they face in their lives. Among the 60 responses collected, the most common struggles included lack of school fees. One girl wrote, “I am unable to collect my high school certificate because I have outstanding fees of 43,000 Kenya shillings.”

Other major challenges highlighted were family conflicts, FGM, and academic difficulties, particularly in STEM subjects. One participant expressed frustration, stating, “Math and science are not friendly subjects.”

Additionally, poverty, lack of basic necessities such as food and soap, and inadequate school infrastructure were significant concerns. Early marriage and teenage pregnancies also emerged as pressing issues, alongside emotional struggles such as peer pressure and mental health challenges. One girl revealed, “Sometimes I feel overwhelmed emotionally and have suicidal thoughts.” Health-related concerns, including menstrual cramps and substance abuse, were also raised.

Sarah Naisoi, a community health advocate and facilitator, emphasized the role of education in breaking cycles of poverty and harmful traditional practices. “Education is the key to unlocking endless opportunities. When a girl is educated, she can uplift her family and community,” she passionately stated.

SPICES and SHAPE of Life: Personal Development and Visioning Exercise

The girls participated in an exercise introducing the concepts of SHAPE (Spirituality, Heartset, Abilities, Personality, and Experiences) and SPICES (Spiritual, Physical, Intellectual, Emotional, and Social well-being). These frameworks guided them in self-discovery, emotional wellness, inner healing, and purpose clarity.

They also created vision boards outlining their 10-year goals, helping them navigate the critical “decade of decisions,” which includes major life choices such as career and marriage. The evening concluded with games, group discussions, and an emotional healing session.

On the next day, Elizabeth Makous MSPT, CLT, PRPC, CES, WCS, The Pelvic Whisperer from USA, delivered an informative session on self-awareness and reproductive health. Using illustrations, she effectively engaged the girls and made the discussion impactful. Following Makous’ session, local facilitators continued discussions on topics such as girls’ education, early pregnancy, early child marriage (ECM), FGM, school dropout rates, and poverty.



Later in the evening, an online session was held with Dr. Kathy D. Hartke from the USA, who spoke to the girls about career exploration. She encouraged them to prioritize education before starting families and to work hard in their academic pursuits. When asked why she supports girls' and women's initiatives, she responded, "We need more women in leadership roles, healthcare, and government. Supporting girls' education ensures this vision becomes a reality."

Ensuring Menstrual Health for a Year of Uninterrupted Learning

On the final day of the retreat, a significant milestone was achieved as the girls received sanitary towels and other hygiene essentials, providing them with support for up to 12 months. With generous grant support from the Kowloon Union Church, Hong Kong, Wema managed to issue these supplies which are more than just basic necessities—they are a lifeline, ensuring that no girl has to miss school due to her period. By addressing menstrual health, the initiative empowers girls to focus on their education without barriers caused by inadequate menstrual care.

As the camp sessions ended, the girls expressed gratitude and a renewed commitment to their education, personal growth and improved awareness on the negative impacts of FGM. They were encouraged to become mentors themselves, sharing the knowledge gained with their peers and family members. Community leaders present during the closing session pledged continued support for initiatives that empower young girls and advocate against harmful cultural practices.

Exploring Amboseli: A Rewarding Adventure for Wema Scholars

As part of their empowerment journey, the girls who had completed their four-year Wema scholarship were treated to an unforgettable experience—a visit to Amboseli National Park on the sixth day of the retreat. A total of 16 girls, 10 from Migori and 6 from Busia, embarked on this exciting adventure, marking a well-deserved celebration of their academic milestones. For many, it was their first time seeing these magnificent animals up close, reinforcing the idea that the world is vast, full of possibilities, and theirs to explore.



WEMA Scholarship Program: Empowering Girls Through Education

At WEMA Health Foundation, we believe that educating girls is one of the most powerful ways to transform communities. The WEMA Scholarship Program is designed to bridge the gap in girls' enrollment into high school and higher learning institutions, especially in marginalized areas.

Program Goal

To contribute to the achievement of sustainable development by reducing barriers to girls' education and ensuring they have access to safe, supportive learning environments.

Key Objectives

- Provide full or partial scholarships to enable girls to continue with their education.
- Establish education as an alternative rite of passage to protect girls from harmful traditional practices such as female genital mutilation and child marriage.
- Offer mentorship and coaching, particularly in STEM fields, to build confidence and capacity among girls.
- Build partnerships with universities, colleges, and vocational training institutes (TVETs) to promote access and equity in education.

Impact

Since inception, over 500 disadvantaged children have received educational support through WEMA. Our beneficiaries include girls from vulnerable backgrounds who, through this program, are building a better future for themselves and their communities.

Celebrating Success: Doreen's Story

We are proud to congratulate Doreen Awino, one of our bright and resilient scholarship recipients, who graduated in September 2024 with a Diploma from Bukura Institute of Science and Agriculture. Doreen's achievement is a powerful testament to the transformative impact of education and the potential within every girl.

Join us in celebrating Doreen's success—and help us empower more girls to reach their dreams. With your continued support, we can open the door to education for many more.



Doreen during her graduation

4. Maternal and Mental Health for Healthy Mothers

Championing Maternal Health on Radio Taifa -Mother's Day 2024

The journey of motherhood is beautiful and worth reflecting on, especially in pursuit of how to support mothers in reaching their full potential. On May 12, 2024, the WEMA Health Foundation attended a radio talk show on Radio Taifa, a Swahili station allied with the National Broadcaster, Kenya Broadcasting Corporation (KBC) from 8:00 am to 9:00 am. Teresia Gitau, a member of the foundation, represented the organization on the talk show “Mwamba wa Baraka,” hosted by Dorah Manya, which successfully reached at least 200,000 listeners nationwide.

The show focused on motherhood, highlighting the joys and challenges experienced by mothers in Kenya. Teresia emphasized the importance of active participation by both parents in raising children. A present parent is crucial because it supports the emotional, psychological, and physical development of the child. Despite the many needs that require attention, especially income-related ones, it is important to prioritize spending time and bonding with children. She expressed concerns about the trend of women being left with the primary role of caring for children, which consequently leaves them behind in other areas of economic and political development, contrary to the goals of the Sustainable Development Goals (SDGs).

In discussing the challenges experienced by mothers, Teresia explained that many women in Kenya struggle to get quality healthcare in facilities, lack financial support to cushion women during childbirth, and face poverty, insufficient formal and informal education, and inadequate social support from family and loved ones. She also discussed the policy and government initiatives challenges that have further contributed to uncertainties in the maternal health sector. For example, despite the government of Kenya implementing the ‘Linda Mama’ Initiative, which assured expectant women and infants’ access to healthcare services for free for six months after delivery, it now faces the risk of being scrapped due to challenges related to funding. Consequently, some healthcare facilities have sadly resorted to asking women to pay out of pocket for essential drugs and other services.

Below are some of the topics covered during the Q&A session:

Q-How can the rest of the community members be engaged in mentorship? This is because most older generations have been left behind.

A-The society needs wisdom from the older generation, despite times changing, having moral guidance from the older generations is important especially in empowering mothers.

Q-Is gender equality only focusing on women and girls?

A-Gender equality covers both women and men. It may seem that the focus is relatively largely targeting women and girl because the latter are disproportionally affected by social challenges such as poverty, GBV, poverty etc.

Q-There are many grandmothers, especially in the rural Kenya, who have been left with the responsibility of taking care of children instead of parents, on such a day, do we celebrate the mothers of such children or the grandparent?

A-Both deserve to be celebrated.



Webinar on Maternal Health and Contributing Factors

There is no role in life more essential and more eternal than that of motherhood—M. Russell Ballard

On 31st May 2024, Wema Health Foundation, in collaboration with the Religion and Global Health Forum (RGHF), hosted a global webinar on maternal health and contributing factors. The two-hour discussion brought together participants from the USA, Kenya, DRC Congo, Zimbabwe, and Jamaica. Key speakers included Dr. Rumbidzai Makoni (Obstetrician and Gynaecologist, Penyatwa Group of Hospitals), Dr. Patrick Ilunga (Director, Shungu Clinic), Christopher Omondi (Journalist, Kenya Broadcasting Corporation), and Dr. Althea Spencer-Miller (Assistant Professor, Drew University Theological School).

Key Highlights:

Maternal Health Risks in Low-Income Regions

Dr. Makoni emphasized that while pregnancy is a natural process, it is not always smooth, especially in resource-limited settings. Women in low-income countries face life-threatening complications such as preeclampsia, stillbirth, ectopic pregnancy, and malaria. Zimbabwe's maternal mortality rate stands at 300–400 per 100,000 live births—much higher than the global average. In DRC, Dr. Ilunga noted a rate of 670 per 100,000 births, driven by poverty, inadequate health personnel, and delayed antenatal care.

Promising Initiatives

Despite these challenges, various interventions offer hope. In Kisumu County, Kenya, an integrated case management system allows community health volunteers to track pregnancies and send reminders using mobile technology.

DRC has introduced free maternal healthcare during pregnancy and up to one month post-delivery. In Jamaica, subsidized basic schools and meal programs support young mothers by enabling them to seek employment or education.

Cultural and Religious Barriers

The webinar highlighted how certain religious and cultural beliefs hinder access to maternal healthcare. Some communities discourage hospital visits or require spiritual approval before medical intervention. In Kenya and Jamaica, patriarchal structures and moral judgments within faith institutions further restrict women's access to timely care. Journalist Christopher Omondi noted that male-dominated decision-making often delays critical maternal health interventions.

Impact of Absent Fatherhood

Dr. Spencer-Miller shared insights from Jamaica, where many women face motherhood without financial or emotional support from fathers. This absence affects the socio-emotional and economic stability of both mothers and children.

WEBINAR
MATERNAL HEALTH AND CONTRIBUTING FACTORS

SPEAKERS

- Dr. Rumbidzai Makoni**
Obstetrician and Gynaecologist, Parirenyatwa group of hospitals
- Dr. Patrick Ilunga**
Director, Shungu Clinic
- Christopher Omondi**
Journalist, Kenya Broadcasting Corporation (KBC)
- Tambu Ndashe, MPH, PhD**
Birth Justice Program Manager, I Be Black Girl

DATE
31st May, 2024

TIME
1PM EST, 12PM CT, 8PM EAT

REGISTER HERE
<https://bit.ly/3WW4XOD>

Q&A Session Insights

- Trauma support for young and immigrant mothers: support groups, family, professional counseling, and faith-based interventions.
- Recommended spacing after a C-section: at least 1.5 years.
- Effects of domestic violence in pregnancy: risks include physical injury, miscarriage, and preterm labor.

The webinar underscored the need for inclusive, culturally sensitive, and community-driven approaches to maternal healthcare. Going forward, engaging religious institutions and male partners is crucial in advancing maternal health outcomes across diverse settings.



Transforming Maternal Health with Traditional Birth Companions



From December 10–12, 2024, WEMA Health Foundation convened a landmark Consultative Meeting in Imbirikani, Kajiado County, bringing together 107 Traditional Birth Companions (TBCs) and 12 government health representatives. The gathering, led by Elizabeth Makous MSPT, CLT, PRPC, CES, WCS, The Pelvic Whisperer, Dr. Kathy D. Hartke, Co-Chair, The American College of Obstetricians and gynaecologists (ACOG) and Leah Wandera (CEO, WEMA), aimed to bridge traditional and modern maternal health practices to reduce maternal and neonatal deaths.

Key Objectives and Highlights

- Training on safe, culturally respectful maternal care practices.
- Dialogue between health professionals and TBCs to develop a community-led action plan.
- Data-sharing on maternal health trends from health records officers.
- Strengthening referral systems, improving access to PPEs, and advocating for the recognition and integration of TBCs into the health system.

Q&A Session: Traditional Responses to Birth Complications

Type of Complication	Response by TBCs
Severe Pain	Accompanying the mother and referring her to a hospital
Excessive bleeding	Administering herbal remedies, warm water, and transferring the mother to a hospital
Placenta retention	Inducing vomiting using beads or making the mother blow into an empty soda bottle
Nuchal cord (umbilical cord wrapped around the baby's neck)	Using a single finger to return the baby to the uterus and untangling the cord via stomach massage with oil
Dizziness	Administering blood and milk
Fainted baby	Placing the baby in cold water or lightly pressing the hand vein to induce crying
Other	Praying for women who experience stillbirths

The session revealed shared challenges such as long distances to hospitals, poverty, frequent miscarriages, and rising infertility.

Training Takeaways

Makous and Dr. Hartke emphasized on:

- Posture during labor: lying down over sitting upright
- Involving men and using music and dancing to ease labor
- Scar management for FGM survivors via self-massage
- Encouraging nipple stimulation and postpartum intimacy for healing

Maternal Mortality and Neonatal Complications

During this session, Makous provided practical training on how TBCs can integrate medical knowledge with traditional practices to improve maternal outcomes. She demonstrated techniques for managing excessive bleeding, such as ensuring women lie down propped with a pillow rather than sitting upright. She emphasized the importance of involving men in childbirth and showcased supportive birth positions. Also, she highlighted the role of postpartum sex in promoting recovery and health and encouraged nipple stimulation during labor as a method to prepare for breastfeeding. Relaxation techniques, including singing and dancing, were recommended to help ease labor pains.

Furthermore, she educated TBAs on complications related to Female Genital Mutilation (FGM), introducing self-massage techniques to alleviate scar-related pain.

“As one gets old, the FGM scar gets hard, and FGM survivors should learn how to treat their own scars by pulling the tight parts. Releasing the scar releases the whole pain in the body to the back. They can do this through self-massage of the scar at the bottom of the vagina,” Makous explained.



Training, Data Sharing, and Action Plan Development

Health records personnel presented maternal and child health trends for the sub-county, highlighting key challenges: delayed ANC visits, low uptake of the 4th and 8th ANC visits, a rise in home deliveries, and increasing teenage pregnancies. While perinatal and maternal deaths have slightly decreased over the past three years, the rates remain concerning.

Several barriers to accessing quality healthcare were identified during the meeting. Poor healthcare services have discouraged many women from choosing hospital deliveries, while young primiparas (first-time mothers) often refuse hospital referrals altogether. Traditional Birth Attendants (TBAs) face challenges such as a lack of personal protective equipment (PPEs), largely due to policies that discourage home births. In the absence of proper birth plans, TBAs are often forced to use their own clothing during deliveries. Additionally, late referrals for teenage pregnancies were attributed to a general lack of public health education within the community.

Community Action Plan Development

During the community action plan development session, participants engaged in group discussions to identify key challenges affecting maternal and neonatal health (MNH) in Imbirikani. Among the major issues raised were knowledge gaps in managing MNH complications, delays in seeking hospital care, and widespread fear of cesarean section deliveries.

Some TBAs also reported a lack of recognition for their contributions, limited access to delivery kits—often forcing them to use nylon paper as gloves—and significant transportation difficulties, especially during adverse weather conditions.

“You might be called to go and assist a mother yet it’s raining and it’s far,” shared Mwendu, a TBA, underscoring the logistical challenges faced in remote areas.

To address these concerns, participants proposed a series of actionable solutions. These included:

- Sensitization of TBAs through modern training.
- Strengthening referral systems for seamless coordination between TBAs and hospitals.
- Formal recognition of TBAs within the health system.
- Providing incentives for TBAs who escort pregnant mothers to hospitals.
- Improving services at healthcare facilities to encourage institutional deliveries.
- Increasing awareness on pregnancy danger signs through frequent community education.
- Supporting TBAs with PPEs such as gloves and cord clamps.
- Establishing an emergency delivery package to improve safety at home deliveries.
- Issuing identification tags for TBAs to formalize their role.
- Allowing TBAs to accompany pregnant women to ANC units for continuity of care.

The consultative meeting marked a significant step toward improving maternal and child health in Imbirikani by fostering open dialogue between TBAs and healthcare providers. It provided a critical platform to address cultural practices, identify pressing challenges, and co-create practical, community-driven solutions. The discussions underscored the urgent need to strengthen collaboration, enhance training, and build support systems that recognize the vital role TBAs play in maternal healthcare.

Key recommendations emerging from the meeting include establishing a formal collaborative framework between TBAs and health providers, transitioning TBAs into trained professionals offering referral incentives to promote hospital deliveries. Equally important is improving access to delivery kits and personal protective equipment (PPEs), scaling up community education on antenatal care, and facilitating emergency transportation for laboring mothers. Collectively, these actions will help bridge the gap between traditional practices and modern healthcare, ensuring safer deliveries and better health outcomes for mothers and newborns in the region.



Faith-Inspired Action: UMC Champions Mental and Maternal Health

In response to growing mental and maternal health challenges in Kenya, the United Methodist Church (UMC) Kenya-Ethiopia Annual Conference hosted a transformative Health Advocacy Training on January 3–4, 2025. Held at Trinity UMC in Naivasha and supported by the General Board of Church and Society, the two-day workshop was facilitated by Wema Health Foundation and brought together 28 participants from all nine UMC districts, including five youth leaders.

“As a church, we are called to be vessels of healing. This training reaffirms that health—mental and maternal—is part of our ministry,” shared Rev. Paul, the host pastor.

The session on maternal health, led by Margaret from the RMNCAH Kenya Project, unpacked pressing issues like postpartum hemorrhage, eclampsia, sepsis, and the lingering impact of Female Genital Mutilation (FGM). She urged the Church to shift from judgment to compassion. “Let us not be the first to condemn. Instead, let us be the first to walk with women through their pain,” she said.

Florence, a participant, movingly shared, “More than 20 years ago, I lost my first child at the hospital. I walked home in shock and couldn’t pass near that hospital for years. This training brought back memories—and a renewed call to act.”

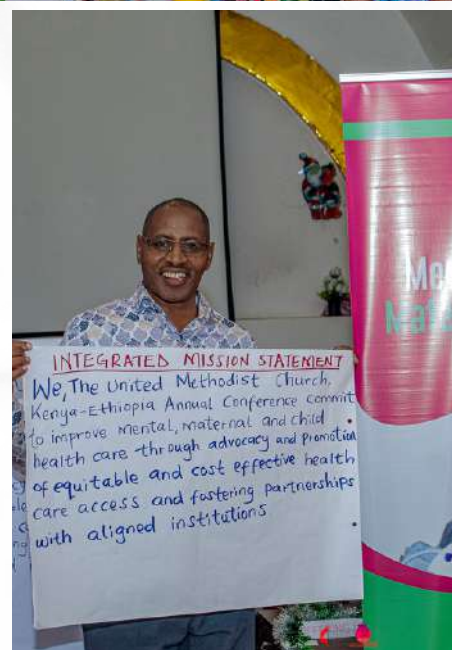
Youth participants highlighted the lack of male involvement. “Most men avoid hospitals because the environment feels unfriendly,” said Mbae. Margaret encouraged churches to host men’s health seminars, establish wellness corners, and normalize conversations around caregiving and support.

On mental health, facilitators Coach Paps and George Chacha emphasized grounded, gospel-centered support systems. Drawing from Luke 2:42–52 and Mark 5:25–34, they reminded participants that the Church must embrace and walk with those struggling emotionally. “We invest in disease prevention, yet ignore emotional wellness and relationship education. That must change,” they urged.

Day Two focused on visioning and action planning. Joel, a youth participant, committed to raising mental health awareness in his church, while Philma from Moheito UMC shared a case study of a community-run health facility—proof that faith-driven action works.

The training concluded with a unified mission: “We, the United Methodist Church, Kenya-Ethiopia Annual Conference, commit to improving mental, maternal, and child healthcare through advocacy, equitable access, and strategic partnerships.”

What began as a workshop is now a movement. One that equips churches to lead with love, justice, and lasting impact.



5. Community Empowerment Initiatives

Expanding Horizons: Women Health Advocacy in the USA

In 2024, WEMA Health Foundation took bold steps to extend its maternal health advocacy beyond Kenya, engaging in powerful dialogues and policy conversations in the United States. These efforts reflect our growing commitment to global solidarity in the fight for women's health, rights, and dignity.

In May 2024, our Founder and Director, Leah Wandera, was honored to join the Task Force on Maternal Health for Black Women in Nebraska, convened by I Be Black Girl, a prominent organization championing the rights and well-being of Black women and femmes. The task force is developing a transformative five-year strategy to improve maternal health outcomes for Black women—addressing racial disparities, promoting equitable access to care, and driving systemic change. Leah's inclusion brought a vital international perspective, drawing from WEMA's grassroots work in Kenya to contribute to broader global conversations on maternal justice.

That same month, Leah was joined by WEMA U.S.-based Board secretary, Megan Lupandisha, in a meeting with Senator Tony Vargas, the Nebraska Legislature, District 7 to advocate for state-level legislation outlawing Female Genital Mutilation (FGM). Although FGM is banned under federal law, WEMA emphasized the need for state-specific laws to strengthen enforcement and raise public awareness at the community level. This advocacy aligns with our mission to safeguard the rights and health of women and girls by not only meeting immediate needs but also championing sustainable legal and policy reforms.

Continuing these outreach efforts, Leah also participated in the Nebraska State Convention of P.E.O. in July 2024, held in Kearney. The convention offered an opportunity to connect with a dynamic network of women leaders, exchange ideas, and celebrate shared commitments to women's empowerment and education.

These engagements underscore WEMA's expanding influence in shaping maternal health and gender justice—not just locally in Kenya, but internationally. We remain committed to being a voice for change, amplifying the stories of women and girls, and building bridges across continents to ensure healthier, more equitable futures for all.



WEMA Stands in Solidarity with Flood Victims in Kenya

WEMA Health Foundation Donate food items to members of the community affected by floods in Embakasi West Constituency and Githurai, Nairobi. At least 400 families benefited from the exercise. WEMA Health Foundation is grateful to the The United Methodist Church and friends for supporting this initiative. See below photos showing how WEMA supported the community in Kenya.



Global Advocacy at the UN Civil Society Conference



In May 2024, history was made as the United Nations hosted the 69th United Nations Civil Society Conference (UNCSC) for the first time on African soil—right here in Nairobi, Kenya. This milestone gathering brought together civil society organizations from around the world, serving as a crucial accelerator toward the upcoming Summit of the Future scheduled for September 2024.

WEMA Health Foundation was honored to be part of this landmark event, represented by Teresiah Gitau, who stood among the proud voices of grassroots African organizations. The conference provided a rare and powerful platform for civil society to speak out, share lived experiences, and influence global conversations that will shape the future.

Across workshops and coalition meetings, a striking commonality emerged: despite geographical and cultural differences, the challenges facing communities in the Global South are often deeply similar. From access to healthcare to the impact of climate change, the conference illuminated the urgent need for collective global action and reaffirmed the relevance of the Sustainable Development Goals.

The presence of global leaders such as UN Secretary-General António Guterres and Kenya's President H.E. Dr. William Ruto added gravitas to the conversations, particularly around the operationalization of the Public Benefit Organizations (PBO) Act—an important step toward strengthening civil society engagement in governance and development.

WEMA Health Foundation expresses heartfelt gratitude to the General Board of Church and Society and the United Methodist Church for the opportunity to participate in this transformative event. Their support resonated deeply with our vision and faith-driven mission to create lasting impact in the communities we serve.



Bringing Hope and Healing: Highlights from the Imbirikani Medical Camp



From December 2–7, 2024, Wema Health Foundation, in partnership with Imbirikani Level 4 Hospital and the County Government of Kajiado, held a six-day medical outreach camp dedicated to improving health outcomes in underserved Maasai communities. This initiative provided free medical services to over 1467 residents, addressing both acute and chronic health needs while promoting preventive care and health education. With support from WEMA well-wishers and groups including Kowloon Union Church and a team of healthcare providers from Kenya and the USA, the camp delivered critical interventions, including screenings, counseling, medication distribution, and awareness on pressing issues such as FGM and chronic disease management. The medical camp stood as a beacon of equitable healthcare access and community resilience in the face of systemic health disparities.

The medical camp was designed to:

- Provide free medical check-ups and treatment, with a special focus on offering counseling and support to victims of FGM.
- Promote preventive healthcare, including cancer screening.
- Strengthen the collaboration between traditional birth attendants and trained medical personnel.
- Encourage registration in the government's Social Health Authority (SHA) medical cover for long-term health security.
-

One of the most visited sections of the camp was the pharmacy, where patients received essential medications—free of charge—thanks to donor contributions from Kowloon Union Church and community of wellwishers. The smiles of relieved mothers walking away with essential medicines for their children were a testament to the profound impact of the medical camp—offering not only physical healing but also a renewed sense of hope for families in need.

The camp also focused on the future. Health educators and community health volunteers helped patients enroll in the government's SHA health insurance cover, laying the groundwork for continued access to medical care even after the camp ended. Importantly, cancer screening services saw a high turnout, underscoring both the increasing awareness of chronic diseases and the urgent need for more early detection services.

While women and girls turned out in large numbers to seek medical attention for themselves and their families, the participation of men was noticeably low. This trend reflects a broader pattern in rural healthcare, where cultural norms and misinformation discourage men from seeking medical help. Changing this narrative will require targeted community engagement in future programs.

Despite its success, the camp faced several hurdles. Some medical commodities went missing—highlighting the need for tighter inventory controls. The distances patients travelled revealed just how underserved the area remains. And the low awareness of chronic illness management, particularly among the elderly, was a wake-up call. Yet these challenges are not setbacks. They are guideposts—revealing where more work is needed and where future interventions should focus.



WEMA Health Foundation First Annual Fundraiser

The WEMA Health Foundation is hosting our First Annual Fundraiser on October 8th, 2024, at 6:00 PM at Urban Abbey, 1026 Jackson St, Omaha, NE 68102 –Annual Fundraise

We are beyond grateful to everyone who joined us, both in person and virtually, for our fundraiser at Urban Abbey. Whether you attended, donated, shared the event, or simply sent positive thoughts, we could not have done it without you. A special thank you to our founder, Leah Wandera, for sharing her inspiring story and to everyone who helped make this event a success.



Thank You

WEMA Health Foundation extends heartfelt thanks to all our partners, donors, volunteers, and stakeholders. Through collective action, we are reshaping futures, one girl and one community at a time. Let us continue advancing education, health, and justice for all women and girls.

