

UWEZO UPLIFT FOUNDATION MENTORSHIP (COUNSELLING) & DISCIPLESHIP REPORT- APRIL 2021

Introduction

Uwezo mentorship program is an initiative of Uwezo Staff and Volunteer supporting Uwezo beneficiaries through having well planned counselling and outdoor group meetings with Uwezo Children beneficiaries. Basically, the aim of the First phase of Mentorship was creating friendship with the children therefore creating a good environment for counselling, Mentorship and Discipleship. This was achieved through outdoors activities like Picnics where the Mentors engaged the children in Team building activities and each day discussion of different topics affecting the children and later provided opportunities for Question and Answer for the Children. The following topics were discussed;



- i. Self-Awareness
- ii. Self Confidence
- iii. Personal Hygiene
- iv. Sex Education.
- v. Teenage Pregnancies
- vi. Mental and Emotional health
- vii. Pop culture
- viii. Personal Relationship with God

The Mentors also supported the Young People by helping with school work as well as counselling among the children.

The children come from very humble backgrounds and experience very tough childhood. Some of



them come from Single parents, some are orphans and some have both parents but they are not able to fully provide for their basic needs and some have violent and abusive parents who are addicted to drugs. This has greatly affected their Self Esteem and Confidence and even to some extent affected academic performance. Uwezo Uplift Foundation in partnership with TSACARE

Foundation has been of great help to these children through fundraising for their Education, Provision of food packages especially during the Covid 19 pandemic among other supportive ways.

Uwezo Team decided to go further and be deliberate in offering counselling, Mentorship and Discipleship to the children as a way of ensuring they raise all rounded educated children who will have great impact on their families and environment. This is done though one on One Mentorship and Evangelism and also through group activities so as to get to know the children and also creates a good environment for interaction among the Children. The Team met with the Children for 4 weeks through group meetings once a week and One on One everyday among other activities.



Uwezo also organised a Back to school party for the children and also to Celebrate the Children who completed their Primary and High school Studies .They were gifted as a way of appreciating them and also motivating the other Students to endeavour to work hard to successfully also complete their Primary and Secondary education. The Children were also given an opportunity to show case their talents through Dance, Poems and songs, the Mentors also actively participated in all this together with the Children.

Evaluation

The Team engaged the Children in giving feedback on the Mentorship program so as to assist the Team in reviewing the program and make improvements in the future, it also helped to know the issues that mostly affect the Children and have them share the topics and activities they wanted included in the future. The Children



feedback also assisted the Mentors in knowing their personal applications from the topics discussed so as to keep them accountable. The Children were issued with Evaluation forms with questions about the Topics and activities and overall feedback of the Mentorship program. The team met to evaluate the Program using the Children Evaluation forms and also gave their own evaluation

from participation and observation of the entire program. The following was noted during the evaluation meeting;

- The team members noted that it is important to scout for the group meeting outdoor venue in advance to avoid confusion on the meeting day and save on time.
- The topics to be discussed with the Children to be decided in advance and shared with the Mentors so as to research and prepare well in advance.
- The Team will divide the children according to different age groups and have the relevant Topics discussed with the different groups. Each Mentor will be assigned a group.



- The Uwezo Staff noted a great improvement among the children in terms of communication and expressing themselves and interaction with other kids and the Uwezo Staff .Some of the Children did not have self-confidence and were not able to freely express themselves and even ask for help from the staff .It was noted that the Mentorship program has in a great way helped the children develop self-confidence through the talks and activities they were engaged in the program.
- It was noted that the High Schoolers did not fully participate in the Children’s party and left it to the small children and staff. The



Uwezo staff will have a talk with them to encourage them and show them the need to always actively participate in all programs and be an example to the small children.

- It was agreed that in future the Mentors will have a merit shop during the program in order to encourage the children to actively participate and at the end of the program gift the well behaved, most active and any other child which showed exemplary behaviour during the

program.

- The Children overall feedback of the program was satisfactory. They enjoyed all the program activities and talks.
- The children enjoyed the outdoor activities and liked the Venue chosen by the team.

Suggestions from the Children for future Mentorship Programs

- The following topics were favorite to the children according to the evaluation ,
 - Self-awareness
 - Self confidence
 - Technology
 - Sex Talk
 - Personal Hygiene
 - Unity/Team work

Topics suggested by the Children to be repeated in future.

- Peer Pressure
- Technology
- Teenage Pregnancy
- Self-Awareness
- Pop culture

Topics to be included.

- Self Esteem
- Communication
- Sex education /Rape
- Relationships/Socialisation/Friendship
- Self-defence.
- Health.

Suggested Activities to be included in the Future

- Dancing
- Bible trivial + Classes (Bible study)
- Playing football
- Swimming and hiking
- Skit Presentations
- Camping
- Physical Fitness /Aerobics.

Recommendations

- I. In order to be able to include some of the relevant suggestions from the Children in the Mentorship Program the Team suggested to have 3 to 4 days residential Camp during the July School Holiday. The team suggested rent space in Diguna for the Camp and having the Team facilitate the camp and invite on or two speakers to speak on crucial Topics which require professional talk for the Children.

- II. Some of the activities suggested by the Children can be included during the evening e.g. Dancing, Skit, Bible Trivial, aerobics etc. this will enhance the children self-confidence and communication.
- III. The Team noted with concern from the evaluation that some children were struggling with some issues and the Uwezo Social Worker was given the task of following them up and having a One on One talk with them.
- IV. The Uwezo Team to continue mentoring the ex-candidates and have Career talks with them to guide them on Choice of careers and prepare them to accept their KCSE Results and be positive about what they achieve.



Conclusion

The team is grateful to God for the Wisdom and strength to influence the Children in a positive way. The Mentorship Team is also grateful to Uwezo Director Madam Roselyn for all support given during the Mentorship program which allowed the program to run smoothly. We also wish to thank our Partner organization TSCARE for the unending support for the children. The Team commits to work in the interest of Uwezo, be Role Models for Uwezo Children and also to always pray for Uwezo.