

Maisha Girls Safe House

ANNUAL REPORT 2024

www.maishagirlssafehouse.org

Letter from the ED

Dear friends,

As we reflect on the past year, I am honored to present the Maisha Girls Safe House 2024 Annual Report. This year has been a journey of resilience, growth, and impactful change. Through the collective efforts of our dedicated team, partners, and supporters, we have made significant strides in our mission to empower survivors and create lasting solutions to end violence and exploitation.

Throughout 2024, Maisha has expanded its programs to provide critical support, vocational training, and reintegration opportunities to girls who are survivors of sexual violence. The strength and courage displayed by those we serve continued to inspire us, reinforcing our commitment to advocating for justice and sustainable change.
Some of our key achievements have been strengthening community advocacy, building significant partnerships, providing safe shelter, empowering survivors economically and enhancing our psychosocial support system. These accomplishments are a testament to the power of collaboration and the unwavering belief that every girl in our care deserves a chance to heal and thrive.
As we look ahead, we remain steadfast in our commitment to expanding our reach, strengthening our partnerships, and ensuring every girl survivor has access to the resources they need. There is still much work to be done, and we invite you to join us in shaping a future free from violence and exploitation.

Thank you for your continued support and belief in Maisha's vision. Together, we are making a difference.

With gratitude,

Florence Keya.
Executive Director,
Maisha Girls Safe House.



Introduction.

Maisha Girls Safe House (MGSH) is a community-centered, survivor-focused organization founded in 2014 to reach out, receive and protect girls and young women in the most vulnerable situations of sexual violence and abuse.
Initially established as a community-based organization, MGSH became a registered NGO in 2020, expanding its reach and advocacy efforts.

MGSH provides a safe house, community-safe spaces, education, life skills training, and economic empowerment programs for survivors. We offer healthcare support, psychosocial support, legal aid, and education on Sexual Gender Based Violence(SGBV), Sexual Reproductive Health and Rights (SRHR), mental health, and personal safety. Additionally, MGSH advocates for policies and systemic interventions to protect girls and young women from violence.

In 2024, MGSH continued to implement a survivor-centered approach, prioritizing prevention, holistic support, and advocacy.
Our programs focus not only on immediate safety but also on building a culture of sensitivity, advocacy, and long-term empowerment.

This Annual Report reflects our journey over the past year, highlighting milestones in our fight against sexual violence and promotion of Sexual Reproductive Health and Rights, while empowering survivors and strengthening community resilience.



2024 at a Glance.

Over the past year, we have made significant progress in transforming the lives of survivors. Here is our impact reflected in the numbers we have served.

Safe Shelter

86 Survivors sheltred

14 Children sheltred

87% Satisfaction rate for support services.

Healthcare

293 Survivors supported

89% Experienced improvements in overall health.

Education

47 Survivors supported

57 Children at risk supported

Psychosocial support

149 Survivors supported

79% Reported improved mental well-being.

Skill training

141 Survivors supported

74.4% Gained skills that improved their employability.

50, 600
Community members reached with information on SGBV and SRHR.

65
Child domestic workers empowered

106
Girls at risk empowered

Program Highlights

Our commitment to protecting and supporting girls in the most vulnerable situations of sexual violence drives everything we do. Creating safe spaces, raising awareness, and empowering communities we have made a lasting impact throughout the year through;

1. Safe House

Providing shelter for **86 survivors** and **14 children** in the year 2024, we created a nurturing environment where they could recover not only physically, but also emotionally and mentally. For many girls rescued from traumatic situations, the immediate transition into our shelter was a first step toward healing. Through the safe house, survivors accessed psychosocial support, healthcare services, educational support, legal referrals and family reintegration services.



- **Psychosocial support**

Understanding the deep psychological wounds caused by sexual violence we provided specialized counseling services to help survivors process their experiences, rebuild self-esteem, and regain confidence in themselves.
Through our counseling services, we provided **336 individual sessions** and **26 group sessions** to survivors.

Following horrific ordeal the survivors presented issues such as post traumatic stress disorder, anger, sleep disturbances, self isolation and suicidal ideations. These were well handled by our counsellor. From these sessions **79% of survivors reported improvements in their mental well-being and 93% expressed satisfaction with the quality of counseling.** This highlights the effectiveness of our psychosocial support and the significance of having a safe space for survivors to process their trauma and rebuild their lives.

- **Pursuing justice**

The process of pursuing justice has also been an important part of the healing journey for survivors. Throughout the year we facilitated **16 court visits for 11 survivors** who were actively seeking justice for sexual abuse.
In close collaboration with investigating officers, our team of social workers prepared survivors for the courtroom. We focused on ensuring that each survivor received the emotional, psychological and logistical support necessary to testify confidently. Through creating a safe space **7 survivors were able to testify,** therefore allowing the legal process to progress. While these cases are still ongoing, the survivors have stayed engaged in the process, trusting that justice will ultimately prevail.

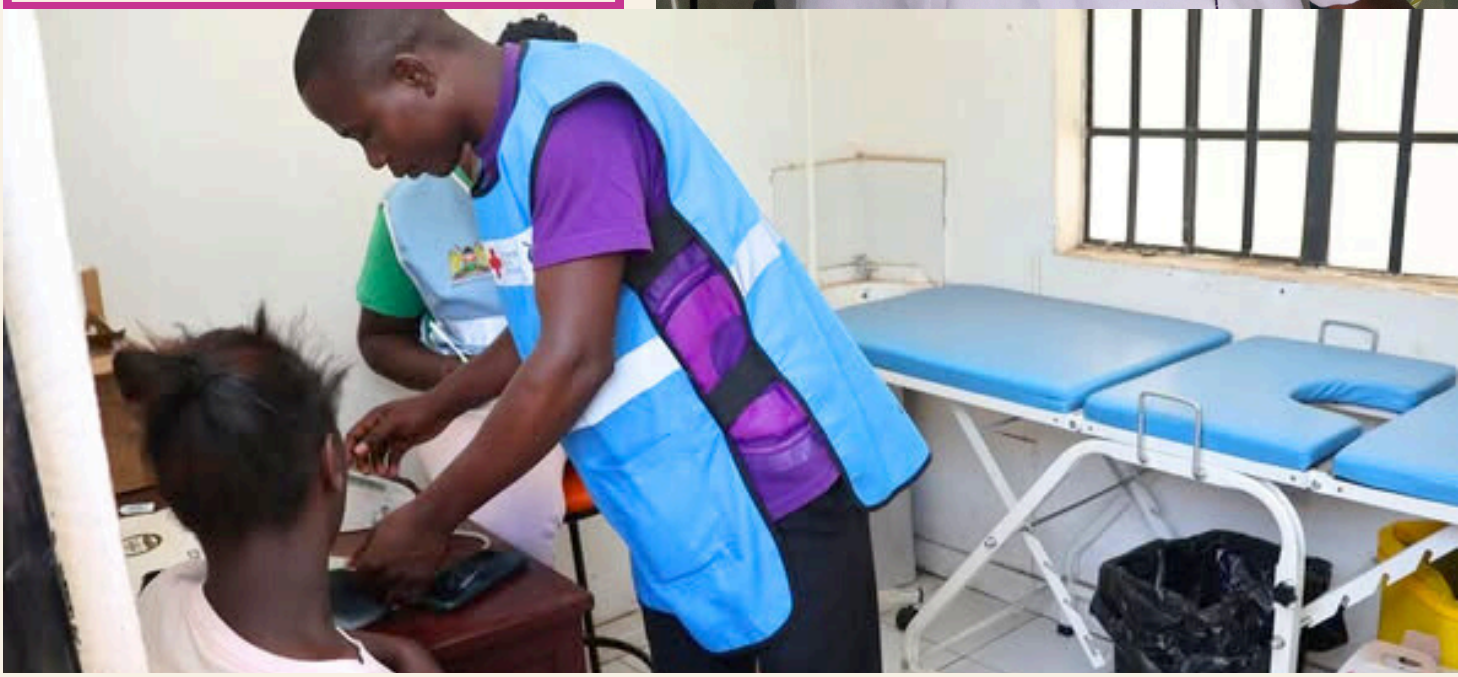
- **Healthcare referrals**

Through this service, we linked **293 survivors** to the necessary medical resources, offering them access to treatment, medication, and long-term health support. Our team of social workers played a key role in helping survivors navigate the healthcare system by accompanying them to medical appointments.
Survivors were able to access a range of healthcare services, which included:

- **Emergency medical care,** with a total of **4 visits**;
- **Post-rape care services**, provided through **23 visits**;
- **General outpatient care** for illnesses and injuries, with **62 visits**;
- **Maternal and child healthcare** for young mothers, with **58 visits**;
- **Special clinics**, provided through visits.

With support in accessing these healthcare services, **89% of survivors reported** significant improvements in their overall health and well-being. This outcome highlights the impact of comprehensive medical care for survivors.





- **Education opportunities for long term independence**

In 2024, we achieved significant milestones in ensuring that **over 60% of the girls** at our Safe House had access to quality education through various scholastic opportunities.

Through partnerships, girls were able to access educational scholarships. **These scholarships supported 30 girls in high schools, 20 in primary schools, 2 in colleges, and 8 in vocational training courses.**

The survivors who pursued vocational training explored a wide range of fields, including driving, beauty and hairdressing, nursing aid, catering, homecare assistance, tailoring and dressmaking, and cosmetology.

These practical opportunities not only helped the girls gain valuable skills but also led to **6 completing internships, with 3 securing employment.** This marked key steps toward their economic independence.





- **Reintegration: Supporting the Transition Back into Society**

When supporting reintegration, we prioritize family tracing and assessment to ensure that survivors return to a safe and nurturing environment that allows their healing and stability. Through this process we successfully **reunited 34 survivors with their families.**

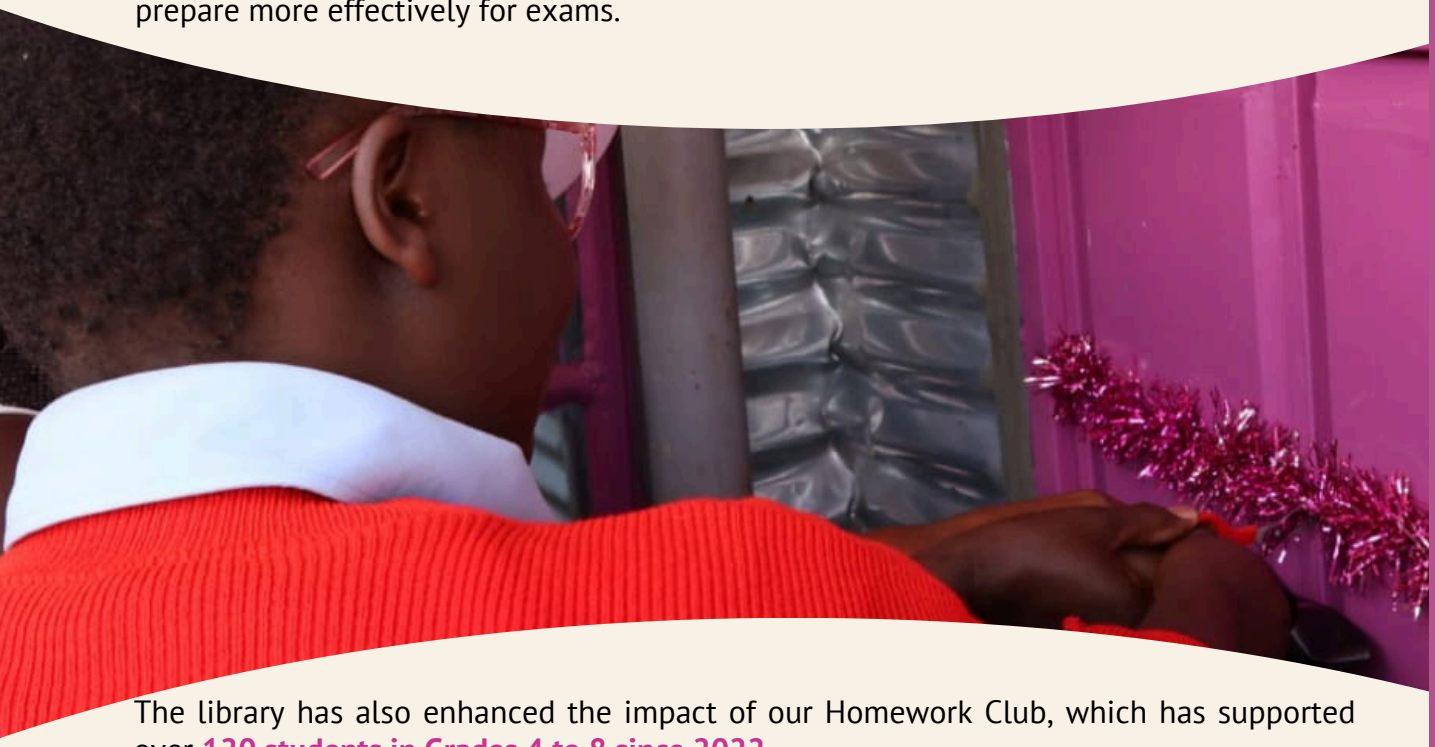
By evaluating family readiness and facilitating reconciliation, we ensured that **47% of the girls were able to continue their education with full family support.**
Our family reconciliation efforts, including dialogue, counseling, and conflict resolution, were key in rebuilding trust and promoting open communication. These efforts allowed survivors to reconnect with their sense of belonging.

2. Safe Space

Through our community safe spaces in Kamukunji, Makadara, Starehe and Mathare sub-counties, we have reached out to the community through;

- **Library Services: Expanding Access to knowledge and learning opportunities**

In 2024, the opening of the Maisha Girls Community Library in Viwandani marked a significant milestone in the advancement of our safe space program. Since its launch, the library has reached over **540 individuals,** providing academic support through access to a quiet study environment and a wide range of learning materials. These resources have enabled students within the Viwandani community to complete assignments and prepare more effectively for exams.



The library has also enhanced the impact of our Homework Club, which has supported over **120 students in Grades 4 to 8 since 2022.**
By offering a safe, supportive space that combines tutoring and peer-led learning, the club has fostered strong academic engagement. With the integration of the library, the program's outcomes have improved significantly **80% of participating students have demonstrated measurable gains in literacy,** particularly in reading fluency, vocabulary, and writing skills.



- **Drammen scholarship for vulnerable students**

The Drammen Scholarship has continued to provide life-changing support to vulnerable students in the Viwandani community. Since its inception in 2021, the scholarship has supported **57 students in accessing secondary education,** with a strong emphasis on long-term success.

In 2024, **12 students completed their KCSE examinations**, with eight earning university placements.

The students have also benefited from access to library services, allowing them to borrow books and utilize study spaces during school holidays.

Furthermore, the program has integrated an urban farming initiative, equipping students with practical, marketable skills in sustainable agriculture. Through this hands-on project, students have learned how to effectively utilize small spaces for farming at home, contributing to both household resilience and their own personal development.







- **Economic empowerment for survivors**

To promote the economic empowerment of survivors, we provided hands-on **skills training to 141 individuals**. Through our safe spaces, we reached survivors and child domestic workers across Kamukunji,Makadara, Starehe, and Mathare sub-counties.

Through vocational skills training, **116 survivors gained skills** in crocheting, sandal-making, mat weaving, beadwork, and digital marketing. Additionally, **25 survivors were supported in pursuing courses** in beauty and cosmetics, catering, homecare, nursing assistance, and driving, creating new opportunities for employment and entrepreneurship.







A major highlight of this year was our "Strength in Every Step" exhibition, where survivors had the chance to showcase their handmade products. This event not only displayed their work but also allowed them to connect directly with individual buyers and professionals.
They were able to sell their products, make money, and gain confidence in their skills.

The girls continued to used the connections and the digital marketing skills gained to sell their products locally, online, and to individuals.





- **Empowerment sessions**

Over the past year, we have made progress in empowering survivors by equipping them with the life skills and the confidence to step into advocacy roles. Through our safe spaces, we reached **102 girls at risk,** providing them with knowledge on sexual and gender-based violence (SGBV), effective coping strategies, and comprehensive psychosocial support. Furthermore, **65 child domestic workers were empowered with increased awareness of their rights, self-advocacy skills, and life skills, allowing them to navigate their lives more resiliently.**

One of the key outcomes of these empowerment sessions was the birth of the Young Survivors Initiative, which was formed by survivors themselves. This survivor-led group is focused on helping girls affected by sexual violence and human trafficking, empowering them to reclaim their voices and advocate for their rights. Another outcome was the provision of comprehensive psychosocial support, **with 79% of the at-risk girls demonstrating significant improvements in their mental well-being.**. These outcomes highlight the long-term benefits of investing in the empowerment of girls by providing them with knowledge, skills and a platform to advocate for change through safe spaces.



3. Community outreaches; connecting with communities

At MGSH, we believe that real change begins with strong community connections. Our outreach efforts served as the bridge between the fight against sexual violence and the power of collective action. This year, we engaged over **50,000 community members** through workshops, dialogues, and advocacy forums, focusing on:

- Supporting survivors of Sexual and Gender-Based Violence (SGBV)
- Empowering young girls involved in domestic work
- Raising awareness on Sexual and Reproductive Health Rights (SRHR)

Through these initiatives, we have built trust, and ensured that survivors receive the support they need while driving lasting change.

• Community dialogues

The 15 community dialogue meetings held across Mathare, Starehe, Kamkunji, and Makadara sub-counties helped us address important issues on Sexual and Gender-Based Violence (SGBV), Sexual and Reproductive Health Rights (SRHR), and the rights of child domestic workers.
These meetings created safe spaces for over **10,000 community members** who came together to share their stories, voice concerns, and find solutions.

Through these open discussions and shared experiences, we saw a significant change in understanding. **About 85% of participants reported a greater awareness of SGBV**, SRHR, and the rights of child domestic workers. These dialogues played a role in shaping our interventions, helping us better address the needs of the community.



- **Care sessions**

Care sessions provided a safe and supportive space where adolescent girls and young women could access essential Sexual and Reproductive Health and Rights (SRHR) information and services. These sessions included comprehensive education on reproductive health, counseling, and linkage to healthcare service.

In 2024, **over 200 adolescent girls** and young women in Starehe, Mathare, Makadara, and Kamkunji sub-counties gained improved access to essential SRHR services, empowering them to make informed health decisions. This increased awareness and service uptake resulted in significant outcomes:Care sessions provided a safe and supportive space where adolescent girls and young women accessed essential Sexual and Reproductive Health and Rights (SRHR) information and services. These sessions included comprehensive education on reproductive health, counseling, and linkage to healthcare services including:

- Health and Nutrition: **124 girls** received nutrition counseling, improving their well-being.
- SRHR access: More than **80 girls** received the services, including HIV testing, family planning, and cervical cancer screening.
- Stronger mental health support: Girls built trust in healthcare services, with **4** receiving psychosocial support.







- **Advocacy engagement forums**

In 2024, our advocacy forums provided an important platform for Child Domestic Workers (CDWs), at-risk girls, and survivors to engage directly with service providers in tackling sexual and gender-based violence. These forums created a safe and inclusive space for girls to voice their concerns, share lived experiences, and articulate their specific needs. They also gained knowledge on existing referral pathways and available services, strengthening their capacity to seek support and advocate for their rights.



By centering the voices of the most affected, these advocacy forums played a critical role in bridging the gap between survivors and service providers promoting accountability, strengthening community-based responses, and promoting systems that are more responsive, inclusive, and just.

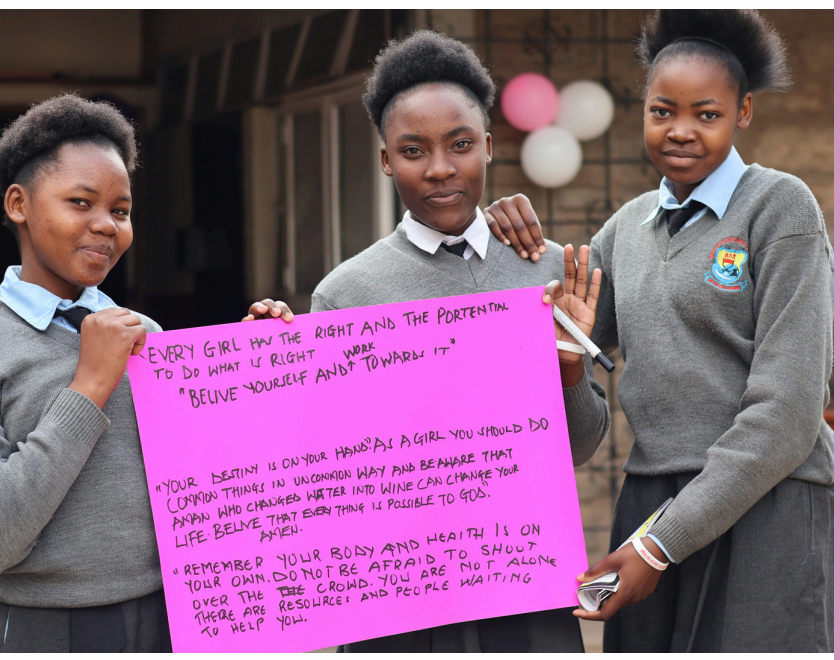
- **Bi-Annual Multi Sectoral team meetings**

The bi-annual meetings of the Multi-Sectoral Team, which convened **31 key stakeholders** across health, education, child protection, legal, and community-based sectors, played a critical role in strengthening coordination and response efforts for marginalized girls at risk of Sexual and Gender-Based Violence (SGBV).
These collaborative forums created a shared space for assessing challenges, aligning strategies, and streamlining referral pathways to ensure survivors receive timely, comprehensive support. As a direct result of this strengthened coordination, stakeholders provided targeted support to over **80 girls and young women at risk or affected by SGBV in 2024.** This included access to medical care, psychosocial support, shelter, legal aid, and reintegration services.
The increased commitment and proactive engagement of the Multi-Sectoral Team have not only improved service delivery but also reinforced collective advocacy for safer, more inclusive communities—ensuring that no girl is left behind.









- **Youth and Adolescent outreach**

Throughout the year, we deepened our engagement with the community by actively involving teenagers in schools, as well as girls and youth in local groups. Through partnerships with schools and youth organizations, we reached over **5,000 teenagers**, providing them with knowledge on SRHR and SGBV.

More than just raising awareness, we empowered young people by equipping them with the tools to make informed decisions about their health and safety. They gained an understanding of their bodies, their rights, and their choices, while also learning how to recognize, prevent, and speak out against Sexual and Gender-Based Violence.

- **Public outreach and media engagement**

Radio shows and public barazas were highly effective in reaching a broad audience with crucial information.
Through platforms like Ghetto Radio, Power254, Rueben FM, and Koch FM, we connected with over **300,000 listeners**, delivering essential messages on Sexual and Reproductive Health and Rights (SRHR) and Sexual and Gender-Based Violence.





- **Magnet theater educational sessions**

Through Magnet Theatre, we effectively reached and engaged over **950 community members with information on Sexual and Reproductive Health and Rights (SRHR) and Sexual and Gender-Based Violence (SGBV).** By bringing these important conversations into public spaces, it became a dynamic tool for educating and mobilizing communities. As a result, communities demonstrated increased engagement—reporting cases more actively and participating in efforts to prevent and respond to SRHR and SGBV issues.

- **Public Barazas**

Public barazas served as a key platform for engaging, informing, and mobilizing the community around issues of Sexual and Gender-Based Violence (SGBV). These forums played a critical role in raising awareness, shifting attitudes, and promoting dialogue on SGBV prevention and response. As a result, **over 4,000 community members** were sensitized and equipped with knowledge on how to prevent SGBV and respond effectively when it occurs demonstrating the wide-reaching of these sessions.

The involvement of Community Health Promoters (CHPs), GBV champions, and other stakeholders strengthened referral networks, linking survivors to essential services.





> **"I like that these public barazas raise awareness about SRHR and SGBV because my community is becoming more informed about sexual violence, and I've noticed more people taking action by reporting these cases because they know the right referral pathway"**
>
> **Ruth, CHP Eastleigh airbase.**





Partnerships and collaboration

❖ New partnerships

1. HOPE Worldwide – DREAMS Girls Project and MGSH

Through our collaboration with HOPE Worldwide under the DREAMS Girls project and the MGSH initiative, we provided critical educational subsidies for adolescent girls aged 10 to 18 residing at our shelter.



2. CREAW- Centre for Rights Education and Awareness

This partnership focused on skills training for survivors to promote sustainable livelihoods by equipping them with practical skills in areas such as tailoring, beadwork, and entrepreneurship.



3. Shining Hope for Communities (SHOFCO)

Our partnership with SHOFCO provided full education scholarships for **6 survivors** in our care, bridging a critical gap for those whose education had been interrupted by gender-based violence. These scholarships not only restored access to formal learning but also reaffirmed the right to education as a pathway to healing, independence, and future stability.

❖ Highlight events



In January MGSH launched a new project "Safe and Thriving Survivors" that is funded by the UN Trust Fund to End Violence Against Girls and Women. This 3 year project will support survivors to access quality services. MGSH will implement community outreach programs that will reach out to girls at risk between 13 to 19 years in Kamukunji and Makara sub counties.



Maisha Team meeting with The Rt Hon Theresa May
who leads the Global Commission on Modern Slavery and Human Trafficking.

In June, the Global Commission on Modern Slavery and Human Trafficking, led by The Rt Hon Theresa May, paid a visit to Maisha Girls Safe House. This visit highlighted the critical importance of our mission to support and empower young survivors of human trafficking and sexual violence.



During the visit, Theresa May and the commission members toured our facilities, met with the courageous girls in our care, and engaged in insightful discussions about the challenges and triumphs we face in our daily work.

Through dialogues, their support and global perspective provide invaluable encouragement as we continue our efforts to create a safe and nurturing environment for our girls. The commission was particularly interested in our work and commended us for the support given to survivors of human trafficking

OUR PARTNERS

Ugali Youth ORGANIZATION

UNITED NATIONS TRUST FUND TO END VIOLENCE AGAINST WOMEN

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Hand in Hand Kenya
We will walk hand in hand with the most vulnerable.

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brave movement
End Childhood Sexual Violence

THE FREEDOM FUND

TALITA

DRAMMEN
VIDEREGÅENDE SKOLE



ENVISIONING THE FUTURE

As we look forward to 2025 and beyond, we are not just continuing our mission, we are redefining what is possible in the fight against sexual violence and exploitation. Building on our remarkable milestones in 2024, we are committed to do what has never been done before, expanding our reach and enhancing protection of girls and young women in the most vulnerable situations.

To maximize our impact in combating sexual violence and exploitation, we have refined our strategic vision and roadmap with the launch of a new Strategic Framework to guide our mission through 2025. This framework will ensure a bold, survivor -centered approach to protection, empowerment, and advocacy, ensuring our efforts create lasting, and transformative change.

We have done it because of your generous *support.*

Thank you

to all our partners, donors, volunteers and friends of Maisha.

