

Quarterly Newsletter 3 - 2023



Fire briquettes training.

We keep moving!

Life is either a daring adventure or nothing at all." Hellen Keller" And so we have decided to venture. We are thrilled to share the significant progress we have made in RIEKO community. Here's a glimpse of what we've been up to:

FIRE BRIQUETTES ADOPTION

Women are often responsible for gathering and producing food, collecting water, and sourcing fuel for heating and cooking. With climate change, these tasks are becoming more difficult. Use of firewood is exposing them together with their children to toxic carbon monoxide, which is life threatening. Through partnership with Sauti Kenya, we are glad to have conducted a training program on the use of fire briquettes as an eco-friendly alternative to traditional firewood. The training aimed to empower women with the knowledge and skills to utilize fire briquettes efficiently, reducing the demand for firewood and its impact on our health and environment.



Jiko lite fire briquettes



Fire briquettes session on going by Eltrud Okeyo

BOREHOLE CONSTRUCTION

Access to clean water is fundamental to our community's well-being. RIEKO is in the process of completing the construction of a borehole to provide a reliable and sustainable source of clean water. This project will significantly improve water availability for our community, ensuring better health and hygiene practices.



RIEKO borehole at the initial stage



RIEKO borehole towards completion

SHIFT THE POWER (LIGHTUP IMPACT)

We are glad to have been part of the Lightup impact Days annual Conference conducted by Lightup impact team, under the leadership of Valeria, on Sustainable Development of Grassroots Organizations and in East Africa. The meet up enabled us to interact with various individuals including Mlango Farm with whom we will partner with to introduce artemisia plant at RIEKO to fight mosquito infestation.



Lightup team group photo



Stall visit session

WOMEN IN PEACE BUILDING

Over a long period of time women's contribution to peace building have always been ignored. After attending the dialogue, Negotiation and mediation peace boot camp by women volunteer for peace, we are glad to have further conducted peace training to over 40 women. These programs brought together elderly and young women, acknowledging their contribution on peace promotion while further equipping them with the skills and knowledge needed to play a leading role in promoting peace and unity within and out of our community.



Snacks time during the session



Peace training on going at RIEKO

SPORTS FOR CHANGE

RIEKO has forged a valuable partnership with Health Economic Development Strategy to gather vital information on the Triple Threat facing our community. We are dedicated to providing young and elderly individuals with essential health information and promoting dignified living conditions through sports.



Football games officiation



Story session with Gorrety

FUTURE PLANS

Looking ahead, we have several exciting plans for the future, including:

1. Health Boot Camp focus on physical fitness, mental well-being, and healthy lifestyle practices.
2. Solar Dryer and Charcoal Cooler to promote food security and reduce post-harvest losses.
3. Installation of electricity at the center for security.
4. Purchase and installation of damp liners for 25 elderly homes
5. Working on building a permanent learning and training hall

We are immensely grateful to all our supporters, volunteers, and partners who continue to stand by our side in making these initiatives a reality. As we look ahead to the final quarter of 2023, RIEKO remains committed to its mission and values.

You can support our work through donation, sharing out our work with friends, family and anyone who is interested through the following links here; <https://www.linkedin.com/in/eltrud-okeyo-a49362242/>
<https://web.facebook.com/rieko2022/>