



# We've come a long way..



AGATHA AMANI HOUSE

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## *Finally*

We are proud to present to you our first Newsletter. From now on you will receive a Newsletter quarterly.

First we want to thank everyone who has ever supported us. We wouldn't be where we are without you. Every donation and every volunteer means so much to us. We are so humbled and thankful and would like to take this opportunity to appreciate you all. Special thanks to Svenja and Julia who have made our first Newsletter possible!

But we are still far from where we would like to be. We have big plans for our future. Only with your support can we reach our goals.

## *Highlights*

The best thing to us is always when one of our residents graduates. In the last three months four of our residents went out to create their lives.

We created a stove, with clay, sand and straw. And a little help from Moses our Permaculture specialist.

Through a fundraising from Tessa we were able to build a rabbit cage.

## What is it all about?

In the first case we provide for survivors of domestic and sexual violence a safe haven. But there is much more going on behind the scene.

We do our best to be self-sustaining and so we have a permaculture farm and keep livestock where we generate products for local markets and provide nutritious food for our women and kids.

We advocate for Eco-justice through the way we farm and live, in that we practice permaculture.

For everyone who doesn't know what Permaculture is, here is a short explanation: Permaculture is a sustainable design system that applies ecological principles that are found in nature to the development of human settlements, allowing humanity to live in harmony with the natural world.

“Rock bottom became the solid foundation on which I rebuilt my life.”

J.K. Rowling

## What's up in our Permaculture farm?

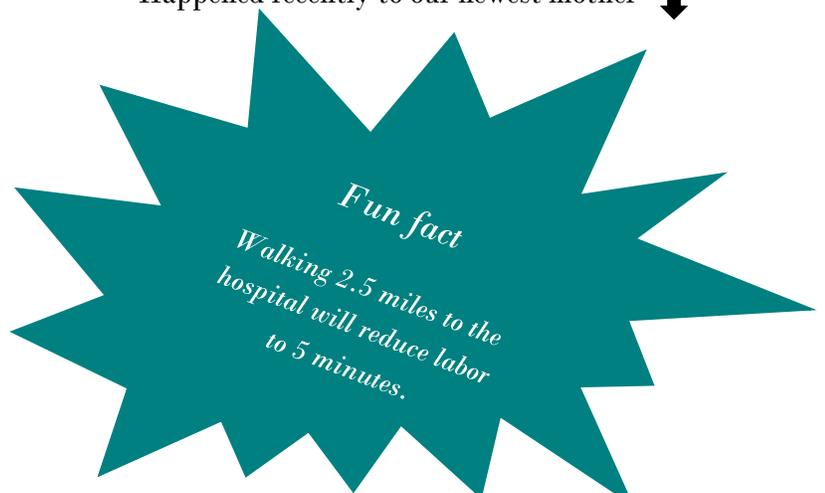
We are proud of our farm, isn't it the best thing to harvest fresh vegetable from your own farm? This month we will harvest a little more than A HUNDRED PUMPKINS with more left in the farm and over A HUNDRED CHAYOTE. We have plenty of kale, spinach, arugula and maize.

We are always learning and the most recent activity was on 13.03.2020 when our director Nyakio and our farm supervisor Amos visited a permaculture farm to learn more about best practices.

## Coronavirus

We can't write our newsletter without speaking about the coronavirus. We pray and hope for all of us. As corona has reached Kenya and numbers are increasing, we decided to close our doors and are now living from our farm. That's one of many benefits when you are almost just self-sustained. **We told you before guys!! 😊**

“Happened recently to our newest mother” ↓





Virginia our Programs Coordinator, one of our residents and Mary our House supervisor holding chayote in our farm.

## *Do you know what chayote is?*

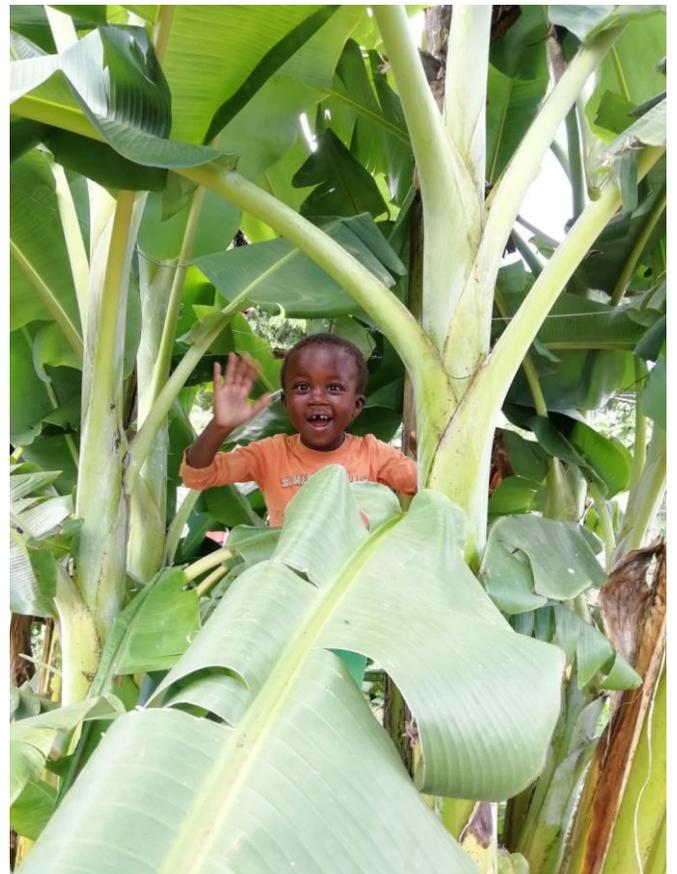
*Chayote is a superfood. There are a lot of benefits for your heart health, your blood sugar control, to support a healthy pregnancy, to support liver function, and it shows anticancer effects.*

## *A little goes a long way*

We would not be where we are and we could not dream of a better future without you. We appreciate every single donor. In this newsletter our special thanks goes to the donors who donated the money to buy one hectare land which gives us the opportunity to expand the shelter in future. Because of you we are one step closer to our goals.

We would like to introduce you to our Jijenge Transition Program. Jijenge means to build yourself in Swahili. The program is designed in a way that; after the survivors arrive in the shelter and stay for about 3 months, they get time to begin their path to recovery and once they have reached a level of confidence, that enables them to begin their transition phase, the survivors will get the opportunity of earning money by working in the farm for the last three months of their time at AAH. During this period, they will not have any expenses here. The salary they will have earned in those three months will enable them to start their own lives.

At the moment we are looking for donors to support this project and you can be part of it!





## *A message from Nyakio*

Friends and supporters of Agatha Amani House, I reach out to you in our very first Quarterly Newsletter during a time that the world is adjusting daily life in major ways to the global Coronavirus. Here at AAH we are diligently adhering to the guidance and directives of our President. Our schools and churches are closed for assembly and most businesses are also closed or adjusting their hours accordingly. A national curfew has been imposed between the hours of 7 p.m. and 6 a.m. Our borders are closed to all except returning Kenyan citizens. As you can imagine this is creating severe hardships on our people as most of our people do not have the financial capacity to survive and feed their families without working every day.

Here at the shelter we are doing our best to observe social distancing as much as possible but we live in close quarters and we can only do so much. Our staff and volunteers constantly remind the survivors to wash hands regularly and to keep their babies clean and hands washed too. A challenge we have is that four of our staff live outside the shelter. We are modifying our trips to town to go only for the most essential purposes. Like the birth of a baby girl whose mother is our newest resident. We also are prohibiting any visitation from persons outside the shelter. We have had good rains and our farm is green. We have recently hired a staff who has practical permaculture skills.

The Global impact of the COVID-19 has hurt our efforts particularly in the United States where we recently had to cancel a major annual fundraising event due to the prohibition of group gatherings. We are searching for other sources of financial support but all charitable organizations have the same issue so money is hard to find. We ask you to consider helping us out during this crisis and any level of support would be greatly appreciated. As you all know you can make donations by going to the Agatha Amani House website [www.agathaamanihoue.org](http://www.agathaamanihoue.org) and clicking on the donation link. Thank you very much for any assistance you might be able to give us. We plan to create and send a Quarterly AAH Newsletter that you will be receiving and we would welcome any others who might be interested in our work to sign up to receive the newsletter too.

Nyakio Kaniu-Lake  
Founder and Executive Director

