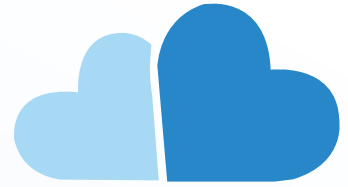


JULY TO SEPTEMBER



Clean Start
Creating Second Chances

SUSTAINABILITY FOR CHANGE

QUARTER THREE 2021 NEWSLETTER



CEO's Statement

Dear Clean Start supporters and partners,

It is with a deep sense of gratitude that we send you our quarter three newsletter and hope we find you and yours healthy and hopeful.

Mother Teresa said, and I quote, *'I alone cannot change the world, but I can cast a stone across waters to create many ripples.'*

In this third quarter of 2021, it is indeed a NEW SEASON at Clean Start, as we have experienced the beautiful ripples created by the amazing Clean Start team, with the generous support of our funders and

partners, towards our constituents – the imprisoned and formerly imprisoned women, girls impacted by the juvenile justice system and the children.

We are overjoyed with the realization of the first step towards actualizing the pioneer Clean Start Centre. We recently identified and secured, a half-acre piece of land in the outskirts of Nairobi - a place called Joska - on Kangundo road. Special thanks to Susan Burton, the Founder and President of 'A New Way of Life', in California through the Safe Housing Net

work, who has made this dream come true by funding Clean Start for this first-of-its kind project in Kenya. We are so grateful. The Centre will offer the much-needed transitional housing, economic opportunities, and trauma and psychosocial support for the women and their children who are getting back on their feet after recent release from prison.

We will be telling you much more about the Clean Start Centre in the next quarter as we advance our plans. If you would like to support this collaboration between the Safe Housing Network USA and Clean Start Kenya, please do get in touch with us and we will guide you.

We know that women's empowerment is key to regaining dignity as human beings and improving the situation of the imprisoned and formerly imprisoned women in Kenya is at our core! We also know that women lead differently and use their power to empower their families and others to achieve great things in their communities. This is why we have invested heavily in our team and the women impacted by the criminal justice system.

Your support enables us to continue to build a resilient and stable platform to meet the needs of women, girls and children who are affected by Kenya's criminal justice system. As we end the third quarter, below is a snippet of the direct impact and the number of lives that have been transformed through your support: We have supported [87 formerly impris](#)

[oned women](#) in starting and running their income-generating activities successfully. We have extended our reach and services to the formerly imprisoned women in 17 counties in Kenya. We managed to support [23 women's prisons, each holding an average of 150 women and 350 children accompanying their mothers to prison](#), with the various services and programs we offer.

We are now running a total of [26 Circles of Healing](#) both inside prisons for the imprisoned women and on the outside for the formerly imprisoned women. We are happy to have strengthened our core programs.

[159 formerly imprisoned women have now fully registered as members of the Coalition of Formerly Imprisoned Women – C.O.F.I.W](#) and we continue to support the education of seven girls in mainstream schools post their release from the rehabilitation schools; six in high school and one in primary school.

Only together can we achieve so much and transform the policies and practices that create economic hardship, punitive responses, and far too often, pave a direct path into the criminal justice system.

We are so grateful that we at Clean Start, with your support, have a unique opportunity to rectify the criminalization of poverty, as we continue to seek equitable and sustainable means of livelihoods for the impacted.

At Clean Start we continue to take a holistic approach, knowing too well that lived experience is every bit as essential to good policy making as formal education.

We are leading by example in the re-evaluation of who we view as experts and always keep in the center those who are directly impacted.

Be inspired by the voices and stories in this newsletter from our team and constituents

who are on the ground every day doing the work and making moves. It reflects our hard work and commitment.

We can only do this work with your support and we hope you will consider starting or continuing to partner with us, to reimagine and build a more just, inclusive and sustainable society.

**In solidarity,
Teresa Njoroge.**



COO Statement

What can be achieved when an able-bodied goal-oriented team works together for the benefit of an entire community? What happens when meaningful partnerships are formed in order to forge

ahead together as a team to bring forth sustainable change, not only as Clean Start, but as an informed and motivated Clean Start?

In two words: Sustainable Transformation. Sustainable Transformation, not just for our Formerly Imprisoned Women, but for many women in prisons countrywide, who will continue having a family inside the walls, and outside the walls once they rejoin society.

Some of the key lessons learned from the previous quarter remain a strong backbone that will help keep our resilience through many more programs that we intend to carry out. Learning how to navigate the new waters that we were all plunged into during the pandemic remains one of the key areas we will continue working on and reinventing to continue reaching our goals, not only as an organization, but together with our partners, the Formerly Imprisoned Women, their families and the communities they live in.

This past quarter has been phenomenal thanks to the help of our friends such as Dr. Alice Macharia, the author of 'Rights of the Child, Mothers and Sentencing - The Case of Kenya', who took time to be part of one of our organized learning forums that continue to equip our team with the necessary tools needed to forge on. Another one of our learning forums was the Catalyst 2030 for Sustainable Development Goals, which is a learning and knowledge sharing platform that accelerates the fulfillment of the SDGs. Leaders read, and we continue to invent ways to nurture our team leadership spirit

with the new launch of our online book club (Between The Lines) that also educates us through the quality choice of books. On our reading list is the book – Outliers: The Story of Success by Malcom Gladwell as well as Dr. Macharia's. We welcome you to send us your personal recommendations of must-have books which could enrich our reading collection for years ahead.

We continued our business training for Former Imprisoned Women in partnership with Kayana under the Super Circles. This remarkable partnership works to help build women up by offering the much-needed guidance and courage that leads to start-up success. Many other impactful partnerships that have been part of this exceptional quarter, and will remain so, is the team from Sperling Performance Africa (SPA) that offers us the psycho-social support that we need, for our mental and emotional well-being. There is also the renewal of our MOU with SALAR, the team from University of Nairobi that offers legal aid services.

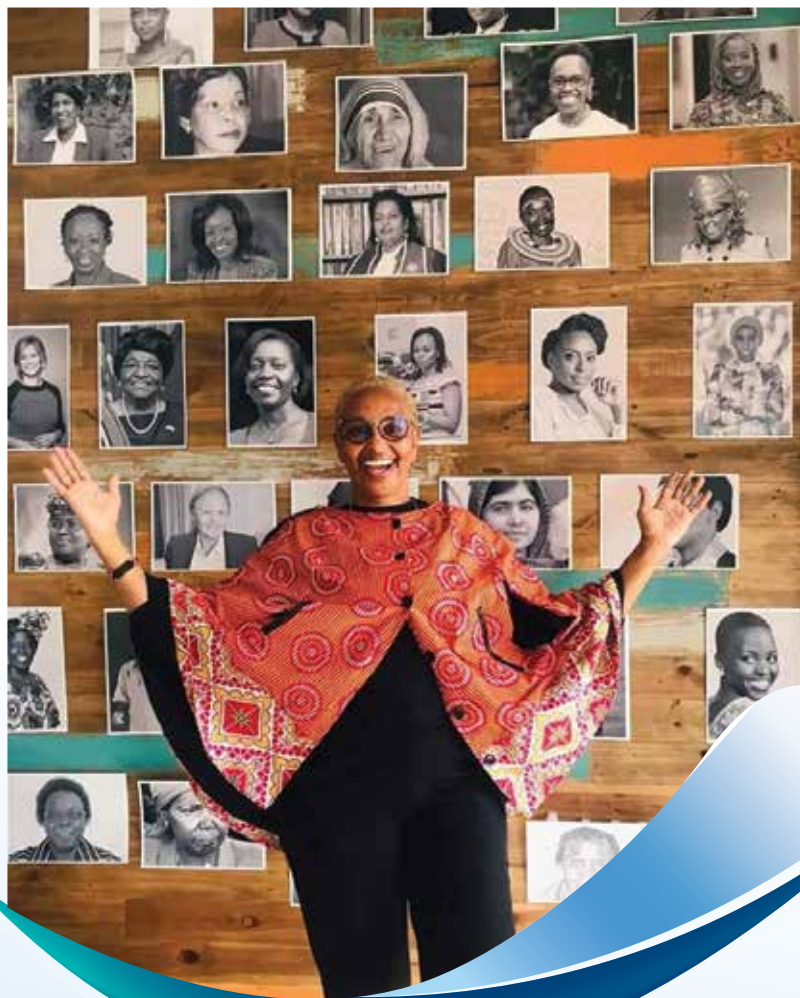
Special thanks and appreciation go to all the team members on board who work tirelessly to see to it that we are always on track to come up with projects that have our beneficiaries in mind. Our partners who are the driving force behind us on this journey deserve a big pat on their backs for their unwavering support. We hope to continue working together in the coming days to continue making the desired impact for the FIW

We ask that you plug into our newly launched podcast that will be home to many engaging conversations that build resilience, and carries on with our theme of reconnecting our women to the society, and applying the simple wisdom in

working with women, girls, and children, all of whom have been impacted by the Criminal Justice System in Kenya.

**Love and light,
Susan Kihara**

Congratulations Renee!



We celebrate our Board Director Renee Ngamau on being listed top 100 most influential women in Africa and her appointment to the Global Amnesty International Board. This is a huge win for the Clean Start community, for Kenya, for Africa and for women.

Circles of Healing

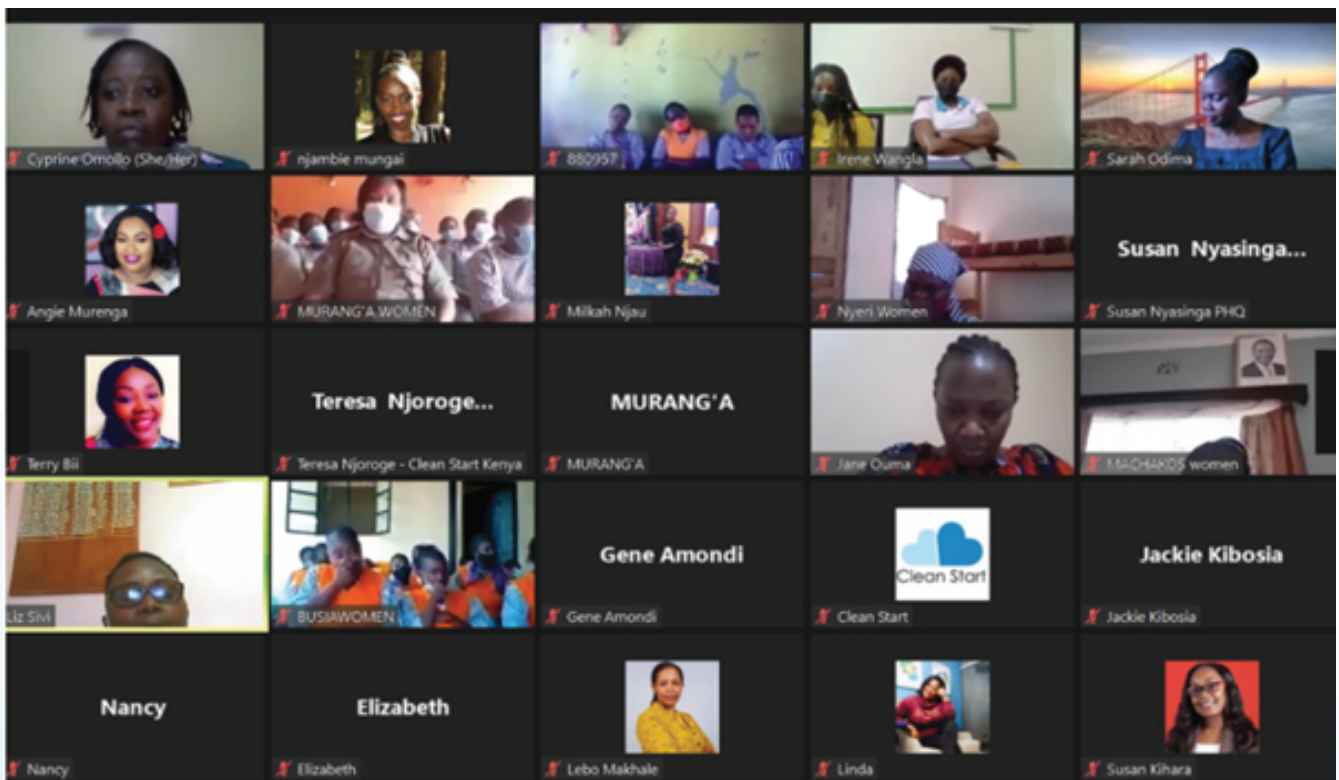
This was an incredibly impactful quarter for our beneficiaries. Through the Ufunuo Program, we were able to train and graduate 32 imprisoned women in the first cohort from Thika Nyeri and Machakos prisons.

The 2nd cohort had 38 trainees from the Busia, Langata and Muranga Women's Prisons who graduated in a colourful virtual ceremony.

The ceremony was attended by well-wishers and friends from Kenya, UK and the USA.

You can catch the ceremony here

<https://www.facebook.com/-Cleanstartkenya/videos/2884755381854315>



Virtual graduation ceremony

Impact of the first cohort training

Trainees from the first cohort training in the Thika, Machakos and Nyeri prisons have attested to the effectiveness of the Ufunuo Program.

The five-week program provides a healing space and coping pathways, building resilience, connection and reconciliation support that results in the effective transition and reintegration

required for the psychological and mental well-being of the women.

Some of the success stories include probational releases for good behaviour, release on account of increased confidence and, for those in remand, the ability to communicate their cases.



Clean Start's Sarah Odima training FIWs on Ufunuo Program

Judy Wangui*

With forgiveness as a main area of focus in the program, Judy finally decided to confront this area that had been holding her back. After the training, Judy was able to let go of the issues and people she was bitter with. She was able to accept herself and her faults. From this experience, a calmer, more composed

Judy emerged and with it a change of behaviour. This played a big role in her probational hearing where she was able to also communicate clearly and plead her case which led to her release on probation. She is now finding her feet and using the skills acquired from the program to grow herself.



Circles of healing meeting with the Nyeri Chapter

Susan Mumbi*

Susan, a graduate from the 1st cohort did not have a plan upon release. Through the program, she became self-aware and realized her worth as a woman and a mother. With the help of the program, she left the prison with clear goals for setting up and maintaining her business. She now has a small business and was also able to reconcile with her family. Names have been changed to protect identities.

Do you provide life coaching, therapist, counselling services? It would help us reach more women who need it.

We could use cash donations to help us do more for our women.

M-Pesa Business No. 543268

A/C No.: Put Your Name /COH

You can also use

Paypal:

cleanstartkenya@gmail.com

Legal Aid

Through COH's program, legal support has been provided to the women in the circles of healing. Here are a few success cases we have had so far.



Circles of healing meeting with the Nyeri Chapter

Lucy Wangui*

When we first met Lucy, she was scared and had many questions. We had just launched the circle of healing in Muranga in February 2021.

The mother of two had been charged with child negligence and had served a six-month sentence in Muranga Women Prison with her younger daughter. Her older child was taken to a children's home after Lucy was convicted.

Upon her release in August 2020, she was afraid to follow up on her daughter in the children's home. During the meeting she narrated her story and we offered her legal aid. She was educated on the fact that she can't be imprisoned for the same offence twice. She went to the children's home, followed the process and has been reunited with her daughter.

Sarah Wangare*

Sarah, on her way to meet her daughter to head to church together, was arrested by the area chief. Mother and daughter were charged at a nearby police station for being in possession of cannabis.

The case which ideally should have been handled jointly was heard separately, with each of them having individual files. The mother was released on bond while the daughter remained in custody. After she was advised to plead guilty to lessen her sentence, the daughter was sentenced to two years imprisonment. This sentence was served and the daughter released. However, on the other end, Sarah still had a case on going.

We learnt about the case during one of our COH meetings and offered legal counsel. Sarah applied this counsel next time she appeared in court. She is now a free woman and all she wants is to be a better mother and role model to her children and grandchildren.

Liz Kamau*

Liz was out of prison on bond. She had been charged with stealing. In one of the monthly meetings in Nyeri she shared her challenges with her case in court. She is a mother of seven children. We offered her legal aid and prior to her hearing in court she took the mediation approach and was acquitted on August 4, 2021.

During the mediation, she and her accuser and her accuser came to an understanding and she paid them Ksh 10,000.

**Names have been changed to protect privacy*

Can you provide legal aid services to our women or train our staff, please reach us on support@cleanstartkenya.org

Children and Girls

Joe exits prison



Muranga Prisons OIC Madam Esther Kibet, child psychologist Margaret Mbuti and Clean Start's Mumbi Muguongo

It's a chilly morning at Muranga Women's Prison. Four-year-old Joe (not his real name), peeks outside with uncertainty and fear. Despite his earlier excitement about leaving prison, the reality of leaving his mother behind was taking a toll on him. It's a bitter sweet moment for the mother who while she knows her baby will be safe with the family, the void left behind breaks her heart.

finally handed over to his aunt who is accompanied by several family members. Well-dressed and well fed, Joe starts talking to his older sister who was waiting for him. It's hard to believe that this is the boy who could not talk after the traumatic arrest of his mother.

Joe accompanied his mother at the age of 2.5 years. For a whole year, Joe didn't utter a word. Prisoners and the warders identified him as the toddler in a corner. He would rarely play, cry nor interact.

A protracted land tussle among the family members ended up in violence. The violence escalated to murder. When Joe's father died from machete-inflicted injuries, his mother was the first suspect. When her late husband's brother found her attempting to torch the body in the dead of night, he screamed and a mob gathered. They came with torches and canes, screaming, baying for blood. They surrounded her as she held little Joe in her arms. The mob was determined to finish

her with her child. It took the quick action of police to save her from certain death. However, little Joe was left in the hands of a police officer who was left behind after the police vehicle drove off. The mob's anger was turned to the child, forcing the officer to run away in order to save his life and that of Joe.

Little Joe and the officer arrived at the station eight hours later. When he was handed back to his mother, he neither cried nor spoke. His voice was not heard again until a year later. With the help of prison officers and caregivers in prison, Joe finally found his voice. His healing continues as he leaves together with his remaining family.

Clean Start will continue to journey with him through constant follow up on his progress. We will also ensure his continued education, psychosocial support as well as supporting the caregivers in income-generating activities.



Clean Start's Mumbi Muguongo with Joe

You can journey with a child who has accompanied their mother to prison. Donate towards a comfortable stay in prison for a child by donating clothes, diapers, milk formula, toys and books.

We could use cash donations to help us do more for our children.

M-Pesa Business No. 543268 A/C No.: Put Your Name / Children

You can also use Paypal: cleanstartkenya@gmail.com

Mary Njoki's story



Mary Njoki (second left) with her parents and Clean Start's Mumbi Muguongo during a family assessment

Mary Njoki*, the middle child in a family of three children, was born in a poor background. Her mother, Nduta* earns Sh250 a day working as a farm hand. Since 2019, no jobs have been forthcoming for Njoki's father, who previously pocketed Sh400 a day at a construction site. He now assists in their shamba (small farm) at home.

In 2018, frustrated by the situation at home, Njoki sought solace in the company of her Standard 8 classmate and a Form One student who would later land her in trouble. Njoki and her classmate started skipping lessons in the second term of their final year. They would leave school, which was located in Kambiti, right after the morning class to roam

In 2018, frustrated by the situation at home, Njoki sought solace in the company of her Standard 8 classmate and a Form One student who would later land her in trouble. Njoki and her classmate started skipping lessons in the second term of their final year. They would leave school, which was located in Kambiti, right after the morning class to roam neighboring Kayole and Kifingo town.

Their parents were none the wiser, with the school administration and class teacher failing to disclose what was going on. It was during the third term that Njoki's younger brother notified her parents.

After Njoki's parents visited the school to inquire about their daughter's absence, the two girls run away from home but would be shortly caught after a neighbor tipped off their parents on their whereabouts.

They were taken to a Makuyu police station with the judge committing Njoki to a local children's home to sit her final exam.

After poor performance and taking into consideration that she would comfortably manage 210 marks previously, the judge sent her to Kirigiti Girls Rehabilitation School for three years. She spent only three months at Kirigiti and was then sent to Dagoretti Girls Rehabilitation School in February 2019.

Her classmate's parents did not appear in court, forcing the judge to release her. She would later drop out of school. She is currently a mother of one living at home with her mother who is a single mother of six. The form one girl was unable to complete her secondary school education. She is currently a bar tender in Makuyu town.

"I do not regret taking my daughter to the police station. Her committal at Dagoretti turned her life around," says Nduta. Despite the inequalities experienced by children in the juvenile justice system, Njoki acquired 253 marks out of the possible 500 marks. Through Clean Start's scholarship program, 18-year-old Njoki is currently enrolled as a form one student at a secondary school in Muranga county.

Jane Mutune



Jane Mutune (left) with Clean Start's Terry Bii when they received their scholarships from Clean Start

Fifteen-year-old Jane Mutune* was one whose background was marred by abuse and neglect from the father. She landed into the wrong crowd during her fifth year in primary school. In 2017, together with two girls and a boy from her neighborhood, the second born in a family of four daughters, dropped out of school to frequent local bars in Kariba during the day. The girls ventured into child prostitution to support their alcohol and bhang consumption.

The lone breadwinner, Mutune's mother Elizabeth Makena* was in the dark. To fend for her family, she would spend most of her day at work selling clothes sourced from Eastleigh in Chuka Town for a small

profit. The father, a drunkard, was physically and emotionally abusive to his wife and uninterested in his children's whereabouts and wellbeing.

Although aware of his daughter's harmful activities, he was not bothered by Mutune's behavior. Their neighbors and area sub chief would later inform Makena of her daughter's recent illegal ventures, warning her that they would have Mutune and her friends arrested despite their young age.

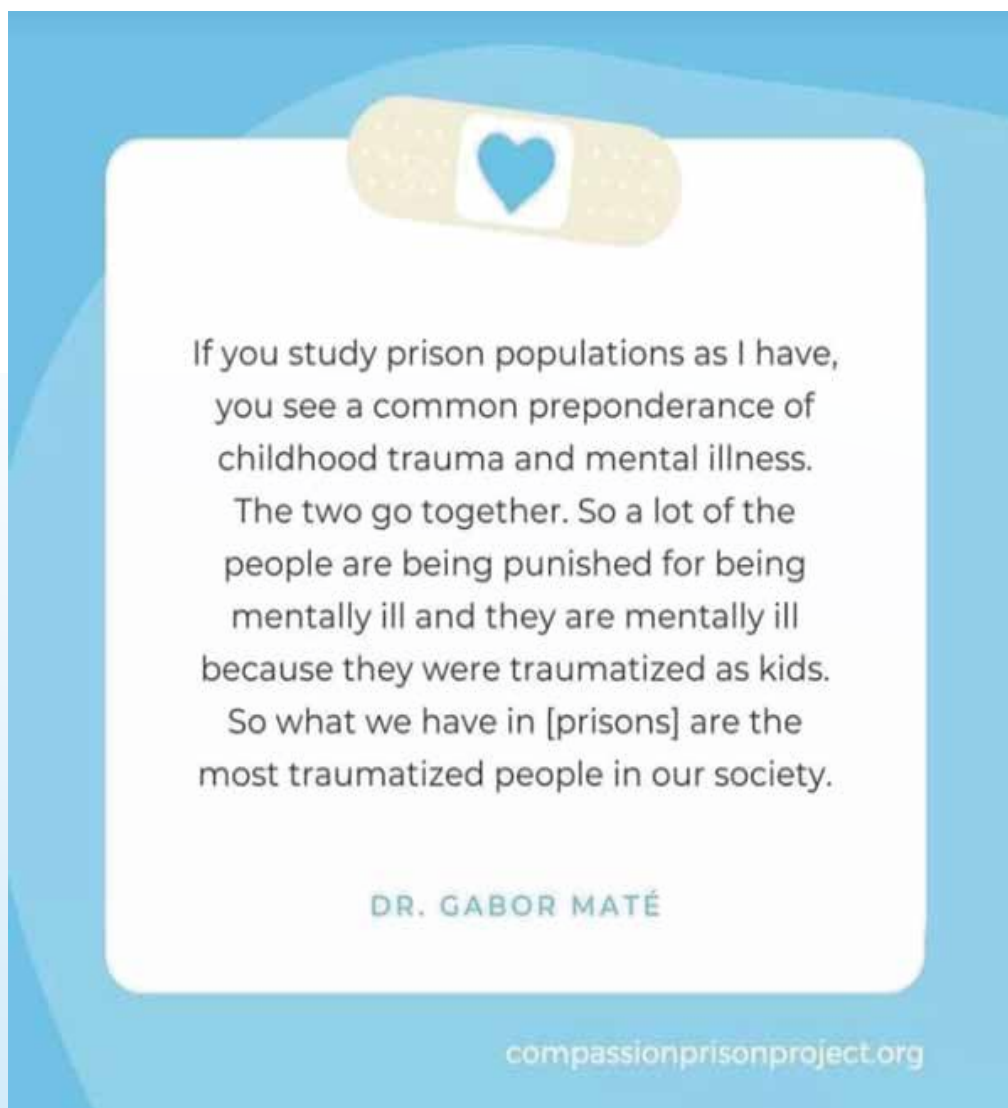
With advice from the area's children officer, Mutune's mother got her arrested and sent to court in Chuka where she was committed to three years in Kirigiti. She

was later sent to Dagoretti in 2018 after 3 months in the Kiambu rehabilitation school. “She has since then been well behaved even though she still visits her friends,” says Makena. The other girls did not continue with their education and are now mothers. The boy became a bodaboda (motorbike) rider in Chuka town. He sometimes attends school. He is in class 7. After scoring 160 marks and with assistance from Clean Start, Mutune is now enrolled in Form One at a Tharaka Nithi-based secondary school.

[*Names have been changed to protect identities](#)

You can help us take a girl in school and keep her in school through scholarships or cash donations. For Ksh 50,000, you can educate a girl for a whole year. With Ksh 1,700, you can keep a girl in school for term by ensuring she has sanitary supplies and stationery.

**M-Pesa Business No. 543268 A/C No.: Put Your Name / Girls
You can also use Paypal: cleanstartkenya@gmail.com**



Tables Of Support



Nyeri Women's group during a chapter meeting

It gives us great pleasure to announce our first registration of a self-help group among our formerly imprisoned women. The Blue Sisters Self Help Group was registered in Nyeri this month. The group comprises 12 formerly imprisoned women who Clean Start has walked with and supported.

This registration means these women are now in a position to do business with everyone, including the government. They can also access loans and opportunities to better their businesses and lives.

This is also a great start to the new direction we are taking for Tables of Support where we will be investing in the self-help groups rather than individuals. We are so proud of these women and the progress they have made.

Tables of Support plans to register three more self-help groups by the end of the year.

Meanwhile we continue making strides with the women who we have been supported with capital and business skills.

Margaret Gachuru



Margaret comes from Nyeri. She served her four-year sentence at the King'ong'o prison and was released in the year 2019 having served her full sentence.

Upon her release Margaret joined her family in Nyeri. Her family opened for her a small eatery within Nyeri town to



Margaret has not only been successfully managing a team of 16 women, she also spearheaded the registration of the Nyeri Chapter into a self-help group.

Margaret has benefitted from the Clean Start loan which she is paying back with no difficulty. Her intention is to grow the group to access even bigger finances from the women enterprise. Her team is focused on growth in order to uplift their livelihoods.

Beatrice Kahora



Beatrice's story is a unique one. She was arrested in Ghana, served her full sentence in a foreign land and upon her

release was deported back to Kenya. She learnt about Clean Start through the media when she saw the CEO in a documentary in 2020 and got in touch with us.

Beatrice was welcomed to the team and has journeyed with us ever since. She has taken up business training in the super circles program. She is also a beneficiary of the Clean Start loan which enabled her to import clothes from Turkey and sell directly to customers.



While she does not have a physical business location, she hopes to open one soon. She has shown a lot of resilience in rebuilding her life post-imprisonment.

She is currently based in Nairobi and is putting up with her cousin sister in Buru Buru Estate. She says being in her home country and finding her footing was the best thing that happened in her life.

She is grateful she found a community that welcomed her without judgement.

Do you have an opportunity to train our women? Be it hairdressing, construction, restaurant, handy crafts?

Reach out to us on support@cleanstartkenya.org

We could use cash donations to help us do more for our women.

M-Pesa Business No. 543268 A/C No.: Put Your Name / TOS
You can also use Paypal: cleanstartkenya@gmail.com

Coalition Of Formerly Imprisoned Women (COFIW)

Virtual Monthly Meetings



Caroline Shiku at her shop

In the month of July, we had our 3rd Monthly COFIW Africa virtual meeting. The meeting took place online via the ZOOM platform. Our speaker was a Formerly Imprisoned Woman, Caroline Wanjiku, founder of Shiku's Uji Power.

She vulnerably shared her prison experience, the stigma associated with coming back home and how rebuilding life post imprisonment can be challenging.

Despite these challenges Carol has been able to rebuild her life. Clean Start was

An advertisement for Shiku's Uji Power porridge. It features a hand holding a steaming orange mug. The text includes the brand name 'Shiku's UJI POWER', pricing for 300ml (60/-) and 500ml (110/-), a description of the porridge as 'Tasty, healthy porridge, lovingly prepared using arrow roots, cassava, peanuts, milk and honey', and a list of delivery pack options: 1LT (150/-), 2LT (300/-), 3LT (450/-), and 5LT (800/-). It also provides the location 'Westlands Stalls, Next to KFC - Shop no.B14' and a contact number 'Call 0716 459145 for delivery'. A small note at the bottom states 'Prices are exclusive of delivery fee'.

able to support Carol with seed capital and she is now running a business making high quality porridge.

We also had Edith Murogo the Executive Director Centre of Domestic Training and Development. Edith spoke about how she started training domestic workers and her advocacy work so domestic workers can get better pay and favorable working conditions.

You can find the recording here.

<https://www.facebook.com/Cleanstartkenya/videos/812073612814981>



Kisasa Jikoni founder Betty Kaguhia

In the month of September, we were privileged and honored to have Betty Kaguhia, the founder of Kisasa Jikoni, an online shop that sells utensils imported from China.

Betty Kaguhia, is a formerly imprisoned woman who has been bold enough to beat all odds and venture into online business, despite the challenges that she faced post imprisonment.

Betty went back home to find that her husband has remarried and she had nowhere to live.

Betty picked up the pieces after three months and ventured into selling utensils online. She admits that it has been difficult but with determination and resilience she has been able to carry through.

She aspires to continue with her master's degree, which was cut short when she was imprisoned.

Lucy McCollum was our second guest in the session.

She shared with us how she was able to reinvent herself at the age of 54. She changed her career and revamped her coaching business with a focus on boldness. She graduated with a masters in legal studies, trained and got registered as a professional mediator.

Lucy encouraged the women not to be afraid of taking bold steps and making changes in their lives.

You can find the recording here <https://www.facebook.com/Clean-startkenya/videos/873644843547997>

Partnerships



This quarter we were honored to partner with the following amazing people and organisations.

Peace Builders Canada

Peacebuilders is a nonprofit organization that provides restorative programs and services to young people and works towards effecting change in our justice and education systems. We are partnering with Peace Builders Canada to provide the Talking Pieces Training or restorative justice for Clean Start staff and beneficiaries

Integrity Action

Integrity Action is based in the UK. They help citizens to monitor and improve the delivery of vital projects and services such as education or infrastructure. Working with partners, they do this in places where securing improvements to services like these is tough. We are partnering with them to hold our government to account by involving our demographic.

Quality Tackles Exporters

Quality Tackle Exporters is a leading producer of hand tied artificial fishing flies in Kenya. Quality Tackle Exporters will train the formerly Imprisoned women we work with on how to make the fish lures and absorb them in their production industry that has access to ready markets overseas.

The women will be placed in Quality Tackles industrial production site at Kinoo where they will be trained to make the fish lures for 4 weeks.

King Baudouin Foundation

Facilitates thoughtful, effective giving to Europe and Africa — and beyond.

They enable U.S. donors to support their favorite causes and organizations overseas, and provide European and African nonprofits with cost-effective solutions to raise funds in the United States.

King Baudouin have set up a Clean Start US fund to facilitate manage and raise funds for Clean Start.

Sterling Performance Africa

They provide high quality professional services to the public and private sector in conducting needs analysis, formulation of organizational systems and processes, sector specific research, development of policies, curriculum and training materials and capacity building. Clean Start is partnering with them to support the circles of healing program through provision of counseling, trauma healing and mental health services

Catalyst 2030

We are proud to be a Catalyst 2030 member.

Catalyst 2030 is a global movement of social entrepreneurs and social innovators from all sectors who share the common goal of creating innovative, people-centric approaches to attain the Sustainable Development Goals by 2030. Joining forces with communities, governments, businesses and others, Catalyst 2030 members are changing systems at all levels through collective action and bold, new strategies.

How You Can Help

- ☀️ Advocacy
- ☀️ Influencers
- ☀️ Radical Collaboration
- ☀️ Sponsorship
- ☀️ Women capacity building
- ☀️ Team capacity building

How professional associations can help

- ☀️ Counselling and psycho-social support of women and their families
- ☀️ Legal aid
- ☀️ Apprenticeships / mentorships
- ☀️ Sponsor a girl/child
- ☀️ Team capacity building

How corporates can help

- ☀️ Sponsor events: Conferences, expo, training programs
- ☀️ Donate: laptops, foodstuffs, dignity packs for women, girls and children
- ☀️ Provide financial training and mentorship for women
- ☀️ Sponsor the building of Clean Start Center
- ☀️ Sponsor a child/girl
- ☀️ Team capacity building

- ☀️ Support a woman in the circle of healing KSH 12,000
- ☀️ Support a child living in prison with the mother at KSH 1,200 for three months
- ☀️ Support a girl through school at **KSH 50,000 per year**
- ☀️ M-Pesa Paybill - Business No. 53268 A/C No: Put Your Name / Cause you are supporting i.e Children or women
- ☀️ **Paypal:** cleanstartkenya@gmail.com

Bank Account Details

Bank Name: ABSA | Branch: Karen

Kshs. A/C Number - 2037885455

GBP A/C Number - 2040015399

USD Account Number - 2041690421

GET INTOUCH



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number 3, Westlands Nairobi



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+254 735535164



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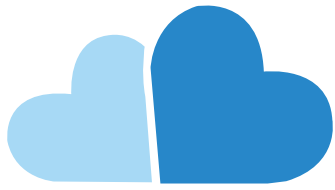


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