Every young member and or volunteer in Kenya Red Cross Society will share an elative story of the wealth of experience gained in the movement. Some will share the fulfilling journey of alleviating human suffering through disaster response and community service interventions. Others will prefer to narrate the social gains through promotion of national and international friendship and leadership experiences. All in all, the platform provided by the society matches none.

Kenya Red Cross central region youth narrate this journey in this first issue of our newsletter. The year 2017 was filled with significant gains. The plastic bag ban for instance; awakened environment conservation passion in our youth groups with youth across our branches spearheading plastic bag collection and recycling initiatives. The year also saw the region host the coveted international youth camp at Mt. Kenya leisure lodge in Narumoru that saw youth from all walks of life interact, learn and share. The year also saw the reconstruction of some youth leadership committees. These and many more achievements to be highlighted were made possible by teamwork and able leadership of youth leaders at all level of our society’s organizational structure.

The publication of this first digital newsletter marks the positive beginning of 2018. This year, there is a lot to look forward to; the launch of our youth uniform, the start of our sports exchange program and our first regional youth camp. For the youth members what an exciting year!!! For those who have not yet joined our volunteer program and membership list do it as soon as today and open an interesting and exciting chapter of your life.

Mark Kang’au
Regional Youth Chairperson
KRCS Central Region

Central Region
2017 AT A GLANCE

Central Region Youth received several awards in the Volunteer Awards

Central Region Youth Conducted the first RCAT First aid Competition

Kenya Red Cross Central Region Youth Camp hosted by Central Region

International Youth Camp hosted by Central Region

Central Region Youth received several awards in the Volunteer Awards

Central Region Youth conducted the first RCAT First aid Competition
Tharaka Nithi Cholera Menace
When Cholera invaded Tharaka Nithi County, the efforts of the Tharaka Nithi Youth & Volunteers ensured that it’s spread was contained

By Lucy Kamau
Volunteer, Tharaka Nithi Branch

As we got to the New Year, so did the cholera outbreak, an alert was issued in Tharaka-Nithi that the disease had found its way to the county. According to an article by Alex Njeru in the daily nation there was around 112 people admitted showing symptoms of the disease and one person had died.

This led to a swift response by the county government, the Kenya Red Cross among other stakeholders to organize a community intervention campaign. The campaign was to sensitize the community on modes of transmission of the disease, signs and symptoms, ways to prevent it all and care for the infected.

The youth in Tharaka Nithi led by our vice chairperson, Kelvin Mwenda took up the exercise and took it up head on and did a tremendous job. They did this while divided in three camps to get the work done faster and efficiently. The camps comprised of; The Matengi camp, Karie and Kathwana camps.

In these camps, they were involved in various activities such as sensitizing the people on good hygiene, hand washing practices, water treatment, disinfecting of toilets among others.

Kelvin, was in the Matengi camp which he tells me was a process that ran for almost a month or so. In one of his daily reports it shows they had visited 26 households, helped in disinfecting 26 households had successful training with students, pupils and the local population and trained 26 households on safe water treatment. To him the experience was worthwhile.

The commitment and willingness by the youth is immense and they fight all odds and circumstances to ensure they achieve their goals in alleviating human suffering and staying true to the code “Always There”
Nyeri Branch Youth Receive Tender

Nyeri branch youth will soon be printing all the central region walk forms

By Kelvin Njenga
Volunteer, Tharaka Nithi Branch.

One of the most common problems faced by the youth is the lack of resources. In almost all the youth meetings, an issue revolving around the lack of resources is usually raised. One of the roles of the youth committees as stipulated in the Youth Policy is to initiate and oversee resource mobilization activities. Most of the youth committees however are inadequate in this department. Some of the youth treasurers end their tenure without ever handling financial matters that are directly related to the youth.

The youth in Nyeri are perhaps the most active in terms of resource mobilization. They recently bought a printing machine that can print a wide range of items including plates, cups, t-shirts, pens and scarfs.

“We bought a laptop and a printing machine last year, and we plan on using them to create income for the youth” said Millicent, the Nyeri branch youth chairperson. “We bought the laptop and the printer using the 10% of the money collected during the Nyeri Branch Walk of 2017.” She added.

Youth Jobs!

We bought a laptop and a printing machine last year, and we plan on using them to create income for the youth

Millicent Wainaina,
Youth Chairperson
Red Cross Nyeri Branch

According to the KRCS Youth Policy, under article 14 (financial provisions), clause 14.2, at least 10 percent of all the funds raised by the branch should to be allocated to youth projects.

“Nyeri Branch Youth received Kes. 179,000 from the branch after expenditures were deducted from the total money collected after the walk”, pointed out Millicent. She added that the youth plan on buying another printer that will be used in bulk printing of certificates, walk forms and other documents.

“We have received the tender to print all walk forms for central region this year”, said the youth leader proudly.

“All the proceeds from this project are to be used to support the youth agenda in the branch. We plan on training the youth on how to use the machines so that they can all actively take part in this project.

We are family

Thika Branch shares their secret on what keeps them united as the youth

By Asunta Wambui
Volunteer, Thika Branch

Unity is one of values that promotes positive progress of any group of people whether young or old. A great culture was created at Thika branch that has ensured the unity of the youth members and volunteers of the branch.

Almost every Sunday, the Thika Branch youth department ensures that the youth carry out a home visit. A home visit is an activity whereby youth members visit other youth members at their home and help in cooking, cleaning and other chores. The home visits give the youth a chance to network, socialise and recruit new members. The youth interact by playing games, doing chores and watching movies. Home visits also give youth the opportunity to follow up on inactive
members, support members who are grieving or are facing other problems and also celebrations such as birthdays.

On 26th January 2018, KRCS Thika Branch youth embarked on a long journey to Kisumu to support a youth member who had lost his brother. They actively participated in the fund-raising activity to cover the burial expenses. The youth also offered psychosocial support to the bereaved family members.

By Kelvin Njenga
Volunteer, Tharaka Nithi Branch

Wake Of New Dawn For Murang’a Branch Youth

Regional Youth Chairperson & Branch Coordinator Help Murang’a Youth Elect New BYC

By Kelvin Njenga
Volunteer, Tharaka Nithi Branch

Murang’a branch youth group has been facing a lot of challenges after most of the elected leaders of their Branch Youth Committee (BYC) left Murang’a county due to several reasons including: Completion of their studies in Murang’a, getting jobs in other counties and so on.

On 3rd February, 2018, the regional youth chairperson for KRCS Central Region, Mark Kang’au, visited the branch and convened a youth meeting to elect new members of the BYC. He was accompanied by Kelvin Njenga, the Youth Chairperson of Tharaka Nithi Branch and assisted by Karen, the Murang’a Branch Coordinator.

The meeting started at 12:00 pm after some demonstrations on emergency evacuation led by Steve the RCAT team leader for Murang’a County. After a few words of encouragement and guidance from Mark, Njenga and Karen, the youth conducted the elections. Peter Mwai and Carol Njeri were elected as the Chairperson and the vice chairperson respectively as other members took the other positions.

“Murang’a branch is lucky to have a Branch Coordinator who was a youth chairperson herself and so she understands youth issues. Consult her and work together to reclaim the lost glory of Murang’a Branch”, advised Mark Kang’au.

Peter and his team vowed to reclaim the glory of Murang’a youth. This, they said, will be done by recruiting more youth into the branch and organizing activities to ensure that members stay active. The new team also

Great Again!
Reclaim the lost glory of Murang’a Branch youth
Mark Kang’au,
Regional Youth Chair, Central Region.

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KENYA RED CROSS
SERVE ONE ANOTHER
Wanna go to Norway?

Kenya Red Cross Youth to live and work in Norway

By iVolunteer Crew
Tharaka Nithi Branch

Kenya Red Cross Society has dedicated itself to support the youth through mentorship. Whenever possible, KRCS organizes trainings and other programs to promote the gradual integration of the youth into Red Cross. These programs are usually held at the branch, region national and international level.

This year, KRCS has organized an exchange program between KRCS and the Norwegian Red Cross. The program will involve KRCS youth living and working in Norway and Norwegian youth living and working in Kenya. It has been run before in Kenya and other countries such as Madagascar (Last year). The program is set to run for 9 months starting April 2018.

Speaking to the iVolunteer Crew on Thursday, 1st February, 2018, Mr. Shadrack Musyoka said that this will be a great opportunity and he encourages everyone eligible to apply.

"I am a product of the KRCS – Norwegian Red Cross exchange program", said Shadrack with a smile as he recounted his experience. "I submitted a handwritten essay alongside my CV and cover letter as I applied for the program. They loved the essay and I was incorporated into the program for a year" he said proudly. "The youth should grab opportunities like this and make them count." He added.

The exchange program will give youth from the two national societies a chance to interact with and learn from each other. Their tasks will include: capacity building, supporting the on-going youth activities, facilitating leadership trainings etc. The deadline for the application is 16th February 2018.

Apply!

I am a product of the KRCS – Norwegian Red Cross exchange program
The youth should grab opportunities like this and make them count.
Shadrack Musyoka, Youth and Volunteer Manager

What you need

1. **Cover Letter**
   A letter of introduction accompanying your CV. Should specify reasons why you feel you should be selected.
   [http://resumegenius/cover-letters-the-how-to-guide](http://resumegenius/cover-letters-the-how-to-guide)

2. **CV**
   An updated curriculum vitae with date of birth and volunteer experience indicated.

3. **Medical Report**
   This can be obtained from any recognized hospital in Kenya by the Ministry of Health

4. **Certificate of good conduct**
   Can be applied from Huduma Centers at Kes. 1000 or www.ecitizen.go.ke for Kes. 1077. (Form should then be submitted to Huduma Center)

5. **Kenyan Passport**
   Register on: www.ecitizen.go.ke fill, download and print the form. Form should be submitted in person to the immigration office at Nyayo House

Documents to be submitted to: musyoka.shadrack@redcross.or.ke and/or youth@redcross.or.ke

In case you need guidance while applying for the required documents, contact the iVolunteer Crew for FREE assistance
IFRC/ Peace First Design Sprint
Central Region Youth goes to Geneva as an impact designer

Mini-grants, digital and onsite mentors, innovation accelerators to be offered to youth to empower them to come up with projects

By iVolunteer Crew

In preparation of the 100th year anniversary of the International Federation of Red Cross and Red Crescent (IFRC) in 2019, the IFRC and Peace First organization have joined hands to conduct a worldwide youth empowerment program. Peace First has been on the forefront of supporting youth projects in America for the past 25 years and through Red Cross, they want to have a global reach.

IFRC and PeaceFirst organized a Design Sprint in Geneva, Switzerland and invited over 19 impact designers from different countries to help design a campaign that would impact on the lives of thousands of youth all around the globe. Among the invited members was Kelvin Njenga, the youth Chairperson of Tharaka Nithi Branch.

"IFRC and National societies typically organize programs and invite the youth to participate. We want to change the narrative by empowering youth to come up with their own projects and seeing them through" said Shaun Hazeldine, the IFRC director of innovation at the Design Sprint.

2500 projects from 80 countries will be beneficiaries of this program. 100 of them will be given support in terms of grants, digital and onsite mentors, trainings and so on. The youth spearheading these projects will then be invited to accelerators that will help them make their projects better.

Out of the 100, ten youth will be invited to pitch their projects at the 100th year anniversary celebration in Geneva. The ten will also receive grants of between 2 – 3 million shillings.

The program will be launched by the IFRC president at Solferino. The youth in Kenya should start thinking of initiatives they can start that could have an impact on the community.

Word

The youth in most cases are usually viewed as a problem to be solved or as “leaders of the future”. Its the high time we change that narrative

Erick Dawson,
Founder of PeaceFirst.org
Volunteering with passion

FELICITA NKATHA: There is always joy in serving people and working with communities

By Francis Kiama
Volunteer, Tharaka Nithi Branch

I was privileged to speak to one of the youth volunteers in our region. Felicita Nkatha is excited to share her story.

“There is always joy in serving people and working with communities,” she begins.

Her journey started way back in childhood where she could visit children’s homes from her church activities. She was also a member of various clubs in school from where she continued discovering her passion.

Felicita remembers joining the Red Cross Society around 2012, right before she joined campus. She took part in various activities but not limited to cleanups, children’s homes visit, anti-jigger’s campaign and blood donation drives. She derives pleasure in volunteer work which helps her grow, discover herself, socialize and appreciate other people she meets through her interactions.

All that has culminated into immense success which she is more than proud to share with us.

Achievements

a) Having participated in the African Conference of youths on Climate change in Kampala, which has helped her organize and coordinate training sessions with youths on UN Sustainable Development Goals (SDGs)

b) She is part of Green Love Movement from Meru county that takes part in planting trees as well as creating awareness on social media about nature conservancy

c) She is a force to reckon with especially an inspiration to her fellow youth who admire her spirit of volunteer work

d) She is proud to be associated with success in her society which has benefited from her work.

CALL FOR APPLICATIONS

Position: Regional Youth Secretary
Region: Central Region

Duties & Responsibilities
1. Record and keep records of all the regional youth committee meetings
2. Maintain a calendar of events and activities
3. Provide publicity for regional youth activities
4. Custodian of all youth communication
5. Work with the vice chairperson to notify members of upcoming activities
6. Maintain a record of service activities and volunteer hours served
7. Perform other duties as directed by the chairperson

Requirements
1. Must be a registered youth member of central region
2. Must be willing to commit himself/herself to the duties of a secretary as indicated above.
3. Curriculum Vitae
4. Cover letter

Send the above documents to: markkangau.kinwere@gmail.com
Application Deadline: 22nd February 2018.