Understanding Central Region

By Mark Kang’au
Regional Youth Chairperson, Central Region.

Our recent discussions on central youth Red Cross WhatsApp group revealed the need to understand our general Kenya Red Cross Society organizational structure with special focus on central region.

Informed by the inauguration of the Kenyan Constitution in 2010 and a review of the Kenya Red Cross Society Act, Kenya Red Cross Society had to restructure to serve as an auxiliary to National and county governments. This also saw the review of the Kenya Red Cross Society constitution to create county branches as set out in article 31 to 37 of the Constitution. Central region is no exemption, it has a presence in eight counties in the region with eleven branches and three sub-branches.

Be Wary of Fake Job Ads

We don’t charge applicants any registration fee

In this digital age, one should be very careful not to fall prey to online fraud. The fraudsters usually target the youth who are mostly unemployed and give them promises of money or jobs.

Recently, there has been a fake recruitment advertisement that was doing rounds on social media. The post claimed that Kenya Red Cross was recruiting workers. We thank the KRCS PR team for quickly invalidating the Ad.

The following was posted on the official KRCS facebook page: “Kenya Red Cross Society (KRCS) only advertises jobs on its official platforms and daily newspapers. We also do not charge applicants any registration fee.”
Love From The Veins

#ShowYourLove: Kenya Red Cross Youth from Central Region join others in donating blood on valentines day. 2000 Pints of blood were collected countrywide.

By Francis Kiama
Volunteer, Tharaka Nithi Branch

This years' #ValentinesDay, Kenya National Blood Transfusion Service (KNBTS) in partnership with the Kenya Red Cross Society and organizations such as Pledge 25 Kenya and the Ministry of Health to name but a few rolled out a nationwide blood donation drive dubbed #ShowYourLove in Nairobi at Kenyatta International Convention Centre KICC and in 22 KNBTS sites countrywide. The aim of this exercise was to boost the national collection of blood across the country. In the Central region, the exercise was carried out in Embu, Nyeri and Thika branches. This saw the youth in those branches come together to assist in the exercise.

"We were able to collect 160 pints in Thika and even referred some donors to Thika Level Five Hospital Satellite due to the high turnout," says Asunta who was stationed in Thika.

"In Embu, we managed to collect 110 pints. Most of the donors are youths and we need to have more of these of events," said Pius, a volunteer from Embu Branch. Kimaru, who was stationed in Nyeri says that there is a need to educate the public on the need of donating blood and its importance in saving lives. He recommends that the donors can be motivated by sending them a message any time their blood is used to save a life.

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Ben Kimaru
Volunteer, Nyeri Branch
Stay Safe, Use Condoms

#InternationalCondomsDay: Youth take to the streets to urge fellow youth to use protection when having sex.

By Eugene Nam & Carol Njeri
Volunteers, Tharaka Nithi & Muranga Branch

Many youth would prefer spending the 13th & 14th of February going out on dates, cuddling, “Netflix and chilling” among other things. The youth in central region however, decided to create awareness on sexually transmitted infections through the distribution of condoms and community sensitization.

Embu Branch Youth partnered with the National Aids Control Council (NACC) to mark the International Condoms Day. The youth worked hand in hand with the NACC in mobilizing the residents of Embu town, Dallas, Majengo, Garage, Gakwegori and Kangaru. The residents were educated on effective ways of using condoms. They were also educated on the importance of using condoms. The volunteers used skits to create awareness of STIs and HIV.

Tharaka Nithi
In Tharaka Nithi, the youth from Chuka University Chapter, led by the chairperson Stacy Amollo, conducted a door to door campaign on condom awareness. They distributed 10 boxes of condoms each containing 144 pieces. The condoms were distributed to people around Chuka University in neighbourhoods such as Ndagani, Eastlands and Tumaini Estates.

“Some people are still shy to talk about condoms. To them it’s like a taboo and it is our duty to enlighten them” said the Chairperson of the chapter.

Murang’a Branch youth were not left behind, they visited Shinner’s Technical college in Makuyu Town. Salome Karuri, Stephen Otieno and other Murang’a Branch youth sensitized the students to protect themselves from HIV/AIDS and STIs through the use of condoms. The youth also demonstrated the proper use and disposal of condoms. The students later joined the volunteers in distributing the condoms in Makuyu, an act that was highly appreciated by the public.

10,000
We distributed over 10,000 condoms at Shinners Technical College and Makuyu Town
Carol Njeri
Murang’a Branch

Condom Shy
Some people are still shy to talk about condoms. To them it’s like a taboo and it is our duty to enlighten them
Stacy Amolo
Tharaka Nithi Branch

Embu
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Youth STARS
Celebrating KRCS youth

Our star today, Samuel Wangila Wanyonyi, from Kiambu branch is an active member and volunteer for over ten years. He is well known for his passion in water rescue and his leadership skills which has seen him be the KRCS Kiambu branch youth officer, a member of KRCS Kiambu branch youth committee, Kiambu county security focal person and KRCS kiambu county RCAT leader.

“I am passionate about humanitarian work especially in matters pertaining to saving lives”, Wangila said as he explained what keeps him going. He has received various awards for his exemplary humanitarian work One of the most recent being Queen Elizabeth service medal award for the category : humanitarian field African region. Samuel Wangila hopes to set an example and motivate other youth to surpass normal and aim for greater than great.

One of his outstanding traits is the passion of helping others. He has been involved in many rescue operations and even underwater body recovery ops. Samuel is always eager to teach on water rescue, diving giving swimming lessons without charge and many have had the privilege of learning a few tricks from him. He hopes to see more people around the world caring and supporting each other regardless of tribe, skin color or race.

By Asunta Wambui
Volunteer, Thika Branch

Water Rescuer | Kiambu County RCAT Leader | Kiambu Branch Youth Officer | Kiambu County Security Focal Person
To many this is a trendy name that has been circulating social media with many curious about what it entails. Jiactivate a program that gives youth a platform to be heard. Its main aim is to empower the youths to know their rights and learn how they can grow despite the challenges they are facing.

KRCS Nyeri branch and KRCS Murang’a branch had the privilege of hosting the activity. Nyeri branch was able to host 130 youth from various youth groups in Nyeri County while Murang’a hosted youth from Murang’a and Karatina.

Murang’a youth focused on matters of corruption, health and drug abuse which has been a major challenge to them. They learnt that they need to take charge as youth to be mentors and problem solvers. Participants were given Jiactivate branded t-shirts and wrist bands.

"The experience was awe-inspiring and enlightening. I got to know my roles as a citizen of Kenya and had the privilege to be learn more on gender based violence, HIV/AIDS and on responsible sex behaviour", said Millicent a volunteer from Nyeri branch.

"We are doing county forums and online engagements" said Alex Ayub, Vice Chair, Jiactivate.
The youth program engages the KRCS youth through the 4-part youth program. This includes: Protection of life and health, dissemination of Red Cross Red Crescent principles, community service and promotion of National & International friendship & understanding. Under community service, the youth engage in voluntary work in order to help people in their areas.

On 5th February 2018, the youth from KRCS Chuka University Chapter organized a mega donation activity as part of their community service for the activity for the first quarter of 2018. Joined by Peace Ambassadors of Kenya (Chuka University), Kenya Kids Connection, AIESEC, Home of Talent, and the Rotaract Club, they mobilized their fellow students and the Chuka community to donate food, cloths, money etc. The activity lasted 12 days. On the 12th day, the youth assembled at one of the university halls and consolidated all the donations.

“We received overwhelming donations that storing them became a challenge.” Said a member of the chapter. “We are however very happy that people have embraced the culture of giving. We appreciate everyone who made this activity a success,” she stated.

Victor Muthoga
Volunteer, Tharaka Nithi Branch

The youth were happy to interact with many groups from all over the county as it was an opportunity to disseminate and recruit more members into the organization.

Keep Your Town Clean

Tharaka Nithi Branch Youth partake in a clean up activity with the Governor

Kelvin Njenga
Volunteer, Tharaka Nithi Branch

On 5th February 2018, The KRCS Tharaka Nithi Branch Youth joined others in a cleanup activity that was organized by the governor of Tharaka Nithi County, H.E Muthomi Njuki.

The governor had recently been inaugurated as the Patron of KRCS Tharaka Nithi Branch. The county government promised to partner with Red Cross in the alleviation of human suffering. In the cleanup exercise, the county government provided tools and equipment to be used in the exercise such as wheelbarrows and overalls.

The youth were happy to interact with many groups from all over the county as it was an opportunity to disseminate and recruit more members into the organization.
You will be here for me
And be sure that I will always be here for you
My great wish is unity and love
On this vicious journey of life
Hold onto my hand
I will hold onto yours till the end
Don’t let me drift into oblivion
When there’s something you can do

It ain’t my wish to be on the verge of death
We never know of tomorrow
Only God knows of the future
It could be you on this death bed
And wish that someone would just hold your hand
Give you life
Does anyone care?
How I might leave my family in grief?
My children calling out “mama”?
As I drift slowly into the unknown
Will you live in regret that there is something you could have done?
We don’t know where we are going
But where we’ve come is way too far
To just stop and watch me disappear
Make this change and be proud
Behold and say, “I gave her that smile”
Hold onto my hand
I will hold onto yours till the end
Don’t let me drift into oblivion
When there’s something you can do

Into Oblivion
By Polly Kendi
Miss RCRC
Tharaka Nithi Branch Youth Prepare for the First Aid Competition 2018.

**Kelvin Njenga**
Volunteer, Tharaka Nithi Branch

In order to enhance the efficiency and effectiveness of the KRCS emergency responders, KRCS holds First Aid Competitions every year. The competition starts from the branches and proceed to the national level. Last year, a Central Region Youth took part in the competition and made it up to the National Level. Kiambu RCAT team and PCEA Nanyuki emerged top in the RCAT & Junior category respectively. Asunta Wambui from Kiambu, bagged a prize for being the Best RCAT first aider.

In preparation of the Competitions, Tharaka Nithi Branch youth held an activity where they conducted first aid Demonstrations. They practiced crucial areas such as how to make the scene safe for the First Aider, bystanders and the casualties among other things. The first aid competitions at the branch level should be held before the end of March, 2018.

### County Level
To be held during the first quarter on or before 31st March 2018

### Regional Level
To be held during the second quarter on or before 31st June 2018

### National Level
To be held during the third quarter on or before 31st September 2018

What Is Your Story?

The KRCS Youth Chronicles tells the story of the youth in their own words. It gives you a platform to share your experiences with the world.

*Share your story through your youth chairperson*

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Keep a Girl in School
Kabare Girls Red Cross Club holds a charity walk for the needy girls in their school

By Emily Lucia
Volunteer, Embu Branch

On 27th January Kabare Girls’ Red Cross club in collaboration with St Johns Ambulance club came up with an idea to raise money for the needy girls in the school. What started as a small idea culminated to a beautiful event.

The main objective was make the girls feel loved. The girls had an awareness walk and raised some funds to show love to their sisters.

The girls braved the hot sun and a dusty road. Christine Sitati, from the region, was invited as the chief guest. She gave a speech that encouraged positive behavior change among the youth.

The girls later organized a blood drive where 180 pints were collected. They plan on making this an annual event.

Behold, The New Regional Youth Secretary

Monica Kahariri 24, from Laikipia Branch, is the new regional youth secretary. The co-option was done by the regional youth committee on their quarterly meeting on Saturday, 3rd March 2018 at Maragwa Branch. Monica was selected from a pool of 5 other applicants.

“I have known Monica for some time now, she sits in the Laikipia County youth committee as the secretary. She is a dedicated member and has outstanding leadership qualities. She was part of the organising team during the Laikipia youth camp (Which turned out great),” said Amos, the Laikipia county youth chairperson.

Monica loves travelling, reading novels, writing articles and volunteer work. “I am a proud volunteer who is happy to see the society grow,” she said.