

# SCOPE SUCCESS STORY

## KENYA



Rehema Mohamed facilitating a Care Group lesson in Olekasasi, Kajiado North with young mothers patiently listening.

USAID/World Relief. Photo by Stella Odaba, World Relief Care Group Supervisor

### NAME AND ROLE

Rehema Mohamed, Care Group Promoter and community health volunteer

### LOCATION

Kajiado North Sub-county, Kenya

### SUMMARY

SCOPE's Care Groups are working to facilitate faith-sensitive family planning conversations with women of reproductive age in Kenya.

[WORLDRELIEF.ORG/SCOPE](http://WORLDRELIEF.ORG/SCOPE)

## CARE GROUPS SUPPORTING FAMILY PLANNING IN KAJIADO COUNTY

Reproductive health is usually not openly discussed among Muslim communities in Kajiado, so holding a community meeting with women to discuss family planning matters is challenging. Rehema Mohamed, a dedicated Care Group Promoter who lives and serves in a predominately Muslim community in the Kajiado North sub-county, can facilitate these transformational conversations because of the deep trust she's developed with this community.

An unmarried mother 22 years of age, Rehema holds a diploma in community and social development. Rehema is part of the SCOPE's Care Group training and uses this approach to transform others in her community. Rehema believes that "one transformed woman is the start point for the change to other women of this community." Armed with the skills she's developed, Rehema is mobilizing women of reproductive age in the area and has successfully introduced the Care Group model in areas where religious beliefs have made it difficult to carry out family planning.

*"One transformed woman is the start point for the change to other women of this community."*

- Rehema Mohamed

Through Care Groups, Rehema is proudly championing better health for women and children through family planning messages learned in SCOPE's Care Group training. She has been able to bring together women of reproductive age who could not speak in public on matters of family planning and sexual reproductive health and is in these meetings. These women are further mobilizing

other women in their neighborhood to share health messages challenging current culture and beliefs.

Rehema proudly shared about how another young woman in her group is championing for better healthcare for women and children: “Zuleka of my group has given me the energy to share in the Care Group meeting a lot by seeing her reach more women of age and community with this messages that I share to save the lives of their children.”

### ABOUT CARE GROUPS

Care Groups are small community groups of six to ten women who are neighbors. These community-based health educators meet regularly to discuss health challenges and share experiences on how to address them. They then share what they have learned with their neighbors, creating a multiplying effect.

Over the next five years, SCOPE Kenya will help 9,500 Care Group volunteers will reach



Rehema Mohamed sharing Lesson One to Care Group volunteers of the Badaso Care Group.

USAID/World Relief: Photo by Stella Odaba, Care Group Coordinator

57,000 households on RMNCH and family planning social and behavior change communication messages.

*This story is written by Adrrian Simiyu, World Relief Care Group Coordinator.*