



Impact Report 2020 – 2024

We believe all women can embrace who they are, can define their future, and can change the world



Our Purpose



We are a UK charity that supports girls and women fleeing gender-based crimes predominantly in Kenya but also in the UK.

Every penny counts when it comes to educating the girls in Kenya and giving them the opportunity to become role models when saying no to gender-based crimes.



About Us



One Woman At A Time was established in 2018 and is a charity dedicated to improving the lives of women and girls in parts of Kenya and the UK who are severely disadvantaged by social or economic circumstances. The charity actively works with survivors of gender-based violence, including those affected by female genital mutilation, domestic violence, forced marriage, and child marriage. By funding education and vocational training, women are given the skills and knowledge to create sustainable change for herself, her family and thereby transforming her community.



How We Started...

It began with a chance meeting in 2012 of two women who lived 5000 miles apart. Jean Anderson a retired midwife from Lancashire, found herself in rural Kenya travelling in a makeshift ambulance with a Pokot tribeswoman, Margaret Lulimas, who was dying following complications in childbirth.

The connection that these two women made, and the responsibility that Jean took on for Margaret's children's education, became the catalyst of a small movement of empowered women whose mission is to empower other women who do not have choices.

Margaret Lulimas represents all of the women who have died in childbirth and she will not be forgotten.

We currently support over 300 women and children.



Charitable Activities



In West Pokot in Kenya, 44% of women are forced into female genital mutilation (FGM) from the age of 9 and the illiteracy rate for the whole community is 67%. But this could be higher in remote villages.

Nurse education: Pokot has very few nurses who speak Pokot so the charity has spent considerable time building relationships with a local hospital in Kenya and currently supports nurses in Kenya through funding their tuition fees and their university education. The charity is currently funding 10 Pokot speaking nurses on a 3-year nurse training programme.

The effect of this will be twofold: (1) the women will gain education, empowerment and employment; (2) the women will go back to their community and give back to their community and in their own language will mentor other children as well as create awareness on harmful cultural practices including FGM, child marriage and other forms of gender-based violence.



Rescuing Girls in Pokot, Kenya...

By 2021 in the Pokot region of Kenya, the charity while working with local partners and learning institutions, had rescued a number of vulnerable girls from child marriage, FGM and poverty.

The table represents the number of women rescued in Kenya to date:

We are unique as through direct liaison and regular communication directly with the actual locally based organisations in Kenya, we can trace exactly the outcome of every girl sponsored through our charity.

	2022	2023
Girls primary school age	36	14
Girls secondary school age	34	52
Students being funded through college	3	6
Women training to be nurses	10	10
Funded through university	3	5
Total women rescued	86	87

Our progress to date...



To date (as at 2024), the organisation while working closely with and supporting local based organisations that they partner with including local schools, have been able to collaboratively rescue over 100 girls from abuse and violence and provided them with safety, psychological support, health and education.

The charity has given them refuge, education, safety throughout their school years. Liaison will take place with their families, so they can return home during holidays and if they are deemed in danger, they will kept in places of safety.

Shamagreen Academy. Eldoret





ONE
+WOMAN
AT A TIME

Extemp. Poem:

You
were just created
like any other, you are
very beautiful just as Venus
in the blue sky. You have beautiful
ladies and handsome men over, you have
penguins over there in Antarctica, having people
Cross and their Atlantic ocean of all the ladies
you have many seas and oceans of blue waters
Having many minerals, gold, copper, lead, iron.
Having many physical features there here mountains
and hills. Good transport network, Owerri, Lagos, Borno, Dekar, Oh lovely
Earth.

By Cecilia.

BT

CECILIA ANNE

Funding Training:

The charity is working to provide vocational training to help women achieve financial independence and empowerment. The charity has financially supported vulnerable and disadvantaged women to access and pursue different skills training and courses including, driving, excavators, seamstresses, and IT.





Collaborative Activities:

The charity worked through and supported local groups and activists to carry out activities during the 16 Days of activism.

Some of the other activities that the charity supported included Alternative Rite Of Passage activities. We work alongside the World Health Organisation to offer the girls an alternative 'right of passage' rather than have the girls cut. We fund transport, food etc to take Moses and his team to marginalised areas around Kenya to spread the word about alternatives to FGM.

Moses Lokeris Coordinator,
One Woman At A Time, Kenya







Training Police in West Pokot, Kenya

The Charity supported local groups and activists to conduct Training and Capacity strengthening of Police Officers in West Pokot to enhance their knowledge of FGM and Child Marriage. The training was aimed at enabling the law enforcers to understand the health and psychological consequences of the practices and to promote their active role in, enforcing the law, dignified survivor handling and prosecution of perpetrators.

FGM is illegal in Kenya but in remote areas, it still prevails. Many of the law enforcers, considering they come from different communities and diverse backgrounds, have limited capacity of the dangers of these vices and how they negatively impact the lives of those affected. For successful protection of girls and women from harm and abuse, there is need to strengthen all measures, including identifications, prevention, arrests and successful prosecutions. This therefore means all stakeholders mandated to do this are knowledgeable and aware of their active role and responsibilities.

The program was very impactful and has strengthened coordination and collaboration among stakeholders both state and non-state actors. More support is still required to sustain the program and train more law enforcement team considering the regular transfers.

Supporting Literacy:



In 2022, the Charity worked with additional American charities to create the Elizabeth Rose Library as the school had no library.

In partnership with 'Books are Power', the library has received over 200 picture books for the children – these were the first books these children had ever seen.



Providing sanitary supplies:



At Kapenguria women's prison, the Educational Beauty Parlour within the prison teaches women hairdressing skills to reduce re-offending rates. We have supplied personal hygiene packs and resources to expand the Trauma Technique Training.

Due to Covid and its aftermath, we have not been able to visit Kenya or transport the supplies, but a trip is planned for November 2024.

Awareness Raising in the UK:



We continue to raise public awareness through media collaboration, amplifying the message around the issue of FGM and early forced marriage (EFM) to the wider community.

During 2022, we have expanded our awareness raising exercises in various schools based in the North West (UK). We trained 300 UK pupils on FGM, gender-based violence (GBV) and created a report and two films as an outcome of this work.



Awareness Raising in the UK:

One Woman At A Time ran an FGM online zoom Seminar in July 2020 for police and partner agencies to educate, empower and raise awareness of FGM.

A serious case of HBA : One case we dealt with highlighted serious safeguarding concerns and that there were gaps of knowledge of statutory agencies in respect of dealing with HBA, FM and FGM. This was reported to the safeguarding lead in Cheshire and Angie as the Chair of Cheshire Constabulary's Diversity Equality and Inclusion Board also reported her concerns to Cheshire police. 31 July 2020 FGM training session on safeguarding and child protection legislation to Schools Designated Safeguarding Leads Network

Angie Power on behalf of OWAAT, was invited to run an FGM training sessions on safeguarding and child protection legislation to the Greater Manchester Schools Designated Safeguarding Leads Network. The sessions were well received and positive feedback was given.

FGM Crime Stoppers 2021

1. OWAAT supported the Crime Stoppers FGM campaign and circulated the campaign materials and took part in an online conference.
2. FGM, Honour Based Abuse and Forced Marriage project in Belfast with Somali Women's Action Network.
3. Angie Power and Jean Anderson are members of the 2 Greater Manchester FGM Safeguarding forums and have been actively involved in sharing OWAAT's work with Operation Limelight, UK Border Force and training in schools and to professionals across the North West.



Awareness Raising in the UK:

Safeguarding HBA forum in Greater Manchester 2022 – 2024: OWAAT are members of the Greater Manchester FGM safeguarding forum. We have raised the issue of rolling out training in schools across Greater Manchester. In addition, reported back to the group the above 2 HBA, FM and FGM projects and success.

Crown Prosecution VAWG Strategy consultation for 2025: In August 2023, OWAAT (Angie Power and Jean Anderson) were invited by Jasy Narwal the Crown Prosecution Service Lead for HBA to participate in a Violence Against Women and Girls consultation exercise in Manchester. The aim of the consultation was to bring all partner agencies and NGO's together to identify proactive strategies to tackle the new VAWG Strategy for 2025.

The event provided a fabulous opportunity to bring to the table the work that OWAAT has done in the UK, Belfast and in Africa. It highlighted the work we do in respect of prevention through early intervention of training, awareness and education at grass roots level Africa.



Awareness Raising in the UK:

The joint National Police and Crown Prosecution Service HBA stake holders Committee

Angie Power has been an active member of the strategy group for 4 years National Police and Crown Prosecution Services HBA stake holders Committee. This group oversees all aspect of managing, safeguarding, risks assessing HBA, FM and FGM at national level. It is the government advisory committee that determines all actions, and strategies in respect of policing and managing HBA, FM and FGM across the country. Their remit is to bring together all experts in this field to collectively create workable policy, procedures and national guidance in this area.

Angie Power has reported all of the work that OWAAT has been involved in on HBA, FM and FGM. Jean Anderson became a member of the stakeholder group in January 2024. This is a very important group and we are delighted that OWAAT has a voice on this group. Commander Ivan Balhachette from Scotland Yard who chairs this group and the CPS lead has praised the work carried out by OWAAT and so have other recognise experts on the group.

New changes of FM and FGM Protection Orders: OWAAT were instrumental in sharing the new guidance on policing Forced Marriage and FGM Protection Orders in September 2022 to police and partner agencies in Greater Manchester and Cheshire.

Awareness Raising in the UK:

Education project in schools across Manchester and Lancaster

OWAAT ran a project in schools that educated students them about the risks of Honour Based Abuse (HBA), Forced Marriage (FM) and Female Genital Mutilation (FGM) 2019-2021 during the pandemic.

Awards for All 2021-2022 Honour Based Abuse Forced Marriage and Female Mutilation, modern slavery and trafficking

This project was to raise awareness and educate young people in high school across Greater Manchester. We also created 3 educational videos see below the film from Whalley Range High School with Miss England.



Link to the video and film link below:

<https://www.youtube.com/watch?v=917P6ScIjOI>

Awareness Raising in the UK:



Operation Limelight Manchester Airport

Manchester Airport Group training and joint Operation Limelight

OWAAT also trained the whole of Manchester Airport Group staff. This included their human resource team, security staff, Border Force staff, airport police, car park attenders and ground staff.

In addition, we also ran an Operation Limelight exercise with MAG and Greater Manchester Police (GMP). We provided the training for the Operational briefing before we went out to meet the public.

The project was highly successful. We trained 400 Manchester Airport Group (MAG) in total.

Please note, since 2023, due to funding limitations, the Charity has mainly focused on saving girls in Kenya.

Fundraising Activities:



The charity would like to thank everyone who has provided us with sponsorship and supported our fundraising endeavours.

Throughout 2022 – 2024 we held various successful fundraising events throughout the year that assisted the charity to fulfil its funding objectives. These events included medium nights, Morecambe Cross Bay Walks and sporting activities by trustees. Other activities included sponsored swimming, meals and health and beauty and wellbeing activities.

Also we reserve a special thank you to those individuals who have sponsored a girl through education and over the next pages we share some of their stories...

Mercy & Julia:



Mercy (20) and Julia (22) are two young women with a dream of a better life. Both these young women take to the streets every day to 'run with onions'. Running with onions involves pounding the streets trying to sell their goods, every day, 12 hours a day. 80+ hours a week and they will be lucky if they have made 200-300ksh a day (£10 a week) for their efforts. At roughly 13p an hour it is no surprise that their dreams are taking a back seat. Not only that but Julia also has to provide for her little boy with her meagre earnings. Mercy is Julia's right hand woman when it comes to helping with the baby Theo and will be looking after him whilst Julia attends her training. These young women deserve a chance at life.



In Mercys words, "One day I seen a lady driving a roller on this road outside. She was helping to build it. I ask her how she gets a job like this and she tells me that there is a course you can do that means that you can earn money per hour". The idea stuck and it became an ambition for both these young women. They would be the first Pokot women to drive these kinds of vehicles. But only earning 200-300ksh a day means that saving is impossible for their tuition fees, without some help Mercy and Julia will not be able to follow their dreams.

The course is 2 months long with fees 102,000 (roughly £800 each). If you think you could help in any way to help these dreams become a reality then we want to hear from you.

Three Girls Who Ran Away



These three girls ran away from their homes when they found they were to have FGM.

Salome on the right. She was bringing water from the river and her friend told her the old man visiting in her hut was arranging the transportation of cows which her family had unbeknown to her had agreed as a dowry and she was to have FGM in readiness for the marriage. As she didn't believe her she crept back up to the hut and listened and learnt of her fate.

She found the courage the next day to run away even though she had never left her visage on was going into the unknown.

Our ideal is these girls in refuge will be offered sponsorship to enter nursing school or further education.

She travelled to village to village for three months until she was found and handed to the refuge. On being returned to her parents she was told she was no longer their daughter as she had brought shame to the family.

The refuge has been her home for three years and she is now in further education.

Iyang



You too could sponsor a girl through school and change her life for a small donation each month...

Iyang is a three year old Nigerian girl who suffers the stigma of albinism. Her father is a security guard who earns just £23 a month as can't care for her.

In the rural area she lives this is seen as a sign of being a witch and no school will accept her. She is also at risk of being stolen as this is really hard even for me to write... but she can be used in witchcraft as potions for good luck and healing.

One Woman At A Time has promised when funds are available to be able to sponsor more children and to help with their community education and training

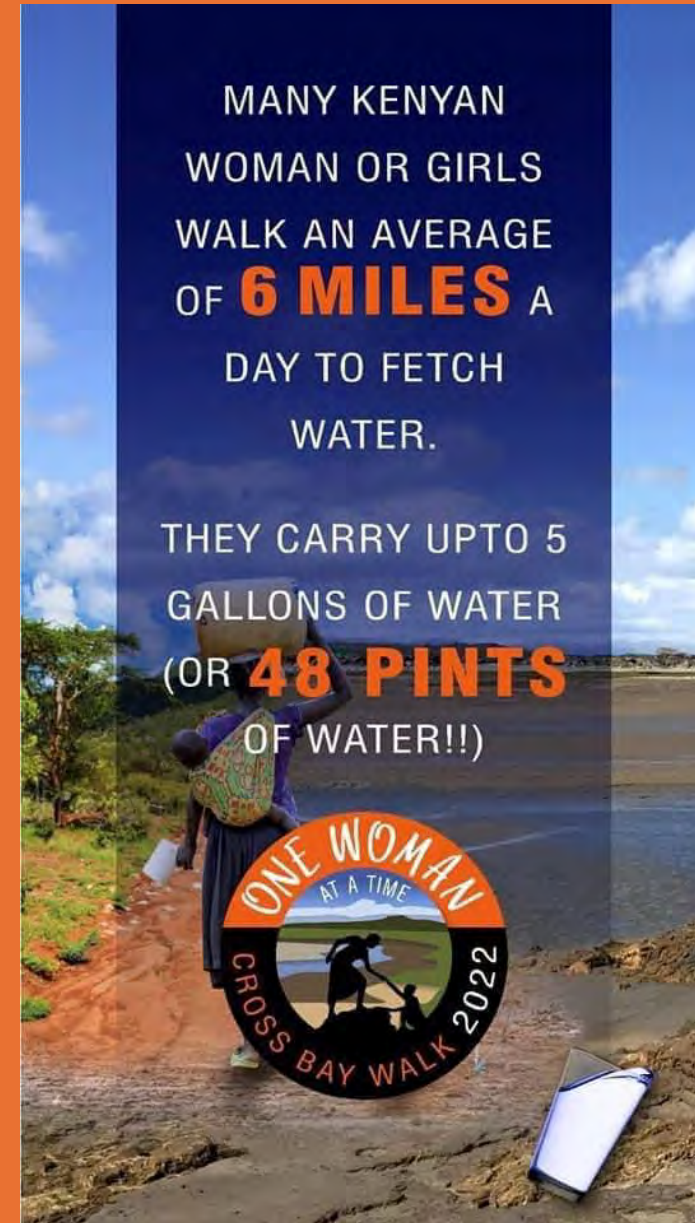
Future Plans



Within West Pokot, there was no support for posttraumatic stress or trauma. Trauma Tapping Technique (TTT) is a renowned technique to reduce post-traumatic stress and the technique is used all over the world by the Peaceful Heart Foundation. One Woman At A Time has already taught some teachers and school children how to use this technique, but would like to bring this training to Kenya by a trained Kenyan. Plans have been drawn up and a budget made for when we return to Kenya to take this into Ortum Primary School for the teachers to have a seminar and to carry on our work in the women's prisons.

Future Plans

Every day in Shamagreen Academy, 55 primary school children aged 5 to 11 years have to walk 7 miles with jerry cans to collect water for the school. As a result, we are looking to liaise with organisations who are installing water supplies in Kenya to assess the feasibility of installing a water supply.



Fundraising Activities

The charity cannot underestimate the effect Covid had on the charity, restricting the ability to travel to Kenya to support the girls due to isolation restrictions in many areas. The Charity Founder and Trustees have also not been able to visit Kenya since Covid but have established good online ways of communicating (as described above).

During this challenging financial time, we need to look at consolidation and sustaining our charitable efforts. Due to the cost of living in the UK, sponsorship is harder to come by and we need to ratify our plans.

No more children will be taken on and we will focus our efforts on maintaining the children currently in our programme. Some of the plans we have made i.e. further education may have to be withheld as the main priority must be the children most likely to forced into gender-based violence.





How you can support us



Our Charity One Woman At A Time relies on sponsorship to continue our vital work of empowering girls through education, skills training, and healthcare, breaking the cycle of poverty, FGM and inequality that too many face.

Your sponsorship allows us to provide the resources and support these women need to build better futures for themselves and their communities.

By investing in One Woman At A Time, you help create a ripple effect of positive change, fostering independence, self-confidence, and hope. Your support is crucial in ensuring that these girls have the opportunity to fulfill their potential and contribute meaningfully to society.

Email: info@onewomanatatime.co.uk

Phone: 007913389009

Donate: <https://www.justgiving.com/onewomanatatime>

Website: <https://www.onewomanatatime.co.uk/>

Registered Charity: 1183863

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Educating, supporting and empowering women



Report produced by
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One Woman At A Time, August 2024