



# ANNUAL REPORT 2017



**TICAH**  
Trust for Indigenous  
Culture and Health





**TICA H**  
Trust for Indigenous  
Culture and Health

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# OUR STAFF



TICAH is made up of a dedicated team of people with one foot in culture and the other in health. We are practical but we are also visionary in our outlook and in our work. We believe that beauty is powerful and truth and justice are part of that power. As a collection of people, TICAH is diverse. As an organization, we are fifteen years old. We have grown from one staff to fifteen in those years, and our work has grown in reach, in depth, in bravery, in effectiveness.

On the front row from left: Mercy Akinyi, Mary Elias, Our Executive Director is Jedidah Maina, new staff Phonsina Archane from Congo

and Denis Ngala. On the back row from left: Joseph Kirrinkel, Prisca Karachia, Jeremiah Musyoka, Gloria Anniva, Mageda Esolyo, George Chemaket, Mickreen Odhiambo, Liz Okumu and Suzanne Mieke Thomson. In absentia, John Kiranti Kileyia, and Simon Tinga Lemaron. All of us know how to listen and how to work as a team. We have growing groups of advocates, advisors, consultants, artists, musicians, healers, scientists, students, filmmakers, botanists, environmentalists and others who work with us in a wide range of different capacities.



## Mary Ann Burris

At the beginning of 2018, I officially became an Elder! Since TICA's founding in 2003, I have been its Executive Director, and now I am its Founding Director. What a joy it is to announce Jedidah Maina as TICA's new Executive Director, and to have a chance to reflect a bit on the many gifts that this work and this group of people have brought to me and to others.

In 2003 when I left the Ford Foundation and set up TICA, my dreams were many and my goals matched those dreams. I wanted to create a place where the deep connections between health and culture were recognized. I wanted to expand ideas about healing so that our traditions, our artistic expression, our values, and our rights were seen as part of health and healing. I wanted to see what it meant to walk our talk, to try to establish a team and a set of practices that embodied the humility, creativity, joy, diversity, and local agency that defines successful community work. I wanted to explore the ways that listening can become a practical pedagogy, a way of working.

What TICA is today, and the 17 full-time staff who are now our team, grew from those dreams and those goals. Today, as you will see in this 2017 annual report, TICA has a place at the table of reproductive rights activism and programming. We are unique in our ability to bring traditional herbalists and indigenous elders together to create better chances for health and for peace. We are establishing new venues for public art and new ways for artists to step into leadership and engagement. We support communities to find and act on their own answers to local issues. We have strong partners and many trusted friends and supporters. Our staff has incredibly rich opportunities to stretch, to travel, to sit at different tables around the world, to learn, and to share.

As I assume Elderhood at TICA in 2018, I will remain engaged with the Medicine Wheel program, the Healthy Seeds calendar, and the arts programs as an advisor and participant. I will remain on the Board of Trustees, and I will continue to be a cheerleader and companion to the work and to the people at TICA. And, I will step back to create space for what is next to enter. I have complete confidence in the future, in Jedidah and the TICA team, and I am grateful beyond words for the precious gifts of this vision, this work, and these wonderful people.

## Jade Maina

I joined TICA in 2007 to support the running of "Our Bodies, Our Choices" Sexuality Program. I was very excited about creating safe spaces for learning for women and girls like myself, many of whom still lacked the agency and support systems to make good sexual choices. From a staff of four, in a garden in Riverside, we have grown to a staff of 17 vibrant individuals passionate about promoting the

change. Today TICA boasts four strong programs that continue to ensure that our choices around food, health and sexuality are recognized, our voices are heard. We are honoring the knowledge from our elders and expressing ourselves through art. Our work is national and we continue to work with partners at the regional and international level. When you join TICA you join a movement that believes in creating an empowered community that shifts the way health care and service delivery responds to the needs of the community.

As our Founding Director Dr. Mary Ann Burris steps up into the elder position at TICA we celebrate you and we as a team want to say asante! Thank you for the strong values and the family you have built and for visioning us into braveness. We will continue being brave and walking in beauty.

The team at TICA wants to say asante to all our partners who have supported us in this journey. We hope this annual report will act as window to all the good work that is happening at TICA and will demonstrate the passion and commitment we continue to have for this work and for our communities. We welcome you to reflect with us on the past one-year and dream with us on the years to come.

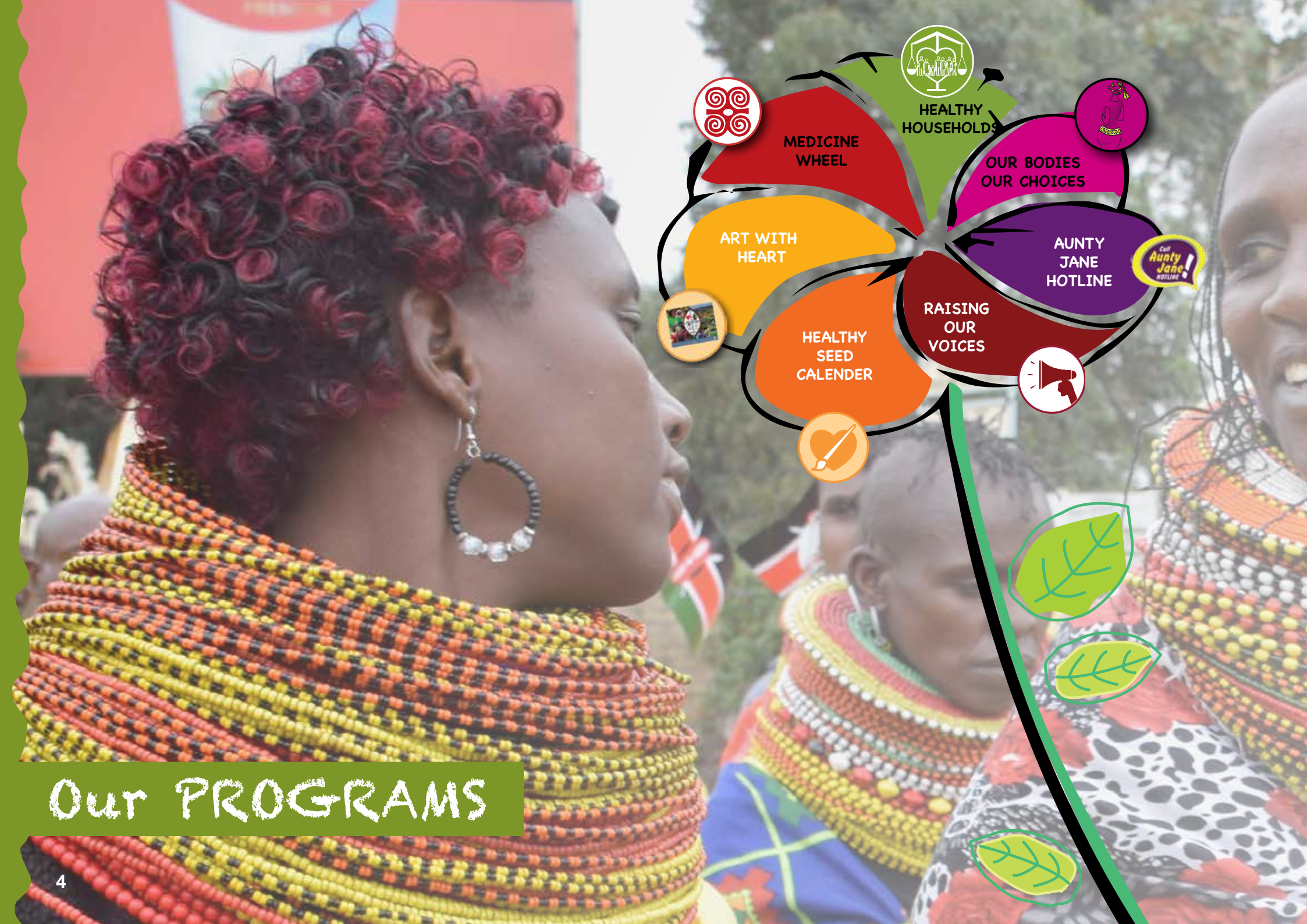
## Karibuni!



**2018** Mary Ann assumes Elderhood at TICA & Jedidah steps up!

the transition Mary Ann & Jade





MEDICINE  
WHEEL



HEALTHY  
HOUSEHOLDS



OUR BODIES  
OUR CHOICES



AUNTIE  
JANE  
HOTLINE



RAISING  
OUR  
VOICES



HEALTHY  
SEED  
CALENDAR



ART WITH  
HEART

# Our PROGRAMS



A smiling woman with traditional Maasai beaded jewelry, including a large, colorful beaded collar and a beaded headband. She is looking towards the camera with a warm expression.

1

**Healthy Households** to identify household strategies for health and good nutrition, including training in herbal remedies, improving the use of health services, encouraging local leadership, and helping our children to thrive

2

**Our Bodies, Our Choices** to encourage more honest, healthy and informed approaches to sexual life for all ages where rights and choices are respected

3

**Aunty Jane Hotline** to provide confidential, reliable information on reproductive health, services, and sexuality on the hotline numbers 0727/0751/0737/0771 101919

4

**Raising Our Voices** to create and encourage community social agency to act independently in accessing and seeking justice, happiness, rights, health services and information

5

**Healthy Seeds Calendar** Outreach working with schools and community groups using the TICAH Calendar to promote health, good values, and responsible citizenship

6

**Art With Heart** to bring art and free expression into communities and into our shared vision to create conditions for justice, health, and happiness

7

**MEDICINE WHEEL** to create opportunities for Kenyan traditional elders, healers, musicians, apprentices, students, community members, and others to build peace and connection through the exchange of knowledge about plant medicines, songs, histories, ways of teaching, food, weaving, and values.



# How WE WORK



**A**ll of our programs at TICAH are connected through a consistent approach to our work. Whether we are focusing on helping those caring for HIV-positive children take better care of those children or on creating opportunities for traditional herbalists to learn from one another and teach others, we always begin by listening. We recognize that those closest to a problem must play a leading role in addressing it. Our aim is to promote health, and we believe that how we use our knowledge, how we ask for help, and how we advocate for change increases our chances of being healthy and living in a supportive society where our rights are respected and our cultures are valued.

**O**ur work is driven by a vision of participatory engagement and a belief that there is often more than one answer to a question. While we do have goals in all of our programs, we believe that our process is also important. Our strategy for achieving our goals must itself be part of the solution. It must have integrity. We consider ourselves facilitators rather than experts, though we do bring in experts when they are needed. All aspects of our lives are linked and determine our health, so all of our programs try to take this into account. We do our best to understand the ground we are standing on and the community we are working with, so that we can work together to achieve health, happiness, security, nourishment, free expression, and good relationships.







# Our REACH



**TICAH**  
Trust for Indigenous  
Culture and Health



HEALTHY HOUSEHOLDS



OUR BODIES OUR CHOICES/MWILI  
WANGU, CHAGUO LANGU



AUNTIE JANE HOTLINE



RAISING OUR VOICES



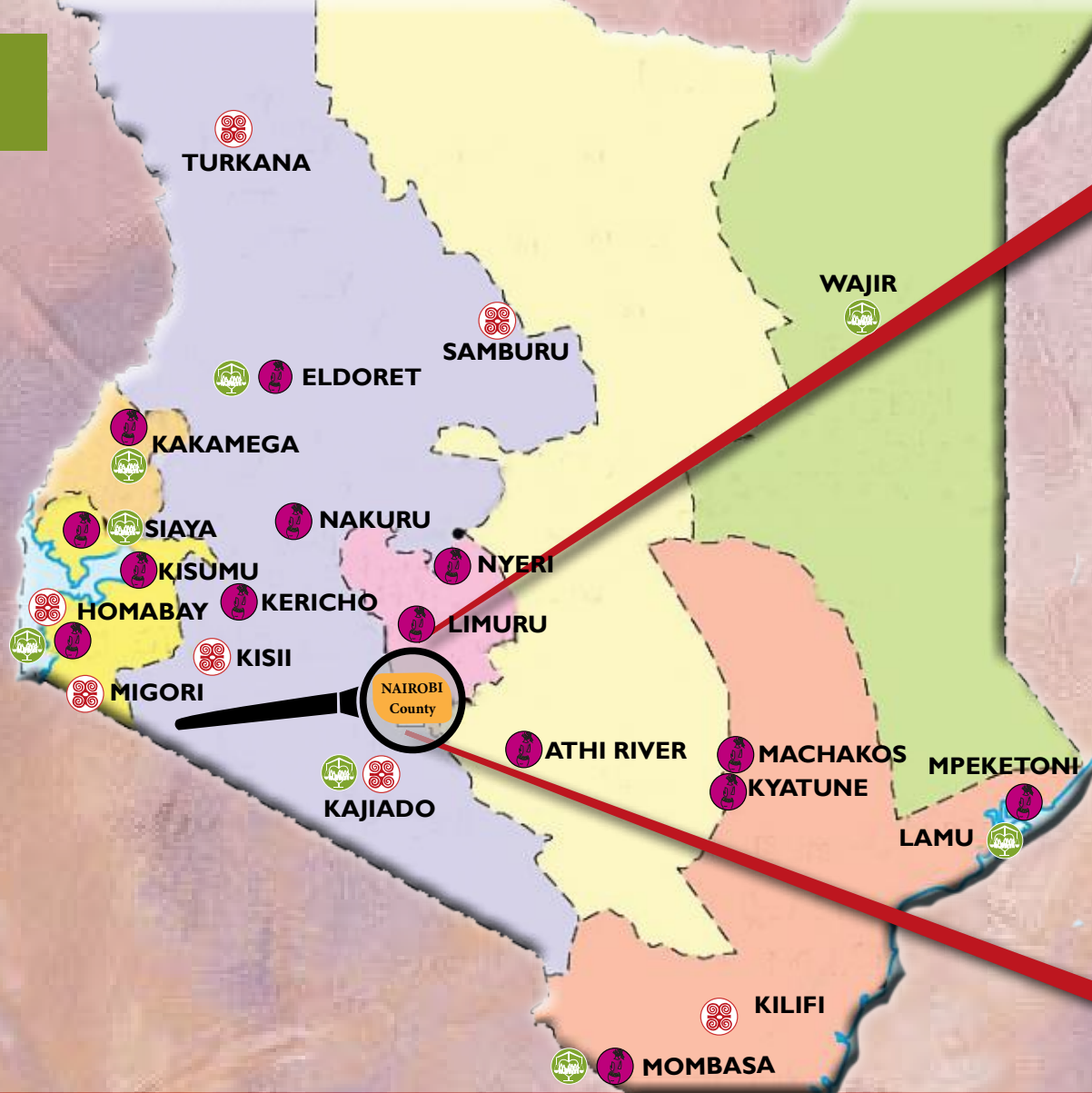
HEALTHY SEEDS CALENDAR



ART WITH HEART



MEDICINE WHEEL



TICAH was established to strengthen understanding of positive links between cultural belief, knowledge and attainment of health at a meeting at the Brackenhurst of over 100 African traditional healers to discuss HIV/AIDS

**2003**

TICAH published a *Journey of Connectedness*: After a workshop that was held before ICASA 2003  
TICAH published the *Nine lives: Treatment of Stories of Positive People*

**2005**

TICAH Published *Unprecedented Conversations: Broadening Notions of AIDs Treatment and Care for Africa*

Published *Our Positive bodies: Mapping Our Treatment, Sharing Our Stories* – sampling different body maps done by positive woman in India, Thailand and Kenya.

Published *Using Our Traditions: A Herbal and Nutritional Guide for Kenyan Families*

**2006**

**2007**

Hosting the first sexuality support group of HIV+ Women, the *KUDUS*.

**2008**

Opening of the Medicine Shield Garden. TICAH Started hosting Children Arts Program. We also published *Traditional Medicine and HIV/AIDS report*







# Healthy Households



The Miale ya Jamii (“community sparks,” the name our participants gave themselves) had less opportunistic infections. Most of our initial meetings started with long discussions of the illnesses that they struggle to overcome and now we rarely find them sick and because of this we’ve seen higher attendance at meetings and in their places of work. Participants have gained self-esteem and are able to express themselves as well as share their status without fear. For many keeping the secret of their HIV status was draining, and they realized that this was self-stigma. They were able to come out and disclose their status.

Parents/caregivers have created time for their children to listen and also support them. Beneficiaries learned how to better access health services and how to advocate for their health when talking to medical providers. In Kawangware, the introduction of financial planning and budgeting affected the division of work and cooperation between men and women in households.



We had **5,300**  
indirect beneficiaries  
from the Healthy  
Household program.



## The program in numbers:

The total number of direct beneficiaries in the project period is 2,000 individuals that comprise 782 adults and 400 children where 67% are female, 150 are in Mukuru, 200 in Kibera, 175 in Kawangware and 235 in Majengo.

We worked to improve livelihoods and health at the household level. Household members are included as indirect beneficiaries. Based on the estimation of average household sizes of 5 people, the number of indirect beneficiaries is approximately 5,300 individuals.

**67%**  
of the Miale participants  
were female.



The program also focused on maternal and child health and nutrition interventions for pregnant and lactating women with children under five years of age.

One Miale reported,  
*“There has become interest from other women to join the group, as they see that the women who are part of the support group benefit and are able to make better choices.”*







**240**  
new students  
in primary  
and  
secondary  
schools,  
ages  
ranging from  
10-18 years  
reached!

 Our Bodies, Our Choices  
Mwili Wangu, Chaguo Langu





## ADOLESCENTS AND YOUTH SCHOOL SEXUALITY REPRODUCTIVE HEALTH AND RIGHTS PROGRAM

TICAH reached a total of 240 new students in primary and secondary schools, ages ranging from 10-18 years old.

The school clubs created safe spaces for both the girls and boys to discuss different issues around Sexual Reproductive Health and Rights (SRHR), confidentially share their personal stories, learn from each other, and created links for access to information and services.

### STRAIGHT TALK

We collaborated with Straight Talk, an adolescent SRHR magazine, using content from our school program conversations and collecting answers to commonly asked SRHR questions to create an edition that reached more adolescents and young people in different parts of the country. The first issue came out in October. The partnership will see a great increase in the number of schools we reach under this program.

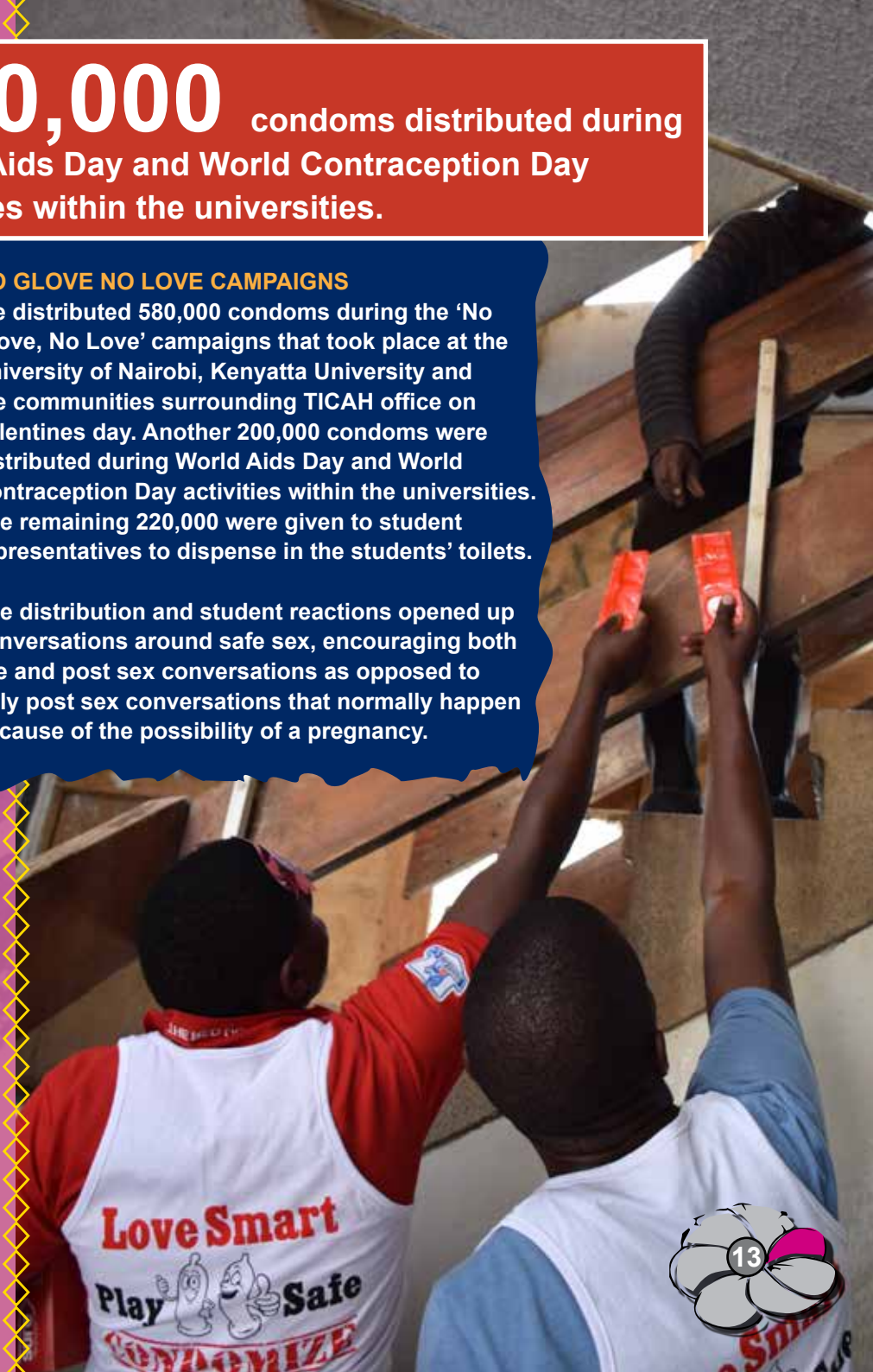


**780,000** condoms distributed during World Aids Day and World Contraception Day activities within the universities.

### NO GLOVE NO LOVE CAMPAIGNS

We distributed 580,000 condoms during the 'No Glove, No Love' campaigns that took place at the University of Nairobi, Kenyatta University and the communities surrounding TICAH office on Valentines day. Another 200,000 condoms were distributed during World Aids Day and World Contraception Day activities within the universities. The remaining 220,000 were given to student representatives to dispense in the students' toilets.

The distribution and student reactions opened up conversations around safe sex, encouraging both pre and post sex conversations as opposed to only post sex conversations that normally happen because of the possibility of a pregnancy.







# Our bodies our choices Mwili Wangu, Chaguo Langu



**2000** reached indirectly through the posters that we distributed at Kenyatta University, University of Nairobi and Zetech University giving freshmen survival tips and contacts within the university.

## UNIVERSITY REPRODUCTIVE HEALTH WEEKS

We held two Reproductive Health Week activities. The first one was at the United States International University (USIU) where we reached 1500 students. The second one was at the University of Nairobi, where we reached 800 students. We also participated in marking World Contraception Day at the University of Nairobi where we reached around 500 students. During these events, we demystified myths and misconceptions about sex, had conversations around healthy and unhealthy relationships, learnt more about contraception, STIs and HIV, talked about gender based violence, sex and consent.

## FRESHERS CONVERSATIONS

We conducted freshmen conversations in 6 different campuses at the University of Nairobi; Lower Kabete Campus, Upper Kabete Campus, Kenya Science Campus, Chiromo Campus, Parklands and main Campus. We directly reached 300 female students during the conversations, and reached 2000 indirectly through the posters that we distributed at Kenyatta University, University of Nairobi and Zetech University giving freshmen survival tips and contacts within the university. We created a safe space to have eye-opening conversations around the transition from high school to university and included discussions about our fears, healthy relationships, "gold-rush," survival and safety tips.



**30** adolescents and young girls in Majengo attend 8 meetings

## OUT OF SCHOOL SEXUALITY PROGRAMS

We have had 8 meetings with 30 adolescents and young girls in Majengo. During the meetings, we discussed our bodies, cleanliness, healthy relationships, economic empowerment among other topics.

## YOUNG MOTHERS CAMP

TICAH had an adolescents and young mothers camp with 30 mothers aged between 13-17. During the camp, we drew and shared our river of life sketches as a therapeutic process, learnt about our bodies and how to better take care of it, how to be good mothers to our children. We shared our dreams and how to achieve them and most importantly created a support group. TICAH now has a support group of 60 young mothers.





## KANGA MGANGA SESSIONS

'Kanga Mganga' sessions are safe 'Kanga' spaces created to discuss issues on SRHR. We held the sessions both at the United States International University and 2017 Story Moja Festival at the National Museum of Kenya. 426 students signed up and attended the sessions at USIU (3 sessions per day for 3 days) while 40 young people attended the session at the Story Moja festival. The sessions opened up spaces to discuss, share, and learn different issues around reproductive health.

**426** students signed up and attended the Kanga Mganga at USIU



# MAMA Network

MAMA network held its first regional meeting in Nairobi, Kenya with 7 countries represented in July

MAMA is an unofficial network of NGOs and community activists in Sub-Saharan Africa that work from shared goals and values to expand access to information on medical abortion at the community level. MAMA builds on strong existing relationships, eagerness to move forward together, and the current high participation and local leadership of the network members. Learning from each other and through collaborations in evaluation and research. Expanding dissemination capacity and reach collectively.

## MAMA membership in 2017 constituted of

**Trust for Indigenous Culture and Health (TICAH)**, Kenya as the lead coordinator in partnership with

- Women Help Women (WHW)

## The other members are

- Fortress of Hope Africa, Kenya
- Women's Promotion Centre (WPC), Tanzania
- Center for Girls and Interaction (CEGI), Malawi
- Centre for Social Concern and Development (CESOCODE), Malawi,
- Kyetume Community Based Health Care Programme (CBHC), Uganda,
- The Community Health Rights Network (COHERINET), Uganda,
- Congolese Organization for Protection of Oppressed people and environment (OCPEO), Democratic Republic of Congo,
- SOS Femme, Enfant en Catastrophe, (SOSFEC),

## Democratic Republic of Congo

- Solidarité Des Femmes Burundaises Pour Le Bien Être Social et le Progrès (SFBLSP-Burundi), Burundi,
- Generation Initiative For Women and Youth Network (GIWYN), Nigeria .

## MAMA activities in 2017 focused on

- Increasing knowledge and expertise through regional exchanges.
- Enhancing opportunities for regional collaborations and communication.
- Amplifying successful interventions and joint creation of new strategies.





# AUNTY JANE HOTLINE

0727/0751/0737/0771 101919



**30.7%**

increase in the  
number of youth  
using the hotline.

Dissemination of the hotline numbers to physical spaces and over the radio was hindered by the intense political activities of an election year. Nonetheless, the team continued to push the numbers through social media platforms and various partners and allies.



Stay Social on Twitter pages

@YourAuntieJane



Like our pages Facebook

OurBodiesOurChoices  
Auntie Jane Hotline





# Feedback

"Hi Auntie Jane, can someone be in a relationship without having sex?"

19 year old student from University of Nairobi

I have learnt how to differentiate between good and bad friends, and have felt comfortable to say no to things that lead me to bad choices.

18 year old girl, Kibera Girl Soccer

"How can someone walk out of an unhealthy relationship when she has a child and the man is the only provider"

16 year old young mom in majengo.

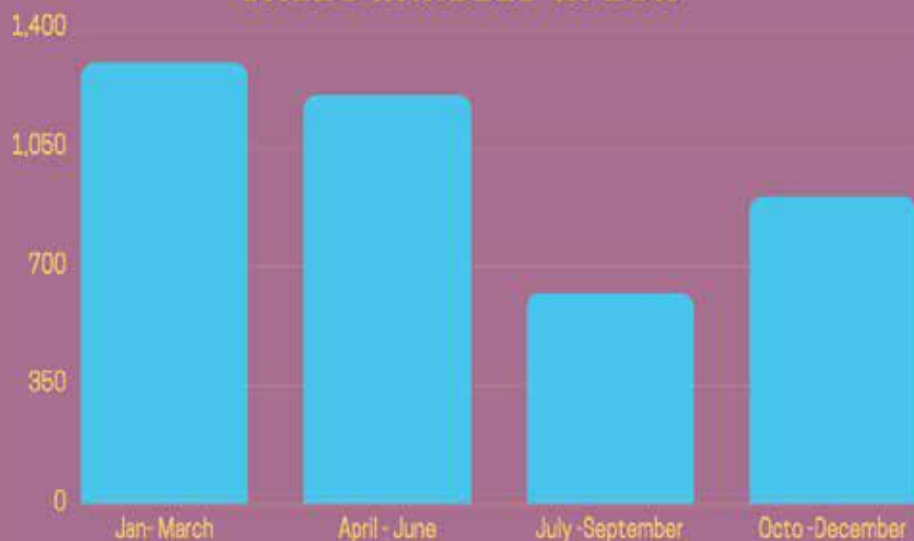
"Sharing and opening up is healing"

Young teen mother from viwandani.

"I am now able to make informed and independent sexual choices"

2nd year student at USIU

## CALLS HANDLED IN 2017



The hotline counseled over 2500 callers from all corners of Kenya on sexual and reproductive health and rights. We listened to stories, answered questions and shared correct health information with callers. We had a 30.7% increase in the number of youth call the hotline from October to December as compared to the July to September calls. We started the conversation to get a toll free component and are hoping for more callers in 2018 as we unveil the new face of Auntie Jane.

We added Kisumu Medical and Education Trust (KMET) to our growing list of services providers. They are primarily based in Kisumu with 7 government and 13 private facilities that offer comprehensive sexual and reproductive services. We are working to strengthen this partnership. We also added Kenyans to Kenyans Peace Initiative (KKPI) adoption agency and the Medican Sans Frontiers (MSF) to our list of referrals.



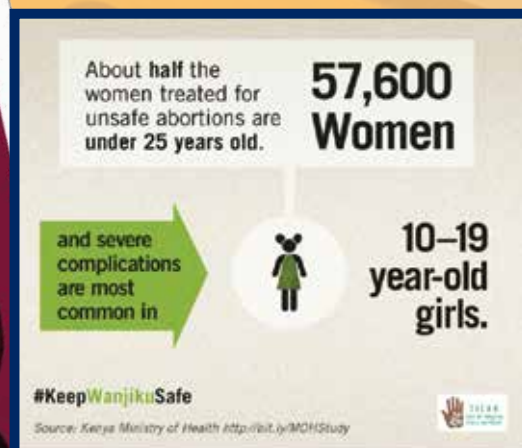


Raising our Voices



**2,400**  
people reached  
on Facebook





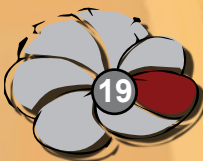
We raised our community voices in loud and strategic ways to influence changes in behavior, policy and laws at the local, regional, national, and international levels. Internationally we participated in the Commission of Status of Women and the International Conference on Population and Development conferences championing for Comprehensive Sexuality Education (CSE) and safe and legal abortion.

On the regional level, we participated at the African Commission of Peoples and Human Rights (ACPHR) to advocate for youth to access information on sexual and reproductive health rights.

In partnership with Centre for Reproductive Rights and IPAS hosted a side event on access to information including access to information on safe abortion. Commissioner Pansy Tlakula then special rapporteur of Right to Information and Commissioner Asuaghbor the special rapporteur on rights for women in Africa were speakers at the event.

TICAH continued to garner support for the Policy Standards and Guidelines for the reduction on Maternal Mortality through an online campaign #KeepWanjikuSafe with the support from the Centre for Reproductive Rights. We led the development of a robust advocacy strategy in conjunction with various civil society organizations including KELIN, IPAS alliance Africa, Family Health Options Kenya and Love matters Africa. We also conducted online petitions to support Justice Njoki Ndungu in her remarks on safe and legal abortion in Kenya.

We continued to support our social media advocacy efforts for the #KeepWanjikuSafe Campaign (an advocacy effort to reinstate the Standards and Guidelines within Kenya) by increasing Civil Society Organisations to amplify the message.





# Healthy Seeds Calendar



**12,000**  
copies were printed!



**20** artists and  
photographers  
contributed work!



Integrated into all pieces of TICA's work with miale, their children, school children, teachers, elders, sexuality groups, community leaders, and partner organizations, the TICA calendar offers a beautiful and practical guide for talking about health, rights, values and community.





Our annual TICAH calendars are filled with local art and photography, quotes and inspirational events from history, questions to discuss and ponder. Our print run this time was 12,000, which were 1000 more copies compared to 2016.

Values discussions using the TICAH calendar continue to take place with primary, secondary and post secondary students in informal communities. Using the TICAH calendar as a guide, school club leaders are trained to facilitate conversations and to use the calendar as a conversation tool.



The reinforcement and open communication of good values help to instill confidence in children. School clubs also take these lessons and values to the next level by organizing school clean ups, planting medicinal trees in their schools and encouraging teachers to be part of the movement.

**5** Urembo exhibition artists were also part of the calendar!

One of the "community sparks" (Miale ya Jamii) in Kibera said

*"The TICAH calendar is like a bush fire, bringing light to many corners of the community!"*





# Art with Heart!



## ART WITH HEART PROGRAM

**2** coast schools invited us to create murals and to share our work.

### CHILDREN'S ART THERAPY

Our children's art workshops in Kibera and Kawangware continued to make time and safe spaces for children to share their worries and excitement, heal from any traumas, and find support and encouragement from one another.

### MURALS

We continued to create beautiful and thought provoking community murals on positive values in Kibera, Kawangware, Viwandani and Majengo. We were also invited to two coast schools to create murals and to share our work with the staff and children of the schools.





### DREAMKONA

DreamKona (“Dream Corner”) is a new vision for public art in Nairobi, Kenya, which is housed in one of the most public places in the city – Uhuru Gardens. DreamKona is a place for music and art, creativity and dreaming.

Nestled between the trees of Uhuru Gardens, DreamKona includes a creativity wall for mural paintings, installations, beautiful graffiti, and other visual fine arts. There is also a space for sculpture from local and international sculptors. Finally, there is a unique stage for musicians, storytellers, dancers, and actors.



TICAH, National Museums of Kenya (NMK) and a team of local artists visioned DreamKona into being, and we were excited to finish constructing the site in 2017!

More about DreamKona at the end of this Annual Report.



**14** community murals painted!





# Art with Heart!



Eric Many and Mary Ogembo, two accomplished contemporary artists took responsibility for curating and programming the Urembo exhibition and all the surrounding workshops and events.



## HEKIMA AND UREMBO EXHIBITIONS

Our Hekima (Wisdom) and Urembo (Beauty) exhibitions at the National Museum of Kenya opened with artists and art, songs and stories from storytellers and elders on 9 November 2017 and the exhibitions ran to the end of February 2018.



**9** November - February 2018  
Our Hekima (Wisdom) and Urembo (Beauty) exhibitions at the National Museum of Kenya opened

**27** Kenyan  
artifacts from  
different parts of  
Kenya







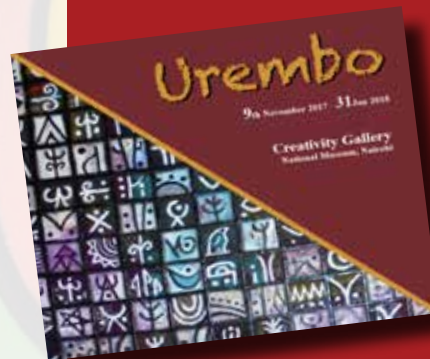
## UREMBO EXHIBIT

Urembo was a celebration of beauty found in cultural arts practices and pieces. This exhibition was organised under three principles: the beauty of contemporary practices (the collectivist nature of the Kenyan arts community and the relationships between age sets), the beauty of cultural pieces (finding artistic inspiration and pleasure in everyday things) and the beauty of both old and new together (finding new inspiration in the juxtaposition of traditional and contemporary pieces).

**38** contemporary pieces of art

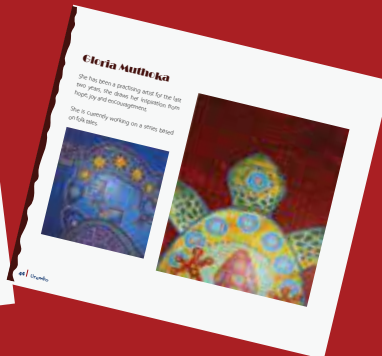
As part of the exhibition, Urembo artists were also invited for an unprecedented, private conversation at Paa Ya Paa between retired master artists, practicing artists and young artists.

**22** artists and art supporters contributed to Urembo!



The Urembo artists also shared their work and bios in the beautifully designed companion booklet to the exhibition, which became a prized possession of those who visited the exhibition or participated in an Urembo event. Now that the exhibition has closed, Urembo survives through the companion book that proudly lives in the homes of the Urembo visitors, artists, partners and others.

**500** Urembo companion books printed and shared with visitors



For our Urembo exhibit, it was a wonderful four months where Urembo artists shared their work, their challenges, and their ideas, embodying and demonstrating for all the very special multi-generational, multi-class, multi-ethnic urban/rural arts communities that are alive in Nairobi today.

The exhibition included unprecedented workshops with master artists free of charge to the public. Those who were lucky to participate learned how to create prints, paint, sculpt with clay and later with wood, create mosaic art, and had the chance to converse with artists of all levels about symbols, how to connect with master artists in Kenya, and other arts practices.



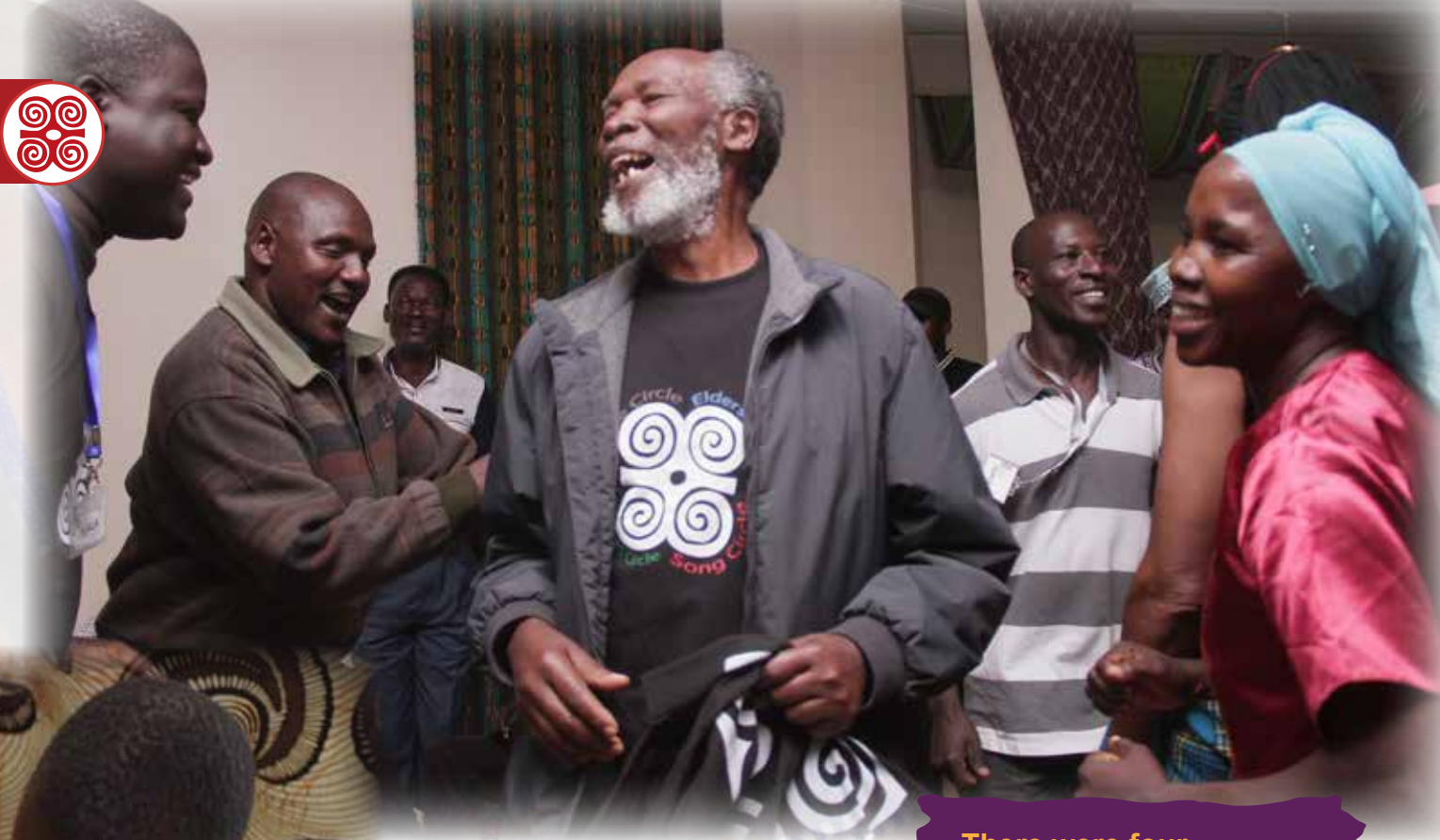


# Medicine Wheel



## HEKIMA EXHIBIT

The Hekima exhibition, which opened in November, was curated by Aghan Odera Agan, the former National Theatre Director and reknown storyteller. The exhibitions shared the depth and diversity of knowledge still held by older generations in Kenya. It engaged Kenyans and visitors alike in learning about the wealth of plant medicine knowledge still held and used, the indigenous ways we solve conflict and build peace, the ways music can heal, and the lessons and values we can learn from our histories and stories.



The exhibition included portraits of some of the elders and youth TICA has worked with over the years, videos from our Medicine Wheel work and the importance of culture for health and peace, artifacts curated from the National Museums of Kenya archives, and peaces donated to the exhibit by indigenous craftsmen and women.

There were four pillars that guided the Hekima exhibition:

- Kenyan traditional plant medicine and health knowledge
- Kenyan ceremonies, peace building, and conflict resolution strategies
- Kenyan music and healing
- Kenyan histories, stories, and values





## UREMBO AND HEKIMA EVENTS SCHEDULE NOV. 2017 – FEB. 2018

| Date          | What  |
|---------------|---|
| Thurs, 9 Nov  | Urembo and Hekima Opening                         |
| Fri, 10 Nov   | Talk - Artist Conversation                        |
| Fri, 10 Nov   | Workshop - Printmaking                            |
| Fri, 10 Nov   | Talk - Chai with Baba                             |
| Sat, 11 Nov   | Workshop/Event - Plant medicine with elders       |
| Sat, 11 Nov   | Workshop - Weaving with coastal elders            |
| Mon, 14 Nov   | Talk - Art and Journalism                         |
| Thurs, 16 Nov | Workshop - Drawing                                |
| Sat, 18 Nov   | Workshop/Event - Traditional Music                |
| Mon, 20 Nov   | Workshop - Sculpting with Clay                    |
| Sat, 25 Nov   | Workshop/Event – creating murals, art, music, fun |
| Tues, 28 Nov  | Talk - Kenyan art practices                       |
| Tues, 28 Nov  | Workshop - Mosaics                                |
| Thurs, 30 Nov | Talk – Symbols and their Meaning                  |
| Sat, 2 Dec    | Event – Peace walk and conversation               |
| Tues, 5 Dec   | Workshop – Painting with symbols                  |
| Tues, 5 Dec   | Workshop – Sculpting                              |
| Fri, 2 Feb    | Talk – Sabaoth and their stories                  |
| Fri, 9 Feb    | Workshop – Weaving with Pokomo Elders             |
| Tues, 20 Feb  | Discussion between Artists and Elders             |
| Wed, 21 Feb   | Moving Elkana's Elephant Family                   |
| Fri, 23 Feb   | Closing of Urembo & Hekima Exhibitions            |
| Sat, 24 Feb   | Art in the Park I                                 |

As with the Urembo exhibition, Hekima was curated as a living exhibition with opportunities for visitors to learn from elders, traditional musicians, storytellers, plant medicine experts and others. We held peace ceremonies, created ointments, shared our origin stories and songs for health. We shared our traditional methods for creating beauty (in conjunction with the Urembo team) and for bringing and maintaining peace.



**50,000** people  
attended Hekima and Urembo  
Exhibitions in December



**28** communities  
from around Kenya  
participated in the  
Hekima exhibition





# Medicine Wheel



**54** people from **11** communities joined us for an elders meeting in March

## ELDERS CIRCLE AND PEACE CIRCLE

In part because of the terrible violence that marked this year in pastoralist areas in Northern Kenya, the Medicine Wheel focused particular attention on inviting young and old Turkana, Borana, Somali, Samburu, and Ndorobo to Nairobi for exchange and ceremonies. After an 8-day trip to Isiolo, the Medicine Wheel team invited those that we had met to a discussion in Nairobi with elders from other communities.

This event in March was unprecedented in offering a chance for these young men so caught up in violence to relax and see that communication across cultures is possible. Despite language barriers, real sharing took place and a spirit of trust developed around discussions about violence in communities and indigenous ways of bringing and sustaining peace.

**57** people from **14** communities joined us for an elders meeting in April







**SONG CIRCLE** - It was always a dream of the Song Circle team to host a large traditional music festival in Nairobi. In July of 2017, we did this. 170 Kenyan elders and youth from 17 different communities joined us in Nairobi for the music festival and parade in addition to a series of conversations and exchanges. Some of these explored how music heals, how music tells our history and preserves our language and heritage.

**17** different communities joined us in Nairobi for a series of conversations and exchanges in July.



**200** This is the number of people who showed up when we visited a traditional midwife and herbalist named Ndiki and she introduced us to children she helped bring into this world.



**LEARNING CIRCLE** - Our Learning Circle focuses on plants, medicine, disease, and healing. During 2017, we added new teachers and students. A new group of Maasai women was formed in the Ngong Hills.

Topics included the digestive system, skin diseases, allergies, reproductive systems and health, chronic wounds, cancer, and respiratory systems. Students have grown braver about bringing in problems and diseases they are seeing around them.





# 2017 Financial Report

## REVENUE AND EXPENSES

FOR THE FISCAL YEAR ENDED 31st DECEMBER 2017

### CASH INFLOW

|                          |            |                      |
|--------------------------|------------|----------------------|
| Grants Received          | 77,496,639 |                      |
| <b>Total Grants 2017</b> |            | <b>77,496,639.00</b> |

|                                 |              |                     |
|---------------------------------|--------------|---------------------|
| Programme Costs                 | (70,605,027) |                     |
| Monitoring and Evaluation Costs | (1,590,320)  |                     |
| Administrative Expenses         | (5,301,292)  |                     |
| <b>Total Expenses</b>           |              | <b>(77,496,639)</b> |
| <b>Net Grants</b>               |              | <b>-</b>            |

## FINANCIAL POSITION

FOR THE FISCAL YEAR ENDED 31st DECEMBER 2017

|            |                      |
|------------|----------------------|
| Grants b/f | 32,657,367.00        |
|            | <b>32,657,367.00</b> |

### ASSETS

#### CURRENT ASSETS

|                           |                      |
|---------------------------|----------------------|
| Funds Available 2018/2019 | 75,347,679.00        |
| Tax paid                  | 146,001.00           |
|                           | <b>75,493,680.00</b> |

#### CURRENT LIABILITIES

|                 |                      |
|-----------------|----------------------|
| Committed Funds | 42,836,313.00        |
|                 | <b>42,836,313.00</b> |

|                           |                      |
|---------------------------|----------------------|
| <b>NET CURRENT ASSETS</b> | <b>32,657,367.00</b> |
|---------------------------|----------------------|

## HOW WE OPERATE

We continued to strengthen and build the TICAH operations in 2017. In March, we welcomed Prisca Karachia to the TICAH family as our new Finance and HR Manager. She has been instrumental in the growth of our finance operations and structures. Towards the end of 2017, Prisca started building our HR department.

Of course, as we mentioned in the beginning of this annual report, the leadership transition between Mary Ann and Jedidah held a lot of our attention in program and in operations. Together we built a new understanding of TICAH as we shifted roles and responsibilities from Mary Ann to others in the team. We created a new organogram, updated our individual job descriptions and worked with both Mary Ann and Jedidah throughout the transition process. At the end of the year, we celebrated Mary Ann for her courage and heart as she moved into the Founding Director role.

As with most years, our team travelled around Kenya and around the world to share our work, to help advocate for social justice, to learn from others and to network. Everyone in the team had an opportunity to grow their skills and connect with others outside of the office.

Finally, the team spent a lot of time thinking through and laying out TICAH's theory of change. This exercise is the groundwork for the development of TICAH's monitoring, evaluation and learning systems and for foundational materials for fundraising and communications.

We closed the year much the same way we opened it - with open hearts, gratitude for our teammates, our participants, our partners, and with enthusiasm for the work.





The friendly warthogs of Uhuru Gardens checking out the progress on the November 2017 mural at DreamKona





**DreamKona is a new vision for public art, located within Uhuru Gardens, that was completed in June/July 2017. The space includes a stage for performance art, a large mural and installation wall and lots of garden space for sculpture and reflection.**



***“There are no spaces like this, anywhere in Kenya, that offers cross generational, cross cultural and cross disciplinary interaction. DreamKona is it.”***

**- Visitor comment after DreamKona event**

#### **WARMING OF THE NEW SPACE (JULY)**

We were excited to start warming the space with creativity and beauty before the August elections. Inviting artists of all ages and from several collectives (Kuona, GoDown, Railways, Ngecha, Dust Depo, etc) we painted our first mural on the DreamKona mural wall, a beautiful mixed media piece that included graffiti by the BSQ crew, metal work by Dickens Otieno, animal motifs by Gloria Muthoka, and support by so many other artists including Moses Nyawanda, Daniel Muli, Charles Ngatia and our own, Mary Ann Burris. At the warming event we also invited artists, friends, and passerbys to share their dreams on our “dream flags” (like a prayer flag) that we continue hang in the trees.



**40** artists  
participated in 2017  
events at DreamKona!



# 2017

June/July finished  
the construction of  
DreamKona.



At the warming  
events we also  
invited artists,  
friends, and  
passerbys to  
share their  
dreams



## SECOND WARMING EVENT (NOVEMBER)

We held our second mural painting and public arts event in November where artists participating in our "Urembo" (Beauty) exhibition joined us to paint the new mural, along with students from a nearby secondary school, and children from our arts workshops.

DreamKona has shown that there is an important need to have and encourage interdisciplinary and intergenerational art practices in order to grow creativity and connection. One woman who came to an event told us, "There are no spaces like this, anywhere in Kenya, that offers cross generational, cross cultural and cross disciplinary interaction. DreamKona is it." We're proud that DreamKona is starting to find its place in the arts and culture landscape of Nairobi and Kenya broadly, and we look forward to offering more opportunities for creation, sharing and connection.

# DreamKona







**TICAH**  
Trust for Indigenous  
Culture and Health

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