

2019 ANNUAL REPORT

Building
Strong
Minds
Through
Dance



CHEZA
CHEZA

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MESSAGE FROM THE FOUNDERS

As we look back on this year, we think about the growth of ChezaCheza. Growth in numbers of children we are reaching, growth in partnerships and growth in knowledge and skills gained through this journey. To think that we only started in December of 2018 and have extended our reach so much. This year was made possible through powerful collaborations and opportunities in our expanding network. It brought us to places we never thought we would go, both literally and figuratively. I mean, we went to Ghana which was Francis' first time on an airplane. It also introduced us to many new people that have become part of the ChezaCheza family.

Throughout the year we have seen our children evolve and develop to understand who they are, their capacity and ultimately realize their full potential. What started as a small dance class has grown into a community of young leaders that provide the right soil for children in their community to grow and thrive.

Let us unite and bring hands and dancing feet together to ensure that there is equal access for children to quality life skills education that supports them to lead a healthy and productive life.

With gratitude,

Francis Odhiambo & Cherrelle Druppers
Founders of ChezaCheza



2019 AT A GLANCE

Danced with

200+

children per
week

Delivered

138

free community
classes

Delivered

48

school classes

OUR STORY

Hi, my name is Francis Odhiambo, and I am the co-founder of ChezaCheza. I was raised in the largest slum of Kenya, called Kibera. I am a talented dancer who knows the difficulties of growing up as a child in this area. There are many problems such as crime, violence and drug abuse. I did not know how to handle the pressures of staying away from gangs, drugs and crime. All I wanted was a safe space that gave me the right tools to handle my challenges. After finding the right path, I started to teach the children in my neighbourhood to dance. To keep them off the street and engaged in something positive. It quickly became so popular that the kids knocked on my door every Saturday morning, asking to dance. I also saw a change in their behaviour, more positive attitudes, self-esteem and improved communication skills. I knew dance had the power to transform lives.

In 2018, I met my co-founder Cherrelle Druppers, an education specialist, and together we registered as a Kenyan nonprofit. We started working on a context-driven curriculum with an engaging and culturally relevant learning approach, dance! We incorporated breathwork, meditation and techniques from dance movement therapy to let dance be a positive outlet for emotions and a healing mechanism.

To involve the community, we started a training program for local dancers to become ChezaCheza educators. They are ideal facilitators because they come from the same communities as our children, understand their challenges and can serve as mentors and role models. With input from the community I live in, we have created an innovative education solution that can be scaled to reach many children in vulnerable communities and in schools.

ChezaCheza started as a safe space where children could get essential skills, and now I want every child to experience the joy of dancing in our classes and getting the social and emotional development they need to navigate their life. In 2019 we opened two other locations in Kibera and started working together with schools. This is how ChezaCheza is changing the community with local resources and works on better physical and mental well-being for the future generation of Kenya.



MORE ABOUT CHEZACHEZA

OUR MISSION

Increase access to Social-Emotional Learning (SEL) to children in informal settlements through the power of dance

OUR VISION

Empowering children with the capacity to make responsible life choices and realize their full potential

THE CHALLENGE

We engage with children facing severe social and economic challenges, primarily from informal settlements in Kenya. They live in a chronic environment of stress and violence, and without adequate support or life skills it often leads to trauma or misguided behaviour. It can lead to a vicious cycle of dropping out of school, substance abuse, delinquency, and violent behaviour.

WHAT WE DO

ChezaCheza uses a holistic and comprehensive dance curriculum that incorporates mindfulness, breathwork and movement-based exercises based on techniques from dance movement therapy to provide an innovative framework to learn. In our class, children experience the joy of dancing in a safe space while building positive behaviour and essential social and emotional skills.

HOW WE DO IT

We create more safe spaces within communities and schools through our network of local dance educators. They are ideal facilitators because they come from the same communities as our children and understand their challenges. Young dancers commit to our training program which enables them to lead classes in their neighbourhood and in schools, become agents for social change, and ultimately transform their communities.



WHY DANCE

1

ENABLES US TO UNDERSTAND AND EXPRESS OUR EMOTIONS IN A SAFE, CREATIVE WAY

2

PROMOTES SELF-AWARENESS, CONFIDENCE AND BENEFITS PHYSICAL AND MENTAL HEALTH

3

PROVIDES RELEASE OF TRAUMA BY EXPLORING REPRESSED MEMORIES AND UNHAPPY FEELINGS

4

IMPROVES INTERPERSONAL SKILLS, COMMUNICATION ABILITIES, AND GROUP COOPERATION

5

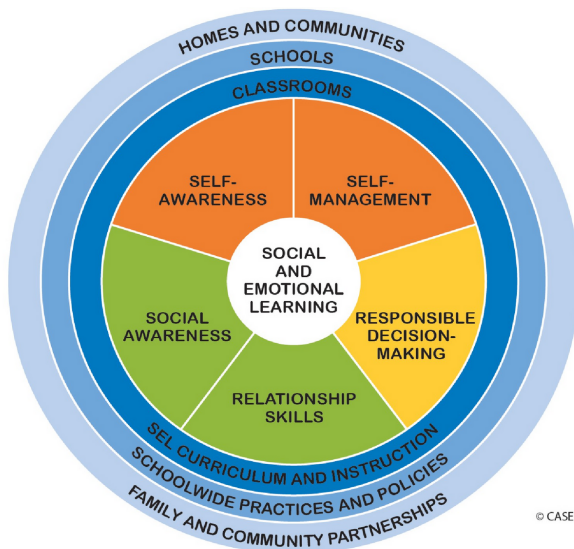
CONNECTS WITH AFRICAN CULTURE AND HISTORY



MILESTONES 2019

TESTING OUR DANCE CURRICULUM

ChezaCheza started in 2018 as a small dance class without a formal curriculum. This year started with testing our curriculum to offer a structured class and program. The curriculum is based on the Social-Emotional Learning framework that identifies five core competencies to achieve social and emotional learning. SEL is the process through which students acquire the knowledge and skills to understand and manage emotions, set and achieve positive goals, empathise with others, cultivate positive relationships, and make responsible decisions. ChezaCheza designed its classes around essential skills that are often lacking in the children's current environment and academic curriculum. It helps children to adapt and adjust to different circumstances and strengthens their ability to develop solutions in the face of challenge.



After a 3-month testing period, we adjusted the flow of the classes to the needs of the children. We organized focus group discussions and conducted observation sessions to see what works best for student and teacher. Based on our observations and feedback, ChezaCheza has created a class that has a set structure of 7 elements that create trust between the group and with the educator, stimulates expression and promotes active learning. During the session, ChezaCheza educators mainly work in a circle to build this trust and equality in the group and for everyone to feel seen - no student is left behind. The order of the class is based on the outline of a dance movement therapy session. Following these elements, every class provides a structure for the students, something that is often lacking in their lives and creates an environment of trust where children feel free to express themselves. We believe that creating a safe learning environment is essential for children to feel free and comfortable to express themselves.

MILESTONES 2019

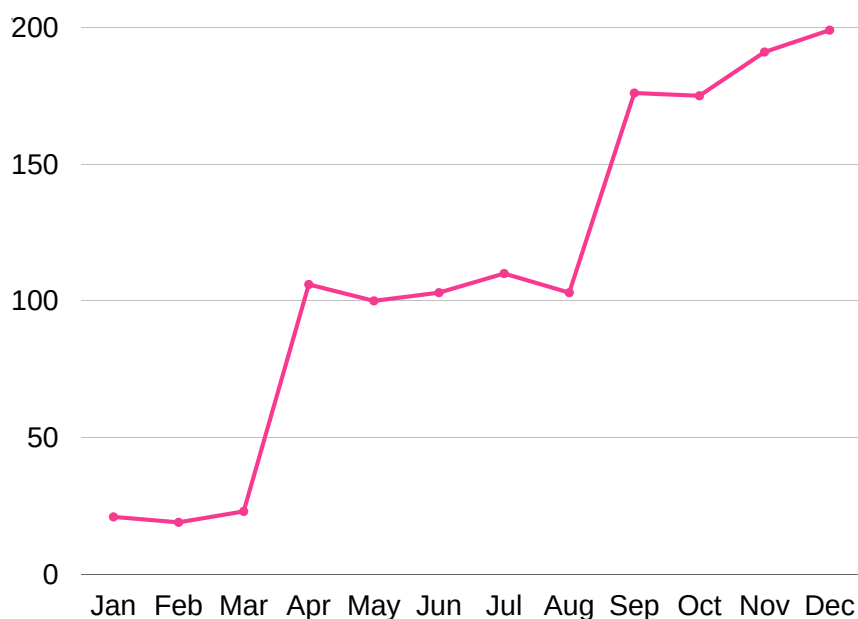
GROWING OUR COMMUNITY

In 2019, ChezaCheza focused on expanding its reach in the community. Our goal is to build a network of local dance educators and enable them to set up dance hubs in their community. We started our first free community classes in a neighbourhood called Ayany in Kibera. We chose this neighbourhood because Francis was born and raised here and knew this community best. We started 2019 with 17 children each Saturday in Ayany and grew to an average of 100 children per class in April. The growing numbers were a sign to expand our operations and establish a new dance 'hub'.

Our initial mapping process conducted in late 2018 revealed the demand among dancers for training and support to provide dance classes in their community. Our team recruited two dancers in different areas of Kibera, who were already running an afterschool dance class. We provided training, mentorship and enabled these dance educators to set up a safe learning space to teach SEL through dance using the ChezaCheza method and curriculum.

Our second dance hub is located in Mashimoni and the third in Makina. The dance hubs are located in the neighbourhood of our dance educators. The children in this area know the teacher and the location is close enough for them to reach by foot. We carefully selected different community spaces and checked all the requirements for safety and accessibility.

Figure 1. Average number of children attending ChezaCheza every week in 2019



199
students per week
between 6-18 years old

138
community classes
provided in one year

51%
of our students are girls

"Some 800 million children will leave school by 2030 without the skills they need to lead healthy, productive lives" - UNICEF

PARTNERSHIPS WITH SCHOOLS

To reach financial sustainability and increase access to SEL, we focused on creating partnerships with schools in Nairobi to implement our curriculum. Our outreach strategy for schools included only private schools, while public schools cannot receive paid services without government approval. ChezaCheza mainly focused on private schools in low-income areas to support SEL in these schools that often face constraints in funding, staff and overcrowded classrooms. ChezaCheza educators provided paid dance and life skills classes as part of the schools' extracurricular activities.

We created partnerships with 4 schools, all in low-income communities and provided weekly dance and life skills classes in these schools. The income of the classes supports our free community classes and provides income for our dance educators.

48

schools classes provided in 4 schools

100%

schools reached in low-income communities

OUR SCHOOL PARTNERS



**Garden of Hope
Children's Centre**



TESTIMONIALS



"I love ChezaCheza and the teacher because I learn different skills, self-esteem they teach it very well. I also love to dance and now I know how to dance through ChezaCheza."

- Natasha, 11 years (Makina Hub)



"ChezaCheza has helped me to control my emotions. I am more aware that it doesn't matter where I come from, I can make the choice who I want to be."

- George, 13 years (Ayany Hub)



"ChezaCheza has helped me to realise my potential. I know myself better and therefore I am a better teacher. I am proud of my job and that I can give back to my community through my talent."

- Collins Okoth, 24 years (Teacher Ayany)



"I always look forward to these classes. I have become a better dancer and I am also able to relate better with people through these learning groups."

- Jennifer, 13 years (Mashimoni Hub)

ORGANISATIONAL DEVELOPMENT

ESTABLISHING A CHILD PROTECTION POLICY

One of the most important things to achieve in 2019 was establishing a child protection policy and assigning a Child Protection Officer (CPO) in the organisation. ChezaCheza recognises that different form of child abuse are prevalent in the communities where we work and that children living in these areas are vulnerable to harm, abuse and neglect. To protect our kids the best way we can, we had a Child Protection Policy training, provided by Janet Mwitiki. She is Director of Learning & Play at Kidogo, is a Metis fellow and has a passion for child protection. Janet provided the ChezaCheza team with a 5-day training regarding child protection and child abuse. After the training she supported us in developing our policy. Collins Okoth, our senior dance educator, was assigned to be our CPO. He is responsible for regular checks, training and screening of staff/volunteers and following up on any child protection complaints.

You can read our Child Protection Policy commitment on our website.



TRAINING ON THE BASICS OF COUNSELLING

ChezaCheza works in marginalized communities where the majority of our children experience abuse, hram of neglect. Although ChezaCheza works with a professional counsellor, it's important for our dance educators to recognize abuse and provide basic counselling when necessary. Joyce Nyongo, our in-house counsellor, provided a 2-day counselling training that provided the team with more knowledge on how to recognize abuse and essential conversation techniques. This training complemented the training received on child protection training earlier in the 2019.

SPECIAL EVENTS



METIS WORKSHOP

May 25, 2019 - Nairobi, Kenya

Metis asked ChezaCheza to create its first adult workshop on life skills for the Metis fellows. Metis is an education accelerator program that accelerates the pace of education reform across Africa, by investing in African leaders and their capacity to drive high quality education initiatives. We had the chance to provide life skills through dance to a group of 20 education innovators. It was a great opportunity to showcase the benefits of movement in education and that you can learn beyond the desk.



AL FOR EDUCATION

27 & 28 June, 2019 - Nairobi, Kenya

ChezaCheza provided a dance and life skills session during the Africa Leadership Academy Conference on Re-imagining Secondary Education. This workshop with 150 educators, showcased how to dance and express yourself and how dance and movement-based learning can be used as a tool to stimulate learning outcomes.



AFRICAN LEADERSHIP NETWORK

14-17 November, 2019 - Accra, Ghana

ChezaCheza designed a special 3-part dance workshop for the African Leadership Network (ALN) conference in Accra, Ghana. ALN celebrated their 10th anniversary and the theme of the conference was *Daring to Dance*. Co-founder Francis Odhiambo got people from all over the continent dancing in 3 different sessions. He showed them the purpose of movement and how it can be used as a metaphor for change. He even got participants to create their own dance in a 2-hour workshop.

MEDIA



BLOGPOST

A blog on the Metis website, an education initiative in Kenya. The blog showcased the role of dance in education as an opportunity to learn beyond the desk.



YOUTUBE

Interview on the SUPA kids YouTube platform, showcasing talented African kids. Our SUPA kid Vincent was invited for an interview to highlight his dancing skills.



NEWSPAPER

Article in Kenya's largest newspaper Standard Media titled - Dancing to the rhythm of life. It highlights the impact of ChezaCheza in Kibera.



A SPECIAL PERFORMANCE

Performance for the First Lady of Kenya, Margaret Kenyatta, at the opening of Text Book Centre Flagship store in Sarit Centre Shopping Mall.

FINANCIAL STATEMENTS

INCOME STATEMENT

Jan-Dec 2019

2019 (KES)

Total Income	1.265.430
- Earned Income	729.948
- Individual contributions	435.482
- Corporate sponsorship	100.000
Total Expenses	1.265.430
- Direct program	775.277
- Staff	309.696
- Administrative	149.429
Profit/Loss	31.028

Note

As a starting organisation, ChezaCheza heavily relied on individual contributions and our work in schools to support our operational costs. Our hard work and efforts were noticed and we are happy to announce that ChezaCheza secured two grants by the end of 2019 for 2020. The FEMI foundation (Netherlands) and IMANI Foundation (Kenya) will support ChezaCheza to increase access of Social-Emotional Learning through the power of dance!




www.chezachedance.org



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