



# WEEKLY REVIEW



ISSUE 64 | 22ND - 26TH FEBRUARY, 2021



## Nyeri County's leadership lauded for excellence



**“I wish to thank the governor of Nyeri for seeing it fit to encourage the partnership between the national and the county government and further urge other governors to emulate him in such partnerships which will be of tremendous value to the local wananchi,” H.E President Uhuru Kenyatta.**

BY GOVERNOR'S PRESS UNIT

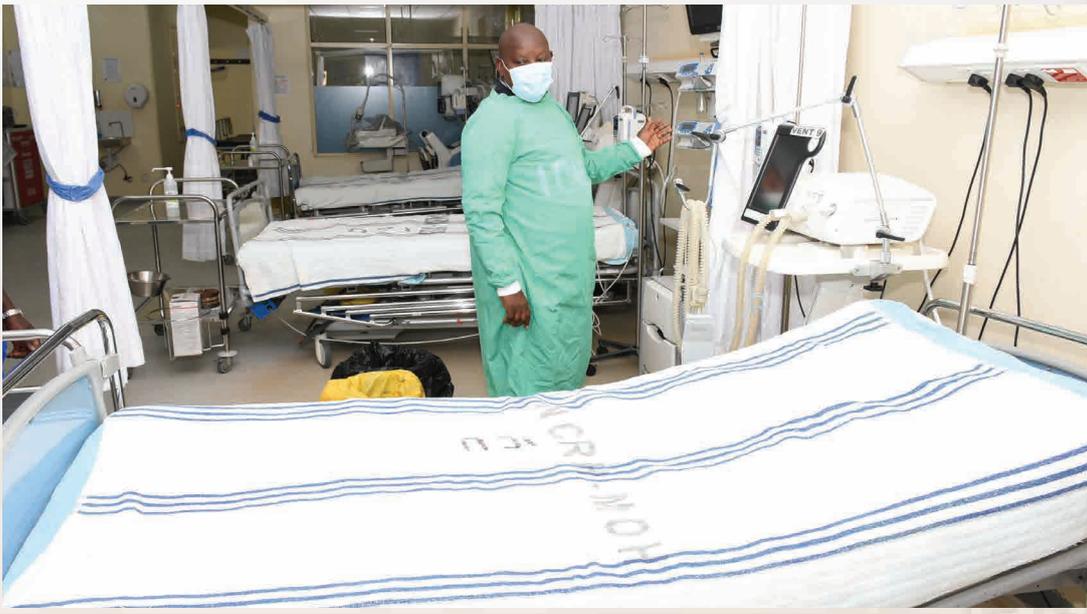
The County Government of Nyeri's leadership has been lauded for its exemplary performance, which is notable from the numerous streaks of wins in the last three years.

Both local and national government leaders have commended the Nyeri County under the stewardship of H.E Governor Mutahi Kahiga has continuously bagged commendable victories in a show of dedication and de-

votion, a move that has seen the governor being commended several times by a number of leaders for his stellar performance. Governor Kahiga has been lauded for overseeing the successful implementation

of national government projects including the Universal Health Coverage (UHC), in which the county was selected to pilot together with Isiolo, Machakos and Kisumu.

*Continued on page 2 & 3*

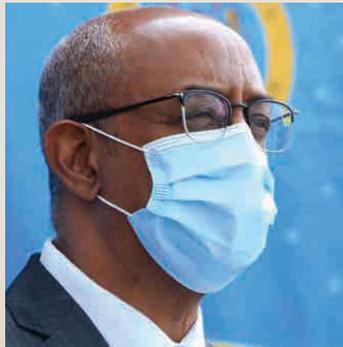


H.E Governor Mutahi Kahiga inspecting the Intensive Care Unit at the Nyeri County Referral Hospital.

Speaking during the launch of Kenyatta University Teaching, Research and Referral Hospital, H.E President Uhuru Kenyatta lauded the governor for fostering harmonious partnerships and his continued support to the Othaya Level IV Hospital-Kenyatta Annex which resulted in creation of impeccable quality health standards for the citizenry.

“I wish to thank the governor of Nyeri for seeing it fit to encourage this partnership and further urge other governors to emulate him in such partnerships between our two governments which will be of tremendous value to the local wananchi,” noted the Head of State.

Universal Health Coverage forms one of the National Government’s Big Four Agenda, with the aspiration being that all Kenyans are able to access essential quality health services without suffering financial hardship hence leaving no one behind. The Ministry of



Health Chief Administrative Secretary Dr. Rashid Aman (*inset*) also commended the Governor Kahiga led administration pointing out the remarkable work being done in the health department particularly the implementation of the same.

“I want to appreciate the Nyeri County leadership for the support they have offered through their Health Department for the implementation of UHC programme which is now complete,” he added.

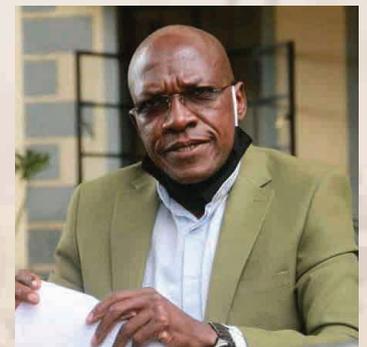
Further, the Ministry of Devolution CS Eugene Wamalwa (*inset*) applauded the Nyeri County leadership, which has proved that indeed devolution is working.



In line with this, Nyeri County has been recognized as among the best run devolved units by the World Bank, having tied at position one in the last financial year 2019/2020 together with Makueni, Nyandarua and Elgeyo Marakwet Counties from position two in the financial year 2018/2019. Nyeri’s rise is due to having accomplished set parameters in five key areas; Public Financial Management, Planning, Monitoring and Evaluation, Human Resource and Performance Management, Civic Education and Public Participation and Environmental and Social performance. The county has been further awarded a tranche of money through the Kenya

Devolution Support Programme (KDSP) which seeks to support capacity building and institutional strengthening. The Governor Kahiga led administration is using the funds to construct a Level 4 facility in Naromoru, Kieni East.

On the other hand, Kakamega Senator Dr. Boni Khalwale (*inset*), described Governor Kahiga as a humble servant adding that this is among the reasons why things are seamlessly working in Nyeri County.



“If governors think that there’s nothing they can do for the people, let them learn from the governor of Nyeri. He is a humble Kenyan and a servant of the people and things are getting done in his county,” Khalwale added.

Dagoretti South MP (*below*) who also doubles up as WSPU Kenya Chapter President Hon. John Kiarie lauded the Governor Ka-



higa government noting it is not only a working government but also a performing one. He noted that it is because of this exemplary leadership that Nyeri County is attracting such partnerships from state and none state stakeholders.

Hon. Kiarie also acknowledged the cordial working relationship between the governor and his staff urging them not to take this for granted stating that the cordial working relationship is evident in the way programmes and initiatives are implemented. Hon. Kiarie was speaking during the signing of MoU between the County Government of Nyeri and World Scouts Parliamentary Union last week.

A number of programmes in which the county government is leading include:

- Has been ranked position one in the implementation of the Kenya



*H.E Governor Mutahi Kahiga (second right) receiving KCSAP trophies from Agriculture, Livestock & Fisheries CEC James Wachihi, Chief Officer Ruth Mwangi (right) and KCSAP coordinator Alice Gichuki (left) that Nyeri was awarded for being position one in the implementation of the KCSAP programmes.*

Climate Smart Agricultural Program (KCSAP) which aims at increasing agricultural productivity and building resilience to climate change, reduce/remove greenhouse gases and enhance achievement of national food and nutrition security as part of the Big Four agenda.

- The county has been awarded Kshs. 236 Million by the Kenya Urban Support Program (KUSP) which it has used to construct a state-of-the-art Modern Bus Termini in Nyeri town.

- The Department of County Public Service Management has been awarded by the County Pension Fund as the best county in timely payment of employee pension and member affiliation.

- The county has been selected among the pilot counties for the coffee revitalization program which will be undertaken through the National Agricultural and Rural Inclusive Project funded by the World Bank with an aim of reforming the coffee sector.

- The county's Finance team has been recognized by the Public Procurement Regulatory Authority (PPRA) as being in Position one in adherence to procurement laws and regulations with a 75% success. The Finance department also put Nyeri on a pedestal for being among only 12 counties that were hailed by Treasury CS Ukur Yatani for clearing its pending bills.

The cordial working relationship is also evident seeing that the County Executive in partnership with the County Assembly assented to the Nyeri County Flag and Other Symbols Bill, 2020. In the spirit of institutionalizing devolution, Nyeri County now has a county flag, a coat of arms and a seal.

On these strengths, the County Government of Nyeri led by H.E Governor Mutahi Kahiga is committed to keep scaling the heights and endeavoring to do right by Wanjiku.



*H.E Governor Mutahi Kahiga inspecting Classic-Ngargarithi Primary School-Muthaiga road near Nyeri town which was upgraded to bitumen standard recently.*

# One on one with Nyeri plant operator, Margaret Muthoni

● *Muthoni has always loved to be unique and since white collar jobs are scarce, she decided to join the machinery jobs, and for seven years now she has embraced everything that comes with the job.*



## *What are the duties and responsibilities of a plant operator in your unit?*

The main responsibilities include: managing all operations according to required safety measures, maintaining records of everyday readings for all compressors and processing equipment and ensuring optimal level of production. In addition, a plant operator collaborates with the supervisors for all activities as well as trains the attaches.

## *When you talk of plant operator, what does it entail? Which areas do you operate from?*

A plant operator is anyone who can supervise the operation of a machine. As a plant operator, you operate different types of machinery and equipment from a control room. You might specialize in a specific type of machinery and work on one part of the process. You do not have to be stationary at one place but with the earth moving machine you operate it can be in areas of regular and irregular surfaces.

## *What kind of machinery do you operate?*

The machinery that I operate include; an excavator, road roller, wheel loader and a backhoe.

## *For how long have you been in the service and what mentored you to join the roads machinery job?*

I have always loved to be unique and since white collar jobs are scarce, I decided to join the machinery jobs. I have been at it for seven years now and I have loved every bit of it. Some time back I happened to see a woman operating the heavy machinery in a field that was dominated by men and that inspired me to become a plant operator.

## *What is your experience working in a male dominated area? What challenges do you face?*

I've never thought of this as a man's job or a woman's job, so I have embraced everything that comes with the job. The main challenge I face is when some people question my competence because of my gender, but that does not hinder me from doing my work diligently.

## *Tell us about the famous work you did that you will never forget.*

A memory that will forever be etched on my mind is when our roller wheel got a puncture and I had to fix it all by myself. It was quite a challenge, but I managed.



### *How do you balance between your family and work?*

I came to the realization that this job is like any other so I manage my time properly. I have created ample time for my family as well as purposed to remain productive at work. I am passion-

ate about by vocation which makes things easier.

### *What efforts has the County Government of Nyeri done to improve your working conditions?*

The County Government of Nyeri has fully covered my

family and myself with an insurance cover as well as ensured the working conditions are conducive. Further, there is freedom of speech and by this I feel I can speak up any time if I want to see some changes.

### *What advice would you give*

*to your fellow youth who are jobless or staying idle at home waiting for white collar jobs?*

My advice to my fellow youth would be that 'kazi ni kazi'. Opportunities are out there and should not solely focus on getting white collar jobs. Also, to young women out there, you can break the stereotype that women cannot work in male dominated fields. Don't be afraid to step outside your comfort zone, seek the support you need, and, most of all, rise to the challenge to be the best you can be.

## Health committee consultative meeting with governor

BY PRUDENCE MARUGA

Nyeri Governor H.E Muthi Kahiga was delighted to host the Nyeri County Assembly Health Committee members led by the chairman Hon. Joseph Ndiritu who paid him a courtesy call in his office.

They deliberated on the issues affecting the health sector in the county including the implementation process of the upcoming amendment of the Health Services Act, 2015.

Governor Kahiga assured them that the implementation process is still ongoing



PHOTO | PETER WANGARI

and will soon be presented to the County Executive Committee.

He also expressed his commitment in giving all the necessary assistance and as-

sured the operationalization of halted services in some of the health facilities.



PHOTO | PETER WANGARI

*H.E Governor Mutahi Kahiga, Nyeri Town MP Hon. Ngunjiri Wambugu, Kieni MP Hon. Kanini Kega and other leaders dancing to 'Firirida' tune with a section of BBI supporters in Nyeri town after the county assembly unanimously endorsed the BBI bill. BELOW: Nyeri MCAs debating the BBI bill.*

# Governor thanks Nyeri County Assembly for passing BBI bill

**The motion of amendment bill was tabled by Legal Affairs Committee chairperson Hon. Julia Wanjiku and supported by Kamakwa MCA Hon. John Ndumia.**

BY JOSEPH WAMBUGU

Nyeri Governor H.E Muta-hi Kahiga commended the County Assembly of Nyeri for unanimously passing the Constitution of Kenya (Amendment), Bill 2020 popularly known as BBI.

The governor who attended the session during the passing of the Bill noted that by unanimously passing the Bill, Nyeri County becomes one of the counties which have endorsed more funds in the county and at the ward level.

Governor Kahiga who was accompanied by Nyeri Town MP Hon. Ngunjiri Wam-

bugu and Kieni MP Hon. Kanini Kega further noted that Nyeri County allocation will now be increased from Kshs. 5 billion to Kshs. 9 billion annually.

Nyeri County was the 24th County Assembly country-

wide to pass the Bill.

The motion of amendment bill was tabled by Legal Affairs Committee chairperson Hon. Julia Wanjiku and supported by Kamakwa MCA Hon. John Ndumia.

The Bill will now move to

the National Assembly before heading to Wanjiku for referendum.

MPs Wambugu and Kega expressed their commitment in passing the bill once it is tabled at the National Assembly.



PHOTO | PETER WANGARI



PHOTOS | KENNEDY KARANJA

Some of the farm equipment which were distributed to community groups in Gakawa Ward, Kieni East sub-county courtesy of KCSAP. BELOW: H.E Governor Mutahi Kahiga testing one of the chaff cutters during the event.

## Gakawa groups receive farm items from KCSAP

BY JOSEPH WAMBUGU

H.E Governor Mutahi Kahiga issued farm equipment and seedlings worth Kshs. 2.6 Million to 10 community groups in Gakawa ward, Kieni East sub county.

The governor who was accompanied by Agriculture CEC James Wachih and area MCA Hon. Amos Kanyai urged the group leaders to ensure transparency and accountability in the management of the resources and equipment. The items distributed include chaff cutters, jack pumps, beans thresher, seed planters, walking planters, vegetable driers, briquetting equipment among others.

The governor also distributed hundreds of grafted avocados and tangerines,

strawberry and mountain pawpaws.

The farm items from the



Kenya Climate Smart Agriculture Project (KCSAP) will help in boosting food production in the area. This is one of the Big 4 Agenda of ensuring food security.

KCSAP is a World Bank

funded project which is running in 24 counties nationally. Nyeri Coun-

ty was recently awarded number one for the implementation of KCSAP programmes.

The ward is also planning for a mega project which will be funded by KCSAP.

## Inspection of national projects in Nyeri



PHOTO | KENNEDY KARANJA

Water & Irrigation PS Joseph Irungu exchanging greetings with H.E Governor Mutahi Kahiga.

BY NJAMBI MUGO

H.E Governor Mutahi Kahiga joined national government officers for a consultative meeting at Othaya DCC office ahead of their visit to inspect national government projects in Nyeri County.

The team was led by Principal Secretaries Water and Irrigation Joseph Irungu, Environment and Forestry Chris Kiptoo, Correction and Services Zeinab Hussein, Health Susan Mochache and Housing and Urban Development Charles Hinga.

The national government projects visited were: Kenyatta National Hospital Othaya Annex, Riamukurwe Irrigation Project, National Housing Corporation, Chaka market, Karatina market among others.

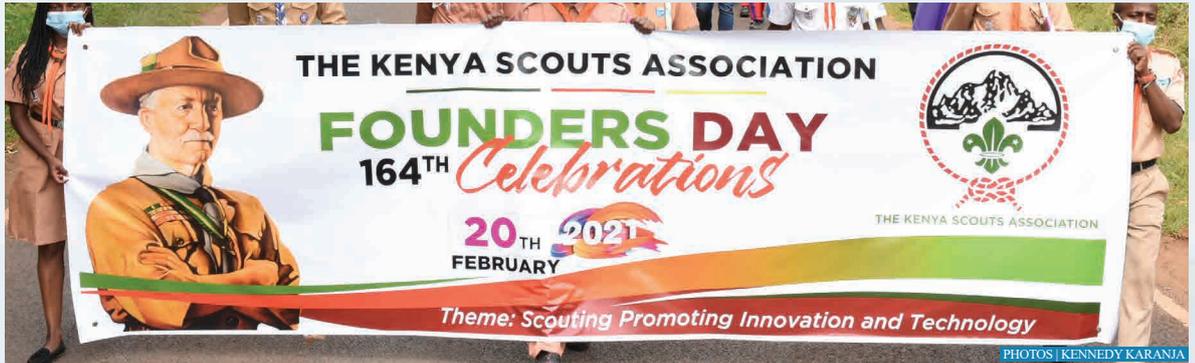
The County Government of Nyeri is fully committed in supporting the national government projects. The governor called for commitment towards service delivery to local wananchi.

Once complete, Chaka market will be handed over to the county government for operations.

# The 164th commemoration of Lord Baden Powell

● *He is recognized internationally for his selfless devotion and contribution to the growth of the scouts movement.*

*Some of the scouts carrying the Kenya Scouts Association founders day banner during the 164th commemoration of Lord Baden Powell. BELOW: H.E Governor Mutahi Kahiga (centre) marching with other scouts during foundaree day.*



BY IVY MURUGA

Nyeri Governor H.E Mutahi Kahiga together with PS State Department of Youth Julius Korir and Nyeri town MP Hon. Ngunjiri Wambugu joined the scouts fraternity in commemorating the movement's founder Lord Baden Powell.

Scouts and girl guides convened at the Baden Powell Memorial Park, Nyeri town where the founder and his wife were laid to rest. The event also marked 164 years since Powell was born.

Baden Powell is recognized internationally for his self-

less devotion and contribution to the growth of the scouts movement which has been in the front line in promoting diversity and inclusion of youth. The graves of the couple have been one of the tourist attraction sites in the county.

Governor Kahiga who is also the Nyeri Scouts Patron applauded the Kenya Scouts Movement for continuing to nurture young boys and girls to grow into productive and responsible citizens.

“The scouting movement is of critical relevance and

value to our community now more than ever. We are suffering from the crisis of the boy child and the scout movement offers a very practical remedy for both the boy and girl child. This is achieved when we build confidence, character, curiosity, resilience, and servant leadership in our children and adolescents. This movement is touted as the largest Scout Movement in Kenya and ranked 6th in the world with over 1.3 Million boys and girls Scouts with a support team of over 40,000

Scout Leaders. This forms a critical mass of change that we must foster to impact this generation positively, “added the governor.

This year's theme is ‘Scouting Promoting Innovation & Technology’.

Kenya Scouts Association (KSA) Chief Commissioner Victor Radido noted that the organization is going to train scouts within schools on peer to peer problem solving as a means of conflict resolution within institutions which are facing a rising number of unrest cases.



# Nyerians development matters' views during public participation



PHOTO | PRUDENCE MARUGA

BY FLORENCE WANGECHI

The County Government of Nyeri through the Department of Finance held a public participation exercise across the eight sub-counties with an aim of providing a platform where the citizenry of Nyeri aired their views in development

matters. Nyeri Central sub-county held the forum at the YMCA Hall where different individuals came aboard to give out ideas and views on matters development which will be among those given priority in the County Fiscal

Strategy paper budget allocation 2021/2022.

The individuals who were grouped according to their wards were asked to propose developmental projects in their respective wards.

Gender, Youth and Social

Services CEC Esther Ndung'u said that such forums are in accordance to the constitution and are important as they give citizens the freedom of expression especially on matters concerning development in the county.

## 7th annual Nyeri County prayer breakfast

● *This initiative was started by the council seven years ago, with an aim of forging togetherness in prayer.*



PHOTO | PETER WANGARI

Nyeri leaders, clergy, business community and repre-

sentatives from the national government convened for

a prayer breakfast meeting organized by the Nyeri Ecumenical Bishops Council whose theme was 'Amani'. This initiative was started by the council seven years ago, with an aim of forging togetherness in prayer and presenting the problems in the region to God.

H.E Governor Mutahi Kahiga appreciated the council for their consistency and faithfulness to this prayer breakfast which has brought

the people of Nyeri together. He further expressed his commitment to continue maintaining peace in the county as well as called upon leaders to maintain harmony and remain dedicated to development and service delivery to local wananchi.

In light of this year's theme, Nyeri residents were encouraged to embrace Matthew 5:9 "Blessed are the Peacemakers, for they shall be called children of God".

# Donation of truck by Tana Water Agency



PHOTO | STACY WAMBUI

BY STACY WAMBUI

Tana Water Works Development Agency (TWWDA)

donated a truck to the Nyeri Water and Sanitation Company (NYEWASCO) which is a County Government of Nyeri water agency.

TWWDA chairperson, Joseph M'ruaki said that the truck will help the company in facilitating their activities including daily water supply.

While receiving the donation, NYEWASCO acting MD Eng. Peter Kahuthu appreciated the Tana Water Works Agency and the Department of Water for their continuous support.

The CECM Water, Fredrick Kinyua thanked Tana Water Works Agency and the National Government for working closely with the county and maintaining good partnerships which have enabled optimal service delivery. He also recognized NYEWASCO for being the leading water service provider.

## World Cancer Day commemorated

BY CAROLINE KARIUKI

The County Government of Nyeri through the Department of Health Services, collaborated with various partners in organizing an event comprising of various activities with an aim to commemorate 2021 World Cancer Day. The commemoration was held at Karaba Health Centre in Mukurwe-ini sub-county.

To mark this day, those present received various health services such as breast and cervical cancer screening, diabetes and blood pressure screening, HIV/AIDS testing and counseling. Further, they were advised on ways

to prevent and manage cancer through a Health Talk.

39 women were screened for breast cancer and 129 people screened for both Diabetes and Blood pressure.

4th February every year marks the World Cancer Day. This day brings on board various entities as well as the community to come up with strategies for preventing and managing all forms of cancer. It also aims at reducing misconceptions regarding cancer by creating platforms for accessing the right information.

This year's theme, "I Can and I Will", developed for



the period 2019-2021, focuses on collective and personal responsibility towards reducing the impact of cancer which is now a global challenge.

The County Government of Nyeri led by H.E Governor

Mutahi Kahiga is committed towards expanding preventive and curative cancer programmes in the county. This is an effort towards achieving a healthier county free from cancer.

# DAT implementation assessment meeting



PHOTO | BRIAN KANYUNGO

BY BRIAN KANYUNGO

An assessment meeting hosted by the Kenya Climate Smart Agriculture Project was held at the Nyeri County Department of Agriculture Livestock and Fisheries headquarters to gauge the progress in the implementation of the Disruptive Agricultural Technology (DAT).

DAT which is under the Kenya Climate Smart Agriculture Project (KCSAP) applies modern technological methods to deliver handy agricultural information and help to farmers revolves around five cohorts, namely:

1. ACRE Africa, which links farmers to crop, livestock and index insurance products to shield them against unpredictable weather conditions leading to increased productivity.
2. Precision Agriculture for

Development which reaches farmers with personalized agricultural advice through their mobile phones and help farmers in reducing crop losses and enhancing productivity.

3. Digital Green - this cohort uses a video-enabled approach to reach farmers with agricultural extension advisory services in a scalable and cost-effective way for crops and commodities resulting in an increase in crop productivity.

4. Arifu, a personal learning tool through which a farmer can chat with on any mobile device to learn new skills and access opportunities.

5. Farmster - this enables market linkages through free classifieds service for farmers to publish their crops before harvest time. They will en-

able agro dealers to promote their inputs via SMS to local farmers, or anyone to message specific farmers based on their profile.

Speaking at the forum Muthoni Muta, the KCSAP Information and Program Officer, commended the digitalization efforts taken by the team and urged them to work hand in hand to ultimately ensure increased productivity in the Agriculture sector.

Felister Wambugu and Paul Warui, farmers who have benefitted from the DAT commended the team for offering a platform that enables farmers to share knowledge and network with each other and also enables future reference where necessary.

## YOUR SAY ON FACEBOOK



**Bonface Wambugu**

Thankyou your Excellency for leading this county with integrity and the fear of the Lord. Truly when the righteous are the throne the nation prospers.



**Ray Day**

THANKS OUR GOVERNOR WE APPRECIATE WHAT YOU DO ARE DOING AND WILL DO FOR OUR COUNTY



**Lilly Ponny**

Thank you our able Governor for leading our county and directing us to the Lord who will enable us in moving to the next level



**Lucie Nyams**

A man of integrity....May God always be with you as you purpose to take Nyeri to greater heights.I missed the invitation card Sir 😊.....



**Kayte Wamuyu**

My county, God bless you



**Lilly Kabz**

Good work our able Governor



**Kamwenji Njuma**

Proud of your less talk more work



**Wangai Jedida**

We are happy to hear that, congratulations governor



**Charles Kariuki**

Nyeri is proud of gvn, less noise, more work, b blsd sir



**Lilly Ponny**

We do appreciate your working relationship with the national government because it has helped in touching the lives of wanjiku on the ground. Thank you as we hope more from you the Nyeri county Chief.

GOVERNOR'S PRESS UNIT



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**COUNTY GOVERNMENT OF NYERI  
OFFICE OF THE CHIEF OFFICER  
DEPARTMENT OF TRADE, TOURISM AND COOPERATIVE  
DEVELOPMENT**

**TENDER NOTICE**

Bids are invited from eligible and qualified firms for the under mentioned works.

TENDER REFERENCE	TENDER DESCRIPTIONS	ELIGIBILITY	BID BOND(KSH)
CGN/TTC/38/2020-2021	Proposed Works for storm drain and ablution block at Pakoni Open Air Market (Karatina)	OPEN	151,355.00

Interested bidders must meet all the conditions as indicated in the tender document and can view the documents in the County Government of Nyeri website ([www.nyeri.go.ke](http://www.nyeri.go.ke)) free of charge. Duly completed tender documents in plain sealed envelopes with the tender number clearly marked and bearing no indication of the identity of the tenderer should be addressed to:

**THE COUNTY SECRETARY,  
COUNTY GOVERNMENT OF NYERI,  
P. O BOX 1112 – 10100  
NYERI**

And placed in the tender box located at the Governor's Office Ground floor of P. O Box 1112 – 10100, Nyeri or sent by post to reach the above address on or before **5<sup>TH</sup> MARCH 2021 at 11:00 am** Submitted tender documents shall be opened publicly soon after the above stated closing date and time in the County Secretary Boardroom, in the presence of tenderers or their representatives who choose to attend. Late bids shall not be accepted or opened.

**NB** Site visit is mandatory on **26<sup>th</sup> February 2021 at 10:00am** at the site.

**County Secretary  
County Government of Nyeri**

**COUNTY GOVERNMENT OF NYERI**



**DEPARTMENT OF FINANCE AND ACCOUNTING**

P.O BOX 1112-10100 NYERI-KENYA

**TENDER NOTICE**

Bids are invited from eligible firms to quote for the supply, installation and commissioning of CCTV Surveillance System at Various County Stations and Sites and Associated Works.

Tender Reference	Neg. No.	Tender Descriptions	Eligibility	Bid Bond(Ksh)
CGN/FIN/37/2020-2021	852440-2020/2021	Supply, Installation and Commissioning of CCTV Surveillance System at Various County stations and sites and associated works.	Open	267,820.00

Interested bidders can view the tender document in the County Government of Nyeri website ([www.nyeri.go.ke](http://www.nyeri.go.ke)) and/or the IFMIS tender portal: [www.supplier.treasury.go.ke](http://www.supplier.treasury.go.ke) using the unique IFMIS negotiation number given above or <https://tenders.go.ke>. Complete tender documents should be submitted through the IFMIS SUPPLIER Portal: [www.supplier.treasury.go.ke](http://www.supplier.treasury.go.ke) so as to be received on or before **2<sup>nd</sup> March 2021 at 11:00am** as indicated in the IFMIS PORTAL.

Bidders **MUST** also submit a hardcopy of their bid in plain sealed envelope with the tender number clearly marked and bearing no indication of the identity of the tenderer and should be addressed to:

**THE COUNTY SECRETARY  
COUNTY GOVERNMENT OF NYERI  
P. O BOX 1112 – 10100, NYERI**

And placed in the tender box located at the Governor's Office Ground Floor or sent by post to reach on or before **2<sup>nd</sup> March 2021 at 11:00am**. Submitted tender documents shall be opened publicly soon after the above stated closing date and time in the County Secretary Boardroom, in the presence of tenderers or their representatives who may choose to attend. Late bids shall not be accepted or opened.

**NB** - Site visit is mandatory date: **23<sup>rd</sup> February 2021 at 10.00am** as indicated in the bid document

**County Secretary  
County Government of Nyeri**

# ToTs trained on stress management

BY BRENDA NJABARA

Nyeri County Department of County Public Service and Solid Waste Management with the support from the Kenya Devolution Support Program (KDSP) conducted a one-week training on training of trainers (TOT) on Psychosocial Support (stress management).

The main objective of the training was to educate the employees on mental health issues, which affect people in the work place. The target groups were mainly the support staff working in Nyeri County under the department.

CEC Beth Karimi who was in charge of overseeing the overall structure of the training officially opened the training. She mentioned that psychosocial training is a sector that needed to be given more attention especially during this season of the Covid-19 pandemic where a lot of cases of suicides and mental health cases were being

reported.

Lecturers from well-known universities conducted the training where they scheduled different topics to be discussed on different days of the week. Some of the topics were introduction to counselling, psychosocial challenges in Public Service, mental health issues at the work place, life skills and stress management.

Grace Wanjiku, one of the lecturers who was in charge of training added that mental health awareness should be provided in work set ups especially among the support staff. She mentioned that eighty percent of people who suffer from mental health issues are most likely employed and are between the ages of 20-45 years.

She encouraged the team to carry out the skills taught during their normal day-to-day activities in their work places and at home.



PHOTO | BRENDA NJABARA