

# Final project report NDT Kenya rural community December holiday netball and teenage health education programme



THEME OF TRAINING:  
“Empowering rural communities through sport and knowledge”

Location: Sirisia Subcounty, Bungoma County, Kenya

Dates: 6th – 19th December 2025

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# 1. Introduction

Netball Development Trust (NDT) Kenya, in partnership with NDT UK, continues to advance life skills, gender equality and youth empowerment through netball. Since 2014, NDT Kenya has positively impacted over 13,600 young learners across Western Kenya by providing safe spaces for play, mentorship and personal growth. Building on this strong foundation, NDT Kenya implemented the December Holiday Netball and Teenage Health Education Programme 2025, designed to nurture young talent, strengthen leadership skills and address the persistent challenge of teenage health education, particularly among school-age girls in rural communities.

## 2. Evidence of need

Bungoma County continues to record one of the highest teenage pregnancy rates in Kenya. According to the Kenya Demographic and Health Survey (KDHS, 2022), nearly 15% of girls aged 15–19 years in Western Kenya have already begun childbearing. Further evidence from the Kenya News Agency article, “*Concern raised over GBV, teenage pregnancies and HIV in Bungoma*” (21 November 2025), highlights the strong link between teenage pregnancy, poverty, school dropout, and limited access to reproductive health education (see Appendix A).

These statistics underline the sustained need for community-based, preventative interventions that combine sport, mentorship, and health education. Monitoring data from previous NDT Kenya programmes consistently show improved understanding of teenage pregnancy, increased confidence among girls to discuss menstrual health, and enhanced ability among learners to resist negative peer pressure.

## 3. Programme overview

**Programme Title:** ‘December Holiday Netball and Teenage Health Education Programme 2025’

**Duration:** 6 - 19 December 2025 (including coaches retraining on 6 December)

**Venues:** Seven participating primary schools, culminating in a community netball festival at Kibindoi Primary School

**Target Group:** 700 girls and boys aged 8 - 18 years (majority new to NDT programmes)

**Implementing Partner:** NDT Kenya

**Funding Partner:** NDT UK

## 4. Participant selection process

A structured and inclusive selection process was used to engage 600 learners across seven partner schools.

### Target numbers

- Total learners: 700
- Per school: 100 learners
- Gender ratio: 50 girls and 50 boys per school

### Eligibility and selection

Participants were drawn from:

- Returning NDT participants (2014–2024): Acting as peer leaders and role models.
- New participants: At least 40% per school, recruited through open community sign-ups.

Selection involved teacher nomination and open expressions of interest announced through schools, churches, mosques and community forums. Final participant lists were approved jointly by NDT Kenya mentors, volunteers and teachers during the retraining workshop.

### Tournament participation & sanitary pads support

- Tournament: 30 learners (15 girls, 15 boys) per location selected based on discipline, teamwork and commitment.
- Sanitary Pads: Distributed discreetly to needy girls during the programme to ensure full participation, particularly for those who could otherwise miss the sessions.

## 5. Programme objectives

1. Engage learners in structured holiday netball and mentorship sessions.
2. Enhance netball skills and teamwork among children from seven rural schools.
3. Provide teenage Health education to 700 pupils.
4. Strengthen the capacity of 20 local trainers and teachers through a pre-programme retraining workshop.
5. Promote discipline, equality and leadership through sport.
6. Strengthen partnerships between NDT Kenya, schools and communities.

## 6. Participating schools

1. Kibindoi Primary School

2. Machakha Primary School
3. Kabkara Primary School
4. Tororo ACK Primary School
5. Tulienge SA Primary School
6. Tulienge ACK Primary School
7. Marakaru Primary School

## **7. Implementation team**

### **Volunteers**

- a. Beevon Amai – Project Lead & M&E
- b. Afred Matayo – Deputy Project Lead
- c. Yvonne Wamukota – Welfare Officer
- d. Kelvin Karani
- e. Musa Munyasia – Field Marking
- f. Nixon Wafula – Field Marking
- g. Musa Omekede
- h. Karen Shapili – Welfare Officer
- i. Michael Amai
- j. Joseph Olita – Communications & M&E

### **Mentors**

- a. Faith Chepkwemoi
- b. Ivine Chemaket
- c. Emmanuel Shapili
- d. Belinda Nasimiyu
- e. Purity Chepkwemoi
- f. Yvonne Ikwara – Treasurer
- g. Leila Akisa – M&E
- h. Lavendar Chebet

### **Teachers (School Representatives)**

- a. Rose Wakhungu - Machakha Primary
- b. Teacher Susan - Tulienge SA
- c. Sophy Temko - Kibindoi Primary
- d. Mercy Wamanyengo - Tororo Primary
- e. Walter - Kabkara Primary
- f. Esnas - Tulienge ACK
- g. Maruti Leonard - Marakaru SA

## 8. Training content

### A. Netball skills development (9 Days)

Progressive training covered rules, ball handling, footwork, shooting, defence, attack strategies, practice games and tournament preparation. Sessions were adapted to accommodate both new and experienced participants.

### B. Teenage health education (9 Days)

Topics included adolescence, self-esteem, peer pressure, menstrual health, teenage pregnancy prevention, relationships and boundaries, education and career focus, mental wellbeing and child rights.

## 9. Outputs and outcomes

Key outputs:

- i. 700+ learners trained in netball, life skills, and teenage health.
- ii. Enhanced netball skills and teamwork through structured sessions and tournaments.
- iii. 20 local trainers and teachers retrained, improving coaching and facilitation capacity.
- iv. Successful community netball festival promoting discipline, equality, leadership, and community engagement.
- v. Stronger school-community partnerships supporting mentorship and child protection initiatives.

### Outcomes and Impact:

Questionnaire data and participant feedback reveal tangible changes:

- i. 87% improvement in adolescent health knowledge between pre- and post-training surveys.
- ii. 89% of participants reported increased confidence in resisting peer pressure.
- iii. 91% supported open discussion of menstrual health issues.
- iv. 92% supported equal opportunities for boys and girls.
- v. Participants demonstrated improved understanding of teenage pregnancy risks, personal boundaries, and mental wellbeing.
- vi. Life Skills Development: Participants improved communication, leadership and teamwork skills, reinforced through drills, team strategies and festival participation.
- vii. Behavioral Change: Observations showed higher participation and more peer mentoring.
- viii. Community Engagement: Stronger collaboration between schools, parents and community leaders enhanced child protection efforts.

- ix. Empowerment: Learners took initiative by participating fully and advocating for safe practices.

The programme achieved its objectives while delivering measurable social impact. This was a holistic model that combined sports, life skills and community engagement, building a healthier, confident and socially responsible youth. With clear quantitative results and qualitative outcomes, the programme represents a scalable, high-impact investment in youth development and community resilience.

The NDT Kenya December 2025 Rural Netball and Teenage Health Programme demonstrated that sport can be a powerful platform for youth education and empowerment in rural communities. By combining netball training with structured teenage health discussions, the programme created a safe and engaging environment where young people could learn about adolescence, personal responsibility and healthy life choices.

Evaluation results show that participants left the programme with stronger knowledge of teenage health, improved confidence to resist negative peer pressure and greater awareness of the importance of education and gender equality. Many learners also reported feeling more comfortable discussing sensitive issues such as menstrual health, relationships and mental wellbeing.

Beyond the immediate knowledge gained, the programme contributed to building confidence, teamwork and leadership skills among participating adolescents, particularly girls who often face social barriers to open discussion and participation in sport.

The success of this initiative highlights the value of community-based sports programmes as effective interventions for improving youth wellbeing and life skills in rural Kenya. Continued investment in programmes like this will enable NDT Kenya to reach more young people and support them in making informed decisions about their health, education, and future opportunities.

## 10. Budget summary

Total expenditure: Ksh 136,380.

Total budgeted and funded by NDT UK: Ksh 123,000.

NDT Kenya is in debt of Ksh 13,000/ as at 16<sup>th</sup> January 2026.

Some items had not been budgeted for - this is highlighted in the finance balance sheet. We will learn from this and ensure future budgets are more accurate.

The budget covered training workshops, transport allowances, equipment supplementation, printing of manuals and M&E tools, field marking, first aid, meals for the festival day, and sanitary pads support for girls.

## **11. Monitoring and evaluation**

NDT Kenya implemented robust M&E systems, including daily attendance registers, pre and post tests on SRH knowledge, regular social media updates, stakeholder interviews and photo/video documentation.

Please see our separate M&E report for more information.

## **12. Why this programme matters**

Adolescents in many rural communities in Bungoma County face significant challenges as they grow up. Access to accurate information about adolescent health, personal development and responsible decision-making is often limited, while social pressures, stigma and poverty can increase the risks of teenage pregnancy, school dropout and poor mental wellbeing.

The NDT Kenya programme demonstrates that sport can provide a powerful and accessible entry point for engaging young people in meaningful learning and mentorship. By bringing together netball training with structured teenage health education sessions, the programme created a safe and inclusive space where learners could discuss sensitive topics, build confidence and learn skills that support their future success.

The evaluation results show that the programme achieved measurable improvements in knowledge, attitudes, and behavioural intentions among participants. Learners left the programme with stronger awareness of the risks associated with teenage pregnancy, greater confidence in resisting negative peer pressure and a clearer understanding of the importance of education and personal responsibility.

Importantly, the programme also helped strengthen positive relationships between schools, teachers, volunteers and community members, creating a supportive environment for young people beyond the programme period.

With the financial investment from NDT UK, the programme reached hundreds of learners and delivered lasting educational and social benefits. Expanding this initiative will enable NDT Kenya to support even more young people in rural communities to stay in school, make informed life choices and pursue their future aspirations with confidence.

## **13. Acknowledgement and appreciation**

Netball Development Trust Kenya would like to express its sincere gratitude to our partners and supporters in the United Kingdom for their continued commitment to youth development in rural Kenya. Your support has made it possible for thousands of young people in Bungoma County to access safe sporting opportunities alongside important education on teenage health, confidence and life skills.

We also appreciate the dedication of the volunteer coaches, teachers and community members who supported the delivery of this programme across the participating schools. Their time, encouragement and mentorship played an important role in creating a positive learning environment for the learners.

Most importantly, we thank the young participants whose enthusiasm, openness and willingness to learn made the programme such a success. Their engagement and reflections demonstrate the importance of continuing to invest in programmes that empower young people with knowledge, confidence and opportunities for a brighter future.

## **14. Conclusion**

The December Holiday Netball and Teenage Health Education Programme 2025 successfully advanced NDT's mission of transforming young lives through sport, leadership and health education. By integrating netball with structured teenage health sessions, the programme contributed to healthier, safer and more confident rural communities in Bungoma County.

We thank Netball Trust UK for fully funding the project. Continued partnership with NDT UK will further strengthen the impacts achieved.