

Workplace Tidbits

Mental Health Awareness Month

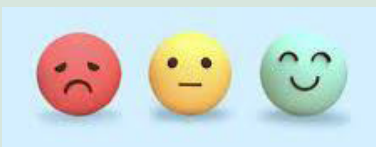


Each year, World Mental Health Awareness Month is celebrated in May and acts as a timely reminder that mental health is essential and that those living with mental health issues are deserving of care and understanding.

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel and act. It also helps determine how we handle stress, relate to others, or make healthy choices. As a result of the Covid -19 pandemic, many people are realizing that stress, isolation, and uncertainty have taken a toll on their well-being.

The theme for this year's World Mental Health Awareness Month is "Back to Basics." And the objective is to create awareness about mental health and mental health conditions as well as the steps one can take if they have any concerns about their mental wellbeing.

Although the terms are often used interchangeably, poor mental health and mental illness are not the same as one can have poor mental and not be diagnosed with mental illness or vice versa.



REREC Enhancing Hygiene In Schools



REREC staff donating water tanks.

The emergence of the COVID-19 pandemic across the globe affected people's livelihoods and ways of life. Simple things like shaking hands, sharing public space & freely interacting with each other became a thing of the past. Certain strategies to curb the spread of infections were imposed and became the norm in our day-to-day lives. It became the responsibility of an individual to ensure they keep themselves safe.

Hand washing with soap and running water is highly encouraged as one of the ways to curb the spread of the virus. However, due to harsh economic times that resulted from the pandemic, basic needs became hard to come by and people were desperately trying to survive through that period.

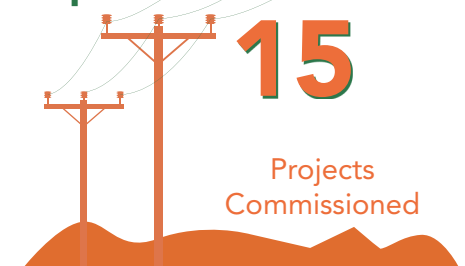
Apart from food and shelter, water plays an important role in the sustenance of life because most of the activities that we engage in require us to use water.

As the schools reopened after the lockdown, handwashing is one of the mandatory requirements for schools to curb the spread of Covid -19. However, the availability of clean and easily accessible running water is not guaranteed in most rural schools. Imagine waking up in the morning as a primary school child and having to carry a 5-litre jerrican of water to school every day, also being a high school student in a boarding facility dependent on limited supply of the precious commodity creates a lot of hardship. This was the predicament facing Nyasumbi Primary School in Mbita Constituency, Homabay County, and Nang'eni Girls Secondary school in Bungoma County until the intervention of the Corporation.

Through REREC's Corporate Social Responsibility (CSR) activities, the Corporation donated water tanks to the two schools. This ensures provision of sufficient water thus reducing the need for interruptions of school activities due to the time used to source water. It is expected that the health status of the school's community will significantly improve due to better hygiene and a reduction of water-related diseases among students.

Speaking on behalf of Nang'eni Girls Secondary Principal, Fred Simiyu a teacher appreciated REREC for the good job they were doing and that the school had just built a new dormitory and the tank would provide sufficient water storage for the students.

Projects' Progress Report



15No. projects were commissioned in the week ending 06/05/2022, in various parts of the country. The total number of commissioned projects in the current financial year stands at 913No. with 1111No. projects in progress. 167 projects are awaiting either joint inspection, shutdown, or commissioning