



CENTRES for
HEALTH &
EDUCATION
PROGRAMMES

CHEPs UPDATE

Jan - Mar 2017

Empowering | Promoting Health, Education and Development | Improving lifestyles

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About Us

The Centres for Health and Education Programmes (CHEPs) is a registered Non-Governmental Organisation (NGO) in Kenya. Its goal is to empower, promote access and improve quality of health and education for the benefit of under resourced individuals and communities.

CHEPs organises health/eye care screening and treatment camps, provides assistance for emergency medical and surgical care, sponsorship and career mentorship to deserving students, emergency relief and rehabilitation efforts in drought/famine disaster affected areas of Kenya, undertakes development and humanitarian projects in underprivileged areas of Kenya.

Vision

CHEPs envisions the underprivileged across Kenya empowered with equal access to quality health and education services, improved agriculture and environment for a dignified lifestyle.

Mission

CHEPs' mission is to empower the underprivileged individuals and communities of Kenya, while instilling hope and dignity, by providing sustainable and quality health, education, agriculture, environment conservation, development and humanitarian projects through local initiatives, resources, and involvement of local volunteers willing to serve the community.

Our projects include:

Health care

eye camps, emergency medical treatments, limb prosthesis



CHEPs 54th Eye Camp in Garissa

Education

student sponsorship, student mentorship centre, library set up, desk, chair, solar lights & books distribution



CHEPs 55th Eye Camp in Faza Island-Lamu

Agriculture

farming support, irrigation projects, animal husbandry



Environment

tree planting, organizing cleanup/hygiene projects in villages



Development

microfinance & infrastructure for promotion of health and education, improving water supply through digging & rehabilitation of wells



Drought & Famine relief in various parts of Kenya

Humanitarian

emergency relief during famine & drought



EMPOWERMENT IS OUR MOTTO

Contact us to be part of a humanitarian cause and let's make the world a better and equitable place to live in for all!

info@chepskenya.org

SUMMARY OF THIS QUARTER'S ACTIVITIES BY CHEPS:

Health Projects

Eye Camp #54 A total of 190 needy patients underwent eye surgeries, 189 for cataract and 1 for pterygium exision.

Eye Camp #55 for the first time in the history of Faza Island, an eye camp was conducted by CHEPs, serving 453 needy patients.

CHEPs Medical Backpack project: CHEPs volunteer Medical Practitioners continue to provide medical care to needy families .

Education Projects

Education sponsorship: 12 needy students currently sponsored, 6 at tertiary, 4 at secondary school and 2 disabled children at special school.

CHEPs Backpack Literacy project: Aimed at increasing literacy through home visits in Kawangware slums by a CHEPs volunteer.

Development Projects

Wells digging & rehabilitation: 28 dug and 20 rehabilitated wells, bringing the total numbers to 268 dug and 517 rehabilitated.

Sanitation facility: A modern sanitary facility bearing 6 cubicles constructed for Chakama primary school to serve over 500 students who previously used to relieve themselves out in the open.

Digging of Borehole: A Borehole drilled for Chakama primary school. Another borehole is being drilled for Chakama Secondary school which is expected to solve the water shortage in the school.

Humanitarian

Drought & Famine relief: 47.9 tonnes of food & 305,000 litres of water distributed to drought affected areas including Baringo, Garissa, Tana River, Kilifi, Kwale & Wajir Counties.

Health

CHEPs Eye Camps

According to The World Health Organization (Fact sheet No. 282, August 2014):

- 285 million people worldwide have abnormal vision and 14% of them, which is close to 40 million, are completely blind.
- 80% of these 40 million cases of blindness could have been prevented.
- 90% of visually impaired people live in low income settings.

CHEPs has over the years been on a mission to improve eyesight of destitute communities by conducting free eye camps all over Kenya.

During the camps, we screen and treat various eye ailments using a variety of medication, and correct visual impairment by giving out spectacles all free of charge. We also perform eye surgeries to treat cataract blindness also free of charge.

We have so far held a total of 55 free eye camps across the country during which:

- 13,176 people have been screened for eye conditions
- 4,565 pairs of spectacles were given out to correct visual impairment.
- 7,118 eye drops of different types were dispensed to treat eye diseases.
- 957 blind people have been operated for cataract to restore their vision.

Eye Camp #54

Our 54th eye camp was held in Garissa with the aim of serving the neediest of the community. Patients came from very distant villages, many appearing weak and malnourished from the on-going drought.

Below is a summary of the services that were offered by the team free of charge:

- Cataract surgeries to restore vision: **189**
- Other eye surgeries (pterygium exision): **1**

Halima Yusuf, a 29 year old was among the many deserving beneficiaries. She was born blind and had lived all her life in that state, given that her parents and later her husband could not afford her treatment. She travelled more than 80km from Bangali village when she learnt of the camp accompanied by her uncle. She was delighted to be able to see when her bandage was removed the following day.



Halima immediately after surgery of right eye

Nikolas Mwangani, a 14 years old, class 6 student travelled 200km from Mwingi to seek attention on learning of our camp. He was pricked by a thorn in his left eye last year and stopped seeing with it. His class performance had deteriorated due to this, and he was even forced to repeat a year. We met him 10 days later, when we travelled to Garissa to distribute drought response food aid. He was very glad to see us and expressed his happiness for having regained his vision. He assured us that he would now work hard and improve his grades. He now aspires to become a doctor so that he can help other people as he has been assisted!



Nikolas when he met CHEPs team on his way to Garissa Hospital for follow up checking

On follow up of the operated patients, all the surgeries were successful and the patients had their vision restored. No complications have been reported, and all the beneficiaries have expressed heartfelt gratitude. Most of them were elderly, and weak who had lived in a state of blindness for

many years, but could not access treatment as it was not available locally and they could not afford to travel for it.

We are grateful to Beta Charitable Trust for sponsoring the camps. This sponsorship went a long way in restoring the vision of needy people. Many of the beneficiaries were noted to be malnourished, and it is believed that having their vision restored will reduce their dependence and enhance their ability to fend for themselves during this drought period. We look forward to more collaboration in future.



The public patiently awaits service



Post surgery examinations



Surgery in progress



CHEPs clinic team

Eye Camp #55

Our 55th eye camp was held in Faza Island. For the first time in the history of Faza Island, an eye camp was conducted on 3rd and 4th of March 2017. Faza, one of the islands of The Lamu Archipelago, is a remote island found in the Indian Ocean, off the northern part of Kenya's coast. The island, a UNESCO world heritage site, has a rich history stretching as early as the 8th century. It however faces a range of medical challenges, including prevalent eye diseases, due to the lack basic medical services from its remoteness. Community members mostly rely on traditional medicine to treat their ailments, while the few who can afford it, travel to Lamu and other towns for medical attention.

Below is a summary of the services that were offered by the team free of charge:

- Total number of patients served: **453**
- Spectacles given out to improve vision: **201**
- Eye drops dispensed to treat various eye diseases: **210**
- Cataract blindness diagnosed for surgery later: **25**
- Myopes: **15**
- Others : **15**

We are grateful to Datoos Charity Trust for sponsoring the camp. This, being the first of its kind in Faza island, was very much appreciated by the ailing beneficiaries. We look forward to more collaboration in the near future.



Visual acuity examination



Eye camp in session



The team sailing to the island



Public waiting for the service



Beneficiary able to read after free spectacles give to him



The team

EYE CARE

Join us in our endeavour, to prevent blindness and restore vision on millions of reversibly blind people.

You too can be a part of this!!! Partner with us in correcting visual defects and preventing preventable blindness among needy communities.

info@chepskenya.org

CHEPs Backpack Medical project

The CHEPs backpack medical project continues, in an attempt to provide medical services to the large proportion of people who lack access to basic healthcare.

This project was launched in September 2015, and provides basic healthcare to needy families in Kawangware slums through home-to-home visits by our volunteer medical practitioners.

During the visits, basic ailments are treated by providing medication free of charge. Cases that require specialized care are referred to suitable health care facilities and supported.



Dawud during his home visits

BACK PACK MEDICAL PROJECT

When quality medical care is not accessible to the poorest of the poor, CHEPs takes it to them. This however requires constant supply of both pharmaceutical and non-pharmaceutical products which are given free of charge to the beneficiaries.

Join us in providing healthcare to the destitute.

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Education

Student Sponsorship Programme

CHEPs strives to support smart needy students across the country by sponsoring their secondary and tertiary education. The programme currently supports a total of **12** students, of which 6 are at College & University Level, 4 are at secondary school level & 2 are disabled children at special schools, coming from diverse backgrounds and races. This aims at combating poverty by provision of education.

The college and university level students are required to undertake community service projects of their choice, which are closely supported and monitored by CHEPs. This unique approach ensures a ripple effect in the empowerment, where for each supported student, a community benefits from services rendered by the student. Ultimately, once the student is educated and empowered, his/her family as well as community benefits from his/her support.

CHEPs Backpack Literacy project

The CHEPs medical backpack project is a project aimed at increasing reading awareness through home visits in Kawangware slums in Nairobi by a CHEPs volunteer with books on various subjects/stories.

Below is a report from the volunteer, Mohamed Matano:

"I have been doing literacy backpack project at Kawangware where I teach learners of different levels. I visit the learners in their residential areas where I give them books depending on their demand. I always make sure that the objectives are met after every single session. A session lasts for thirty minutes. The students participate by responding to oral questions, copying some notes where necessary as well taking home where I mark their work in the following day of visit.

The homework is a weekly endeavor and it is aimed at improving their creativity in tackling questions. Students get corrected on the areas of weaknesses and guided on the right things by the teacher.

Past papers, sample exams, story books and other academic materials are used to in preparing the in making them developing interest for personal reading and for the final examination.

Some of the challenges that I have encountered is lack of enough materials particularly books, the little I have isn't enough for the big number of learners I meet every time I visit them."



Matano during his literacy bag pack visits

EDUCATION SPONSORSHIP

CHEPs believes that education is the key to elimination of poverty. For the sustainability of this programme, there is need for constant availability of funds, which has of late proven to be a challenge. This has made it difficult to not only admit new students into the program but also risks the continuity of the current 30 students on board. Join us in this endeavour, one bright student at a time.

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Development

Wells digging & rehabilitation

It is reported that lack of access to safe drinking water is the number one crisis worldwide, with over 1 billion people facing this predicament. Things are quickly getting worse with the fast growing human population.

The situation in Kenya is no different with 17 million out of the 40 million people living in the country lacking access to this valuable resource. Other than thirst, lack of water also leads to hunger as most Kenyans rely on agriculture for their sustenance.

CHEPs aims to alleviate the problem by digging wells and boreholes so as to improve supply of this precious commodity that is not only needed for drinking and farming, but also for improved hygiene and sanitation.

CHEPs has so far dug 296 and rehabilitated 587 wells. This year quarter alone, CHEPs has dug 28 new wells and rehabilitated 20 to ensure access to water, provided opportunities for subsistent farming, and tree plantation, thereby addressing thirst, improving food security and ensuring environmental sustainability. The wells are also capped to ensure that neither people, animals nor dirt would not fall in, ensuring safety and hygiene

WELLS DUG THIS QUARTER

Well D269 dug for Salat Kumane of Mau Mau village.



Well D270 dug for Rashid Sambur of Bangal village.



Well D271 dug for Mohamed Jelle of Bangal village.



Well D272 dug for Halima Sheikh Dahiye of Bulla Isiolo village.



Well D273 dug for Asha Mohamed of Mau Mau village.



Well D274 dug for Habiba Mohamed of Mau Mau village.



Well D275 dug for Fatuma Muhumed of Bulla Jogoo B village.



Well D279 dug for Abdi Warai of Bulla Makoror village.



Well D276 dug for Halima Kasai of Bulla Mugdi village.



Well D280 dug for Idhow Abdullahi of Bangal village.



Well D277 dug for Hasna Hujale of Bahati village.



Well D281 dug for Markaba Muhumed of Bangal village



Well D278 dug for Saadia Hillow of Bulla Makoror village.



Well D282 dug for Kholera village, Western Kenya.



Well D283 dug for Namulungu village, Western Kenya.



Well D277 dug for Mabonga village, Western Kenya.



Well D284 dug for Mukhweya village, Western Kenya.



Well D288 dug for Nabunulu village, Western Kenya.



Well D285 dug for Namalenje village, Western Kenya.



Well D289 dug for Ematuwa village, Western Kenya.



Well D286 dug for Marinda village, Western Kenya.



Well D290 dug for Kabukoshe village, Western Kenya.



Well D291 dug for Shirumbwe village, Western Kenya.



Well D295 dug for Nakumuma village, Western Kenya.



Well D292 dug for Ebukolwe village, Western Kenya.



Well D296 dug for Emayungu village, Western Kenya.



Well D293 dug for Nakhaliro village, Western Kenya.



WELLS CUPPED THIS QUARTER

Well C518 cupped for Omar Ahmed of Bangal village



Well D294 dug for Chibanga village, Western Kenya.



Well C519 cupped for Salatha Abdi of Makoror village.



Well C520 cupped for Rukia Shillow of Makoror village.



Well C524 cupped for Ali Faray of Bangal village, Wajir



Well C521 cupped for Abdi Ganyureof Bangal village.



Well C525 cupped for Ali Jiss of Bangal village, Wajir.



Well C522 cupped for Ali Baryare of Bulla Isiolo village.



Well C526 cupped for Mohamed Ahmed of Bangal village, Wajir.



Well C523 cupped for Siyad Farah of Bangal village.



Well C527 cupped for Kamila Adow of Bulla Isiolo village, Wajir.



Well C528 cupped for Diisow Kulow of Hudhile village, Wajir.



Well C532 cupped for Ibrahim Jesh of Bulla Isiolo village, Wajir.



Well C529 cupped for Habiba Saney of Bulla Jogoo village, Wajir.



Well C533 cupped for Adan Kahiye of Makoror village, Wajir.



Well C530 cupped for Issack Wallow of Bulla Mugdi village, Wajir.



Well C534 cupped for Osman Muhumed of Makoror village, Wajir.



Well C531 cupped for Kulay Korow of Makoror village, Wajir.



Well C535 cupped for Abdi Ahmed of Makoror village, Wajir.



Well C536 cupped for Johara Abdi of Bulla Jogoo village, Wajir.



Well C537 cupped for Issack Adan of Bahati village, Wajir.



Borehole Digging

CHEPs dug a borehole for Chakama primary school. Another borehole is being dug for Chakama Secondary school which is expected to solve the water shortage in the school.



Completed borehole at Chakama Primary School



WATER SUPPLY

Water is life, and without it there can be no survival. Many communities are forced to walk very long distances in search of this valuable commodity. Join us in bringing life to communities that are threatened by thirst.

Water is life, and without it there can be no survival. Many communities are forced to walk very long distances in search of this valuable commodity. You too can be a part of this!!!

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Sanitation Facility

It is reported It is reported that:

- 2.5 billion people (37% of global population) to date lack access to adequate sanitation
- Every 20 Seconds, a child dies due to poor sanitation
- 80% of diseases in developing countries are caused by unsafe water and poor sanitation
- Access to good sanitation and safe water could save 1.5 million children per year

Proper human waste disposal systems are unheard of in many remote parts of Kenya. Many people are forced to walk long distances to access latrines, practice open defecation, or even use 'flying toilets'. This poses great danger to the communities due to the high likelihood of water and food contamination, leading to outbreaks of diarrhoea diseases that often lead to mass mortality.

Chakama Primary School Latrines

Chakama is a remote village within Kenya's Kilifi County. The community there is a very needy one, living under very harsh conditions, and lacking essential needs including food, healthcare, water, electricity, and sanitation.

Chakama primary school, the main school in the village, hosts over 500 pupils in an environment that lacks a proper sanitary facility. Students are forced to urinate and defecate in the open, exposing themselves to water and food contaminations, which can lead to severe disease.

Situation before:



Open defecation



Old latrine with open urnation

As always, CHEPs does not turn a blind eye! In the spirit of serving the needy and vulnerable, CHEPs has constructed a modern pit latrine facility bearing 6 cubicles for the students. This will enable them to dispose their waste safely and protect them from diarrheal diseases.

New facility constructed by CHEPs:





Completed latrines handed over to the school

SANITATION

Open defecation poses great danger to the communities due to the high likelihood of water and food contamination, leading to outbreaks of diarrhoea diseases that often lead to mass mortality. You too can be a part of this hygiene drive!!!

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**Humanitarian
Drought & Famine Relief**

It is Over 2.6 million Kenyans are suffering from extreme thirst and hunger due to the protracted drought, which has been declared a national disaster. Having lost their source of food and water with the drying of their crops, and water sources, masses of people risk losing their lives if no intervention is put in place.

Surveys conducted by our team in various parts of the country have revealed a desperate situation. Scattered animal carcasses and malnourished people are a common scene. Children and women are seen on the roadside begging for food and water hand-outs from commuters.

Children and women are seen on the roadside begging for food and water hand-outs from commuters. Schools are recording poor attendance, as children travel far with their families in search of these precious commodities. Victims are forced to share the little available contaminated water with animals, leading to water-borne diseases. The elderly and weak are left behind at the mercy of well-wishers and occasional government relief food. Scattered animal carcasses

and malnourished people are a common scene. With a few mortalities having been reported, urgent measures must be put in place to mitigate further loss of lives.

Schools are recording poor attendance, as children travel far with their families in search of these precious commodities. Victims are forced to share the little available contaminated water with animals, leading to water-borne diseases. The elderly and weak are left behind at the mercy of well-wishers and occasional government relief food. With a few mortalities having been reported, urgent measures must be put in place to mitigate further loss of lives.

CHEPs strives to improve food security in the region by implementing short-term interventions such as feeding programs and relief food and water distribution, and long-term interventions such as kitchen gardens, community farms, greenhouses, as well as providing water for drinking and irrigation through digging of wells and boreholes.

During the 2011 famine, CHEPs reached out to over 11,666 households (89,929 individuals) in 37 villages and refugee camps with over 140 tons of relief food. Water was also distributed, and digging of wells and boreholes immediately embarked upon.

As for mitigating measures we have since, the drought began in December 2016 constructed 28 wells. More wells are currently under construction and more will follow on completion. We are also drilling boreholes for institutions.

Food distribution to drought affected areas

County	Food Qty	No. of households per village
Garissa County,	7 tonnes	1. Deiso 1 village – 100 2. Dadere village – 130 3. Deiso 2 village – 64 4. Abdiluge village – 24 5. Raya village – 74 6. Mama Hani orphanage – 74 disabled orphans 7. Ibnul Mubarak junior academy- Over 100 orphans
Tana River County,	5 tonnes	Ege Kumbi village – 100
Kilifi County,	1.7 tonnes	Bofu village – 170
Tana River County,	13.1 tonnes	1. Gerasa village – 80 2. Cherafa & Odoganda -292 3. Iddi Kone village -200
Kilifi County,	6 tonnes	Bofu village – 400
Baringo County,	5 tonnes	Kong village – 149

Kwale County,	5.1 tonnes	1. Chengoni village - 420 2. Mwaruesa village - 89 3. Mlunguni village - 91
Kilifi County,	5 tonnes	1. Bofu village - 235 2. Bakaye village - 168 3. Raukani village - 71 4. Katama village - 116
TOTAL	47.9 tonnes	2755 households and over 174 orphans

TOTAL	305,000 litres	5511 households
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Water trucking to drought affected areas

County	Quantity (Litres)	No. of households
Garissa County,	25,000	Dadere village - 130
Wajir County,	20,000	Lagbogol village - 600
Tana River County,	160,000	16 trips of 10,000 litres each 1. Tana Salt - 67 2. Kurore - 130 3. Kurore B msikitini - 96 4. Hurare- 315 5. Maendeleo A - 374 6. Vibao viwili - 150 7. Vumilia - 125 8. Maendeleo B - 160 9. Tulu - 60 10. Hurare msikitini - 200 11. Kuindwa road - 82 12. Ege kumbi - 76 13. Maendeleo B - 374 14. Tana Salt - 67 15. Vumilia - 125 16. Tulu - 60
Wajir County,	20,000 litres	Madho location - 550
Wajir County,	20,000 litres	Madho location - 550
Wajir County,	20,000 litres	Dakene/Nayole location - 320
Wajir County,	20,000 litres	Hungai location - 350
Wajir County,	20,000 litres	Arbaqeramso location - 550





Food distribution ongoing



Deiso 1 village



Deiso 2 village



Deiso 1 village



Raya village



Abdiluge village





Food donated to Mama Hani orphanage



A disabled child assists in ofloading food



Deiso 1 village



Deiso 2 village



Deiso 1 village



Raya village



Abdiluge village



Loading food onto the lorry



Malnourished cattle huddle together under a shrub to seek shade from the scorching sun



The widespread search for water



Gerasa village



CHEPs volunteers having a word with the villagers



Attending to a starving cow that was too weak to stand



Sharing sweets with the children



Malnourished women wait patiently in queue



Distribution in Gerasa village



Impact

To date CHEPs has achieved the following:

Sr.No	Indicators of activity progress	Units
1	Number of people provided with food support in emergencies:	129,000
2	Number of villages provided food support in emergencies:	37
3	Amount of food distributed in emergencies:	Over 140 tons
4	Number of eye camps organised:	53
5	Number of people screened for eye conditions:	12,534
6	Number of people provided eye glasses for refractive errors:	4,364
7	Number of people provided with eyedrops for various eye conditions:	6,908
8	Number of cataract blind people operated to see again:	768
9	Number of individuals assisted for emergency medical treatment:	31
10	Number of amputees provided with limb prosthesis:	28
11	Number of students ever supported with fees:	137
12	Number of students currently supported with fees:	16
13	Number of university students ever supported with fees:	83
14	Number of university students currently supported with fees:	11
15	Number of disabled students ever supported with fees:	15
16	Number of disabled students currently supported with fees:	3
17	Number of boarding schools in rural areas supported in food for fees project:	13
18	Number of students benefited from food for fees project:	524
19	Amount of food distributed in food for fees project:	Over 40 tons
20	Number of student mentorship centres set up:	3
21	Number of books distributed:	2,809
22	Number of schools/institutions given books:	16
23	Number of libraries set up for schools/communities:	4
24	Number of classrooms constructed:	3
25	Number of sanitary facilities constructed:	14
26	Number of desks given to schools:	429
27	Number of solar lights given to schools:	2,504
28	Number of solar lights given to institutions:	41
29	Number of trees planted:	11,380
30	Number of wells dug:	268
31	Number of wells rehabilitated:	517
32	Number of dried wells re-dug:	50
33	Number of 'berkets' water storage tanks constructed:	2
34	Number of new farmers/kitchen gardens supported:	329
35	Number of large irrigation/farming projects:	3
36	Number of goats distributed to poor families:	50
37	Number of official presentations made at scientific conferences:	6
38	Number of workshops, seminars & community presentations:	6
39	Number of conferences and workshops organized:	3
40	Number of clothes distributed:	470
41	Number of schools/institutions given clothes:	10

OUR APPRECIATION AND APPEAL

We thank all organizational & individual well-wishers for their moral and material support which has helped CHEPs carry out these projects. Through this support CHEPs hopes to achieve its mission “to empower the underprivileged individuals and communities of Kenya, while instilling hope and dignity, by providing sustainable and quality health, education, agriculture, environment conservation, development and humanitarian projects through local initiatives, resources, and involvement of local volunteers willing to serve the community”

Our communities are in need of all manners of support. CHEPs believes in empowering communities to become self sufficient, rather than providing relief support. This is a more effective and sustainable approach. As demonstrated by this report and many others that can be accessed through our website, there is need for constant availability of funds to empower needy communities and provide them with basic human needs. Join us in our endeavour to empowering destitute communities to become self-sufficient.

Please contact us on info@chepskenya.org to partner with us in making a difference.

Visit our website www.chepskenya.org or follow us on facebook.com/chepskenya.org to get regular updates.