



CHEPsUpdate-No.46 April - June 2024

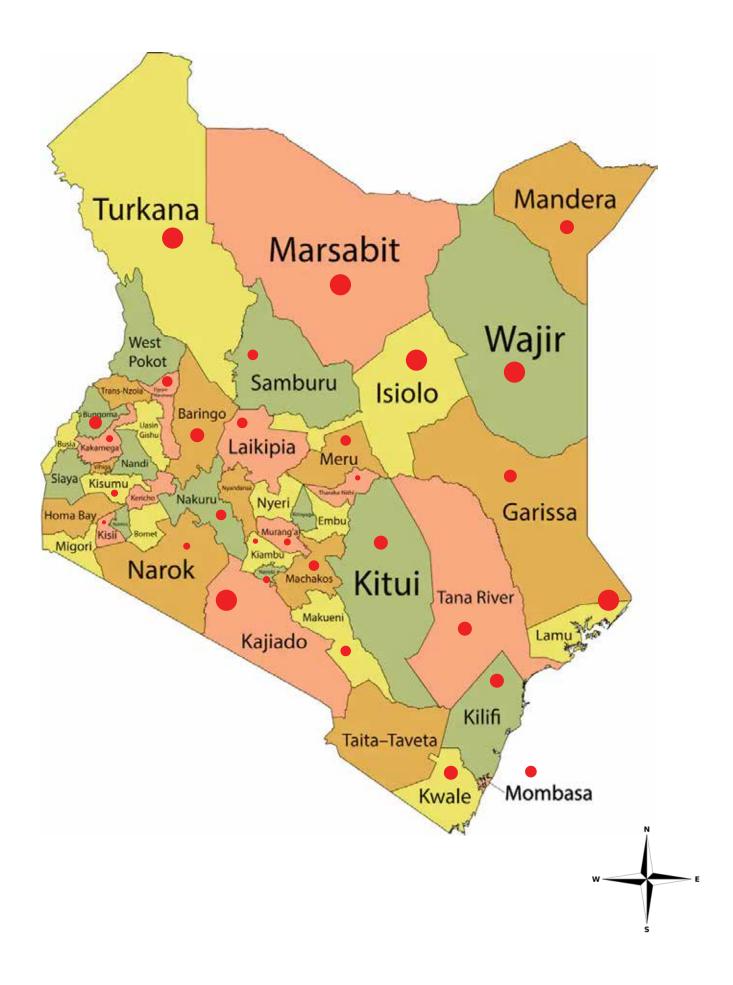
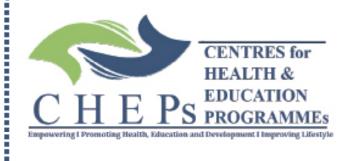


Figure 1: Areas where CHEPs have supported

OUARTERLY REPORT APRIL-JUNE 2024



FOREWORD

April - June Quarterly Report

In our completely new design April-June 2024 quarterly report you will read the latest progress made in various projects. Orthopaedic and eye camps were conducted in various parts of the country with CHEPs reaching a milestone of over 10,000 cataract surgeries performed. The new physiotherapy services in Chakama, the first ever in the area, has already been embraced enthusiastically by the community, whose disabled and elderly benefit most out of it. The innovative community library opened its doors this quarter and is mostly visited by children and youth thirsty for reading materials which have till now not been accessible to them. Seeing such eagerness, motivates us to increase the services to more villages in the area.

Water scarcity is a serious issue in Chakama. This quarter 10 more large water pans were dug in schools. Several of these schools have initiated farming to provide food for the students who often go hungry the whole day and are not sure of getting any when they return home. Trees were grown around the water pans and maintained by the students towards climate action. This quarter we celebrated the National Tree Planting Day with the area Chief, village elders, students and community participation.

The strategic Community Led Total Sanitation (CLTS) project is reducing open defaecation in Chakama. Over the past two years this has reduced from 93% to below 50%. One village is totally open defaecation free (ODF) and another is well on its way.

The recent floods destroyed all the farms along the River Galana. Diarrhea epidemic spread rapidly to all the villages along the river in Chakama. The CHEPs team mobilized rapidly and helped contain the epidemic through public health measures, supplies and raising public awareness. In this issue you will read about ongoing humanitarian efforts.

Staff capacity building assists in improving quality and effectiveness of CHEPs interventions. Staff have been supported to take online courses in Water, Sanitation and Hygiene (WASH), Project Management, Leadership, Monitoring and Evaluation. A proposal and report writing workshop was organized and facilitated by experts in the field.

We thank all the well-wishers who have assisted with great advice, encouragement, donations of cash or supplies. We look forward to our continuing relationship and welcome new relationships. Please get in touch with us and participate in the effort to empower and restore dignity in people's lives.

Best regards

Muhsin Sheriff

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RESTORING SIGHT

More than 10,000 benefit



Situation

- Globally 94 million are blind due to cataract, 90% in low income countries
- Kenya 7.5 million suffering from various eye conditions
 - 0.7% are blind, 43% of these due to cataract, mostly in rural areas
 - 2,000 are becoming blind every year due to cataract
 - Few of these are able to access surgery to cure the blindness
 - CHEPs has operated on over 10,000 cataract blind patients to reduce the burden of blindness in Kenya

Progress This Quarter

7 Free eye camps

10,600 Patients benefited from different ophthalmic services

2,000 Pairs of spectacles distributed to correct vision

8,300 Eye medication dispensed to treat different eye conditions

819 Cataract surgeries performed to restore vision

RESTORING SIGHT

Fredrick sees for the first time in his life



Seven-year-old Fredrick Gitau, who had been blind his entire life, is now able to see.

"Ever since his birth, he faced discrimination from other kids. He would stay indoors totally dependent on me. I would feed him, change his diapers and tend to all his needs. Due to this, I haven't been able to earn a livelihood for the past seven years. I am grateful to God for sending these skilled surgeons to operate on my son as he can now see for the first time in his life and will be able to attend school like other kids. I look forward to my son pursuing a bright future."

-Fredrick's mother





ORTHOPAEDICS



Our Orthopaedic project, initiated two years ago, is dedicated to providing specialized orthopaedic surgeries free of charge to the needy. The project aims to restore or enhance mobility among patients, thereby empowering them towards self-sufficiency and poverty eradication.



Situation

Bone fractures, particularly among young breadwinners, are common in Kenya

- Due to the high costs of surgery, many are unable to afford treatment
- Results in prolonged hospital stays, disability and increased poverty

Progress

- 6 orthopaedic camps
- 50 surgeries free of charge including fractures, knee replacements etc
- 364 patients received non-surgical specialized treatment
- New equipment are procured to facilitate hip replacements and spine surgeries

Plan

1.Equipment Acquisition: Ongoing efforts are focused on acquiring essential surgical equipment to support expanded service offerings. Future plans also include minimally invasive surgeries to broaden treatment options.

2.Community Outreach: Regular orthopaedic camps will continue to be a cornerstone of the programme, ensuring ongoing access to critical orthopaedic care for needy patients.

3.Impact Assessment: Continuous evaluation of patient outcomes will guide programme improvements and measure long-term impacts on mobility and socioeconomic status.



"I am excited that CHEPs has opened free physiotherapy services near my home," declared Sidi (not her real name). She is a grandmother of a 3-year-old girl AD who was born after prolonged labour and difficult delivery causing lack of oxygen flow to the brain. Due to this she developed cerebral palsy, leaving her unable to speak, sit up or control her neck. She was brought to the clinic only two days after it opened. Born to a single school going mother of 17 years, she is now being cared for by the grandmother to allow the mother to attend university. "I used to travel twice a week to Malindi for the child's physiotherapy," said the grandmother. "This was too taxing on me at my

age and very expensive. Malindi is far and I had to pay the fare and fee for the physiotherapy. I am now happy that this service is being provided near my home and free of charge. I can now use the savings to provide nutritious meals to the child."

With the opening of this physiotherapy centre, there's scope to expand services to home based care and more effective disability, education and livelihood related services for the disabled in Chakama. These are among the most neglected and destitute in the communities and require more focused services to enable them to lead a life in dignity.

Situation

- Globally 1.3 billion (16%) of the population experience disability (WHO)
- Kenya is estimated to have 900,000 disabled (2019 Census)
- Chakama location in Kilifi has 266 physically disabled (CHEPs mapping 2021)
- There's need for a comprehensive mapping of all types of disabilities and requirements
- There's no organized service for disabled in Chakama
 54 disabled were assessed in Chakama last year but have not received their official ID to receive benefits

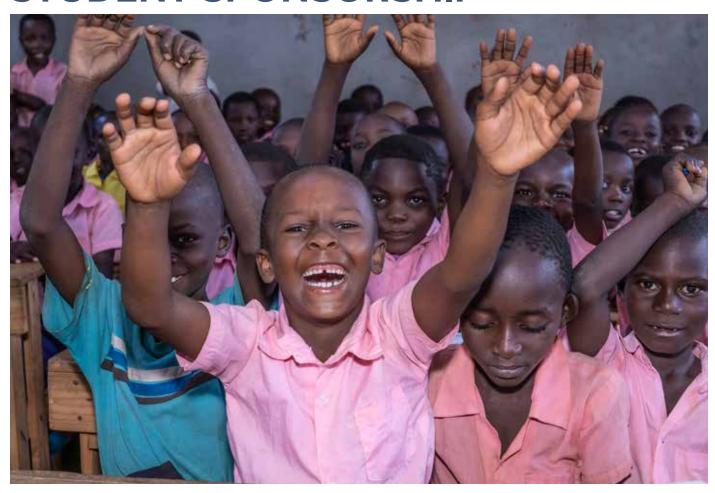
Progress

- The first ever physiotherapy service in Chakama opened its doors on 20th June 2024
- The services are totally free of charge
- Tatu Kalum Mnenda, an experienced physiotherapist, is running the clinic
- 7-10 clients are already benefiting from the services daily
- These include children with cerebral palsy and elderly with spinal and joint problems as well as youth who need rehabilitation after trauma

EDUCATION



STUDENT SPONSORSHIP



Situation

Adult literacy rate in Kenya is 83% Chakama, CHEPs survey 2021

- 66% had ever attended school while 34% never attended school
- Only 25% attended pre-primary education
- 98% agreed education improves livelihood
- 88% faced challenges with paying fees and charges, hence poor attendance or dropped out
- Most students in Chakama have challenges getting uniforms and shoes
- There were no libraries in the schools in Chakama

Progress

- Most children in Chakama have now been enrolled in schools
- Over 121 students are being supported to attend ECD, Primary and Secondary schools
- Libraries have been set up in 17 schools
- 651 students have been provided with uniforms. Planning for more
- Planning to provide 500 shoes for more the students
- First ever library set up for the community in Gaba village

Sponsorships for Students enable concentration in Studies

In the remote villages of Chakama, where only 32% of the population have completed primary school, access to education has been a longstanding challenge escalated by socioeconomic barriers and geographic isolation. The challenges of poverty and limited access to education is starkly evident. Greshen Thoya comes from an outlying village in Chakama called Hawewanje phase 2. He is a remarkable Form Four student at Chakama Secondary School, embodies resilience, intelligence, and unwavering determination despite facing profound challenges. Born into a family reliant on riverside farming in the village of Chakama, his mother serves as the sole breadwinner.

Greshen is one of the 121 students being sponsored by CHEPs. They are provided with crucial financial support for their education. This sponsorship not only covers tuition fees, but also supplies essential learning materials. Our beneficiaries are engaged in primary, secondary, and tertiary education, including diploma, degree, and postgraduate studies. With these barriers lifted, Greshen and the 114 other sponsored students are now able to fully concentrate on their studies, demonstrating exceptional discipline and diligence in their academic pursuits.





"Our lives took a devastating turn when floods swept away our farm which was our sole source of food and income.

This left us in a dire economic strain," he said. "Despite the challenges at home, I chose to remain focused.

I aspire to pursue higher education in medicine, driven by the desire to contribute to my community's health and wellbeing.

My dream is not only to uplift my family out of poverty but also to inspire other underprivileged youth to pursue their dreams against all odds."

Greshen Thoya Beneficiary

UNIFORM PROJECT Looking Smart equals Studying

According to the Ministry of Education, Kenya (2019), despite government and NGO efforts to provide free or subsidized uniforms, only around 30% of rural children have benefited. In Chakama, many children still face challenges accessing uniforms and shoes.

Evans Amani, a grade two pupil at Raukani Primary School, has a reason to smile brighter today as he's wearing a school uniform for the first time. His parents, reliant on selling charcoal to make ends meet, faced hardship when the government banned the trade, leaving them struggling to afford even basic necessities, including Evans' uniform.

"I can't wait to show my mother the new set of uniform I received from school today," said Amani.

Evans Amani's story showcases the impact of the Chakama uniform production project. It involved collaboration among CHEPs, local schools, and needy women to provide free school uniforms to students and empower women with tailoring skills to start careers. This approach ensures sustainability by maintaining a steady supply of uniforms in the remote area.

In JUNE 2024, through support from ZAKS Uniforms, CHEPs produced and distributed uniforms for 258 destitute pupils. Raukani (67), Zowerani (63), Kathama (27) and Chakama (44). This is the fourth time that CHEPs is undertaking this project. The total number of uniforms produced and distributed to students now stands at 651.

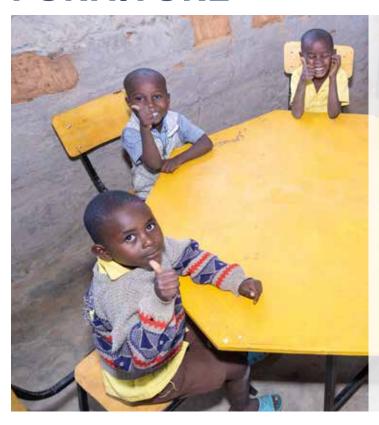






project, CHEPs also conducted a shoe measurement exercise in Chakama, targetting 500 school improving the educational environment for students in Chakama. The need is huge as the total enrollment in all the 25 public and private schools in Chakama totals 6,572.

FURNITURE



Situation

- Most schools in Chakama have a deficiency of furniture especially for the lower classes
- Affected children have to sit or lie on the floor for long periods in order to write their lessons
- This leads to discomfort, back pain as well as poor academic performance

Progress

- Provided furniture to 5 schools
- Provided the schools with 26 ECD tables, 208 chairs and 108 benches

Furniture such as desks and chairs play a vital role in shaping the learning environment in rural schools. Well-equipped classrooms for fostering student engagement and potentially improving learning outcomes (World Bank, 2020; Ministry of Education, Kenya).

The school furniture project in Chakama has had a meaningful impact on students like Francis Safari, a grade 2 pupil in Bofu Primary School. From an early age, Safari exhibited a remarkable curiosity and eagerness to learn, despite the challenges that surrounded him. In Bofu, like many schools in the region, resources are often scarce, and the classrooms are simple, with basic amenities. Safari's enthusiasm for learning, particularly in subjects like mathematics and writing, was evident to his teachers. Yet, there was a notable obstacle that hindered his progress the lack of proper furniture.

"I used to have a lot of difficulty, sitting cross-legged, writing either on the floor or on my lap." said Safari. Writing on the floor poses numerous challenges, especially to a developing child. Sitting or lying on the floor for extended periods can lead to discomfort, back pain, and poor posture. This can be distracting and make it difficult to focus on writing tasks. Pupils are also likely to face health risks, as floors can harbor dirt, dust, and germs.

To address the situation, this quarter, CHEPs distributed furniture to 6 schools. This has greatly improved the comfort and functionality of the classrooms, creating a more conducive atmosphere for learning. Pupils like Safari and others can now comfortably write, while improving their fine motor skills.



Oral health hygiene is a critical component of overall health and well-being. According to the Kenya National Oral health survey done in 2015, the cost of dental care is a significant barrier for many Kenyans, especially low income households.

This often leads to delayed treatment and worsening of dental conditions. Despite its importance, access to dental care and education about proper oral hygiene remains limited in Chakama. Residents of Chakama have limited access to dental care, as there are neither professionals nor dental clinics within reach.

There is also a significant lack of awareness and education about proper oral hygiene practices. Many families in rural areas have low incomes and cannot afford dental care products like toothbrushes and toothpastes. In light of this, CHEPs collaborated with Colgate to undertake a proactive initiative to address the oral hygiene disparities in Chakama.

We distributed to a total of 1690 students in 11 primary schools toothbrushes and toothpaste, aiming to instill basic yet crucial oral hygiene practices. We also conducted workshops to educate both students and teachers on the importance of dental hygiene.

Printed educational materials were also distributed to the schools, providing supplementary resources that reinforce the importance of oral health maintenance. This collaborative initiative not only addressed immediate oral health needs but also laid the foundation for sustained oral hygiene practices within the community, promoting a healthier and more informed generation. The efforts made by CHEPs marks a significant milestone with the intention of improving oral health among school children.

COMMUNITY LIBRARY



Libraries in rural areas serve as community hubs, promoting a culture of reading and learning among all age groups. They provide a space for children and adults alike to engage in lifelong learning and community development activities (Books For Africa). CHEPs promotes literacy through the establishment of mobile libraries in schools in Chakama.

These mobile libraries feature movable bookshelves stocked with a variety of storybooks, designed to directly engage students in the pleasures of reading. This inventive and economical method bypasses the necessity for large-scale infrastructure investments, thereby enhancing accessibility and sustainability of literacy efforts. The functionality of these portable libraries

in schools has informed the need for a community library that addresses literacy in the community at large. The initiative seeks to provide access to a diverse range of books, periodicals, and reference resources that are often not readily available elsewhere in the community. The library also seeks to offer a conducive environment especially for students who have noisy or crowded home environments. Even more importantly, CHEPs has the vision of making the community library the foundation for the moral development of the children, teaching the importance of integrity, unity, responsibility and other lifelong virtues.

To the adults, the library will serve as an avenue for empowerment and community development initiatives, providing necessary information to contribute positively to their community. We hope to eliminate illiteracy through advocacy and community engagement with the community library as the blueprint.

WASH



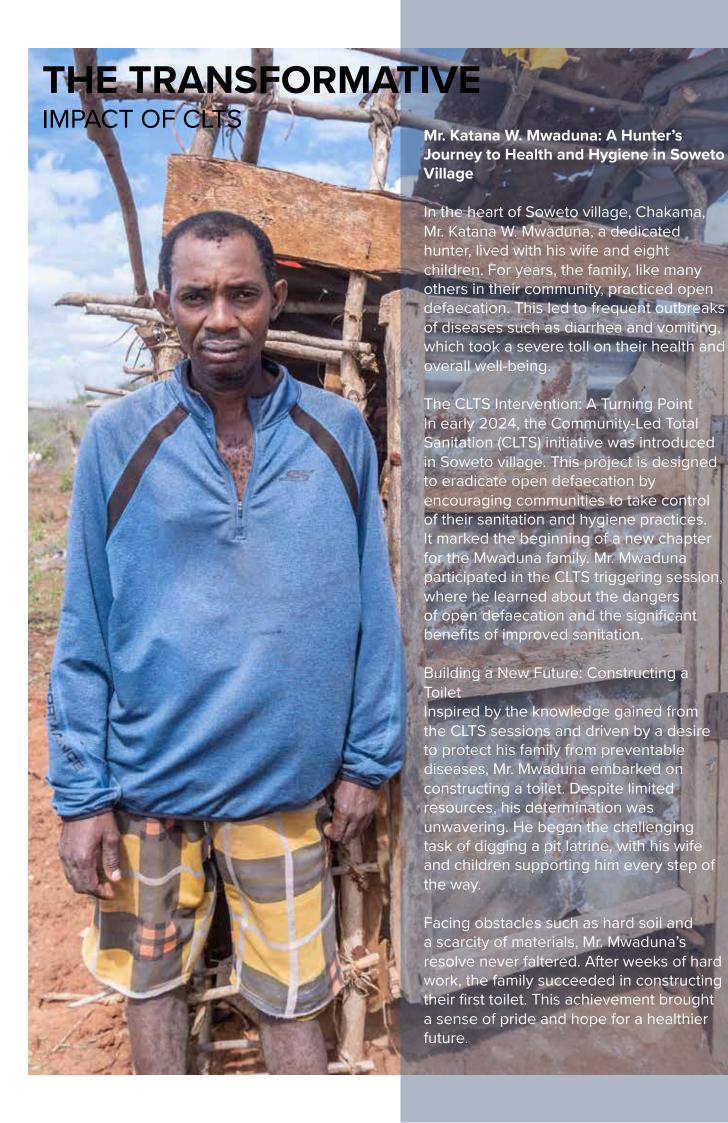
SITUATION

Baseline April 2023

- 56 households (70%) out of the 80 households do not have toilets, and practice open defaecation
- 24 households have toilets
- 80% of households do not have access to clean water
- 80% of households have poor handwashing practices
- · Diarrhea is a common disease

PROGRESS

- 48 households (60%) out of the 80 households now have toilets
- Awareness campaign on the importance of clean drinking water
- Water chlorination solutions distributed to all households
- Improved handwashing practices introduced
- Reduction of diarrhea
- Free weekly community engagement meetings in Soweto village on effects of open defecation on going until 3rd quarter
- Donors to support sanitation and water projects sought



Health and Hygiene Improvements A Visible Change

The impact of this intervention was swift and significant. The Mwaduna family observed a dramatic reduction in cases of diarrhea and vomiting. The children, who previously missed school due to frequent illnesses, began attending regularly and showed improvement in their studies. Mr. Mwaduna's wife, who had spent countless hours caring for sick children, now had more time to engage in other productive activities like farming.

The benefits of the new toilet extended beyond health. The family gained privacy and dignity, which was especially important for the women and girls. Moreover, the Mwaduna family became a model for the village, demonstrating the tangible benefits of proper sanitation."

Leading by Example Community Transformation

Mr. Mwaduna's initiative did not go unnoticed. His success story inspired many in Soweto village to follow his example.

He became an advocate for the CLTS program, sharing his experience and encouraging others to construct their own toilets. His leadership and dedication played a crucial role in the broader success of the CLTS campaign in Chakama, significantly reducing open defecation and improving community health."

PROVIDING CLEAN WATER TO THIRSTY



"Chakama community faced severe water scarcity for many years, prompting intervention from international donors. Lady Fatima Trust of the UK funded the drilling of a 70-meter borehole to access underground water resources.

Humanity First supported the installation of solar panels, solar structures, pumps, and plumbing, ensuring sustainable operation. The desalination plant, powered by these solar panels, processes and purifies the extracted water. This integrated system currently provides 1 - 2000 liters of clean water daily to the Chakama community. The intervention has significantly improved access to potable water, enhancing health and daily living conditions. Agricultural productivity has increased due to the availability of irrigation water.

Community members no longer need to travel long distances to fetch water, saving time and effort. Ongoing maintenance training and support ensure the project's sustainability. The successful collaboration has set a model for similar

Initiatives in other regions facing water scarcity.



Background

Lack of access to safe drinking water is the number one crisis worldwide. 3 out of 10 people worldwide or 2.1 billion, lack access to safe, readily available water at home, and 6 out of 10, or 4.5 billion people, lack safely managed sanitation.

The situation in Kenya is no different. With a population of 54 million, 37 percent of Kenyans still rely on unimproved water sources, such as ponds, shallow wells and rivers, while 70 percent of Kenyans use unimproved sanitation solutions. These challenges are especially evident in the rural areas and the urban slums. Only 9 out of 55 public water service providers in Kenya provide continuous water supply, leaving people to find their own ways of searching for appropriate solutions to these basic needs. Most Kenyans rely on agriculture directly or indirectly, and lack of access to

water leads to hunger in addition to thirst. Northern Kenya is the hardest hit having an average annual rainfall lower than 200 mm of the country's average 630 mm.

We therefore aims to alleviate the problem by providing water to the worst affected communities by digging wells, so as to improve supply of this precious commodity that is not only needed for drinking, but also for improved hygiene and sanitation. Garsen, Tana River County is located 582 km from Nairobi. The community is mostly muslims and a needy one. With more than 15,000 people calling these villages home, they all depend on a few available shallow wells for water. Children are seen carrying jerry cans every day in search of water. Our wells project intends to improve water supply and encourage farming thus address the problem of food insecurity.

Project

Construction of 3 shallow wells in Tana River County

As always, we strive to improve the accessibility of water and improve sanitation in the marginalized communities.

Tana River shallow wells project is expected to help reduce the spread of water-borne and water-related diseases through providing access to clean and safe water and good sanitation practices aimed at improving the livelihood of beneficiaries.

This quarter, 3 wells sponsored by BCT and WF AID were dug successfully and adequate water is now readily available in the homestead of the beneficiaries. Over 100 Villagers living nearby the wells are now relieved of the long distances they used to trek searching for water.









Situation

- Due to heavy rains up country, River Galana which passes through Chakama, broke its banks and flooded all farms in 23 villages
- Diarrheal disease outbreak was reported from all 23 villages along the river

Progress

- Rapid assessment was done
- Provided health awareness especially on prevention and treatment of diarrhea using clean water, toilets and handwashing
- All households provide chlorine solutions and ORS
- Clothes distributed to 309 people
- Re usable sanitary pads provided to 47 women

DAILY FEEDING OF DESTITUTE

With repeated shocks of drought, floods and pests aggravated by climate change, most farms in Chakama have not harvested anything in years. This has increased poverty and hunger in this population who mostly survive on subsistence farming.

CHEPs has been providing food and other assistance to the most destitute on a regular basis. Over 100 households benefit from this support every month.





Fire Destroys Single Mother's Mud House







"Fire! Fire!," cried the children as they ran out of the burning hut. Neighbours gathered to see what was happening. Five children had come home from school to cook as their mother with an infant was away in the farm. As the five were cooking inside the mud hut, a gust of wind blew in through the open doorway and blew the fire onto the sticks on the wall. The fire spread quickly and gutted the house with their meager possessions.

Even before the neighbours could do anything, the shocked children saw their only shelter completely destroyed in a few minutes. By the time the mother was informed and she came rushing, it was already half an hour and their was nothing she could do.

"We have lost all we had," she cried, "but at least the children are safe. I have no idea what I will do now."

The CHEPs team quickly arrived on the scene, assessed the situation and immediately organized a rented shelter for the family and provided them with mattresses and some food. This would give them some relief as they plan to construct another mud house for themselves.

A Gift of Comfort

A 70 year old lady from Bichome lives in a 2 by 3 meters thatched roof mud house. The cool breeze at night blows in through the holes in the roof and walls making her shiver as she sleeps on the pieces of sponge on the dirt floor which she shares with her 10 ducks.

On seeing the desperate situation she was provided a new mattress, a warm blanket and a mosquito net.

"I will now sleep in comfort," she said.

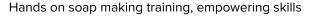


LIVELIHOOD



Situation

- Chakama location comprises 48 villages
- The working group predominantly consists of women
- Women contribute about 85% of the locally produced food and other commodities
- Approximately 5% of the local produce is utilized for household and commercial purposes
- There are no significant incomegenerating activities in Chakama to support livelihoods
- 80% of households rely on the meager resources available in the location



Progress

- Over 50 women received training on various income-generating activities and provided with incentives
- 2 women groups formed and trained in liquid soap-making
- 50% of the women trained and supported have shown an improvement in their livelihoods
- 30% increase in income among women, at household level and the local market through income generating activities



Management, expense tracking and general administration traning

Success Story

Sophie Karisa's Journey to Empowerment

Sophie Karisa is one of the 40 women who have received training and incentives on liquid soap making as an income-generating activity from the Centre for Health and Education Programmes (CHEPs). Her story is one of resilience, hope, and transformation.

Sophie's Testimony

"Life has been incredibly challenging for us in Chakama. With very few resources, we have struggled to feed our children and send them to school. I have two children in secondary school, while my older ones have completed school but hasn't been able to join college yet. We relied on farming, but the droughts destroyed our crops, and during the rainy season, floods washed away whatever we had planted.

In most households, women are the breadwinners. We rarely receive help from the men or our sons because of their bad habits including use of alcohol. Despite this, we do everything we can to provide for our families. We tried raising chicken through our "chama" (women group), but a disease wiped them all out. We also attempted farming again, but insects and other diseases ruined our efforts. It's because of these struggles that we, as women, decided we couldn't just sit and wait for help. We had to find our own solutions. We formed a women group for support and table banking, which gave us muchneeded strength. However, the activities we tried before were not sustainable. We needed an income-generating activity that could build resilience in our community. This was our constant wish and prayer.

We are incredibly grateful to the Centres for Health and Education Programmes (CHEPs) for stepping in as our helpers. We never imagined this in our wildest dreams, but you have truly changed our lives. The training we received on liquid soap making, sales and marketing, leadership, and group management has significantly improved our lives. We can now earn a living from our business, send our children to school, pay for their fees, and meet our household needs. At a personal level, the income from the activity has helped me to supplement my household income. Now I am able to meet more demands compared to before.

This initiative has potential to transform the lives of women and families in Chakama. It has brought hope for a brighter future for our entire community."



TREE PLANTING







Friday 10th May was designated as official Tree Planting Day in Kenya. CHEPs joined hands with Kathama Primary School and Chakama Dispensary together with the local administration to plant 100 resilient Neem 'Mwarobaini' trees.

This is a step in rejuvenating the destroyed environment and mitigating effects of climate change. The day was also dedicated to remembering those who are suffering and have lost their lives due to the devastating floods which has affected the country including Chakama. 1,000 trees have been planted this quarter and 2,000 planned for next quarter. These seedlings represent not only a commitment to greening school environments but also an investment in future generations' understanding of the importance of trees in mitigating climate change and preserving biodiversity.

Through collaborative efforts between government agencies, educational institutions, and local communities, this initiative seeks to create a sustainable future where environmental stewardship is paramount. By planting trees in public schools, we sow the seeds for a healthier, more resilient planet for generations to come.

STAFF CAPACITY BUILDING

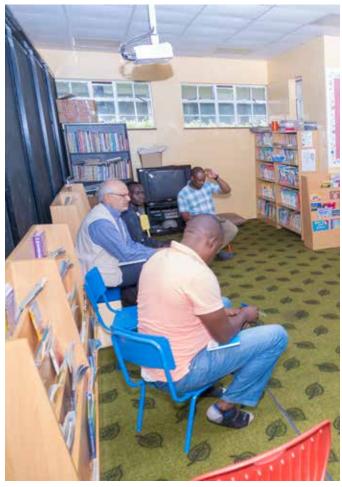
Staff capacity building assists in improving quality and effectiveness of CHEPs interventions.

By investing in staff capacity building, organizations not only improve performance and productivity but also foster a culture of continuous learning and adaptability.

Staff have been supported to take online courses in Water, Sanitation and Hygiene (WASH), Project Management, Leadership, Monitoring and Evaluation.

A proposal and report writing workshop was organized and facilitated by experts in the field.







ABOUT CHEPs

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.

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.

CONTACT INFORMATION

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