



CHEPs

CENTRES for
HEALTH &
EDUCATION
PROGRAMMES

Empowering | Promoting Health, Education and Development | Improving lifestyle

CHEPs UPDATE

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ACKNOWLEDGMENT

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 endeavor to empowering destitute communities to become self-sufficient.

WHAT IS CHEPS ABOUT?

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.

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.

OBJECTIVES

Key Objectives

1. To improve knowledge and skills of under resourced individuals and communities on health, healthy lifestyle and environment for improvement of health and environment.
2. To provide preventive and curative health services for under resourced individuals and communities.
3. To refer and link people from target population to appropriate health facilities and agencies for health services.
4. To assist needy, poor and marginalised individuals and populations to access educational services.
5. To develop and assist with development projects among under resourced populations.
6. To promote awareness, provide initiative and expertise, assist in the development of skills, knowledge and appropriate technologies for the purposes of improved and meaningful participation and involvement of marginalised groups and peoples in the development process
7. To promote or assist in the promotion of any organization or company or other body having objectives similar to those of CHEPs.
8. To undertake other charitable activities helpful to improvement of individual livelihoods and communities.
9. To do all such other things as are incidental or conducive to the attainment of any of the above objectives.

PROJECTS

Health care: eye camps, emergency medical treatment, limb prosthesis

Education: student sponsorship, student mentorship centre, set up libraries, solar lights, books' distribution to students, classrooms and desks for schools

Agriculture: farming support, irrigation projects, animal husbandry

Environment: tree planting, organizing clean up/hygiene projects in villages

Development: microfinance and infrastructure for promotion of health and education, improving water supply through digging & rehabilitation of wells, improving sanitation by building latrines in rural areas

Humanitarian: emergency relief during famine & drought, welfare of street children, feeding programmes

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:	172,976
2	Number of villages provided food support in emergencies:	51
3	Amount of food distributed in emergencies: (tons)	232
4	Number of eye camps organized:	86
5	Number of people screened for eye conditions:	32,637
6	Number of people provided eye glasses for refractive errors:	10,491
7	Number of people provided with eyedrops for various eye conditions:	22,006
8	Number of cataract blind people operated to see again:	3,471
9	Number of individuals assisted for emergency medical treatment:	72
10	Number of amputees provided with limb prosthesis:	28
11	Number of students ever supported with fees:	154
12	Number of students currently supported with fees:	7
13	Number of university students ever supported with fees:	84
14	Number of university students currently supported with fees:	3
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:	4809
22	Number of schools/institutions given books:	22
23	Number of libraries set up for schools/communities:	4
24	Number of classrooms constructed:	7
25	Number of sanitary facilities constructed:	46

26	Number of desks given to schools:	489
27	Number of solar lights given to schools:	2504
28	Number of solar lights given to institutions:	42
29	Number of trees planted:	13380
30	Number of wells dug:	351
31	Number of wells rehabilitated:	557
32	Number of dried wells re-dug:	50
33	Number of 'berkets' water storage tanks constructed:	2
34	Number of kitchen gardens supported:	329
35	Number of farmers supported	409
36	Number of large irrigation (greenhouse)/farming projects:	3
37	Number of goats distributed to poor families:	50
38	Number of official presentations made at scientific conferences:	6
39	Number of workshops, seminars & community presentations:	8
40	Number of conferences and workshops organized:	3
41	Number of clothes distributed:	470
42	Number of schools/institutions given clothes:	10

SUMMARY OF THIS QUARTER'S ACTIVITIES


Projects	Total
People screened for eye conditions	1,256
People provided with spectacles	474
People provided with eye drops	1,296
Cataract surgeries	312
Pairs of crutches distributed to disabled	30
Student sponsored	7
Number of classrooms constructed	4
Number of desks distributed to schools	40
Number of books distributed to schools	1000
Modern toilets constructed	6
Domestic toilets constructed	9
Goats donated	36
Wells dug	1
Tons of food distributed	20 tons
Families received relief food	1,120


HEALTH




BACKGROUND


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 86 free eye camps across the country during which:

 Over 32,637 people have been screened for eye conditions

 Over 10,491 pairs of spectacles were given out to correct visual impairment.

 22,006 eye drops of different types were dispensed to treat eye diseases.

 Over 3,471 blind people have been operated for cataract to restore their vision.

EYE CAMPS

CHEPs 83RD EYE CAMP

Our 83rd eye camp was held in Elgeyo-Marakwet in Biretwo village, one of the 47 counties in Kenya, located 393km North-west of Nairobi. It has a population estimated at 369,998 people with over 55.5% poverty rate.

The services provided were as follows:

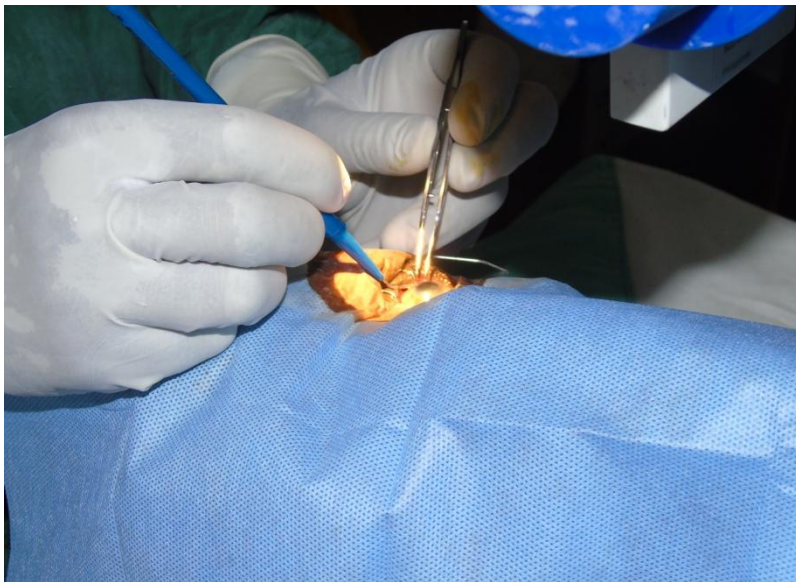
Total number of patients served- 410

Eye drops dispensed to treat various eye diseases- 354

Reading glasses provided to correct vision- 191

Cataract surgeries conducted to restore vision- 48





CHEPs 84TH EYE CAMP

Our 84th eye camp was held in Marsabit County, one of the 47 counties in Kenya, located km 550km North east of Nairobi. It has a population estimated at 309,998 people with over 90.% poverty rate.

The services provided were as follows:

Total number of patients served- 600

Eye drops dispensed to treat various eye diseases- 512

Reading glasses provided to correct vision- 283

Cataract surgeries conducted to restore vision- 63



CHEPs 85TH EYE CAMP

Our 85th eye camp was held in Garissa which is located 370km from Nairobi and 200 km from Kenya's border with Somalia. Garissa has a total population of over 1,020,000 people, most of whom live nomadic lives.

The services provided were as follows:

Total number of patients served- 186

Eye drops dispensed to treat various eye diseases- 400

Cataract surgeries conducted to restore vision- 186



CHEPs 86TH EYE CAMP

Our 86th eye camp was held in Elgiyo Marakwet which is located 420km from Nairobi. Elgiyo Marakwet has a total population estimated at 370,000 most of whom live in poverty. Patients came from very distant villages, many appearing weak and malnourished.

The team held the surgical camp at Kapcherop Health Centre, Elgiyo Marakwet West. We had set out to operate on 60 patients that had been screened previously, but unexpected flash floods disrupted the camp on the first day. Only 15 of the patients were able to access the facility and it became necessary to close down the camp so as to avoid exposing the patients and the team to the dangers of floods and landslides, being a very hilly environment.



Disability program

Most public health facilities in low-income countries like Kenya are crowded with trauma patients. Sharing of beds as well as nursing of patients on any available space including the floor and corridors is a common sight in public hospitals in Kenya. One such hospital is Thika Level 5 Hospital located in Kiambu county, close to the popular Thika super highway. Many patients are admitted daily due to trauma sustained following road traffic accidents along the busy highway. Majority of them cannot afford surgery hence remain in the ward, losing hope in life as the days pass, with the ballooning hospital bill.

In an effort to assist such patients access surgery, and heal quickly and accurately so that they can resume their breadwinning responsibilities, Centres for Health and Education Programmes in partnership with Kiambu County conducted an orthopaedics camps in Kiambu county. Fifty two (52) orthopaedics patients who could not afford surgery and had remained in hospital over a lengthy duration were operated free of charge at Thika and Kiambu hospitals. CHEPs, through the support of Beta Charitable Trust donated 30 pairs of crutches to aid in the rehabilitation of patients following surgery. CHEPs Programmes Manager also participated in conducting the surgeries.



Crowded orthopaedics ward with patients sharing beds



CHEPs Programmes Manager (left) presents the crutches to the Governor of Kiambu County



CHEPs Programmes Manager (right) participates in the surgeries



Some of the patients undergoing rehabilitation

EDUCATION



BACKGROUND

Roka Katsangani is a remote village located within Kenya's Kilifi county, one of the poorest of the 47 counties in Kenya. It has an estimated population of 1000, mostly elderly, living in extreme poverty. Literacy level among the community members is extremely low. Nursery school level children were taught by a community volunteer, under a tree. They were forced to put up with harsh environmental conditions including unpredictable weather, uncomfortable ground, insects and animals.

Primary school level children on the other hand are forced to walk close to 10km through the wilderness to Matolani village to attend school. Others walk 15km to Wanje village. Due to the distance, rough terrain, risk of attacks by wild animals, and other socioeconomic factors, most of them drop out within primary school.

In 2017, CHEPs together with the community constructed and furnished 2 classrooms for Early Childhood Development and has embarked on a journey to construct a fully-fledged school.

Another 2 classroom-block was constructed both in Roka and Benzaro. The pupils are very enthusiastic and cannot wait to finally have their own school in their village.

CONSTRUCTION OF CLASSROOMS

ROKA SCHOOL



Children previously studied under a tree before CHEPs Intervention



Two classrooms were built and furnished by CHEPs in 2017



Class in session



The children were happy to receive their books in January last year.

Roka school- phase 2- 2018/2019

Following the construction of the first set of classrooms, the demand for education has sky rocketed, as parents are now motivated to enroll their children to school. The enrollment immediately doubled from 60 to over 100, and has since continued to rise. even higher. CHEPs therefore embarked on phase 2 of the project, which is the construction of an additional 2 classrooms. These classrooms accommodate older children who are still walking tens of kilometers to attend school, as well as accommodate the children learning in the currently available classrooms as they progress to higher levels.

We are taking a community centered approach, ensuring active participation by the villagers. We have partnered with the community and organized them to take the lead in the construction and running of the school. By providing them construction material, expertise, and occasional incentive for their time and effort, we are guiding the villagers in constructing a community founded school.



Making of bricks





Laying of foundation blocks



Ongoing construction



The two blocks of two classrooms at Roka village constructed by CHEPs



Images of the incomplete classrooms with un-plastered walls and floor



The two complete blocks of classrooms adjacent to each other



Pupils in their newly constructed classroom

BENZARO NURSERY SCHOOL

Benzaro is yet another very remote village in Chakama area in Kilifi County. The village has over 500 people. The village does not have a proper school. Nursery pupils are being taught in a mud structure without proper roofing and desks. The population of the pupils is 97. We have constructed safe classrooms for the children.



Outside view of the nursery school



The "desks"



Class in session with CHEPs volunteer experiencing the environment and dreaming of a new school for the children!



Making of clay blocks



Delivery of construction material



Ongoing construction



Construction in progress



Completed structure



Pupils in class



Books donated to the school



Teachers happily receiving the donated books



Pupils happy to be in their new classroom

DEVELOPMENT



SANITATION

MODERN TOILETS UNDER CONSTRUCTION AT BENZARO PRIMARY SCHOOL



Pit hole for the latrines




Construction in progress





Complete toilets


BACKGROUND

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 diarrhea diseases that often lead to mass mortality.

We are constructing 6 modern toilets for Benzaro Primary school in Kilifi County

We also constructed 9 domestic latrines for villagers in Chakama, Kilifi County to ensure they practice proper hygiene.

DOMESTIC LATRINES



Finalizing construction of the latrines



Water supply

Mnazini is a remote village in Garsen, Tana River County located 582Km from Nairobi. With more than 2000 needy people calling the village home, they all depend on ONLY 6 (one is now broken down) shallow wells for water. Children are seen carrying jerry cans everyday in search of water. Despite living 5km from River Tana, the water is inaccessible to the community due to the massive crocodile infestation. Many people have lost their lives while trying to fetch water. CHEPs dug and constructed a shallow well adjacent to the home of Nashehe Mumbo. She is married with 4 children. He husband is unemployed and seasonally sells mangoes. With the help of village elders, she was identified as a suitable custodian of the well. She is committed to maintaining the well, as well as always keep it accessible to her neighbors and members of public in general.

Digging and construction of the well commenced on 1st June 2019 and within the first week water was stuck at 35feet. Digging continued till adequate water depth and recharging was achieved before construction of cupping. A heavy-duty hand pump was thereafter installed. The water from the well will benefit over 150 villagers living around Nashehe relieving them of the long distances they used to trek searching for water. Nashehe now plans to start farming taking advantage of the readily available water, and ensuring that her family is food secure.



The route to the village



Typical houses in the village



The selected beneficiary



The identified digging site



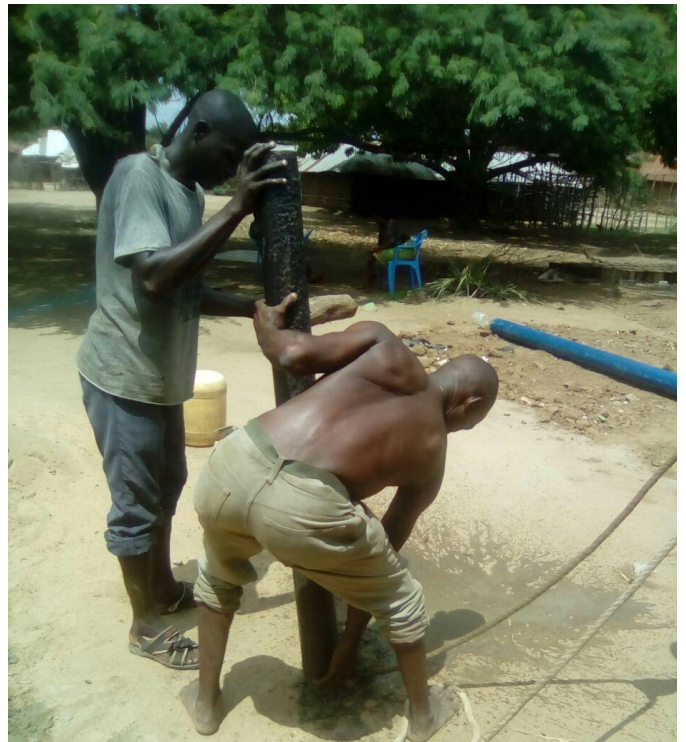
Digging in progress



The well



Cutting of pipe prior to fitting



Fitting the pipe



The custodian of the well drawing water





Villagers drawing water from the well

Women group empowerment

“Nowadays, women who were once dependent on their husbands financially have been freed from such dependency. With economic empowerment, no woman will wait for a man who is out in the fields herding livestock.” Stated a member of women group in Chakama, Kilifi County. Single mothers, divorced women and widows of Chakama village are on a journey to be self dependent. The group came together in 2018 and started trading clothes. Their business started with a capital of not more than Ksh 10,000 and now they have a turn-over of more than Ksh 60,000. From their persistence and hardwork, CHEPs in partnership with HEKVA and The Turkish Cooperation and Coordination Agency (TIKA) donated almost 40 gala goats to the group. The goats are known for their ability to produce good milk which the group will earn an income from.



HUMANITARIAN



Ramadhan Food Distribution

As has been the trend for over 8 years, CHEP distributes relief food to destitute Muslim families during the holy month of Ramadhan. During this year's Ramadhan, we distributed over 13 tonnes of food to over 750 families. The families also received water purification chemicals and brand new 20L buckets for purifying and storing drinking water.

The food was directed to destitute Muslims living in remote villages in Kenya's Kilifi county and Mnazini in Tana River county.

The distributed food packages (contained items listed below) catered for 750 households which sums to over 4200 beneficiaries.

VILLAGE	HOUSEHOLDS	Parcels distributed
CHAKAMA AND SHAKAHOLA	171	171
LANGOBAYA	52	52
MKONDONI	27	27
MNAZINI	500	500
TOTAL HOUSEHOLDS	750	750

CHAKAMA, KILIFI COUNTY





MNAZINI, TANA RIVER COUNTY



Beneficiaries stranded across the river. They were not able to cross the river since all boats which were available were banned from operating due to insecurity in the area. Only one canoe was

The crocodile infested Tana river, the river that the beneficiaries could not cross to receive the food parcels

operational and could not ferry everyone in time.





THE POOR WHO HAVE LOST EVERYTHING

Almost 30km (19 miles) from the Malindi town, lies Chakama, a village that is hardly known to most of Kenyans. The village is located Kilifi County near river Galana and is by no means the one of the worst-affected villages by the abrupt climatic change.

The village was recently hit by a cyclone. The corrugated iron roof panels of most “houses” and schools were torn off like strips of tinfoil while others were blown away not to be found.

Our local volunteer immediately did a round to check on those who were affected. It was so unfortunate that the poorest of the poor were the most affected. As always we knew we had to do something! We distributed clothes and blankets so that they could atleast warm up their bodies as they had to stay in the open as they plan on how and when to repair their damaged dwellings.



One of the affected villagers who is almost 90years old was found naked as he lost everything during the cyclone. When our local volunteer arrived at his destroyed house the first thing he asked for was clothes. Surely sometimes our prayers get answered in a mysterious way! The old man was very grateful that we provided him with the only clothes that he will have for some time until another good Samaritan decide to pay him a visit with a gift of clothes



Destroyed roofs



Destroyed houses



Roofs blown and found kilometer away



Some affected villagers had no alternative but to seek shelter under the displaced roofs



Distributing blankets to the affected





Distributing blankets to the affected

Food Relief Distribution

Chakama is a remote location within Kenya's Kilifi County, comprising of 32 villages. The communities living there are extremely needy, living under very harsh conditions, and lacking essential needs including food, healthcare, water, electricity, and sanitation. The area was badly hit by this year's drought and the communities have been living at risk of starvation. With failure of the rains, even those who attempted to plant did not harvest any food.

In order to avert potential loss of lives CHEPs, through support from Beta Charitable Trust, in June 2019, set out to distribute a total of 4826 Kg of food to some of the most affected villages in Chakama targeting mostly women, and elderly people. A total of 370 households living in Bakaye, Mchakenzi, Pembe, Ruruma, Kwa Mwanza, Benzaro, and Roka villages benefitted from the distribution. Benzaro and Roka schools also received food for their school feeding programs.



Offloading the truck



CHEPs volunteer addressing the villagers to agree on mode of distribution



CONTACT INFORMATION

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