



CENTRES for
HEALTH &
EDUCATION
PROGRAMMES

CHEPs UPDATE

January - March 2014

Empowering | Promoting Health, Education and Development | Improving lifestyles

IN THIS ISSUE

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 activities within in health, education, agriculture, environment, development and humanitarian sectors.

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.



The First CHEPs Conference & Workshop



Limb prosthesis project



Extra-digging of wells in Wajir

Health

Medical treatment – 10 glucometers and 1000 glucose testing strips were donated to diabetic children attending the specialist pediatric diabetes clinic at Kenyatta National Hospital in Nairobi run by Dr. Lucy Mungai. The clinic cares for 230 diabetic children from destitute families needing insulin and daily blood glucose checkup.

Eye camp #22

An eye camp was held in OlKalou, Nyandarua County on 15th March. 86 people were examined, 65 reading glasses given and 51 eyedrops dispensed. 5 cataract blind were referred for surgery.

Limb prosthesis project

The second group of 9 amputees from Wajir County were brought to Nairobi and fitted with limb prosthesis from 10th March 2014 to 13th March 2014. Thanks to BCT well wishers these people who have been limping for years, suffering indignity of dependence on handouts and marginalised from normal social life, can now look forward to a normal life with respect and independence. CHEPs is grateful to BCT for the partnership in this project.



Below is a brief profile on the beneficiaries:

1. Farah Barrow

A 46 years old male, resident of Eldas village, situated 125km from Wajir and 812km from Nairobi traveling through very harsh road conditions. He is a husband, a father of 7 children, and the sole provider of his family. He was amputated 42 years ago (1972), aged 4 years old then, following an attack by a crocodile that left him severely injured. He underwent above knee amputation of his right lower limb that was carried out at Kenyatta National hospital and has all his life lived with one lower limb.

Up to recently, when his manually propelled sewing machine broke down, he has been working as a tailor, an occupation he

chose due to his limited mobility. This earns him on average KShs 800 per month, an amount that could fall to zero during famine and other difficult times. He looked forward to regaining his mobility with prosthetic limbs, which he anticipated would enable him to fend for his family. He initially had an old wooden prosthetic limb that is falling apart.

Three days after his initial visit to Jaipur foot project, Farah received a new custom made prosthetic limb. He was overjoyed by the new limb, which he indicated was more comfortable than his old damaged one. He looked forward to resuming his tailoring job at higher capacity, thereby earning a better living, as soon as he is able to replace his spoilt sewing machine.



Farah before prosthetic limb fitting

2. Bishar Burale

A 39 year old male resident of Wajir, Bishar is a husband and father of 4 children. He is also the sole provider of his family. He underwent below knee amputation of his left lower limb in the year 1989, at the age of 15 years, following a road accident that severely injured his limb. He was at that time a standard 7 pupil and was forced to take some time away from school for treatment and recovery. He returned to school after some months, completed primary school but later dropped out of school in form 1 due to inability to pay school fees.

He later trained and practiced tailoring due to his limited mobility, an occupation that earns him very little funds on a good month, and nothing at all on a bad month. He previously had a prosthetic limb that was falling apart, hence providing limited

function. With his newly fit Jaipur limb that took 3 days to make, he felt reenergized, and ready to earn a better living. He was grateful to CHEPs for the noble initiative.



Bishar with previous limb(R) & walking confidently with new limb(L)

3. Barre Adan Abdi

A 63 year old male resident of Wajir, Barre is a husband and father of 5 children, all of whom are dependent on him. He underwent a below limb amputation of his left lower limb in the year 1997 following a chronic illness whose nature is unknown. He was initially a stable pastoralists but following his amputation has lost all his animals reducing him to destitute. He has been surviving on hand-outs from well wishers and unable to educate his children apart from the youngest who is currently in standard 6 under the free primary education program.

Three days after the initial visit, Barre was provided a new custom made prosthetic limb. He appeared joyful as he struggled to walk for the first time in 17 years. He expressed gratitude to CHEPs for having brought his dreams to reality and forward to re-establishing his pastoralist occupation, and conducting related business at the market. He anticipates a daily income of 200-300 KShs.

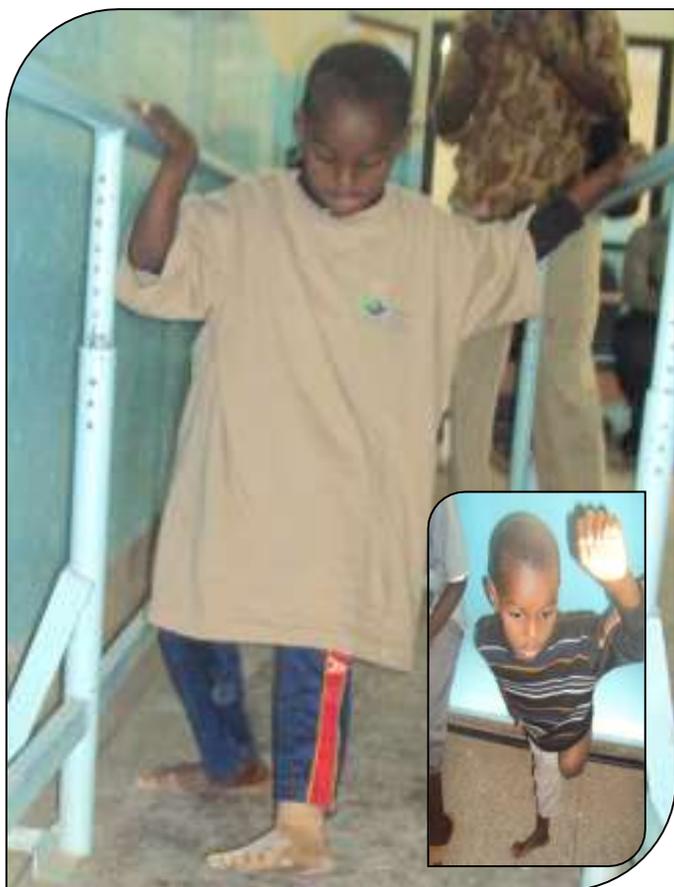


Barre before prosthetic limb (L) and with new limb(R)

4. Yakub Adullahi

Yakub is a 5 year old boy, who lives with his family in Wajir town. He underwent above knee amputation of his left lower limb in the year 2010, at the tender age of 9 months following a snake bite. He currently attends religious classes, but is unable to play with his peers.

On arrival in Nairobi for his first time, Yakub appeared low in spirit, not aware of the purpose of the visit. Yakub could not hide his joy when a custom made prosthetic limb was fitted onto his amputated limb. **He had never walked in his life** as the amputation took place before he was able to do so. He took his first ever few steps, following encouragement from everyone who was present including total strangers. He felt happy that he was now a "normal boy", and looked forward to playing with his peers back at home. His father expressed his heartfelt gratitude to CHEPs for taking the initiative to assist his young son. He will however require another limb one year later when he will have outgrown the current one.



Little Yakub's first ever steps

5. Feisal Abdi

Feisal is a 15-year-old boy who suffered a fracture of his right shin bone (tibia) while playing football early 2012. He was taken to Wajir district hospital where a Plaster of Paris cast was applied to support the fractured bone and allow it to heal. Back in the village, traditional treatment was used to “supplement” the medical treatment, which caused severe tissue damage of his leg. On return to the hospital, he was referred to Kijabe Hospital where tissue microscopy of the wounds showed cancer transformation. Below knee amputation of the cancerous limb was therefore performed.

He is currently in standard 5 at ICF primary school, the leading primary school in the country. He is however unable to engage in physical activity and misses playing football. He aspires to become a medical doctor in future.

Following the fitting of his prosthetic limb, Feisal expressed happiness, indicating that he felt as though he had regained his natural limb. He anticipated that he would now manage to attend his classes with ease, interact with his age mates, and even engage in physical activity, hoping to play football again in future. His dream of becoming a doctor had just been restored.



Feisal attempts to walk with new limb

6. Khamis Osman

Khamis is a 40-year-old resident of Makaror village, Wajir county. He has 2 wives, 7 children, and is housing an orphan all of whom are dependant on him. He underwent below knee amputation of the left lower limb in 2011 following severe tropical ulcer that had lasted 22 years. During his teenage, he was an athlete who used to run interschool marathon competitions. During one of his races, while running barefoot, a thorn pricked his foot, progressively leading to a wound. The wound was repeatedly treated traditionally using direct fire, red hot galvanized metal and burning camel oil over years but the sessions bore only temporary relief lasting a few months. His foot was progressively distorted following periodic recurrence and the distractive traditional treatment methods.

Ultimately Khamis presented to Wajir district hospital, where he was attended to by visiting flying doctors. A biopsy revealed tropical ulcer, and due to the severity and distortion of his foot, amputation was undertaken.

Despite his ailment, he has worked as a community health worker for many years and is currently pursuing a course in community development at Frontier institute of professional and management studies, a local college in Wajir. He is however faced with difficulty raising his tuition fees and has since last year been unable to sit examinations and therefore progress in his course.

Khamis was fit with prosthetic limbs for his first time. He found it comfortable, and was able to walk with it. He congratulated CHEPs for the great work, and wished the organization all the best. He looked forward to adapting to his new limb so that he could climb staircases with ease, given that his college is on the second floor of a building that has no elevator.



Khamis attempts to walk with new limb

7. Kullai Di'ir

Kullai is a 60-year-old mother of 2 children living in Wajir town. She underwent below knee amputation of her right lower limb in the year 1963, following a bullet wound that she sustained during an attack in her village that saw the demise of the rest of her

family (then aged 20 years old). Due to her disability, she has over the years depended on well wishers and relatives for her family's sustenance, and occasionally attempts small businesses including selling of food, charcoal and poultry farming.

Following the fitting of her prosthetic limb, she was very excited, and grateful. She looked forward to returning home to engage in productive businesses, in which she felt confident to excel given her restored mobility. She believed that she could now earn 3000-5000 KShs per month.



Kullai after receiving prosthetic limb with volunteers Abdinasir and Hamza

8. Warsame Hassan

Warsame is a 33 year old father of 2 children living in Wajir town. He underwent below knee amputation of his right lower limb in June 2013 following a severe bullet injury he sustained when he was attacked by bandits while driving to Garissa. He was working as a driver for a private company before the incident, and has since lost his job and become dependant on his family.

Warsame was fit with his first prosthetic limbs at Jaipur foot project. He complained of discomfort and the limb was repeatedly returned to the workshop. After several attempts to make adjustments, the orthopaedic technologist advised him to practice using the limb for a month to give himself a chance to adapt. Should he fail to adapt after a month, he was advised to return for a special double socket prosthetic limb. CHEPs encouraged him to heed the advice and promised to facilitate his

return should the need arise. He was otherwise very grateful to CHEPs for taking such an initiative to transform lives. With the prosthetic limb he would no longer be dependent for basic needs such as visiting the washroom, and taking showers. He vowed to resume his driving occupation as soon as would be possible, and cease being dependent on family for sustenance.



Warsame attempts to walk with new limb

9. Jelle Osman

A 45 year old male who had his right ankle disarticulated due to a chronic wound, whose nature is unknown, at a private hospital in Wajir 6 years ago. He is a husband, a father of 6 children and the sole provider of his family. He was a pastoralist but following his amputation was no longer able to look after his animals. He has since been forced to sell his animals one after the other for survival. He is currently left with none, leaving him with no source of income.

Due to the nature of his disarticulation, prosthetic limbs could not be made, and surgical boots were recommended instead, which Jaipur Project were unable to provide. The Association for the Physically Disabled of Kenya (APDK) was therefore contacted to supply the boots at a cost taken up by CHEPs.

Four days after his initial visit to APDK, his surgical boot, and a matching ordinary boot for the normal limb were ready. Jele was very happy and looked forward to returning home to his eagerly waiting family to share the new experience.



Jele with new surgical boots

Education

The First CHEPs Conference & Workshop

CHEPs successfully held its first conference on 1st and 2nd of March 2014, at Nairobi Jaffery Sports Club. The theme was “Education and Community Development”. The conference was attended by over 30 people including CHEPs sponsored students, academicians from various Universities in Nairobi, senior managers of NGOs, CHEPs sponsorship alumni, CHEPs members and other members of public. Officially opened by Professor Charles Omwandho, the Dean of Medicine, University of Nairobi, the conference included sessions for oral presentations, poster presentations, keynote presentations and workshops to train students on formal and scientific writing as well as conference presentation skills.

Also gracing the event were Professor Mohammed Karama of Kenya Medical Research Institute (KEMRI), Mr. Mohammed Abdinoor of Catholic Relief Services, Dr. Steve Nigel, founding Chairman of Medical Society for Action, Dr. Duncan Matheka, African representative of Young professionals Chronic Disease Network, Miss Sophie Lo an expert of diplomacy and international relations from Paris, France, Mr Taseer Firoz representative of Muslim Students Association of University of Nairobi, among others. All the guests were inspired by CHEPs activities and were eager for long-term collaboration.

The conference provided a platform for the presentation and discussion on various projects undertaken by CHEPs sponsored students. Ideas were generated for viable community service projects. Furthermore, discussions were held with representatives of various organizations to explore possibilities of partnership and collaborations.

Prof. Charles Omwandho appreciated the conference and advised the students to be humble and focus on community service as they worked hard with their studies. Prof. Karama spoke on the importance of education, and encouraged the students to strive to excel beyond their core education, aim to network and uplift themselves and their communities. Dr. Nigel emphasized the importance of community service and demonstrated the high potential of major impact giving his NGO as an example. Dr. Duncan Matheka made a presentation on the role of young professionals in development and demonstrated the capability of youth in positively changing societies. Miss Sophie Lo shared her experiences in community service, and requested to be involved in future CHEPs activities.

Dr. Muhsin Sheriff, CEO of CHEPs, outlined the various community projects undertaken by the students and encouraged the students to excel in their studies as well as develop an attitude of service to others deprived of basic needs. He expressed hope that the students will go on to be ambassadors of the CHEPs’ aim of community service for humanity.

More than ten (10) oral presentations were made on a variety of interesting community projects undertaken by the CHEPs students. Posters were also presented by students on their projects.

These included:

1. “A campaign to restore the vision of thousands of blind people” by Noel Mudibo, a CHEPs student currently pursuing bridging program at Jomo Kenyatta University of Agriculture and Technology (JKUAT).
2. “Computer training as a means to combat social challenges in the youth of Kawangware slums” by Luqman Mwinyi, a CHEPs student pursuing 3D animation at Newbreed academy of digital arts.
3. “Educating the youth to fight poverty” by Fatma Khalid, a CHEPs student currently in her final year of Bachelor of Medicine and Bachelor of Surgery degree at The University of Nairobi.
4. “Animal welfare in Wajir County at Giriftu district” by Ali Adan, a CHEPs student pursuing a diploma in Animal Health, with the Ministry of Livestock Development.
5. “Household energy use in rural areas and its implications on the environment” by Linzy Nyamboki an alumna who completed her Masters in Developmental Studies at University of Nairobi under CHEPs sponsorship.
6. “Placement of refugee youth in private adult language schools in Eastleigh suburb of Nairobi. By Abdihakim Osman a CHEPs student pursuing Bachelor of Arts, at University of Nairobi.
7. “Educating the girl child in North Eastern Province as a means of bringing development to the community at large” by Khadija Ahmed, a CHEPs student pursuing Bachelor in Law degree, at University of Nairobi.
8. “Tree plantation to improve the environment” by Katra Dahir, a CHEPs student pursuing Bachelor of Science degree at University of Nairobi.
9. “A longitudinal study of food insecurity on obesity in preschool children” by Yusuf Nur, a CHEPs student pursuing a diploma in nutrition and dietetics at Kenya Institute of Developmental Studies.
10. “Education as a beacon of hope to the youth of Kawangware” by Abdulrahman Abubakar, a CHEPs student currently in his final year of Bachelor of Law at university of Nairobi.

The event also provided an opportunity for CHEPs administration to discuss re-launching of its student sponsorship program with new regulations aimed at formalizing, and growing the program to accommodate more deserving students. The main change would be to convert the grant sponsorship into interest free loans whose repayment can be waived partly through good academic performance, community service, timely and good quality reports etc. The balance would thereafter be repaid in cash instalments after the student graduates. The students were supportive of this change. Details of the scheme would be shared with all students once finalised and approved by the CHEPs Managing Committee.



Prof. Mohammed Karama addressing the attendees



Linzy Nyamboki presenting her paper "Household energy use in rural areas and its implications on the environment"

Awards:

At the end of the event, awards were presented to reward and motivate students. The following were the winners:

1. "Best academic performance for the year 2013" award which was presented to Abdirahman Abdullahi Abdi who is pursuing a degree in Civil Engineering at the University of Nairobi for scoring 10 A's, 2 B's & 1 C in his first year of study.
2. "Best community service project for 2013" award which was presented to Katra Dahir for her tree planting project in Garissa.
3. "Best abstract" award presented to Noel Mudibo for his campaign to restore the vision of thousands of blind people.
4. "Best oral presentation" award presented to Fatma Khalid for her eloquent presentation titled "Educating the youth to fight poverty".

Certificates of participation were also issued to all attendees.



Award winners (from left) – Noel Mudibo (Best Abstract), Abdirahman Abdullahi Abdi (Best Academic), Fatma Khalid (Best oral presentation & Katra Dahir (Best Community Project) with Dr. Muhsin Sheriff, CEO CHEPs, (centre).

Evaluation:

An evaluation using questionnaires filled by each attendee at the end of each day recommended the following:

1. The conference to be an annual event.
2. Similar future events to be opened to university students from all over the country, and not limited to CHEPs sponsored students.
3. Publishing of presented abstracts as conference proceedings in an academic journal.
4. Support of presented projects to grow and impact on community.
5. More professionals and academicians to be invited in future.
6. Having a session on discussion of ideas and possible future community projects & solutions for community problems.
7. More time to be allocated for discussions & comments after presentations in future.
8. More interactive activities and sessions in future events.
9. More topics of discussion.
10. Creation of a social media page or group where members can be updated on CHEPs projects and activities and allow discussions.

Feedback from attendees:

'I am leaving the conference today, a rich woman full of ideas of writing professional documents'

'This conference & workshop should be held annually'

'Things were done as per schedule. That was fantastic. Quality of presentation was superb'

'I liked the various ideas and the community projects the students came up with'

'I liked the organisation (of the conference) in terms of time management and, more importantly, the workshops. Also interacting with the CHEPs family was my pleasure'

'Organising of the conference, being the first, was very impressive'

Acknowledgment:

CHEPs wishes to thank all participants of the conference, and further extend special thanks to all the guests who honoured the invitation to attend and make keynote presentations during the conference. Special thanks are due to the sponsors, the World Federation of KSI Jamaats and Africa Federation, whose support and encouragement for organising this conference led to its success.



The CHEPs conference participants and organisers

Solar Lamps distribution – 500 solar lamps were distributed by CHEPs through generous donation by Beta Charitable Trust of UK. 350 were given to ICF Primary School & 150 to Bahati Primary School to Standard 7 pupils in preparation for KCSE exam next year.

There are plans to distribute 500 every quarter to students in areas without electricity if resources become available.

The CHEPs' solar lamps initiative is committed to enable thousands of poor living in Wajir without access to electricity. This project enables them to replace the kerosene lantern with solar lighting devices thus providing better illumination and smoke/pollution free indoor environment and also creating opportunities for better livelihoods both at the individual and communal level.



Performance graph Jogbaru Primary School after 2013 solar lights given to students

1 CHILD 1 SOLAR LAMP-IMPACTS OF SOLAR LAMPS ON LEARNING IN WAJIR

There are about 65% or 450,000 people living in Wajir with no access to electricity.

These people rely on polluting and dangerous sources of lighting such as kerosene lamps and candles or battery powered torches. Fuel based lighting is generally of low quality and expensive, impeding learning and economic productivity.

Rural electrification is a challenge that Wajirians face and this impacts the children especially those drawn from poor and remote villages that lack basic amenities for their all round development. These children who live in the non-electrified homes have difficulty to do school work when the sun goes down.

CHEPs Kenya, an NGO has launched an initiative to light up homes with school going children. The theme of the programme is "1 child 1 solar lamp" and has to date donated more than 1500 solar lamps free of charge to pupils in remote schools in Wajir County, thanks to donation from BCT UK.

Ordinarily the use of kerosene lamps restricts the amount of time a student can study because of its fuel consumption, its dim light and the smoke it produces. Some students complained that kerosene may finish at night and the parents lack the ability and willingness to purchase kerosene.

The head teacher of Jogbaru primary school Mr. Ibrahim Ali agrees that apart from the cost aspect, kerosene light also restricts the study time because of its dim light which makes study tiring and the smoke which is painful to the eyes and harmful to the lungs. "The provision of solar lamps has had definite positive effect on education. The solar lamps have allowed students to study more at night and to complete their home work on time. Unlike the kerosene, the usage of solar light is free meaning that students no longer depend on their parent's ability to purchase fuel"

The head teacher further said "Jogbaru primary school is a living proof of the miracles a small solar lamp can do. Our last year KCPE candidates have performed satisfactorily in the national examination. We moved from a dismal mean score of 121 to 191 in the KCPE examination-a significant improvement thanks to the solar lamps donation by CHEPs".

ICF primary standard eight candidates who received solar lamps explicitly mentioned that studying with solar light is much more motivating as it provides bright and clean light that doesn't tire them nor cause them any negative health effects.

The chairman of the school management committee of Jogbaru Primary School Mr. Ahmed Issack said "the benefits of the solar lamps extends to the families of the recipients as well, as the money saved on kerosene can be used for other purposes, for example invested in education or household provisions.

Ultimately, giving children the access to solar lamps increases their investment in their education, improving the community's economic development and contributing to environmental protection."

Comments/quotes from solar lamps beneficiaries-

"With solar light, there are no costs involved, it only uses the energy of the sun"- (Mohamed Abdi-Std.8, Jogbaru Primary School)

"With a solar lamp, I am sure of being able to study all the time"- (Maryan Abdi-Std.8, ICF Primary School)

"I feel much more free using my solar light compared to when I used the hurricane (kerosene) lamp" (Khalid-Std 7, ICF Primary School)

"Now I am motivated to study unlike before when the kerosene made my eyes tear"- (Halima Abdi-Std.7, ICF Primary School)

"The solar light ensures I study very long hours, any time I want"- (Ibrahim-Std 8, Jogbaru Primary School)

"Solar lamp gives more light compared to kerosene lamp and it makes studying more exciting"- (Ahmed Mohamed-Std 8, Jogbaru Primary School)

"Before I got a solar lamp, the smoke emitted by the kerosene lamp used to hurt my eyes and chest-not any more"- (Ali-Std.8, Jogbaru Primary School)

"Previously, I would sometimes sleep instead of studying because we never had extra money to buy kerosene" (Issa Ahmed-Std.8, ICF Primary School)

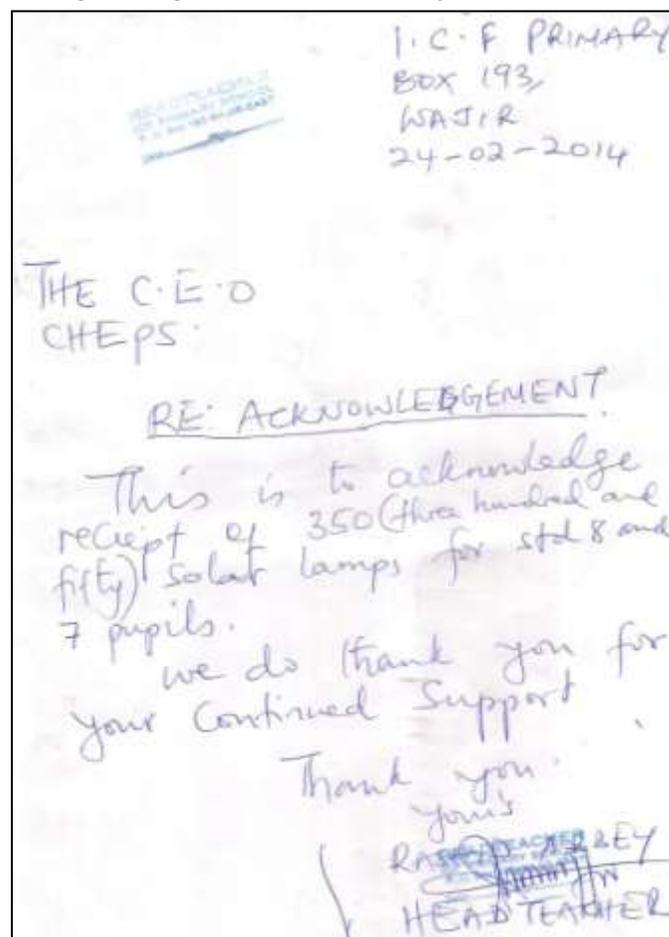
"Before, the family hurricane lamp had yellow light, so it was too dim for me to study besides there was lot of interruption from other family members who depended on the same lamp for cooking, washing etc." (Farhiya-Std.8, Jogbaru Primary School)

"After I received a solar lamp, I regularly help my children with their home work and prepare my lessons plans for the following day". (Mr. Abdikadir-Teacher, Jobaru Primary School)

CHEPs and the beneficiaries in Wajir are very grateful to BCT for this support which is having significant effects in people's lives. 537 were distributed in 2013 and 500 during the first quarter of 2014.



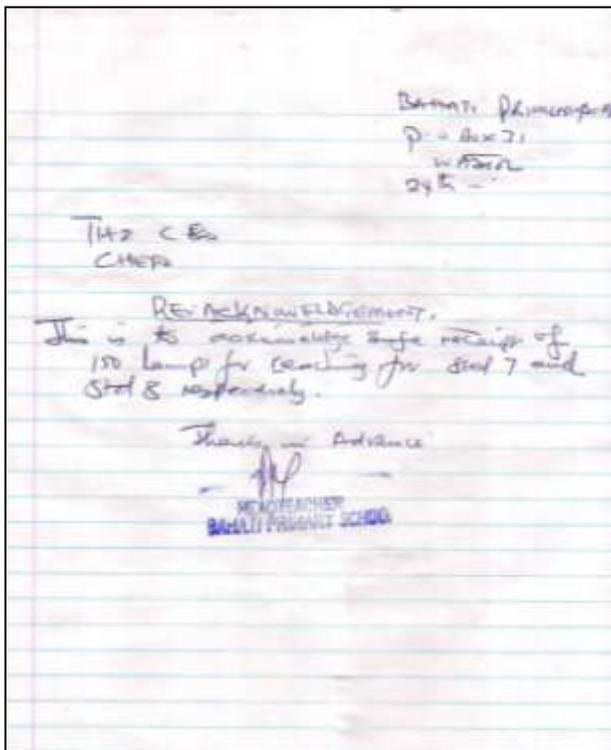
Solar lights being distributed at ICF Primary school



Acknowledgement letter from ICF Primary School head teacher



Bahati Primary School solar lights distribution



Acknowledgement letter from Bahati Primary School head teacher

Student Sponsorship Programme

CHEPs is currently sponsoring 59 Students in total of which 22 are at Secondary school level and 37 at College & University Level.

The students come from different parts of the country & are pursuing various different courses. The students are required to do community service for which they send CHEPs a report every quarter.

3 needy students in Lamu were assisted with urgent school fees to get them back in school. They had been sent back home due to non-payment. Their mother is a casual worker cleaning the streets of Lamu. Another student from a destitute family was assisted with pending fees to enable his form 4 certificate to be released.

Below is the testimony of one of the students:

Luqman Mbatia Mwinyi, 3D Animation at Newbreed Academy of Digital Arts in Nairobi



I was born in the year 1991 in the Dagoretti constituency under Nairobi County. I was raised in Dagoretti called Riruta Muslim. I am a born Muslim and went to MadrassatulAhlul-Bayt Nairobi, Kenya.

I did my primary education in St Georges primary school Nairobi, Kenya and my secondary education in Chyeni secondary school in Makindu, Kenya.

I am a lover of computer technology and have a certificate in ICT level one. I do graphic design for my small t- shirt printing business that sustains my small needs. I also love film making of which I am undertaking a filmmaking course that is offered free by one of the veterans in the country that I started in February and ends in November. I have also created a clip for CHEPs on the development projects and in intend to do more for CHEPs in the near future as it has given me a base in life. In the recent conference & workshop I have learnt a lot and shared my community service abstract:

As part of my community service I started a home-based learning facility that gave the basic computer knowledge with my desktop computer. I identified the children in the community prioritizing the most affected and convinced them to enroll for the class. I managed to get five children that I was determined to take to the end of the classes. The main terms of the classes were discipline and performance for a better child. The classes were scheduled every weekend for 2 hours a day. The curriculum of the classes included; Introduction to computers, computer hardware, computer software (Operating system and Microsoft office packages).

Having run the project for a month and a half the classes came to a conclusion. I started with five students and ended the classes with only three students. The 2 students dropped out due to lack of focus and determination of which I tried to motivate them but to no avail.

The three students managed to understand 80% of the whole course. I had not given them an end course exam but tested

them in every class we had and gauged them accordingly. We had a great time but also had a few challenges during the classes. Some of them were lack of enough computers to work with, proper space to work in, and proper concentration as the main problems and dropping out of students.

Discussion and conclusion: During the course the students were passionate and so eager to learn more and more but they had to share a single computer during classes. But I am sure that if there are is a good environment to learn from I can assure a big outcome from the students.

Creating a community based resource centre will help in this revolution where the community will have a new positive cycle that will change the community to a new platform. This resource centre will be a platform where other than computer basics will be taught but also a hub where innovations will be created.

Now that I am under the sponsorship of CHEPS I hope inshaAllah to maximize my efforts in this Animation course that I am taking and be a greater person later in life. Thank you for the sponsorship.

Luqman has plans to make short documentaries on CHEPs projects. However he lacks access to a good camera, computer and softwares. These documentaries will be a source of inspiration for many around the world who intend to undertake similar projects which make a difference in lives of people and tries to break the cycle of poverty for people and communities.

EDUCATION SPONSORSHIP

CHEPs believes that education is the key to elimination of poverty. Join us in this endeavor, one bright student at a time.

info@chepskenya.org

Kawangware Student Mentorship Centre

This is the third year for this centre with currently 14 students who will sit the Kenya Certificate of Primary Education (KCPE) this year.

There was an award giving day on 26th January 2014 for the past year's students and welcoming this years students.

The event was presided by Dr. Faraj. He introduced the students and mentorship centre and stated the following objectives for the event:

- To get an opportunity to congratulate all the new graduates
- To motivate the graduates who were not satisfied by their performance
- To gather feedback from students and parents on areas of the mentorship program that required improvement
- To award the graduates a small token with which they would remember the centre
- To bid farewell to last year's students, and encourage the graduate to regularly visit and utilize the centre whenever they were on holiday.

He read out Dr. Muhsin Sheriff's speech to the guests in his absence. Following this he spoke at length to the graduates encouraging them to work hard and focus on their goals in life and cautioned them of the social challenges of secondary school and teenage including drugs of abuse, youth gangs and sexual escapades. He urged them to always remember their religion, and cultural beliefs, and never to be deceived by the freedom they would enjoy away from home as the Almighty is always watching them and their wrong choices will have consequences. All the mentors had an opportunity to speak with their students. They echoed the same sentiments, congratulations, encouragement and caution.

When given an opportunity to speak, all the parents expressed gratitude for the mentorship centre. They indicated that they had noticed major improvement in their children's performance and seriousness. They stated that despite their children's performances not having been among the best, they were happy and attributed it to the support their children received from the centre. They also indicated that the centre had saved them a lot of financial burden, as they initially had to spend a lot of money on tuition programs. They encouraged the mentors to continue their good work, and pledged support wherever they would be required.

Each graduate was also given a chance to share a word. They all expressed gratitude and acknowledged the mentorship as having been beneficial to them. They encouraged the incoming group to cooperate and work hard.

The incoming students were represented by Sumayya who echoed the sentiments of gratitude for the centre's establishment terming it as a much needed project by the community. She, on the behalf of her colleagues, pledged to cooperate and work hard.

Certificates were awarded to the graduate students, followed by trophies to Geophrey Omuse (First position) and Yusra Ahmed (Second position). Snacks were then served to all attendees and a closing prayer conducted by Abdulrahman Abubakar before allowing the guests to leave on discretion.

Mentors meeting:

Following the guests' departure, a brief meeting was held among the mentors, chaired by Dr. Faraj Alkizim. The following agendas were set for discussion:

1. Date of mentorship resumption
2. Mentors availability
3. Subjects to be taught
4. Downfalls of the year 2013 and area needing improvement
5. Successes of 2013
6. Strategies to improve performance

The date of resumption was set for 2nd February 2014 and all mentors confirmed availability. Emphasis was made on the importance of consistency and the mentors were directed to issue a 1-week notice in the event they are unable to be in attendance.

The main challenge during 2013 was poor attendance by the students. The team agreed to find more innovative ways to maintain interest among the students including:

1. Use of PowerPoint presentations to conduct classes
2. Use of projected videos to demonstrate concepts
3. Use of flash cards to challenge the students
4. Derive other innovations

The mentors also felt that there is need to resume providing snacks to the children as some of them come from very needy backgrounds and attend classes on empty stomachs.

There is also need to provide the children with stationary and the mentors with a white board marker each as common markers kept getting lost. They also recommended the library to be stocked with books that are more suitable for the students' age group.

It was however noted that the rooms were always dusty and toilets dirty and lacking water. The Chairman assigned Noel with the responsibility of ensuring that the premise was always cleaned and water supplied.

This project is currently looking for sponsors for sustainability.



Dr. Faraj Alkizim addressing students and parents



Headmistress Fatma Ngaira addressing students



Grophrey Omuse receiving his trophy for first position



Noel Mudibo receiving his certificate of service

STUDENT MENTORSHIP CENTRE

Help the young slum students to attain mentorship/education as they grow up to be better individuals.
Be a part of improving lives of these young students

info@chepskenya.com

Enhancing education at Jogbaru Primary School

CHEPs donated 7 books, 2 prayer mats, 2 hosepipes and electrical cables at Jogbaru Primary School, Wajir.



Books & mats received by Mr. Ibrahim – Head teacher of Jogbaru Primary



The headmaster receiving the hosepipes for watering plants

CHEPs donated 40 bags of cement to Mau Mau School for construction of classrooms for the first school in that village.



Existing makeshift classroom at Mau Mau village in Wajir



Cement bags donated by CHEPs



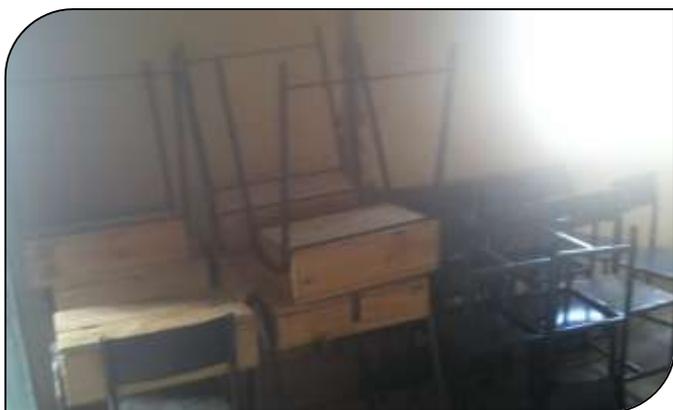
Blocks made from the cement donated by CHEPs ready for construction of the school.

Enhancing education at Wajir Secondary School for the Deaf

CHEPs donated 25 desks and 25 chairs for students; 2 tables with lockable drawers and 5 chairs for administration and teachers; 81 text books for various subjects and supported partition of classroom and principal's office.



Tables with lockable drawers for Administration staff



Desks & chairs for students



Text books for Wajir Secondary School for the Deaf

Environment

Tree planting - As part of CHEPs environment improving project, 10,000 trees are targeted to be planted in various schools & institutions and around CHEPs wells in Wajir County by the end of December 2014. The World Federation of KSI Jamaats have pledged 5000.

Below is the distribution list till end March 2014:

Institution	Trees planted
Furaha Primary School	400
Barwaqo Girls primary school	300
Sabunley secondary school	300
Jugbaru primary school	330
Barwaqo mixed day secondary school	200
Kalkacha primary school	100
Mau Mau primary school	200
Waberi primary school	300
Kilkiley location	200
TOTAL	2330



Trees planted at Furaha Primary School



Trees planted at Sabunley secondary school



Barwaqo Girls primary school



Trees planted at Jogbaru Primary school



Trees planted at Barwaqo Mixed Day Secondary School

Development

Wells - CHEPs has so far dug 191 wells & rehabilitated (cupped) 455 wells in Wajir out of which 1 well was dug and 29 were rehabilitated this year.

Due to drought early this year, many wells began to dry up causing distress to the beneficiaries. CHEPs assisted 50 of these with digging 3 feet extra in existing wells, thanks to donations from Beta Charitable Trust of UK. All of these wells successfully regained normal charging and brought the beneficiaries' lives back to normal. This has brought hope to the beneficiaries who were in desperate situation again.

Beta Charitable Trust sponsored extra-digging of 50 wells in Wajir County during Jan-Mar 2014. This county has suffered repeated droughts and famine which, together with extreme poverty, has led to chronic food insecurity among its people. CHEPs wells project intends to improve water supply and encourage farming thus reducing food insecurity in this region. Thanks to BCT's kind gesture, the beneficiaries will now have water again in their wells.

Shallow wells may be only credible solution to mitigate the terrible problems occasioned by the successive bouts of drought in Wajir County. CHEPs-Kenya has so far helped dig 191 and rehabilitated (cupped) more than 455 wells at poor homesteads, schools and mosques in Wajir.

These traditional hand dug wells are likely to dry up due to the fluctuations in the water table during frequent drought. To mitigate effects of the recent drought, thanks to BCT sponsorship, CHEPs embarked on extra-digging fifty wells by three feet to realize effective recharging of the wells to benefit the poor families.

The extra digging helps the beneficiaries continue with their improved lifestyle. The return of adequate water supply has several advantages. Firstly, more safe and clean water made availability means less conflict over the precious water resource. Secondly, more water available for drinking, cooking and washing will mean less hunger and diseases. Thirdly, the more wells with plenty of water, the fewer women and children will trek long distance in search of the precious commodity hence reduced cases of children missing school and increased economic productivity.

Below are some comments/observations by the re-digging beneficiaries-

" My well dried up and I could not water my kitchen garden regularly. It needed extra digging to re-charge and I got exactly that. Thank you CHEPs" (Habiba Kassim-c307)

"My well was amongst the first ones dug by CHEPs. It dried up some time ago and I was forced to fetch water from the neighbors. After the extra-digging I have enough water now" (Hussein Hassan-Do33)

"I could water my vegetables only in the morning. In the evening the well would be empty. Now after digging the extra 3 feet, I have plenty water for my crops" (Zeinab Mohamed-D108)

"I am an old woman and after my well dried up, I had difficulty finding water. I had to wait until night time to fetch water from the neighbors wells. Now you have given me water again in my own well" (Nuria Abdirahman-Do59)

"After my well dried up, I had no water for my few goats. So I relocated them to the bush to be kept by my relatives. It was reported that three were devoured by hyenas. Now that my well was re-dug, I will bring the remaining five goats to rear them here."(Mohamed Alasow-D112)

"Before I was thinking of shifting my goats to the bush since my well dried up. Not anymore since my well was re-dug and I have sufficient water" (Gaiye Ali-Do61)

"I used to send my grand children to the neighbours well to fetch me water. They were sometimes chased away. Now my well has enough water and no more sending the children elsewhere."(Omar sheikh-Do39)

"After my well dried up, the trees CHEPS gave me almost died for lack of water because the first priority was to fetch water for drinking and cooking. Now after the re-digging I will ensure my trees thrive to maturity" (Athara Bashey-D104)

"I am a sick woman and my children are still young. They are unable to carry a jerry can full of water from the neighbors wells. I thank you for re-digging my well" (Habiba Mohamed-c403)

"All the wells in my neighborhood dried up during the current drought. I had difficult time finding water and sometimes I had to fetch water from half a kilometer away. It is good to have water in my well again"(Ahmed Olad-D184)

"The mosque adherents had no water to do their ablution for prayers. Now the mosque well has enough water"(Imam of Bulla sheikh mosque well-Do69)

"My trees were dying before you came in to re-dig my well. They will surely have enough water now. (Ali Bare-c310)

"My goats will certainly have enough water to drink. Previously the neighbours wouldn't allow me to water my livestock"(Hasna Ali-c327)

"After the re-digging, my entire family feels happy" (Musa Abdi-Do76)

"Previously my well was saline, now after re-digging it has become sweet" (Sahara Haithar-co16)

"I used to ferry water on jerry cans aboard my donkey cart to sell to hoteliers but since my well dried up, I had to beg neighbors to allow me fill my containers. Now my well has been re-dug and I have enough water" (Mohamed Hassan-D173)

"My children used to wake up at dawn to fetch water from the neighbors well. This was dangerous as the children could fall into the well." (Sheikh Ahmed Gele-Dog8)

"I never had enough water for drinking, cooking and washing. After re-digging I have plenty of water for all household chores" (Athar Jigre-C189)

"Now I have sufficient water for my domestic and livestock consumption" (Dakane Abdinoor-c309)

"How I wish you had come to our aid earlier. Thank you for the re-digging" (Barey Issack-c363)

"I will return my goats which I took to the bush for lack of water since my well has plenty now"(Fatuma Ahmed-D150)

"I used to be embarrassed to fetch water from the neighbours well at night. Thank you for saving me from such shame"(Ali Adan-D123)

"This well was abandoned before. Children have been throwing all forms of dirt inside. Now after re-digging all the neighbors can use it once more"(waqf well for public-c157)

"Every drought the wells dry and they require re-digging. Please remember us always because there aren't any rivers or lakes in Wajir and we rely on these wells" (Sheikh Osman-D179)

"Even the 3 feet is a great help since we have some water again. God bless you" (Mohamed Garafa-c200)



Well number 191 with beneficiary dug in memory of Marhooma Sakinabai M. Ukeru

Rukia Billow is a 70 year old woman living with her divorced daughter and grand children in a tiny hut at the remote village of Makaror in Wajir. The family had no well so they had to fetch water from a neighbour three blocks away. She used to send her grand children to collect water from the neighbours well for the family use and to water her four goats and few trees. "Since I never had many utensils to store the water, I would send my grand children to collect water several times a day and this delayed them from attending school on time" contends old Rukia.

"Now that I have a well right inside my plot, no more humiliation by the neighbor and the children will go to school on time and regularly" she said. I sincerely thank the good Samaritan who helped avail water for my family. May your organization be blessed" she prays.



One of the 25 wells rehabilitated (cupped with support from BCT)

Below are testimonies of some well rehabilitation beneficiaries:

"I no longer beg for water for my sheep and goats. I have plenty of water from my newly cupped well. I will forever be grateful to CHEP's." (Abdi Alasow-well no.c427)

"I always feared my children or the village stray livestock will fall into the open well. Not anymore, my well has been cupped. Thank you and God bless you all."(Ambiya Dahiye-c428)

"I am aged and a sick man. Initially I used to send my grand children to fetch water for me from the neighbours. Occasionally, the children were chased away. Now I have my well beautifully cupped for me. May Almighty bless you all."(Haret Ali-c431)

"My two sons who are in school helped dig the well for the family because I feared my neighbors who kept on encroaching on our land will eventually claim my plot. But after the boys dug, I never had the resource to do cupping. Thank you CHEPs- you helped secure our plot for my children to inherit."(Sarura Kadad-c430)



Photo of Sarura Kadad and one of her sons who dug the well. She makes grass roof for traditional Somali huts earning 2000-3000 per month. This is the only income for the family. CHEPs CEO met them during a recent monitoring and planning visit and approved the well rehabilitation.

"Previously my vegetables would dry up because of lack of water. With a newly cupped well, I will endeavor to grow more crops for my family."(Hassan Khalif-c434)

"I dug a well in my plot in order to begin a kitchen garden but I lacked the funds to cup it. CHEPs came to my aid and helped cup it for me" (Abdi Osman-c438)

"I am old woman of 70 years. I stay here alone without any children or support from children. A well wisher dug the well for well for me. But he has since passed away and it has been open for sometimes now. Thank you and God bless your work."(Nuria Saman-C444)

"My well was dug six years ago. All this time I lacked the means to cup it. I approached CHEPs who immediately offered to cup it for me. It is a dream came true. Thank you CHEPs." (Adan Abdullahi-c446)



Well number 441. Cupped in memory of Isaale thawaab of all Marhumeen



Well number 442. Cupped for Isaale thawaab of all Marhumeen



Well number 454. Cupped with support from Naeem Fatma Mehdi



Well number 455. Cupped with support from Mehdi (Muntazir) Khimji

Donations

Dr. Faraj Al-kizim donated a rotating secretarial chair for the CHEPs Nairobi office located on the 3rd floor, Chandarana Building. Lavington Green Shopping Centre.



Disability aids donated by Mr. Hamza M. Khimji in memory of his late father Mr. Muntazir Mehdi Khimji

Other Activities

Trip to Garissa

Dr. Muhsin Sheriff and Dr. Faraj Alkizim visited Garissa County 22-23 March 2014 to survey the situation since the famine and initiate water, agriculture and environment projects in those arid areas. During the 2011 drought and famine, CHEPs had distributed food to many of the villages in this County.



Women and children huddled under a leafless tree awaiting food and water relief during the famine of 2011. (CHEPs Photo 5 Aug 2011)



Tree under which the women and children of Boransis were seated when the CHEPs team visited them to distribute food during the famine of 2011. Now seeing the start of an Early Childhood Education class.



Above picture of young mother and 2 months old infant boy both starving and thirsty found by CHEPs volunteers during the famine of 2011



The boy, Abdirashid, now 3 years old, with his grandmother Zainab. The mother, Habiba, had gone with the goats into the bush to seek pasture. Dr. Muhsin Sheriff holding a picture of the mother and infant taken during the famine, happy to see they survived the famine and are well. (CHEPs photo, 22 March 2014)

Wajir projects monitoring trip

Dr. Muhsin Sheriff and Dr. Faraj Alkizim visited Wajir 15-16 February 2014 to monitor progress of the various CHEPs projects in the County. They supervised the rehabilitation/cupping of wells and trees planted, assessed needs and prepared plans for new projects together with the CHEPs local staff. Many wells were drying up due to drought. Extra digging was carried in 50 of these wells through generous donation from Beta Charitable Trust of UK.



Desks, chairs and books provided to the new Wajir Deaf Secondary school through generosity of World Federation of KSIJ.

CHEPs donkey cart in Wajir

Donkeys remain a popular means of transport in Northern Kenya and their wide use is due to the huge sand deposits and high temperatures in the area.

Owing to the above circumstances, the residents in this border region of Northeast Kenya use donkey carts as their preferred mode of transport.

Carts pushed by donkeys and locally referred to as “kareta” are widely used in Wajir. Their wide use is due to the huge sand deposits and the harsh temperatures in the area..

Residents in this area use the carts to transport water from water sources to settlement areas which is a distance away. They are also a means of transport in the absence of matatus.

The donkey carts are used to ferry goods and water to homes and also help in ferrying passengers especially in the rural areas where residents travel for long distance for a small fee.

The cart is pulled by a donkey and directed by a man who sits at the front part of the cart where he uses a rope to control the donkey’s movement.



CHEPs donkey cart off-loading stones at a well before cupping

Recently CHEP’s purchased a donkey and cart to help carry out its activities in Wajir in order to cut costs in transportation expenses. The donkey cart is driven by CHEPs staff Mr. ‘Siyad’ Omar Issack.

Benefits/impacts of the donkey cart.

- Ease of transportation of cement, tree nurseries etc to well beneficiaries homes.
- Use of donkey cart instead of carrying heavy loads on the back/shoulders of workers for long distance.

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:	22
5	Number of people screened for eye conditions:	4527
6	Number of people provided eye glasses for refractive errors:	1601
7	Number of people provided with eyedrops for various eye conditions:	2179
8	Number of cataract blind people operated to see again:	383
9	Number of individuals assisted for emergency medical treatment:	9
10	Number of students ever supported with fees:	122
11	Number of students currently supported with fees:	59
12	Number of university students ever supported with fees:	68
13	Number of university students currently supported with fees:	37
14	Number of disabled (deaf) students ever supported with fees:	13
15	Number of disabled (deaf) students currently supported with fees:	12
16	Number of boarding schools in rural areas supported in food for fees project:	13
17	Number of students benefited from food for fees project:	524
18	Amount of food distributed in food for fees project:	Over 40 tons
19	Number of student mentorship centres set up:	1
20	Number of books distributed:	1200
21	Number of schools/institutions given books:	11
22	Number of libraries set up for schools/communities:	2
23	Number of desks given to schools:	309
24	Number of solar lights given to schools:	996
25	Number of solar lights given to institutions:	41
26	Number of trees planted:	7605
27	Number of wells dug:	191
28	Number of wells rehabilitated:	455
29	Number of dried wells re-dug:	50
30	Number of 'berkets' water storage tanks constructed:	2
31	Number of new farmers supported:	200
32	Number of large irrigation/farming projects:	1
33	Number of goats distributed to poor families:	50
34	Number of official presentations made at scientific conferences:	6
35	Number of workshops, seminars & community presentations:	5
36	Number of conferences and workshops organized:	1
37	Number of clothes distributed:	470
38	Number of schools/institutions given clothes:	10

ACKNOWLEDGEMENT

We thank all organizational & individual well wishers for their moral and material support which has helped CHEPs carry out these projects as well as improving quality of services provided. 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”