



CENTRES for HEALTH & EDUCATION PROGRAMMES

CHEPs UPDATE
 Oct - Dec 2016

Empowering | Promoting Health, Education and Development | Improving lifestyles

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About Us

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

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

Vision

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

Mission

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

Our projects include:

Health care

eye camps, emergency medical treatments, limb prosthesis



Education



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

Agriculture

farming support, irrigation projects, animal husbandry



Environment

tree planting, organizing cleanup/hygiene projects in villages



Development

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



Humanitarian

emergency relief during famine & drought



53rd Eye camp in Lamu



Sanitary facility constructed for Chakama Primary School



Jiggers eradication campaign in Muranga

EMPOWERMENT IS OUR MOTTO

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

info@chepskenya.org

SUMMARY OF THIS QUARTER'S ACTIVITIES BY CHEPS:

Health Projects

Medical treatment

Kiprop, a child from Kitale, who sustained severe burns of his face after falling into burning firewood was brought to Nairobi for reconstructive surgery of his eyelid. He underwent his second surgery and is now recovering.

CHEPs Backpack Medical project: CHEPs volunteer Medical Practitioners continue to provide medical care to needy families through home visits in Kawangware slums.

CHEPs disabled children support CHEPs continues to support disabled children to undergo rehabilitation and acquire education in special schools.

Eye Camp #53 held in Lamu during the annual Maulid festival. The team conducted a 3 days camp where 580 patients were treated for various eye diseases and a total of 28 patients underwent eye surgeries, all free of charge.

Jiggers eradication campaign CHEPs conducted an anti-jiggers campaign in Muranga County. The team served a total of 68 households comprising of 155 children and 25 adults.

Education Projects

Education sponsorship

CHEPs continues to sponsor needy students to acquire education. A total of 16 currently sponsored, 10 at University & College level, 4 at Secondary school level and 2 disabled children at Special Schools. Two students graduated from University this year.

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

Agriculture Projects

Kitchen Gardens

CHEPs continues to support farming programmes in an effort to combat hunger. 2 kitchen gardens were planted for CHEPs well beneficiaries in Wajir County, and a third one at Kilifi.

Environment Projects

Tree planting

The number of CHEPs trees continue to grow as we work to sustain the environment. 20 trees were planted around CHEPs wells in Wajir County this year.

Development Projects

Wells digging & rehabilitation

We continue to address water and sanitation problems in arid and semi arid areas. This quarter we dug 18 wells and rehabilitated 1 well, bringing the total numbers to 268 dug and 517 rehabilitated.

Solar lighting in Chakama

The homes of 4 elderly women in Chakama get fully lit up using solar powered lighting systems.

Sanitary facility constructed for Chakama Primary School

CHEPs constructed a modern sanitary facility bearing 6 cubicles for Chakama primary school to serve over 500 students who used to relieve themselves out in the open. We are also currently exploring options to solving the water shortage in the school.

Other Activities

Third Annual Scientific Conference

CHEPs held its 3rd annual scientific conference in December, bringing together participants from different backgrounds to discuss various innovations.

CHEPs feeding program

In addition to street children, CHEPs extend its feeding program Chakama, where over 50 children are regularly fed freshly prepared food at Quba Madrassa.

Health

Medical Treatment

Elly Kiprop, featuring in our previous newsletters, is an 8 year old child from Kitale, who sustained severe burns of his face after falling into burning firewood 4 years ago. His face was deformed, and left eyelid destroyed. He was brought to us during the 35th CHEPs eye camp held in Kitale in 2015. We noted that he required reconstruction of the eyelid to prevent the eye from going blind due to exposure dryness.

With support from CHEPs, Elly underwent his first surgery in June, and a second one in November 2016, at Lions Eye Hospital, Nairobi. He now has a functional eye lid that was reconstructed from skin harvested from his neck, and his eye no longer at risk of going blind. We appreciate the hospital for heavily subsidizing the charges.



Elly before surgery



Elly immediately after his 2nd surgery



Elly now recovering

MEDICAL TREATMENT SUPPORT

We come across very many deserving cases of people suffering different conditions, but lacking access to healthcare due to financial constraints. Our ability to support such cases is limited by the availability of funds.

Assist such needy people to access health care.

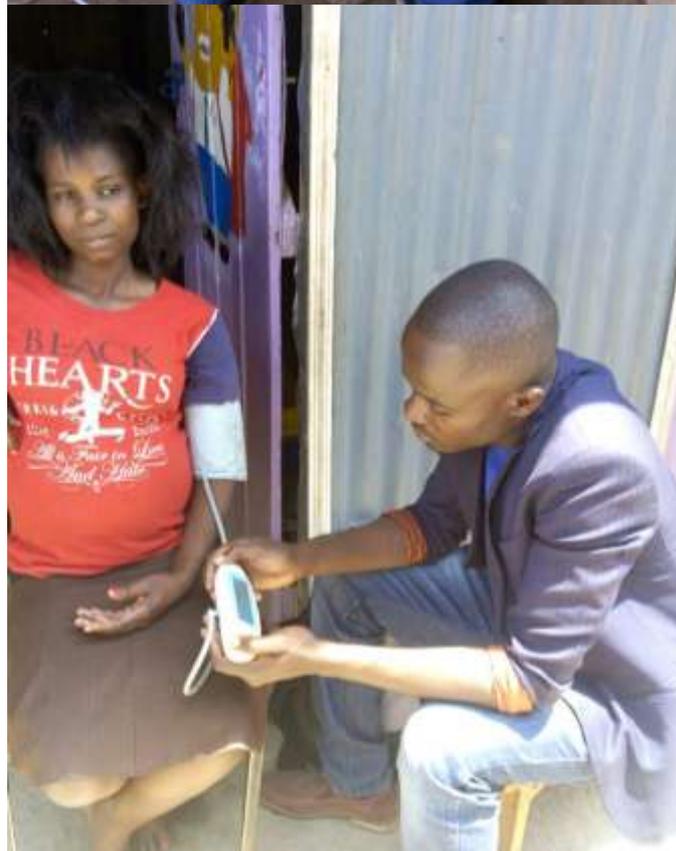
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CHEPs Backpack Medical project

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

This has been running since 2015, provides basic healthcare to needy families in Kawangware slums through home-to-home visits by our volunteer medical practitioners.

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



BACK PACK MEDICAL PROJECT

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

Join us in providing healthcare to the destitute.

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CHEPs disabled children support

The World Health Organization estimates that over one billion people worldwide live with disability, of whom around 200 million are unable to function normally. Statistics have shown that the numbers are rising. Majority of such people don't live a normal life and many a times are isolated from society, which often neglects them, and perceives them as a burden.

CHEPs continues to support disabled children to undergo regular rehabilitative therapy and another two children to attend daily special school. The children were initially locked up in their homes, and were progressively deteriorating and regularly fall sick. They have since recorded major improvement including gained milestones such as ability to sit, walk, talk and follow instructions.

CHEPs envisions to see these children acquire skills to become self sufficient members of society.



Shariff & Cynthia at a special school sponsored by CHEPs

DISABLED CHILDREN SUPPORT

Persons of disability did not choose to be in their state. Society discriminates them yet they deserve to live a normal and complete life like any other person.

Join us in assisting disabled children acquire skills to become self-sufficient.

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CHEPs Eye Camps

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 is 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 53 free eye camps across the country during which:

- Close to 12,500 people have been screened for eye conditions
- Over 4,300 pairs of spectacles were given out to correct visual impairment.
- Over 6,900 eye drops of different types were dispensed to treat eye diseases.
- Close to 1,000 blind people have been operated for cataract to restore their vision.

Eye Camp #53

Our 53rd eye camp was held in Lamu during the annual Maulid festival which marks the birthday of the Prophet Muhammad (PBUH). Lamu also known as "The Island of festivals" is a UNESCO world heritage site that attracts tourists from all over the world. It however also faces a range of medical challenges including prevalent eye diseases.

The team conducted a 3 days camp where over 580 needy patients were treated for various eye diseases and a total of 28 patients underwent eye surgeries.

The team performed as follows:

- ➔ Number served: **583**
- ➔ Reading glasses dispensed to correct visual defects: **310**
- ➔ Eye drops dispensed to treat various eye conditions: **406**
- ➔ Cataract blind cases diagnosed: **48**
- ➔ Cataract surgeries performed by team to restore vision: **25**
- ➔ Chalazion surgery to prevent damage to the eye cornea: **3**

We wish to thank Dr. Fayaz Khan, the CEO of Lions Eye Hospital for collaborating with CHEPs as well as donating surgical supplies.



Visual acuity testing



The public patiently awaits service



Spectacles and medication dispensed free



Consultation in progress



CHEPs outpatient clinic team

SURGICAL TEAM PHOTOS



Some of the patients following surgery

EYE CARE

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

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

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Jiggers eradication campaign

Jiggers infestation is a highly prevalent disease, caused by the parasite *Tunga penetrans* which burrows itself in skin, causing intense irritation, pain and progressively destroys the victim's toes, fingers and other body parts. It is a menace, affecting many people living in rural parts of the world, mostly children and elderly. It affects school performance among children, quality of life, and eventually can lead to disability. It has been reported as a common cause of school drop-out among rural students in Kenya.

In the spirit of serving the needy and vulnerable, CHEPs conducted yet another campaign against jiggers infestation, this time in Muranga County, on 3rd December. Targeting families living in Mjini, Majoice, Jamcity, Kiangage, Katiba, Mukuyu, Njuguni and Kiangiri villages, the team served a total of 68 households comprising of 155 children and 25 adults.

Each of them was treated for jiggers' infestation, at the comfort and privacy of their homes, using the surgical technique and medication recommended by The World Health Organization. In order to prevent recurrence, their homes were also fumigated by spraying pesticide. The public was also educated on preventive methods including strict hygiene and the importance of wearing shoes.

We wish to thank Bilal Muslim Mission for collaborating with CHEPs for this campaign.



Education

Student Sponsorship Programme

CHEPs strives to support smart needy students across the country by sponsoring their secondary and tertiary education. The programme currently supports a total of **16** students, of which 10 are at College & University Level, 4 are at secondary school level & 2 are disabled children as special schools, coming from diverse backgrounds and races. This aims at combating poverty by provision of education.

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

This quarter, we are proud to announce the graduation of two CHEPs sponsored students. We are proud of their achievement, and hope that having been empowered, they will now transform their lives, those of their families and communities.

Below are their testimonials:

Khadijah Rajab, Bachelor of Education at Laikipia University College



"I am very grateful to CHEPs for giving me an opportunity to realize my dreams. I come from a very humble background and both my parents are unemployed. We are two sisters in the family and I am the last born. My elder sister is handicapped and my parents have spent to their last coin to ensure at least she attains a basic education. I was very happy when I

passed my KSCE exams and admitted to Laikipia University. I did not report the first semester due to lack of fees. Then like a miracle, CHEPs came into my aid and cleared all the first year fees and they have continued doing so till I completed my Diploma in Education and enrolled for a Bachelors degree in Education (Arts), which they also supported till I graduated attaining a Second Class Upper Division.

I don't have the words to express my gratitude to CHEPs but what I can do to is to continue with the skills that CHEPs team shaped in me by ensuring that the community I live in has no illiterate people. God Willing I want to mentor young people in the community especially girls because when you educate girls, it is like you have educated the whole community.

I also want to start my masters Degree in Kiswahili and communication In sha Allah. For now I am teaching in my former high school (Menengai High) where I was absorbed after working voluntarily for some time.

Thanks a lot CHEPs may the almighty bless you abundantly."

Katra Dahir, Bachelor of Mathematics at University of Nairobi.



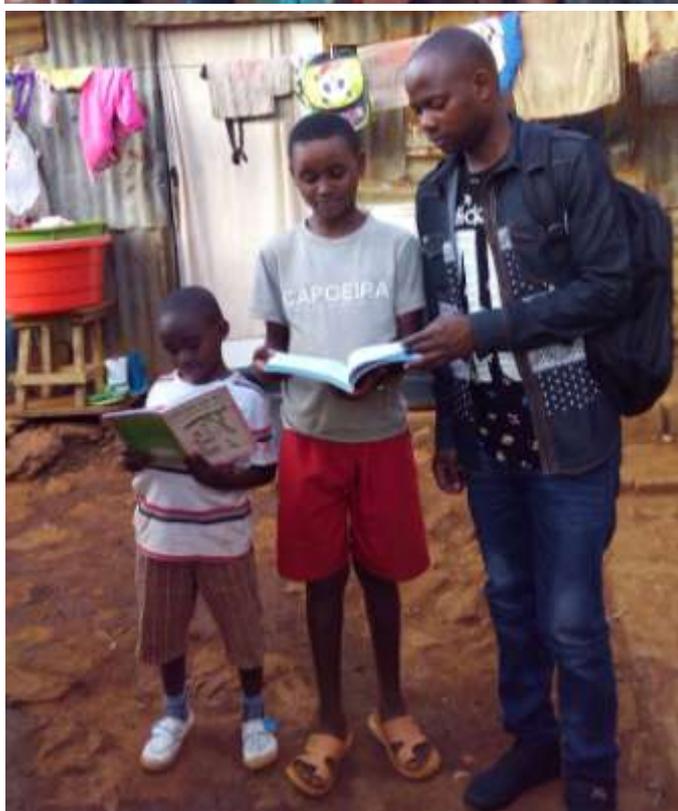
"I am writing to thank you for your generous CHEPs scholarship. I was very happy and appreciative to learn that I was selected as the recipient of your scholarship. By awarding me the scholarship, you had lightened my financial burden which allowed me to focus more on the most important aspect of school, learning. Your generosity has inspired me to help others and give back to the community. I hope one day I will be able to help students achieve their goals just as you have helped me. Thank you again for your generosity and support."

CHEPs Literacy Backpack project

This project is a project aimed at increasing reading awareness through home visits in Kawangware slums in Nairobi by a CHEPs volunteer, armed with a bag filled with books on various subjects and stories.

Below is a report from a CHEPs sponsored University student Mohamed Matano:

"I have been conducting the literacy backpack project at Kawangware where I teach learners of different levels. I visit them in their residential areas where I give them tutorials lasting thirty minutes each, during which I challenge them to respond to oral questions, copy some notes as well as assign them homework which I mark during the following visit. I also allow them to borrow books of their interest. Such projects have the potential of eradicating illiteracy among needy communities."



Matano (right) during his literacy bag pack visits

EDUCATION SPONSORSHIP

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

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Agriculture

Farming and Irrigation

According to the World Food Program, Close to 800 million people worldwide lack access to food. Furthermore, Sub-Saharan Africa has the highest prevalence of hunger occurring in 1 of every 4 people! In Kenya, it is estimated that 40% of the population lacks sufficient food, and the worst hit region is North East Kenya.

CHEPs strives to improve food security in the region by implementing irrigation and farming projects. This includes setting up of farms, greenhouses, and household kitchen gardens, as well as providing water for irrigation through digging of wells and boreholes.

This quarter we have set up 2 kitchen gardens in Wajir County and 1 in Chakama, Kilifi County. The beneficiaries receive pesticide and seeds of kales, spinach, tomatoes, paw paw and cowpeas and are trained on farming by CHEPs personnel.



Kitchen garden at Quba Mosque, Chakama, Kilifi County



Kitchen garden planted for Kaltum Dahir, Wajir County



Kitchen garden planted for Noor Ibrahim, Wajir County

FARMING SUPPORT

800 million people worldwide and over 40% of Kenyans are food insecure. The prevalence of food insecurity is much higher in CHEPs areas of activity such as North Eastern Kenya.

CHEPs believes in empowering people to grow their own food rather than distributing relief food. This is more effective and sustainable.

Your assistance is needed in feeding the hungry.

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Environment

Tree Planting

The Sustainable Development Goal 15 (SDG15) aims to ensure environmental sustainability. In keeping with this global goal, CHEPs strives to preserve the environment by planting of trees. We have so far planted over 11000 trees in rural parts of Kenya, with emphasis in arid and semi-arid areas.

Earlier this year CHEPs planted 70 trees in Wajir County. They were strategically planted near CHEPs wells to ensure availability of water for them. An additional 10 trees were planted this quarter in Wajir County



ENVIRONMENTAL SUSTAINABILITY

The future generation needs us to preserve the environment for their survival! Let's reverse the environmental damage we have done.

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Development

Wells digging & rehabilitation

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

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

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

CHEPs has so far dug 250 and rehabilitated and capped 516 wells. This year alone, CHEPs has dug 35 wells and rehabilitated 2 to ensure access to water, provided opportunities for subsistent farming, and tree plantation, thereby addressing thirst, improving food security and ensuring environmental sustainability.

The wells are also capped to ensure that neither people, animals nor dirt would not fall in, ensuring safety and hygiene

Wells Dug this quarter

Well D251 dug for Kaltum Dahir of Bangal village, Wajir County.



Well D252 dug for Hawa Mohamed Abey of Makaror village, Wajir County.



Well D253 dug for Maalim Hassan Garaw of Makaror village, Wajir County.



Well D254 dug for Beniya Noor of Bulla Isiolo village, Wajir County.



Well D255 dug for Abdiya Haret of Makaror village, Wajir County.



Well D256 dug for Habiba Gure of Makaror village, Wajir County.



Well D259 dug for Musa Faney of Bangal village, Wajir County.



Well D257 dug for Gedia Nur of Makaror village, Wajir County.



Well D260 dug for Haret Abdi of Bangal village, Wajir County.



Well D258 dug for Olad Dubow of Bangal village, Wajir County.



Well D261 dug for Awkus Ibrahim of Bulla Isiolo village, Wajir County.



Well D262 dug for Antar Abdi of Bangal village, Wajir County.



Well D265 dug for Markaba Bishar of Makoror village, Wajir County.



Well D263 dug for Noor Ibrahim of Bangal village, Wajir County.



Well D266 dug for Ahmed Shalle of Bangal village, Wajir County.



Well D264 dug for Dakane Qelley of Makoror village, Wajir County.



Well D267 dug for Asli Wais of Isiolo village, Wajir County.



Well D268 dug Farhia Maalim of Mau Mau village, Wajir County.



WELLS CUPPED THIS QUARTER

Well C571 cupped for Asli Bishar of Bulla Isiolo village, Wajir County.



WATER SUPPLY

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

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

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Sanitation project

It is reported that:

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

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

Chakama Primary School Latrines

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

In the spirit of serving the needy and vulnerable, CHEPs has constructed a modern sanitary latrine facility bearing 6 cubicles for the students. This will enable them to relieve themselves safely and protect them from diarrheal diseases.

Plans are underway to construct a second block of 6 cubicles to further support the students. We are also currently exploring options to solving the water shortage in the school.



Open defecation at the school



Old latrine that was serving the students



Newly built latrines for the students



Solar lighting at Chakama

The homes of 4 elderly women were for the first time fully lit-up when CHEPs installed solar powered lighting systems in them. The units which comprise of 5 LED bulbs, a solar panel and a charge controlled battery pack were enough to fully light up the women’s small homes, complete with a security light for the door step.

This was aimed at relieving the suffering of such women, in a community that commonly does not look after the elderly.

This was done as a pilot project, with plans underway to cater for many more such needy, elderly people.





Other Activities

The 3rd annual CHEPs conference

Theme: “Building the future through science and technology”

CHEPs successfully held its third annual conference on 11th December, at Nairobi Jaffery Sports Club conference hall, where over 60 participants from different backgrounds and professions discussed ideas and innovations.



CHEPs feeding program

In addition to long-term solutions like farming support, CHEPs also provides short-term solutions such as relief food provision, and feeding programs. As part of its feeding program, CHEPs supports the feeding of over 50 children in Chakama, a remote village within Kenya’s Kilifi County. The community there is a very needy one, living under very harsh conditions, and lacking essential needs including food, healthcare, water, electricity, and sanitation.

Priority is given to children, being the most vulnerable, as well as to enhance their growth, development and learning.



CHEPS FEEDING PROGRAM

Street children are commonly described as a representation of the most marginalized, discriminated and neediest persons in the world. The social and economic challenges that surround them are highly complex and turning a blind eye only fuels this rapidly growing calamity.

Join us in our efforts to restore hope in these children and curbing many social challenges affecting communities.

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Impact

To date CHEPs has achieved the following:

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

OUR APPRECIATION AND APPEAL

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

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

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

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