



CENTRES for
HEALTH &
EDUCATION
PROGRAMMES

Empowering | Promoting Health, Education and Development | Improving lifestyles

CHEPs UPDATE

October - December 2013

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 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.

CHEPs goal is to empower



Limb prosthesis



Solar Lamps distribution



School desks distribution in Wajir

Health

Emergency medical treatment – Blessing, a 5 year old baby brought up by a single mother in the Kawangware slums, fell into hot oil that left her severely disfigured. She has been stigmatized in society and has no friends and doesn't play with the neighbours as a normal child would. CHEPs volunteers found her and are seeking appropriate plastic surgical treatment for her.

Limb prosthesis project

People in remote villages of Kenya usually have no access to modern healthcare facilities much less specialized care for the disabled. Children and adults can have their legs amputated because of accident, infections, and snake bites that leave them to suffer for life without any hope of being able to walk again. Many of them do not even know that limb prosthesis can be fitted to enable them walk on their own.

The CHEPs Jaipur foot project comes as a hope for such people in remote Wajir county of Kenya. The first group of 8 amputees from Wajir County were brought to Nairobi and fitted with limb prosthesis on 8th November 2013, thanks to support from Beta Charitable Trust, UK. Below is a story of some of the beneficiaries of the artificial limb:



79 year old Muhamed Adan Issa lost his lower limb in a grisly road accident 36 year ago. Since that fateful day, the octogenarian was confined to his small hut situated at the remote village of Makaror in Wajir County. Issa was dejected and angry about his fate. Let alone other chores. Even when he was to answer a call of nature, his sons had to ferry him on a wheel barrow.

That was his situation until a CHEPs volunteer showed up at his doorstep one fine morning. He was surprised to hear that his condition could be corrected

with the provision of an artificial leg at virtually no cost to him.

"This piece of news was the best I heard in my entire life" said Issa who never hesitated to embark on the 700 km journey to Nairobi's South Rotary club Jaipur foot centre. "The artificial limb has given me a new lease of life, said Issa after he was fitted with a prosthetic leg. My happiness is beyond measure and I am like a baby who is learning how to walk for the first time."

During a monitoring visit by CHEPS CEO on 22nd November 2013 Issa said, "I am now able to walk on my own to my farm and supervise the activities, previously others had to help me with the farming. For 36 years I have been using crutches which would give me sever pain in my chest and arms. I never knew that with

this simple artificial leg I would no longer suffer the pain" The family was also happy to see him so mobile.



Another amputee who benefitted is 12 year old Mahat Muktar, a victim of snake bite whose right leg was amputated above the knee in 2010. Since then, the poor kid was hidden in God-ade village deprived of the joys of childhood. He was literally discriminated and not allowed to play with other children nor go to school. Soon after he was fitted with an artificial leg, the boy was seen joyfully kicking a ball bought for him by CHEPs. Like his peers, little Mahat is set to join standard One next year.

Education

Solar Lamps distribution – 96 solar lamps were distributed by CHEPs in conjunction with Beta Charitable Trust to Jogbaru Primary School Standard 7 pupils in preparation for KCSE exam next year.



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.

Below is the testimony of one of the students:



Katra Dahir Sugow, Bachelor of Science, Maths/Physics at University of Nairobi

I am from a family of 9 siblings, 5 brothers & 3 sisters, I am the first born. 6 of us are in school, one completed his Secondary Education in 2013, the other one completed his Primary Education in 2013, two are in Primary School and the other two in Kindergarten. The remaining three are yet to go to School. My father works in our shop at home in Garissa town while my mother is not working. Since CHEPs gave me the chance of studying with no worries of fees issues I have gotten the courage and faith that I can do my studies well and work hard for the chance they have given me, my siblings now can go to school also.

I mentor the students in life skills at the CHEPs Kawangware Mentorship Centre. It has the following content; HIV/AIDS, self-esteem, self-awareness, friendship, healthy relations, reproductive health and career choice. So far, we have covered the following topics: HIV/AIDS, self-esteem, self-awareness and friendship. The sessions were mainly based on group discussions, role play and group discussions. I have tested the students on the topics we finished and the performance was good. I am trying to finish the remaining topics and also help the students to put the skills into practice.

I worked on a tree planting project in Garissa with CHEPs. The tree planting was successfully done on 5th August 2013 in Young Muslim School in Garissa. We planted 53 trees by the pupils. We planted two types of trees i.e. Azadirachta indica (neem tree) and Cassia siamea(kassod tree). Azadirachta indica; they are tropical and semi tropical trees. Neem trees prefer at least 30 inches of rainfall per year, but once established they can withstand periods of prolonged drought. They prefer full sun and also well drained sandy soil. Protects itself from insect attacks by producing chemicals known as limonoids which are effective against many serious agricultural and disease causing pests. It is therefore a good choice for this environment since it is easy to grow and maintain. It is an evergreen plant hence suitable for shade and decoration. Cassia siamea (kasood tree); It is an evergreen tree that is fast growing open and reaches upto 30 feet tall. Leaves are yellowish green, pinnate and made up of elliptic leaflets. It grows naturally in tropical areas. They are suitable for this dry area since they require little amount of rainfall and can withstand the full sun. I am currently following up as the trees grow and each tree was assigned to one pupil to take care of it and the head teacher promised to give support to the pupils to take care

of them. My brother has been supporting me in all the process and now he is the one overseeing the trees as they grow in Garissa while I am back in University".

The trees have now grown a little inch taller and the students in the school are trying to check on them with the support of their teachers.

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 - currently there are 22 students who sat for their Kenya Certificate of Primary Education (KCPE). The centre is closed from 17th November 2013 till January 2014 for school holidays.

This project is currently looking for sponsors for sustainability.

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

Furniture for schools - Many schools in Kenya have poor conditions for appropriate learning; students sit on the floor or share scarce furniture. Lack of furniture is a major problem in North Eastern Kenya including Wajir County. Thanks to support from World Federation of KSI Jamaats, another 150 desks were provided; 75 to Bahati primary school & 75 to ICF Primary in addition to 134 desks proved to various other schools earlier in the year in Wajir County.



Desks transported to Bahati primary school

Enhancing education – There are 18 students in standard eight at Upako centre (an informal learning centre for orphans and street kids). Due to lack of qualified teachers, their chances of passing the National Primary school exams are very slim. Thanks to donation from Teach & Help Africa, the school has been able to get the services of qualified and experienced primary school teachers for 3 months. Curriculum books and revision guides were also bought. It is expected that this will help the students perform better in their November exams. They are already showing improvement in the regular assessment carried out at the school.



Sports Day, supported by CHEPs and students of Aga Khan Academy was held at this centre on 9th November where 200 students took part. It started with singing of the National Anthem then sports activities followed by drama performances then ended with lunch. This motivated the students.



Students participating at the sports day

Books for libraries – Over 1000 books have been donated courtesy of Jaffery Academy, Nairobi. The books include different curriculum subjects & story books. The books were given to schools/institute in boxes of approximate 60 assorted books.

Below is the list of distribution:

Institution	Number of boxes
Kawangware Mentorship Centre, Nairobi	1
Upako Centre, Nairobi	1
Dagoretti Empowerment Centre, Nairobi	2
Wajir Deaf Primary School, Wajir	2
Jogbaru Primary school, Wajir	2
ICF Primary School, Wajir	2
Good Shepherd School, Nairobi	1
Lamu	3
Nakuru	4
Kisumu	2
TOTAL	20

Environment

Tree planting - As part of CHEPs environment improving project, 5000 trees will be planted in various schools & institutions and around CHEPs wells in Wajir County by the end of December 2013, thanks to the World Federation of KSI Jamaats.

The table below shows the distribution list of trees planted by the end of December 2013:

Institute	Trees planted
Ihitism Madarasa	200
ICF Primary School	200
Bahati Primary School	100
Wajir Primary school for the deaf	200
Al-Riaya Islamic orphanage centre	300
Garse green-house site	100
Garse community	200
Wajir Girls day school of Makoror	200
Jogbaru Primary school	200
Wells beneficiaries & households	3300
TOTAL	5000

Development

Wells - CHEPs has so far dug 190 wells & rehabilitated (cupped) 426 wells in Wajir.

The CHEPs shallow wells project has helped ease the water problem, encouraged farming, growing of trees, improved access to clean and safe water and good sanitation practices.



Well number 185 with beneficiary. Dug in memory of MARHUM YUSUFALI MOHAMED KERMALI

Nure Garore aged 51 years has been a resident of Bulla Jogoo since he lost his livestock during the 2008 drought. He has since been living from hand to mouth doing all sorts of menial jobs to fend for his young family of 7 children. His plot which is adjacent to a cemetery has a tiny hut which the family calls home.

"CHEPS has graciously given me a reason to live" he says. Earlier the organization has on several occasions hired me to dig wells at other people's homes but now I can proudly say I was asked to dig my own well and at the same time I was paid for my labour!" Nure said.

The well will serve Nure's family and his neighbors. In addition mourners will use the water when lying to rest their loved ones at the nearby cemetery. Nure says thank you and may Almighty God bless CHEPs' well wishers.



Well number 186 with beneficiary. Dug with sponsorship from FARZANA JALALI.

Well 186 is dug at Bahati Primary school in Wajir.



Well number 187 with beneficiary. A gift from The World Federation of KSIMC And The Federation of KSI Jamaats of Africa.

Well 187 is dug at ICF primary school which serves over a thousand students and orphans.



Well number 188 with beneficiary. Dug in memory of Late Abdulrasul Alarakha Rahim & Kulsumbai Abdulrasul A. Rahim

Issack Guliye, beneficiary of well no D.188 died recently leaving behind a destitute family. According to his wife, his wish was to have a family well inside his plot. "Now that his dream has become a reality, how I wish he was here with us" says his widow. "I am so much grateful to CHEPs for bringing happiness to this family again" she says.

The family intends to grow shade trees and vegetables/greens inside the plot, besides the children will not go far to fetch water anymore but instead will attend school on time and regularly.



Well number 189 with beneficiary. Dug in memory of Late Gulam Taki & Shirinbai Gulam Taki.

Abdi Nuriyo, aged 60 yrs is an illiterate widower who does odd jobs to make ends meet. He has recently settled on the outskirts of Bahati village where he fenced off a patch of land with thorn bushes to call it home. His biggest worry was where to get water for his domestic use. Until one day when he approached CHEPs – Wajir office and detailed a plethora of problems including how he wished to have his own well.

Now that the well has been dug right at his door step, he has already embarked on planting shade trees and has made a visit to the local land office to have his plot registered.



Well number 190 with beneficiary. Dug in memory of Fatima Zahra, daughter of the Holy Prophet (SAWW)

Fatuma Ahmed is barely 30 years old. She is a resident of Bulla Makaror in Wajir County. She has a young family of three children but has been divorced earlier this year and has been fending for her children. Her former husband is jobless and does not help in the up-bringing of the children. Her biggest worry was where to fetch water from since the nearest well to her home was almost half a kilometer away. Besides her children are still too young to help draw water from the said well.

Luckily the plot in which her hut was built was bequeathed to her by her late parents and the only thing missing according to her was a well. That was Fatuma's predicament until she approached CHEP's Wajir office to make her dream come true.

Now she has a well, she has already started growing shade trees issued to her by CHEPs and is optimistic that she will soon grow vegetables to use in her kitchen.

"I no longer worry about water for my family use" she says. We got a sweet water well right inside my plot and my two goats never wander around anymore" Fatuma boasts.

Clothes distribution

Jeans trousers - Bhardwaj Welfare Trust, the charitable arm of Sunflag Industries Limited have donated 470 jeans trousers. Below is the distribution table:

Institution	Number of jeans
Wajir Deaf Primary School, Wajir	80
Jogbaru Primary school, Wajir	63
Jogbaru gardener & CHEPs volunteers, Wajir	7
Kawangware Mentorship Centre, Nairobi	20
Upako Centre, Nairobi	20
Al-Ghadhir Medical clinic, Nakuru	20
Amputees-Jaipur foot beneficiaries	10
Lamu	100
Nakuru	100
Kisumu	50
TOTAL	470

Donations

CHEPs has received a desktop computer from Mr.Fazle Abbas Chandoo of Microskills IT Kenya & a laptop computer from Mr. Aseem Mulji.

These will be very useful to CHEPs for use by student interns and project officers in preparing reports. We thank them deeply for donating towards CHEPs activities.

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	21
5	Number of people screened for eye conditions	4441
6	Number provided eye glasses for refractive errors	1536
7	Number provided with eyedrops for various eye conditions	2128
8	Number of cataract blind people operated to see again	383
9	Number of students ever supported with fees	122
10	Number of students currently supported with fees	59
11	Number of university students ever supported with fees	68
12	Number of university students currently supported with fees	37
13	Number of disabled (deaf) students ever supported with fees	13
14	Number of disabled (deaf) students currently supported with fees	12
15	Number of boarding schools in rural areas supported in food for fees project	13
16	Number of students benefited from food for fees project	524
17	Amount of food distributed in food for fees project	Over 40 tons
18	Number of trees planted	5275
19	Number of student mentorship centres set up	1
20	Number of wells dug	190
21	Number of wells rehabilitated	426
22	Number of 'berkets' water storage tanks constructed	2
23	Number of new farmers supported	200
24	Number of libraries set up for schools/communities	2
25	Number of large irrigation/farming projects	1
26	Number of goats distributed to poor families	50
27	Number of official presentations made at scientific conferences	2
28	Number of presentations made to community groups	3
29	Number of books distributed	1200
30	Number of schools/institutions given books	10
31	Number of clothes distributed	470
32	Number of schools/institutions given clothes	10
33	Number of individuals assisted for emergency medical treatment	9

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"