



CENTRES for HEALTH & EDUCATION PROGRAMMES

Empowering | Promoting Health, Education and Development | Improving lifestyles

CHEPs UPDATE

April - June 2013

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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



Education

student sponsorship, student mentorship centre, library



Agriculture

farming support, irrigation projects, animal husbandry



Environment

trees planting, organizing cleanup/hygiene projects in villages



Development

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



Humanitarian

emergency relief during famine & drought



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.com



Eye camp # 18 at Isiolo



Kitchen Gardens in Wajir



Solar Lamps to Mosques in Wajir

Impact

To date CHEPs has achieved the following:

Number of people provided with food support in emergencies:

129,000

Number of villages provided food support in emergencies: **37**

Amount of food distributed in emergencies: **Over 140 tons**

Number of eye camps organised: **21**

Number of people screened for eye conditions: **4441**

Number provided eye glasses for refractive errors: **1536**

Number provided with eye drops for various eye conditions: **2128**

Number of cataract blind people operated to see again: **383**

Number of students ever supported with fees: **122**

Number of students currently supported with fees: **59**

Number of university students ever supported with fees: **68**

Number of university students currently supported with fees: **43**

Number of disabled (deaf) students ever supported with fees:

13

Number of disabled (deaf) students currently supported with fees: **12**

Number of boarding schools in rural areas supported in food for fees project: **13**

Number of students benefited from food for fees project: **524**

Amount of food distributed in food for fees project: **Over 40 tons**

Number of student mentorship centres set up: **1**

Number of wells dug: **180**

Number of wells rehabilitated: **401**

Number of 'berkets' water storage tanks constructed: **2**

Number of new farmers supported: **200**

Number of libraries set up for schools/communities: **2**

Number of large irrigation/farming projects: **1**

Number of goats distributed to poor families: **50**

Number of trees planted: **275**

Number of official presentations made at scientific conferences: **2**

Number of presentations made to community groups: **2**

Health

Eye camp # 18 was held in Isiolo County at Isiolo District Hospital (for surgeries) and a Primary School (for eye checkup and treatment). It was organized in collaboration with University of Nairobi Muslim Students Association of University of Nairobi (MSAUN)

Over 2500 local people received various health services provided at the medical camp free of charge by the university students and doctors. Below is a summary of activities performed by the CHEPs team:

- ➔ Total number served **630**
- ➔ Number cataract operations **59**
- ➔ Presbyopia (difficulty with near vision) **127**
- ➔ Myopia (difficulty distant vision) **28**
- ➔ No. of spectacles dispensed **150**
- ➔ Conjunctivitis **213**
- ➔ No. of eye drops given **250**
- ➔ Other (including normal, glaucoma, corneal scars, cysts, amblyopia, trauma, blepharitis, pterygium, pinguecula) **203**

The services were appreciated by the public, local leaders and the organizers, University of Nairobi Students Association who requested CHEPs to join them in their future medical camps.

Eye camp # 19 was held in Kibera slums, Nairobi County. The venue was the library hall of a local mosque/madrassa. It was organized in collaboration Family Resource Centre.

Over 1000 people received various health services provided at the medical camp free of charge. Below is a summary of activities performed by the CHEPs eye team:

- ➔ Total number served **315**
- ➔ Number with cataract/keratoconus **22**
- ➔ Presbyopia (difficulty with near vision) **131**
- ➔ Myopia (difficulty distant vision) **62**
- ➔ No. of spectacles dispensed **135**
- ➔ Conjunctivitis **30**
- ➔ No. of eye drops given **50**
- ➔ Other (including normal, glaucoma, corneal scars, cysts, amblyopia, trauma, blepharitis, pterygium, pinguecula) **42**

The services were appreciated by the public, local leaders, the Family Resource Trust and the Kenyan Nubian Council of Elders.

Eye camp # 20 The 20th CHEPs eye camp was held in Kawangware slums, Nairobi sponsored Beta Charitable Trust. The venue was Al-Gadhir Medical Clinic. This is the second time CHEPs has conducted an eye camp at this venue. The 1st CHEPs eye camp in 2007 was also held here.

People from various parts of Nairobi had come after listening to announcements on the radio, at the mosque and after reading the posters that were put up at strategic places. There were many volunteers from various communities including the people of Kawangware who greatly appreciated the much needed service provided. They requested more eye camps so that all those who need it can access what is otherwise very difficult for them. Some of the beneficiaries also came forward to offer their services during the camp. Certificates were provided by CHEPs as a token of appreciation to volunteers who served the whole day.

Below is a summary of activities performed by the CHEPs eye team:

- ➔ Total number served **417**
- ➔ Number with cataract **19**
- ➔ Presbyopia (difficulty with near vision) **184**
- ➔ Myopia (difficulty distant vision) **44**
- ➔ No. of spectacles dispensed **184**
- ➔ No. of eye drops given **138**
- ➔ Normal **5**
- ➔ Referred to specialist ophthalmologist **3**
- ➔ Other (including normal, glaucoma, corneal scars, cysts, amblyopia, trauma, blepharitis, pterygium, pinguecula) **24**

Eye camp # 21 The 21th CHEPs eye camp was held in Kawangware slums, Nairobi sponsored Beta Charitable Trust. The venue was Al-Gadhir Medical Clinic. This is the third time CHEPs has conducted an eye camp at this venue. This eye camp was limited to surgeries for cataract blind patients who were diagnosed during the 19th eye camp in Kibera slum & the 20th eye camp in Kawangware slum. Some patients were contacted through telephone numbers they had provided during the eye camps. Others were traced through community networks & announcements at the local mosque.

20 patients had turned up out of which 5 had to be rescheduled for various reasons or referred due to complications. 15 were operated successfully. They were all very happy with the services provided by the polite and enthusiastic staff. Most of them had been to other hospitals but due to their inability to pay had been suffering in blindness. They were grateful that such good services were provided free of charge and prayed for all those involved and wished it would continue to benefit the poor communities. They were reviewed again the next day by Dr. Parkar & Dr. Sheriff for removal of bandage and post-operative care which were provided completely free of charge thanks to BCT support. The next follow-up appointment has been set on 11th July 2013 at the same venue.

Thanks to BCT for the financial support, Al-Gadhir Medical Clinic management and staff for the venue, use of theatre and other facilities, Dr. Parkar ophthalmologist and his team of specialist eye nurses, Maliha Somji volunteer optometry student & the CHEPs team. Some local people again came to give services at the camp inspired by the charity work.

EYE CAMPS

CHEPs plans for 5 more eye camps to be done in the rest of the year! Contact us to be part of improving vision of the underprivileged.

info@chepskenya.com

Noel gets 2nd Cornea Transplant - Noel Mudibo, 19 years old, hails from a very poor family in a remote village in Kenya. He suffered from extremely low vision due to an eye condition called 'keratoconus'. This caused him a lot of hardships in school as he could hardly see beyond his nose! A few years ago, thanks to assistance from CANAID AFRICA, through CHEPs, he was provided with hard contact lenses which helped him to complete secondary school. Unfortunately he lost the lenses during an arson attack on his grandmother's hut where he was staying.

He got in touch with CHEPs again who arranged an appointment for him at Lion's Eye Hospital in Nairobi for cornea transplant surgery. Thanks to support from CANAID AFRICA he was operated on one eye last year and in May 2013 Noel received another cornea transplant.

Till early last year, Noel was blind. He was struggling for a livelihood. By gaining his sight for the first time, he started having hope of a good future. With the second transplant he feels more confident.

He is now in high spirits and very happily looks forward to a brighter future. Thanks to well wishers and your prayers for making this possible.

Noel continues to volunteer as a librarian at the CHEPs Kawangware Student Mentorship Centre. He counsels street children around Kawangware slums. He is also planning to start a cornea transplant awareness programme so that others like him may re-gain their sight.

Noel is currently writing a book about his life & a documentary film is also being planned on his life story. Donors are sought to sponsor both these projects.

CORNEA TRANSPLANT

CHEPs believes it is unjust for someone to be blind when there is a cure available.

CHEPs-Noel Cornea Transplant Awareness Campaign in Kenya to be launched in 2013. Contact us for more information on how you can give sight to the blind.

info@chepskenya.com

Education

Student Sponsorship Programme – 8 new students sponsored this year.

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 such as Bungoma, Embu, Garissa, Kakamega, Lamu, Malindi, Mombasa, Nairobi, Nakuru, Samburu & Wajir.

Some of the courses student are pursuing at College & University level include: Medicine & Surgery, Nursing, 3D Animation, Animal Health, CPA / Accounting / Finance, Nutrition & Dietetics, Law, Civil Engineering, Computer Science, Aeronautical Engineering, Biotechnology and Biosafety, Microbiology and Biotechnology, Conservation Biology, Environmental Studies, Development Studies, Bachelor of Education, Kenyan Sign Language, Faculty of Arts, Bachelor of Commerce, Actuarial with IT, Public Health, Clearing & Forwarding etc.

Below is the testimony of one of the students:

Amina Mbarak – aspiring doctor from Lamu.

With a mean grade of A in secondary school with six A's and two B+, she hails from a very poor family in Lamu. This is her testimony:



"I was raised by a single parent who till date struggles really hard to make ends meet. My mother's name is Alawiya and she was born and raised in Lamu. I have 3 younger sisters; Sauda she's 15 and in form 1, Aisha she's 10 and in class 4 and the last one is Swalha she's turning 4 in December. I went to a public primary

school in Lamu and managed to come up 1st in Lamu after doing my K.C.P.E and I got a sponsorship which enabled me complete my high school. I went to Sheikh Khalifa secondary in Mombasa. I came out number 7 in coast after doing my K.C.S.E. I got admitted into Moi University School of medicine and it is through the sponsorship from CHEPs that made this possible for me".

"Life has never been easy for me as it has been one obstacles after another throughout but I thank God organizations such as yours that help student who come from poor backgrounds such as myself to continue with their education and realize their goals".

My community project: I help out at the children center located within Moi Teaching & Referral hospital in Eldoret. The center receives children who have been abandoned by their mothers either in the hospital or outside the hospital. The children are treated in the hospital since most of them come while sick. Most

of the times the clinic receives malnourished babies and of various ages from days old to around 7 years. The children are sheltered and clothed by the organization of the clinic. With time they are either adopted or taken to orphanages once they are healthy.

I help clean, feed, play, teach the children different things like maths etc. Being there for these needy children who have been abandoned by their parents at such an age helps give them the love and support that they need. I love being there for these children during their most needy times. It's a really enjoyable thing that I do and it gives me a break from my usual hectic studying schedule :)."

There are many such bright students sponsored by CHEPs. Lack of funding threatens their future due to non-payment of fees. Donors re requested to come forward to save their future.

EDUCATION SPONSORSHIP

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

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Educational conference - Association of Medical Students of University of Nairobi (AMSUN) organized the 5th Annual Scientific Conference on 24th & 25th May 2013. It was well attended by medical students and professors from various universities in East Africa.

Dr. Mushin Sheriff, CEO of CHEPs presented a key note speech showcasing CHEPs activities as an example of public health in practice. He encouraged all the students to organize and participate in community development activities and make a difference in the life of the poor and needy especially in terms of access to healthcare and education. Several students came forward and offered to volunteer. Others wanted to discuss their projects and sought guidance on how to implement their ideas.

Faraj, a final year medical student and also a volunteer at the Kawangware Mentorship Centre made a powerful presentation which was recognized as the best presentation of the conference and awarded a trophy.

Kawangware Student Mentorship Centre - currently there are 22 students

A group of University of Nairobi medical and nursing students held a workshop at the centre.

The topic was rheumatic heart disease due to simple infections, its prevention and treatment was discussed in interactive sessions. The young students were very excited and actively participated in the discussions. Afterwards the students reflected that they learnt a lot from this workshop and also enjoyed.

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

Agriculture

Kitchen garden- 5 kitchen gardens have been set up in Wajir.

The kitchen garden of Jugbaru Primary School

A kitchen garden program has been implemented by CHEPs. It is helping the school to start and run a fully fledged garden where the 4K (KUUNGANA-to unite, KUFANYA-to do ,KUSAIDIA-to help, KENYA)Club members (*non-formal agricultural youth groups in primary schools*) under the supervision of teachers and support staff will cultivate sukuma wiki, kales, spinach, tomatoes, water melon, bean etc.

The head teacher Mr. Ibrahim Ali said, "the kitchen garden will allow the school to grow its own greens and vegetables to add nutrition to the school lunches which for many children is the only meal of the day."

Covering about ½ an acre, the garden consists of varieties of vegetables irrigated by drip system fed by raised tank which in turn gets its water from the schools shallow well.

The garden concept also has educational benefit. The agriculture teachers use it to teach growing methods as part of the school curriculum.

The 4Kclub members meet after school hours to hear talks and run projects such as growing particular food crops and selling it at a profit.

Kitchen garden in Jogoo village

CHEP's has embarked on setting up kitchen gardens for Wajir county communities.

These kitchen gardens are gaining popularity as people realize they could get their daily vegetable portions from small space in their backyard. To set up a small kitchen garden, one just needs just a sunny spot at the backyard, water and seedlings. The vegetables will require adequate attention, frequent watering and a little weeding.

Depending on the nutritional needs of the family, vegetables and fruit trees that can be grown include sukuma wiki, spinach tomatoes, chilies and even paw paws.

Unlike green houses which require heavy capital investment to establish, kitchen gardens cost very little.

Mrs. Alasey who received vegetables seedlings says she knows the importance of nutrition gardens to her children who are vitamin deficient. "I can now source vitamins naturally from easy to grow vegetables such as tomatoes and green leafy vegetables".

Another recipient Mrs. Amina Maalim said "I will no longer buy vegetables and instead will grow my own at the family plot and even sell any surplus for cash".

We don't own livestock any more; they perished in the last drought. "I will now have to do kitchen gardening to feed my family of five, says Mrs. Ambia Kalmoy.

All these CHEPs kitchen gardens to date have been setup with support from Beta Charitable Trust.

Garse Irrigation & Borehole rehabilitation project

Garse is situated almost 125km west of Wajir town and administratively falls under Wajir West District in the Wajir west constituency

The Garse irrigation and borehole rehabilitation project was finally completed, thanks to support from Beta Charitable Trust & children of SIM Stanmore UK.

Appointed people of the local village were trained on care of the machinery and the green house. The agriculture extension office of Wajir taught them on farming techniques which included:

- ❖ Planting on the coco-pit
- ❖ Watering of plants using drippers
- ❖ Types of fertilizers / chemicals and when and how to use.
- ❖ Ways of transplanting
- ❖ Plot preparation and planting of water melon/ Sukuma wiki

The project was handed over to the community.

Development

Solar Lamps to mosques- 21 solar lamps were distributed to Mosques/Madrassa's and schools in Wajir County.

The institutions which received the solar are -

- Masjid Abudarda – 1
- Masjid mubarak – 1
- Ansarul suna mosque – 1
- Elnur mosque – 1
- Nurul furqan mosque – 1
- Makaror mosque – 1
- God-Ade mosque – 1
- Bulla Isiolo mosque – 1
- Kursin mosque – 1
- Arbakeranso mosque – 1
- Biyamathow sec. school – 2
- Mansa sec school – 4
- Maalim Hassan Duqsi (Quran school) – 1
- Jogoo dugsi – 1
- Bulla isiolo duqsi – 1
- Garse mosque- 1
- Jogoo duqsi -1

The inhabitant Somalis are predominately Muslims mostly living below the poverty line.

On the dusty road past Griftu stage market is a field where grey haired elders mill idly in anticipation for the call for prayer (Azan). Hordes of children run around in the desolate Bulla Makaror village. Many thatched roof Somali huts are located around the mosque – the only permanent structure as far as the eye can see. This is where Sheikh Abdi Osman leads more than 300 devout worshippers in the five daily prayers. But there was a problem. Due to lack of electricity in the village, very few people would go to the mosque at night. The situation was the same in neighboring villages.

“Previously it was really dangerous for me especially at night to trek in search for a worship place considering the fact that the area is infested with snakes but with the lighting in the mosque now, it will be safer for all of us”, says Sheikh Gabow who is the Imam of Ansarul Suna Mosque in Makaror.

A worshipper said “the mosque plays a crucial role in fostering the unity of the residents and serves as a catalyst for development which is much needed to uplift the lives of the poor”. However, there being no electricity supply to the villages, few attend the mosque after nightfall. This is a big source of missed opportunity for communal worship and education.

In response to this need CHEPs has helped install solar in 18 mosques at the several villages which are geared towards improving the environment and creating more educational & development opportunities for the people.

The introduction of solar powered lamps in the mosques was warmly received. The new technology with its obvious benefits intrigued the villagers right away. Furthermore, the abundant sunlight in Wajir makes it perfect to benefit from the clean solar energy while reducing their reliance on expensive and polluting kerosene fuel.

The mosque Imams expressed delight with the solar lamps which is making a difference to the lives of many faithful. “We now have ample renewable energy, in fact we have uninterrupted lighting from dusk to dawn. In addition the mosques are now the community’s phone charging centres as these CHEPs solar lights are also able to charge mobile phones” they said.

Sheikh Yarrow says “it is heartening to see the positive impact the solar lamps have had on the worshippers. The mosques are now packed with the old and young reading the Holy Quran and other Islamic literature besides attendance during prayers has greatly increased”.

Wells - CHEPs has so far dug 180 wells & rehabilitated (cupped) 401 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.

FEEDBACK

Eye Camps

“Your timely intervention has helped many people realize their health status and take appropriate action to live healthier lives. May Allah reward you generously for your kindness and enable you to succeed in your noble profession”
Kenya Nubian Council of Elders

‘My neighbor, an elderly lady, returned home in the evening beaming with joy. She had been complaining she could not sing from the hymn books in church nor read the small print Bible. Now she was excited she will be able to do both every Sunday at church and not be embarrassed in front of others.’
Maureen, resident of Kawangware

‘It was my pleasure being of service. Learnt a lot. Loved the zest displayed by the young volunteers. It’s a feather in your cap getting them involved. May Allah accept our efforts.’
Syed Faridoon, Al-Gadhir Medical Clinic project officer.

“It was incredible to finally be able to use my skills to be able to help others and in just one day I gained a ton of experience”
Arifa Kanji – volunteer/recently graduated Optometrist

“The way the services were provided was extremely impressive; I especially appreciate the surgeon Dr. Parkar who started the surgery in the name of God and explained to me everything that would be done. This made me very calm and I was sure that I was in safe hands”
Cataract surgery beneficiary

“God bless all those who are helping us get back our sight and give us hope despite our desperate situation. We have been treated very well”
Halima Ali - Cataract surgery beneficiary

Education Sponsorship

“CHEPs Kenya is really making change, I am among those who have been helped by the organization. I really think this is how the other organization should add value to the society; by mentoring students, empowering the poor and the marginalized.”
Abdurahman Dahir - Master of Science in Finance (Student sponsorship beneficiary)

“I take this precious time to commend the perfect work my sponsors are doing in order to serve the most disadvantageous and marginalized community, it is by rare means to find a certain persons voluntary come up and ready to serve their people, may Allah (s.w.a) increase your iman and bless u with more resource in order to wipe out the element of marginalization in our community. Thanks”.
Mohamud Abdullahi Omar-BA Commerce (Student sponsorship beneficiary)

Kitchen garden

Mrs. Alasey says that she has been dependant on relief food and hand outs from people. “Now that I am provided with a well and seedlings, I will ensure that I will till my land to grow my own food”, she boasted.

GALLERY

Eye Camp #18 at Isiolo



Eye Camp #19 at Kibera



Eye Camp #20 at Kawangware



Eye Camp #21 at Kawangware for Cataract surgeries



2nd Cornea Transplant for Noel Mudibo



Kawangware Student Mentorship Centre



Kitchen garden at Jogbaru School





Solar Lamps to Mosques





Wells - Digging & Rehabilitation

