



CENTRES for HEALTH & EDUCATION PROGRAMMES

CHEPs UPDATE
Jul - Sep 2016

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 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



2 CHEPs Eye camps at Kilifi & Kwale Counties



CHEPs Literacy Backpack project



CHEPs Medical Backpack project

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 brought to Nairobi for reconstructive surgery of his eyelids after CHEPs diagnosed exposure ketatitis (dryness of the eye that leads to blindness) during one of our outreaches. He will undergo surgery at Lions Eye Hospital, Nairobi.

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 #50 held in Muyeye, a remote village in located 499 km from Nairobi, within Kenya's Kilifi County, providing eye treatment to over 186 beneficiaries.

Eye Camp #51 held in Chakama, a remote village within Kenya's Kilifi County. The community living there is a very needy one, having been forgotten as there is not even electricity. They live under very harsh conditions, lacking essential needs including food, water, and sanitation, other than healthcare. In addition to the camp, we are planning several other projects for the community to address hunger, and lack of sanitation, providing eye treatment to over 189 beneficiaries.

Eye Camp #52 held in Wasini Island, located southeast Kenya, 3 km off the coast of the Indian Ocean, and 75 km south of Mombasa. This island, whose population is also needy, lacks basic needs, including lack of piped water, electricity and health services, providing eye treatment to over 90 beneficiaries.

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.

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.

Books distribution

Over 1200 books have been donated courtesy of Jaffery Academy, Nairobi. The books include different curriculum subjects & story books. The books were given to schools/institutes in Wajir, Garissa, Lamu, Malindi & Nairobi.

Agriculture Projects

Kitchen Gardens

CHEPs continues to support farming programmes in an effort to combat hunger. 7 kitchen gardens were planted for CHEPs well beneficiaries in Wajir County this year which are doing well so far.

Environment Projects

Tree planting

The number of CHEPs trees continue to grow as we work to sustain the environment. 70 trees were planted around CHEPs wells in Wajir County this year which are still surviving.

Development Projects

Wells digging & rehabilitation

We continue to address water and sanitation problems in arid and semi arid areas. This year we dug 17 wells and rehabilitated 1 well, bringing the total numbers to 250 dug and 516 rehabilitated.

Other Activities

CHEPs feeding program

CHEPs regularly provides food to over 100 street children, with the aim of alleviating hunger among the needy.

Health

Medical Treatment

Elly Kiprop, first featured in our previous newsletters. He 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. Of concern to us was his missing left eyelid, which prevented him from closing the eye. This meant that his eye was exposed to dryness all the time and was at risk of going blind due to a condition known as exposure keratitis. (The action of blinking spreads a film of tears on the eye, enabling us to keep our eyes moist). In order to prevent blindness, there was need to reconstruct the eyelid to allow him to blink and close the eye.

Elly finally underwent surgery on 16th June, during which some skin was harvested from his neck and used to reconstruct his eyelid. His wounds have since been healing, and very soon he will travel back home.

He will be undergoing another surgery at the Lions Hospital, Nairobi.



Elly now having an eyelid on his left eye after the fist surgery



Elly ready for the second surgery

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.

info@chepskenya.org

CHEPs Backpack Medical project

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

This project was launched in September 2015, and 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.



Dawud during his home visits



Dawud during his home visits

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.

info@chepskenya.org

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 physiotherapy 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. The children's families and school administration report major improvement in the children including gained milestones such as ability to sit, walk, talk and follow instructions.

Furthermore we have recorded a reduction in the frequency of the children falling sick.

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



Sharif & 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.

info@chepskenya.org

CHEPs Eye Camps

According to The World Health Organization (Fact sheet No. 282, August 2014):

- 285 million people worldwide have abnormal vision and 14% of them, which is close to 40 million, are completely blind.
- 80% of these 40 million cases of blindness could have been prevented.
- 90% of visually impaired people live in low income settings.

CHEPs has over the years been on a mission to improve eyesight of destitute communities by conducting free eye camps all over Kenya.

During the camps, we screen and treat various eye ailments using a variety of medication, and correct visual impairment by giving out spectacles all free of charge. We also perform eye surgeries to treat cataract blindness also free of charge.

We have so far held a total of 47 free eye camps across the country during which:

- 11,951 people have been screened for eye conditions
- 4,054 pairs of spectacles were given out to correct visual impairment.
- 6,502 eye drops of different types were dispensed to treat eye diseases.
- 743 blind people have been operated for cataract to restore their vision.

Eye Camp #50

Our 50th eye camp was held in Muyeye, a remote village in located 499 km from Nairobi, within Kenya's Kilifi County. Estimated to have a population of over 120,000 people, most of whom live below the poverty index. The camp was hosted within Muyeye health centre, and the team performed as follows:

- Number served: **186**
- Reading glasses dispensed to correct visual defects: **60**
- Eye drops dispensed to treat various eye conditions: **90**
- Myopia cases referred for distant glasses: **5**
- Cataract blind cases diagnosed: **20**
- Other conditions referred: **23**



The public patiently awaits service



Consultation in progress



Visual acuity testing



Spectacles and medication dispensed free

We are grateful to BCT for sponsoring the camp. The support went a long way in providing much needed services to the needy communities of Muyeye. We wish to convey heartfelt gratitude expressed by the beneficiaries to the donor.

Eye Camp #51

Our 51st eye camp was held in Chakama. Chakama is a remote village within Kenya's Kilifi County. The community living there is a very needy one, having been forgotten as there is not even electricity. They live under very harsh conditions, lacking essential needs including food, water, and sanitation, other than healthcare. In addition to the camp, we are planning several other projects for the community to address hunger, and lack of sanitation. The camp was hosted at Chakama Dispensary. The team performed as follows:

- Number served: **189**
- Reading glasses dispensed to correct visual defects: **56**
- Eye drops dispensed to treat various eye conditions: **102**
- Myopia cases referred for distant glasses: **4**
- Cataract blind cases diagnosed: **27**
- Other conditions referred: **15**

We also donated some eye drops to Chakama dispensary in an effort to enhance ophthalmic services in the village.



Eye drops donated



Announcing for the eye camp



The site of the camp



The crowd waiting to be seen



Visual acuity testing



Consultation in progress



Spectacles and medication dispensed free



Travelling to the island



The team

We are grateful to Datoó's Charity trust for sponsoring the two camps. The support went a long way in providing much needed services to the needy communities of Kilifi County. We wish to convey heartfelt gratitude expressed by the beneficiaries to the donor.

Eye Camp #52

Our 52nd eye camp was held in Wasini Island. Wasini Island is located southeast Kenya, 3 km off the coast of the Indian Ocean, and 75 km south of Mombasa. This island, whose population is also needy, lacks basic needs, including lack of piped water, electricity and health services.

The camp was hosted at Wasini women's social hall. The team performed as follows:

- Number served: **90**
- Reading glasses dispensed to correct visual defects: **46**
- Eye drops dispensed to treat various eye conditions: **51**
- Myopia cases referred for distant glasses: **5**
- Cataract blind cases diagnosed: **5**
- Other conditions referred: **4**



The site of the camp



Registration



Visual acuity testing



Consultation in progress



Spectacles and medication dispensed free



The team

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.

info@chepskenya.org

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 at 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.

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.

Below is a report from the volunteer, Mohamed Matano:

"I have been doing literacy backpack project at Kawangware where I teach learners of different levels. I visit the learners in their residential areas where I give them books depending on their demand. I always make sure that the objectives are met after every single session. A session lasts for thirty minutes. The students participate by responding to oral questions, copying some notes where necessary as well taking home where I mark their work in the following day of visit.

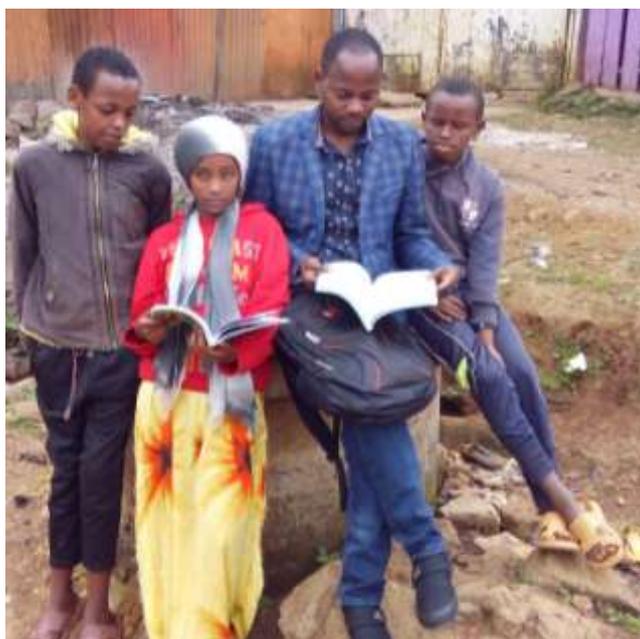
The home work is a weekly endeavor and it is aimed at improving their creativity in tackling questions. Students get corrected on the areas of weaknesses and guided on the right things by the teacher.

Past papers, sample exams, story books and other academic materials are used to in preparing the in making them developing interest for personal reading and for the final examination.

Some of the challenges that I have encountered is lack of enough materials particularly books, the little I have isn't enough for the big number of learners I meet every time I visit them."



Matano during his literacy bag pack visits



Matano during his literacy bag pack visits

Books distribution

Over 1200 books have been donated courtesy of Jaffery Academy, Nairobi. The books include different curriculum subjects & story books. The books were given to schools/institutes in Wajir, Garissa, Lamu, Malindi & Nairobi.



CHEPs volunteer Omar Gab giving books to a school in Garissa



Books distributed to schools in Garissa County



Books given to Chakama Primary School, Kilifi County



Books distributed to schools in Wajir County

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.

info@chepskenya.org

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.

Earlier this year we had set up 7 kitchen gardens in Wajir County. In addition, kitchen gardens and trees were planted for each of the beneficiaries. They were provided with pesticide and seeds of kales, spinach, tomatoes, paw paw and cowpeas and trained on farming by CHEPs personnel.

These kitchen gardens are gaining popularity as people realize they could acquire their daily vegetable portions from a small space within their compound. This initiative has the potential to improve food security among needy communities that are frequently affected by starvation.

Furthermore, to improve the environment, we plant trees around each kitchen garden. This has the potential to reforest the arid region thereby improving the climate in the long run.

The beneficiaries expressed gratitude for the support and training. They look forward to making their first harvest soon which will save them the cost of purchasing vegetables. Furthermore, they expect that that the trees will provide the much needed shade other than improving their environment.

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.

info@chepskenya.org

Environment

Tree Planting

The Sustainable Development Goal 15 (SDG15) aims to ensure environmental sustainability by reversing the loss of environmental resources.

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. Trees are also planted around CHEPs wells to ensure ease of watering.

Earlier this year CHEPs planted 70 trees in Wajir County. They were strategically planted near CHEPs wells to ensure availability of water for them. Furthermore, they expect that the trees will provide the much needed shade other than improving their environment.

ENVIRONMENTAL SUSTAINABILITY

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

info@chepskenya.org

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 cupped 516 wells. This year alone, CHEPs has dug 9 wells and rehabilitated none to ensure access to water, provided opportunities for subsistent farming, and tree plantation, thereby addressing thirst, improving food security and ensuring environmental sustainability.

Wells dug this quarter

Well D247 dug for Sultana Dahiya of Makaror village, Wajir County.



Well number D247 dug with support from Muallim Mustafa Mawjee. (BCT)

Sultana is a needy woman who lives with her unemployed husband. They settled recently in the village after they lost their livestock during a drought. They previously struggled to source water from distant sources as they had no well in their neighborhood. The family was happy to acquire their own well as they reported that they previously were not able to even regularly bath the children with the little water they could fetch. "Thank God we now have plenty of water to wash, drink and bath" she said. The family is grateful to the donor for helping in solving their water problem.

Well D248 dug for Birik Hanshow of Bangal village, Wajir County.



Well number D248 dug with support from Mullah Fidahussein Khaki. (BCT)

The beneficiary is a sickly, elderly, widower with two teenage sons whose mother recently passed away. He grows hay which he sells to livestock owners for a living. To sustain his small business, he needed an adequate supply of water, which he lacked. He now has plenty of water, and intends to begin subsistence farming alongside his hay business to provide food for his family. He reports that he is now empowered and will earn a living from his land. He is grateful for the support extended to him.

Well D249 dug for Fatuma Omar of Bulla Makoror village, Wajir County.



Well number D249 dug with support from Mushtaq Mohammedraza Gulamhusein. (BCT)

The beneficiary family is indeed poor and has lamented they were severely denied water. The head of the family is unemployed and does any menial job to earn a living. The family settled in a rocky patch in the village where there are no wells nearby and had to fetch water from far away wells. They deserved the assistance of a well. With support from Mushtaq Mohammedraza Gulamhusein, through Beta Charitable Trust, CHEPs dug a shallow well for her and her family. She is grateful and has thanked the donor and CHEPs at large.

Well D250 dug for Mohamed Rer Mohamud of Bangal village, Wajir County.



Well D250 dug in honor of Imam Hussein (as) the grandson of the Prophet of Islam (pbuh) who was martyred while thirsty on the lands of Kerbala

The beneficiary is surrounded by other relatives residing in different huts in the same compound. They are a needy family recently settled in the village after they lost livestock. They very impressed with having a well in their own homestead. They previously used to fetch water from far away wells in other people's homes and often denied and caused conflict with the neighbours. They are very grateful now since they will have plenty of water for their domestic use and for their few goats. "May God bless the donor" was their prayer.

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!!!

info@chepskenya.org

Other Activities

CHEPs feeding program

It is estimated that there are more than 100 million street children worldwide. In Kenya they account for over 250,000 of whom 60,000 live in Nairobi, the capital city which makes up 0.1% of the country's area. These children lack the basic necessities of life, and are unhealthy and malnourished. They are commonly forced into child labor, sexual abuse and prostitution, crime and illicit drugs among other social challenges. Furthermore, they contribute significantly to insecurity at their young as well as mature age.

They are commonly perceived as a menace and are usually ignored and separated from community. The social and economic challenges that surround them are highly complex and turning a blind eye only fuels this rapidly growing calamity.

Kawangware, one of the largest slums in Kenya, is located about 12 km from Nairobi city with an estimate of around 600,000 - 800,000 inhabitants. The inhabitants are from different tribes and cultures. Kawangware is mostly characterized with deprived livelihood environment, shortage of clean water consumption, poor sanitation and water related infections, congestion, and increased crime rates. Among the poor people living in Kawangware are an even poorer group of homeless families which CHEPs aims to support.

CHEPs maintains a policy of supporting the poorest of the poor. In this spirit, we run a feeding program to support street children in Kawangware. Over 100 street children are regularly provided with hot meals, in an aim to alleviate extreme hunger among them. The team takes the opportunity to also talk to the children in various topics including life skills, sexuality as well as dangers of drug abuse.

A football match was held on 25th September 2016 at the Jeffery sports center to motivate the children.



Football match ongoing



Feeding programmes ongoing

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.

info@chepskenya.org

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:	52
5	Number of people screened for eye conditions:	11,951
6	Number of people provided eye glasses for refractive errors:	4,054
7	Number of people provided with eyedrops for various eye conditions:	6,502
8	Number of cataract blind people operated to see again:	743
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:	8
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:	11,370
30	Number of wells dug:	250
31	Number of wells rehabilitated:	516
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:	327
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:	2
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.