



**CENTRES for  
HEALTH &  
EDUCATION  
PROGRAMMES**

**CHEPs UPDATE**

July - September 2013

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.

**CHEPs goal is to empower**



Kitchen Gardens



Solar Lamps distribution



School desks distribution 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 trees planted: **1775**

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

Number of wells dug: **184**

Number of wells rehabilitated: **426**

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

Number of presentations made to community groups: **3**

Number of books distributed: **660**

Number of schools/institutions given books: **7**

Number of clothes distributed: **240**

Number of schools/institutions given clothes: **5**

Number of individuals assisted for emergency medical treatment: **9**

## Health

**Emergency medical treatment** – Three residents of Lamu were assisted to go to Mombasa and seek emergency medical help. Rehana Abbas for CT scan, Said Abdalla for vision care & Dawood Mohamed for cataract surgery. All are on treatment and are now doing well. Below is a testimony of one of the patients:



*Dawood\_cataract blind gets second surgery*

Dawood is a destitute resident of Lamu. To add to his problems he became blind due to cataract. Some well wishers assisted him to undergo surgery on one eye. He was advised by the eye specialist to get his second eye also operated. Unfortunately Dawood could not afford this. CHEPs well wishers sponsored his trip and surgery in Mombasa. Lamu does not have any eye care facilities and many are suffering. Today Dawood is able to see well. 'I am very grateful to the well wishers who made it possible for me to see again. May Allah bless them all.'

## Education

**Solar Lamps distribution** – 200 solar lamps were distributed in conjunction with Beta Charitable Trust.

130 solar lamps were distributed to deaf students of Wajir Primary School for the Deaf. Using sign language the students told us that being deaf they can only communicate by actually looking at the other persons face & lip read or look at the hand signs. This is not possible at night when there is no light. With the solar lamps they are now happy that they will be able to communicate even at night. The head boy told us that in the dark he is unable to check whether everybody is in the dormitory. Now with the solar light he will be able to confirm their safety. Same was the case with the deaf girls in the school.

40 solar lamps were given to students & teachers of Garse Koftu Primary School., 128km from Wajir town. "We will now be able to prepare for the next day's lesson which otherwise was not possible due to lack of electricity in the village" said the head teacher

24 solar lamps were given to Balad Amin Primary School in Biyaad location to Std 4 pupils. They can now read at night from the comfort of their homes.

3 solar lamps were given to CHEPs volunteers in Wajir & 3 to Jogbaru Primary School kitchen garden staff.



*Solar lamps distribution at Wajir School for the Deaf*



*Solar lamps distribution at Garse Primary School*

the report we wrote abstracts for an international and local conferences all of which are accepted. I am also involved in Kawangware student mentorship programme founded by CHEPs. My tasks in the centre include taking records on the students profile (name, age, sex), assessing and recording the progress of students, advising students on how to study smart and providing guiding and counselling to the students. I am gaining new technical skills during this internship which has made me more confident. CHEPs has given me the opportunity to learn that giving back to the community and helping others is the best thing to do. Its reward comes from seeing the people you have helped smile and that is the best experience ever. I have applied to several NGOs for a job and am hoping my internship experience and skills gained will be an added advantage and give me an edge over other applicants. It will also make my job more satisfying as I will be able to perform better."



*Leila and team conducting a client survey at the CHEPs 20<sup>th</sup> eyecamp held in Kawangware*

### 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:

#### **Leila Abdi Said, Bachelor of Arts at University of Nairobi**

My name is Leila Abdi. I graduated from University of Nairobi class of 2012. I did Bachelor of Arts in sociology and psychology. Thanks to CHEPs Kenya who sponsored my university education. Currently I am doing my internship with CHEPs. My aim is to gain firsthand experience in the activities undertaken by NGOs. I have been working under the supervision of Dr. Muhsin and Ramila and I have learnt a lot from them. I conducted a satisfaction survey at the Kawangware free eye camp held on 23<sup>rd</sup> June this year. Under Dr. Muhsin's mentorship I wrote the proposal, designed a questionnaire and piloted it, collected data with friends I had trained, analysed the data and wrote the final report. Following



#### **Hamza Daud, Bachelor of Arts at Mount Kenya University**

"I'm from a family of 13, with 3 girls and 10 boys. I'm the first to attend university whereas the second brother finished form four but could not make to university due to lack of fees; three are attending secondary education now."

"I met CHEPs officials in 2011 when they were distributing relief food in Bula Jogoo area of Wajir town. That particular moment was one of my most suffering moment but CHEPs aid came just in time. Wajir town and especially Bula Jogoo was one where

most people suffered one will meet many traumatized people. Therefore I'm sincerely thanking CHEPs.

"As part of my study report for Diploma in Education sponsored by CHEPs, I have recently submitted a report on effects of subject selection on academic performance of secondary school students in Wajir County. The project verifies lack of guidance as the major threat of poor subject selection hence poor performance in school. The parents and teachers do not guide the students well due to lack of knowledge, skills and training. This plays a big role as to why so many students perform poorly in North Eastern province. This is because so many parents do not know how to read and write hence cannot guide well. Another factor that contributes to poor performance is lack knowledge about career availability where they don't know which subject to do in order to undertake a certain career. Another problem the school students are facing poverty. This plays a big role in education. Most of the time students run away from technical subjects in order to have chance to work so that they can get a living because families cannot afford even a dollar (ksh 70) a day

After undertaking the research I vowed to help the community and I decided to visit so many schools in order to provide this guidance that both parent and teachers could not provide. Helping others is one major thing CHEPs is working especially the vulnerable members in society. This is what has motivated me to help others as well.

*I'm very much thanking CHEPs for the great support and the mentorship they provided me with especially Dr. Muhsin who largely welcomed me when I first approached him during the famine of 2011 in my village in Wajir. Thank you."*

#### 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](mailto:info@chepskenya.org)

**Educational conference** - Association of Medical Students of University of Nairobi (AMSUN) organized a Career day on 20<sup>th</sup> July 2013 and requested CHEPs to make a presentation. Dr. Muhsin, CEO of CHEPs presented on 'Research as a career'. Using anecdotes from his experience in various studies undertaken over the past 10 years he motivated the students to get involved in the different processes of undertaking research from now. He suggested they link up with mentors and demonstrate their passion and creativity for seeking new knowledge.



Dr. Muhsin presenting at AMSUN on career day

**Conference abstracts** - The following papers have been accepted for presentation at conferences:

- "Perceptions of beneficiaries of free eye camp services on quality for care". 8<sup>th</sup> JKUAT scientific, technological and industrialization conference, Kenya. 14<sup>th</sup>- 15<sup>th</sup> November 2013
- "Cloud computing: Potential uses in improving health & education services in remote areas of Kenya". ICERI 2013, Spain. 18<sup>th</sup>, 19<sup>th</sup> & 20<sup>th</sup> November 2013

**Kawangware Student Mentorship Centre** - currently there are 22 students. Below is a report by Hawa Njeri Issa, a standard 8 student at the centre.

"It is said to be a place where pupils go to learn, not all pupils but only standard eight pupils. The pupils who go to learn there are taught six subjects per day, every Sunday including, Mathematics, English, Kiswahili, Science, Social studies & IRE.

People who have sponsored this centre do not practice nepotism. Hence all pupils regardless of their tribe or religion, both Muslims & Christians study here.

I like it also because they consider all pupils. They also offer snacks for all the children as there are some pupils who are less fortunate who may only have one or two meals per day so they get snacks to keep them going.

I really think the people are heavenly sent because they give children free tuitions".

This project is currently looking for sponsors for sustainability.



*Hawa in class at the CHEPs Kawangware Mentorship Centre*

#### 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](mailto: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, 134 desks were provided to 3 needy schools in Wajir County to make environment conducive to good learning.

Below is the distribution list:

- ➔ Balad Amin primary school - 40
- ➔ Garse Koftu Primary School -80
- ➔ ICF Primary School - 14



*Pupils sit comfortably after the provision of new desks at Balad Amin Primary School*



*Desk being arranged at Garse Koftu Primary School*



*The class partially seated after the new desks were provided at ICF Primary School*

ICF primary school still requires 260 more desks so that all the pupils have a desk to share and sit on so that the students don't have to sit on the floor.

**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.



Students showing of curriculum Books at Upako Centre

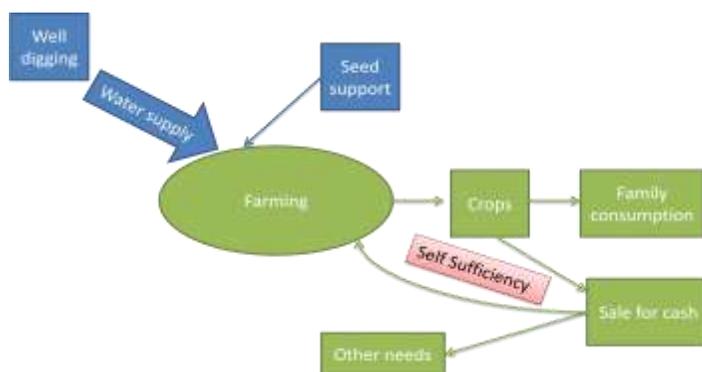


Learning in progress at Upako Centre

**Books for libraries** – Approximate 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 done so far:

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
<b>TOTAL</b>	<b>11</b>

**‘It is better to teach how to fish rather than give the fish’**



### Agriculture

**Kitchen garden-** kitchen gardens are gaining popularity as a way of sustainability.

Upako Centre is a childrens’ protection centre set up by Father Francis Odhiambo, a known social worker in Kawangaware. In order to prevent orphans & street kids from getting involved in drugs and anti-social activities he set up an informal day school made of makeshift tin walls and roof. Volunteer teachers teach standard one to standard eight classes. The children are provided with one meal a day; recently due to lack of funds this could not be provided. The result was that more than half the children stopped attending classes in order to pick plastics & metals from the streets to sell and buy some food for themselves.

The danger was that they would also buy glue and get addicted. In response to their need CHEPs distributed 100kgs of rice and set up a kitchen garden in the school premises so that they can grow their own vegetables for sustainability.



Kitchen garden setup at Upako Centre in Kawangware

## 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 September 2013:

Institute	Trees planted
Ihitisam 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
<b>TOTAL</b>	<b>1300</b>

### Tree planting community project by CHEPs sponsored student Katra Dahir

Katra is a CHEPs sponsored student at University of Nairobi studying for BSc (Maths & Physics). As part of her community project she has embarked upon planting of trees in schools in the arid area of Garissa, her home town. Below is her report:

"The tree planting was successfully done on 5<sup>th</sup> 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 elliptical 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".



Trees planted at Young Muslims School

## Development

**Wells** - CHEPs has so far dug 184 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.



Dug well number 181 with beneficiary. Dug in memory of Marhoom Amirali Abdulla Nurmohamed & Marhooma Zehrabai Amirali Nurmohamed

Abdia Abdow a 57 year old divorcee, is a resident of Bulla Sheikh and a beneficiary of well number 181 dug in her compound courtesy of CHEP's. Previously, her only source of water was a well located half kilometer from her home. She used to trek twice a day to fetch her 20 litre jerrycan. Mrs. Abdia who does menial household chores like washing cloths and dishes for other people at a small fee now says she will use the water from the well to wash more and earn more income. She also promised to embark on establishing a kitchen garden in her plot in which she intends to plant sukuma wiki, watermelon, chillis, pawpaws and spinach for her families and sell any extra for cash.



*Dug well number 182 with beneficiary. Dug in memory of Late Mohamedhusein Ali Khaku, Late Fatmabai Mohamedhusein Khaku & Late Mohamedmustafa Kassim Khaku*

Shariffa Abdulla is a 69 years old widow who has lived in Bulla Jogoo all her life. She says that she has never owned anything in her entire life. Sitting in front of her tiny thatch hut, Shariffa narrates her painful story amid sobs. She lost her husband in the infamous Wagalla massacre of 1984. Her life has not been the same since that fateful year. She now lives with her daughter (also a widow) and her jobless son whom she says does menial jobs to fend for the family. Sometimes in 2005, some relatives donated 2 goats for her but the goats were wiped by the prolonged 2008 drought. "It was due to lack of water and pasture that my goats perished. I wish I had a well then," She adds. Now that she has a well at her doorstep. She says that she will again ask her relatives and well wishers for a goat or two to rear. Goats multiply fast and in a year or two her hope is to have a herd. I will use my well to water the goats and even grow vegetables/greens for my family/goats. With a well I am no longer poor and I will work hard to try to farm on my plot. I appreciate CHEPs for remembering me, May Allah remember you too" she says.



*Dug well number 183 with beneficiary. Dug with support from Habib & Late Zehra Khalfan and their parents*

Situated in the remote village of jogoo is a tiny thatch hut being the humble abode of Mrs.Roney Abdi. From a distance, one is greeted by a wheezing cough emanating from the hut. Mrs Roney (57yrs) says she has occasional asthmatic bouts. She looks frail and desperate. However when she looks at her new well, her face immediately beams and she forces a faint smile. "I have no words to express my happiness" she says. She was not blessed with children and her husband of 30 years is out in the bush with their eight goats. Like her peers, her herd of about 50 goats perished during the past drought. Now that she has a well, she will ask her husband to re-locate the few goats back to her compound where they will have plenty of water. "I will never disturb my neighbours to draw water from their wells since I have my own" she said. "How I wished someone installed a hand pump for me also because I am sick and I cannot pull a bucket full of water" she lamented. However she is very grateful and promised to grow her few trees to maturity to allow her bask under a shade which she lacks now.



*Dug well number 184 with beneficiary. Dug with support from SAAJ Nairobi community.*

"My name is Ahmed Olad. I am 51 years old and a father of seven children .Until recently I was a well to do man. At least I had about 50 goats, a plot with two permanent rooms and I had a butchery. My troubles began with the 2008 drought in which I lost my entire herd. Then in 2010, my wife became very sick and I had to sell my plot to raise for her medical bill. Thank God, she is alright now and I shifted to this desolate village of Malkamari which is situated outside Wajir town. Every day I go to Wajir main abattoir to slaughter animals and skin carcasses for people who in turn give me the hide/skin and a quarter a kilo of meat. I sell the skin for ksh.150 so as to buy foodstuff for my family. Anyway, I am determined to pick up the pieces and work hard to re-build my life from scratch again. As you can see I am still strong and I can do many menial jobs to fend for my young family. I usually don't receive many visitors and I am extremely happy to have CHEPs visit my homestead, least of all dig a well for me. It is a dream come true for me. Besides I have another dream to own a donkey cart which I will use to transport water for sell to homes and restaurants. I really need this and I will use the proceeds to educate my children and feed my family. Let me again profusely

thank CHEPs for this wonderful gift. Not many people remember you during time of need. Thank you from the bottom of my heart."



One of the 25 wells cupped with support from World Federation of KSI Jamaats (well nos. 402-426)

"I am 70 year old disabled man. I no longer send my grandchild to fetch water from the neighbours anymore. I have my well beautifully cupped inside in my plot. Thank you my well wishers."  
 Mohamed Adan Issa Well No. 420

I used to fear my children to fall into the open well. Most anymore now as it has been cupped for me. God bless CHEPs."  
 Maryan Ibrahim Well No. 415

"I used to beg other people to allow me fetch water from their wells for sell, but since my well was cupped, I simply draw for selling from my own well. I fill about 20 jerricans daily, I put then on my donkey cart and I make about 400/= each day."

"My farm produce will surely double, with a cupped well, I work hard to grow enough food for my family."

"No more begging water for my goats/sheep. I have plenty sweet water from own well." Adan Dore Well no. 412

## Humanitarian

**Ramadhan Food distribution** CHEPs partnered with Beta Charitable Trust Trust of UK for distribution of food during the Muslim holy month of Ramadhan. The target groups were orphans, widows and destitute elderly of Garissa, Wajir & Mandera Counties in North Eastern Kenya. These were the areas most affected by drought & famine in 2011. Considering high mortality and morbidity in these areas, these special vulnerable groups still require food handouts for their sustenance. Last year BCT had fully sponsored Ramadhan food distribution in these areas. This year again their support helped provide food relief to these groups during the important month of fasting. The beneficiary institutions, children & elderly expressed joy & gratitude on receiving this much needed assistance. The food provided included, rice, flour, oil, sugar, beans, dates etc.

Below is the distribution table:

Institution	Number of beneficiaries
Al-Faruq Orphanage, Garissa	450
Ummul Kheir Girls Centre, Garissa	150
Al-Hidaya, Rhamu-Mandera	300
Al-Sunna Madrasa Orphanage, Mandera	100
Ihtisam Orphanage, Wajir	50
Widows and elders, Wajir	100
<b>TOTAL</b>	<b>1150</b>



Food distribution at Garissa to Al-faraq boy's orphanage



Food distribution at Mandera to Al-hidiya orphanage



Food distribution at Mandera to Al-suna orphanage



Books donated to Upako Centre in Kawangware

### Clothes distribution

**Food & Sweaters distribution at Upako Centre** - CHEPs distributed 100kgs of rice and set up a kitchen garden in the school premises so that they can grow their own vegetables for self sustainability. In July and again in September food was distributed to the same centre.

Books were given to Upako Center to the library to improve their library facilities for better learning. 60 sweaters were also given to the students who now wear them daily during this cold season. The books & sweaters were donated by Jaffery Academy.



Sweaters donated to Upako Centre in Kawangware



Rice donation to Upako Centre in Kawangware



Food donation at Upako Centre

**Jeans trousers** - Bhardwaj Welfare Trust, the charitable arm of Sunflag Industries Limited have donated 470 jeans trousers. 210 trousers have been distributed so far:

Institution	Number of jeans
Wajr 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
<b>TOTAL</b>	<b>210</b>



*Jeans trouser distribution at Wajir Primary School for the deaf*



*Jeans trouser distribution at Jogbaru Primary School in Wajir*



*Jeans trouser distribution at Upako Centre*

## Presentation

**SAAJ Nairobi Community** - a presentation was done on Development Projects since the 2011 Famine to the SAAJ Nairobi Community on 20<sup>th</sup> July 2013. It was well received, "These are the kind of high impact projects I was looking out for". Another listener from the audience said "Well done, we should invest more on in such sustainable projects". Yet another listener "The CHEPs empowerment model should be disseminated to other organizations as well"



*Viewing the poster exhibition at Jaffery Islamic Centre*

## Donation of projector

CHEPs has received an Acer projector from Mr. Hasnain Jagani. This will be very useful in the presentations that CHEPs makes at meetings, conferences, workshops to community/groups and well wishers. We thank him deeply for donating towards CHEPs activities.

## 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”