



**CENTRES for  
HEALTH &  
EDUCATION  
PROGRAMMES**

**CHEPs UPDATE**

Apr - Jun 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



CHEPs medical backpack project



2 CHEPs Eye camps at Garissa



Food distribution & CHEPs feeding program

**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](mailto: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.

**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 #48** Held in Garissa County, providing eye treatment to over 595 beneficiaries. A surgical clinic was run at Garissa County Referral Hospital where a total of 106 patients underwent eye surgeries for cataract blindness and another 2 on evisceration for severe endophthalmitis.

**Eye Camp #49** Held in Garissa County, a follow-up camp to our 48<sup>th</sup> eye camp, which we conducted at the same venue. This time it was a surgical camp and we managed to operate another 14 patients from backlog of 100 patients.

## 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.

## 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 in the last quarter which are still surviving.

## Development Projects

### Wells digging & rehabilitation

We continue to address water and sanitation problems in arid and semi arid areas. This quarter we dug 4 wells and rehabilitated 1 well, bringing the total numbers to 246 dug and 516 rehabilitated.

## Humanitarian

### Ramadhan Food distribution

Beta Charitable Trust of UK sponsored distribution of more than 7 tonnes of food during the Muslim holy month of Ramadhan. The target groups were over 1000 individuals in orphanages, special needs institutions, households with orphans, widows and destitute elderly of Garissa and Wajir Counties in North Eastern Kenya.

## Other Activities

### CHEPs feeding program

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

Over 1000litres of Juice was distributed to street children in June.

## Health

### Medical Treatment

Elly Kiprop, first featured in our 11<sup>th</sup> newsletters last year. 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 35<sup>th</sup> 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 16<sup>th</sup> 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. We thank Lions Hospital for agreeing to subsidize the surgery.



*Elly a few days after the surgery*



*Elly unable to close his left eye*



*Elly now having an eyelid on his left eye.*



*Elly just after the 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](mailto: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.



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

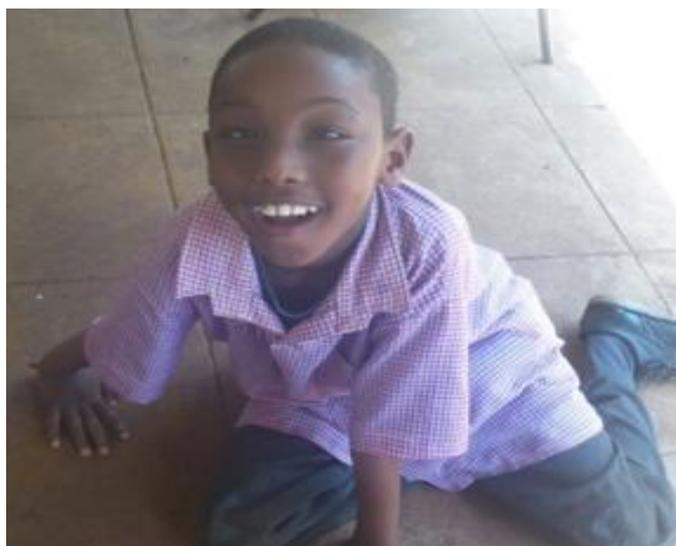
## CHEPs disabled children support

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 five 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 enjoying himself in special school*



Noel, CHEPs volunteer with Abdulmalik



Kevin Mutuku being fitted with splints to straighten his legs

### 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](mailto: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:

- 10,891 people have been screened for eye conditions
- 3815 pairs of spectacles were given out to correct visual impairment.
- 6049 eye drops of different types were dispensed to treat eye diseases.
- 623 blind people have been operated for cataract to restore their vision.

### Eye Camp #48

Our 48<sup>th</sup> eye camp was held in Garissa, one of the three counties that make up the arid North Eastern Region of Kenya. Located 200km from Kenya's border with Somalia, the County is internationally famous for hosting Dadaab refugee camps which house over 250,000 Somali refugees, making it the largest refugee camp complex in the world. Garissa has a total population of over 620,000 people, most of whom live nomadic lives.

The CHEPs team ran a two days eye camp and performed as follows:

- Number served: **595**
- Reading glasses dispensed to correct visual defects: **77**
- Eye drops dispensed to treat various eye conditions: **220**
- Cataract blind cases diagnosed: **245**
- Cataract surgeries performed to restore vision: **106**
- Evisceration for severe endophthalmitis: **2**



*Eye camp in session*



*Cataract surgeries ongoing*



*The area Member of Parliament Honorable Aden Duale visits the camp*



*Cataract surgeries ongoing*



*Medication and spectacles dispensed free of charge*



*Patient expressing his gratitude to CHEPs surgeon following surgery*



*Ophthalmoscopy examination in progress*



*Some of the beneficiaries following surgery*

We are grateful to Beta Charitable Trust and Crescent Pharma LTD for sponsoring the camps. The support went a long way in providing much needed services to the needy communities of Garissa.

### Eye Camp #49

Our 49<sup>th</sup> eye camp was held in Garissa, This eye camp was a follow-up camp to our 48<sup>th</sup> eye camp, to attend to some of the backlog cataract patients that were left unoperated due to limited resources that could only manage 106 surgeries. This time we managed to operate an additional 14 patients.



We are grateful to Mr. Hameed Sheriff for sponsoring the camp. The support went a long way in providing much needed services to the needy communities of Garissa



### 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](mailto: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.

Last year 4 CHEPs sponsored students graduated. We are proud of their achievement, and hope that having been empowered, they will now transform their lives, those of their families and communities.

Below is the testimony of one of our current students:

*Mohamed Matano, Bachelor of Education, Marist International University.*



"Born in the year 1983, in Kwale, a rural town in Kenya's Coastal region, I am the first born in a family of 13 children. My father was a peasant farmer, and the sole bread winner of the family. With great financial struggle, I underwent primary school education at Bahakanda Primary School situated in Kwale, and managed to score 340 marks during my Kenya Certificate of Primary Education (KCPE) examinations in the year 1998.

As a child, I aspired to someday become a teacher, a career I considered noble. As much as I strongly desired to progress in my education, my family could not afford to pay my fees for secondary school, forcing me to abandon my dream. I instead was forced to undertake casual jobs so as to contribute to my family's hard earned sustenance, being the eldest child. I spent 5 years working and assisting my father in farming, having given up in ever going back to school.

One fine day, I met a good Samaritan through a friend of mine, who noticed that I was a bright boy. I informed him that I was a primary school leaver who once had big dreams but was robbed off my ambitions by poverty. The good Samaritan who was well connected to Rasul Al-Akram Academy in Nairobi, immediately made arrangements for me to be admitted in the boarding school. He also convinced the school management to waive all payable fees to allow me to further my education. With great challenges, having spent a long time out of school, I managed to score a C grade during my Kenya Certificate of Secondary Education (KCSE) examinations in the year 2007.

My dream to further my studies was again disrupted by lack of financial ability to pay University fees. This time I spent 6 years out of school undertaking various informal jobs to cater for my upkeep, contribute to my family's sustenance, and save small amounts of money with the hope of someday furthering my education.

In the year 2014, I managed to secure an admission into Marist International University, to pursue a Bachelors degree in Education. Determined not to fail, I managed to kick start my journey at the University, using my little savings, while I searched for sponsorship. Among the many organizations that I applied to was CHEPs Kenya, which came to my rescue, to sponsor my tuition fees. I am currently in my third year of education, and look forward to graduating in the year 2017. I am fluent in English, Kiswahili and Arabic languages, and I aspire to become a scholar of linguistics, majoring in Kiswahili, a language that I am very passionate about.

It has been a constant struggle for me and I have consistently been the oldest student in my various classes at secondary school and university. I continue to face challenges daily, but the remembrance of my family and past constantly fuels my determination and keeps me focused on his goal. Coming from one of the poorest region in Kenya, he vows to liberate his family from the tentacles of poverty and uplift needy communities living back home."

#### 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 students on board.**

**Join us in this endeavour, one bright student at a time.**

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

## Development

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 242 and rehabilitated and cupped 515 wells. Between January and March 2016 alone, CHEPs dug 9 wells to ensure access to water, provided opportunities for subsistent farming, and tree plantation, thereby addressing thirst, improving food security and ensuring environmental sustainability.

The wells are also capped to ensure that neither people, animals nor dirt would fall in, ensuring safety and hygiene.

### Wells dug this quarter

**Well D243 dug for Habiba Abdi, of Makoror village.**



*Well number D243 dug with support from Beta Charitable Trust (BCT)*

**Well D244 dug for Abdirahman Adan, of Bangal village.**



*Well number D244 sponsored by Mr. & Mrs. Rajabali Gulamhusain Dattoo Charity Trust. (Operating as Dattoo's Charity Trust).*

**Well D245 dug for Sheikh Ahmed, of Bangal village.**



*Well number D245 sponsored by Mr. & Mrs. Rajabali Gulamhusain Dattoo Charity Trust. (Operating as Dattoo's Charity Trust).*

**Well D246 dug for Jirow Issack, of Makoror village**



*Well number D246 sponsored by Mr. & Mrs. Rajabali Gulamhusain Dattoo Charity Trust. (Operating as Dattoo's Charity Trust).*

### Wells cupped this quarter

**Well C516 dug for Abdiya Mumin, of Makoror village.**



*Well number C516 cupped with support from Parichehreh Shikoleslami(BCT)*

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

**Humanitarian**

**Ramadhan Food distribution**

CHEPs partnered with Beta Charitable Trust of UK in July 2016 to conduct this year's Ramadhan iftaar program which entails the distribution of food during the Muslim holy month of Ramadhan. The target groups were orphans and widows living in the Muslim dominant Garissa, Wajir, and Lamu Counties of Kenya.

The food provided included, rice, beans, flour, oil, tea leaves and dates enough to feed the groups for at least a week.

Below are the numbers of beneficiaries:

Location	Number of beneficiaries
Lamu - Madrassa hosting orphans and needy children	78 children
Wajir - Widows and their children	85 households
Garissa - Widows and their children	120 households



Orphan and poor children in Lamu



*Widows receiving their food supplies in Wajir*



*Elderly man receiving food supply in Wajir*



*Food distribution in Garissa*



*Needy households in Atheley village, Garissa*

### 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. 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. They are commonly perceived as a menace and are usually ignored and separated from society. Furthermore, they contribute significantly to insecurity at their young as well as mature age.

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.

Other than feeding, the team also engages the children in team building activities. One such even was a football match organized on 19<sup>th</sup> June 2016 at the Jeffery sports center.



*Football match*



Feeding on 27<sup>th</sup> March 2016



Feeding on 17<sup>th</sup> April 2016



Feeding on 24<sup>th</sup> April 2016



Feeding on 1<sup>st</sup> May 2016



Feeding on 8<sup>th</sup> May 2016



Feeding on 15<sup>th</sup> May 2016



Feeding on 21<sup>st</sup> May 2016



Feeding on 28<sup>th</sup> June 2016



Feeding on 12<sup>th</sup> June 2016



Feeding on 26<sup>th</sup> June 2016

### 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](mailto: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:	49
5	Number of people screened for eye conditions:	11,486
6	Number of people provided eye glasses for refractive errors:	3,892
7	Number of people provided with eyedrops for various eye conditions:	6,269
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:	140
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:	10
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:	1714
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:	2504
28	Number of solar lights given to institutions:	41
29	Number of trees planted:	11,370
30	Number of wells dug:	246
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:	8
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](mailto:info@chepskenya.org) to partner with us in making a difference.

Visit our website [www.chepskenya.org](http://www.chepskenya.org) or follow us on [facebook.com/chepskenya.org](https://facebook.com/chepskenya.org) to get regular updates.