



CENTRES for  
HEALTH &  
EDUCATION  
PROGRAMMES

Empowering | Promoting Health, Education and Development | Improving lifestyles

## CHEPs UPDATE

January - March 2013

### IN THIS ISSUE

### About Us

The Centres for Health and Education Programmes (CHEPs) is a registered Non-Governmental Organisation (NGO) in Kenya. Its goal is to empower, promote access and improve quality of health and education for the benefit of under resourced individuals and communities.

CHEPs organises health/eye care screening and treatment camps, provides assistance for emergency medical and surgical care, sponsorship and career mentorship to deserving students, emergency relief and rehabilitation efforts in drought/famine disaster affected areas of Kenya, undertakes development and humanitarian projects in underprivileged areas of Kenya.



Supporting students in Nairobi slums

### 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.



Supporting irrigation in remote areas



Eye camp # 17 at Muranga



Solar Lamps distribution in Wajir



Promoting Tree Nurseries in Wajir

# Key objectives

The key objectives of CHEPs are:

- To improve knowledge and skills of under resourced individuals and communities on health, healthy lifestyle and environment for improvement of health and environment.
- To provide preventive and curative health services for under resourced individuals and communities.
- To refer and link people from target population to appropriate health facilities and agencies for health services.
- To assist needy, poor and marginalised individuals and populations to access educational services.
- To develop and assist with development projects among under resourced populations
- To promote awareness, provide initiative and expertise, assist in the development of skills, knowledge and appropriate technologies for the purposes of improved and meaningful participation and involvement of marginalised groups and peoples in the development process.
- To promote or assist in the promotion of any organization or company or other body having objectives similar to those of CHEPs.
- To undertake other charitable activities helpful to improvement of individual livelihoods and communities.
- To do all such other things as are incidental or conducive to the attainment of any of the above objectives.



## 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!

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## Our Projects include:



- **Health care:** eye camps, emergency medical treatment
- **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

# Impact

To date CHEPs has achieved the following:

1. **129,000:** Number of people provided with food support in emergencies
2. **Over 140 tons:** Amount of food distributed in emergencies
3. **3079:** Number of people screened for eye conditions
4. **1690:** Number provided with eyedrops for various eye conditions
5. **1067:** Number provided spectacles for refractive errors
6. **309:** Number of cataract blind people operated to see again
7. **17:** Number of eye camps organised
8. **524:** Number of students benefited from food for fees project
9. **Over 40 tons:** Amount of food distributed in food for fees project:
10. **13:** Number of boarding schools in rural areas supported in food for fees project
11. **389:** Number of wells rehabilitated
12. **166:** Number of wells dug
13. **275:** Number of trees planted
14. **200:** Number of new farmers supported
15. **66:** Number of students supported with fees
16. **42:** Number of university students supported with fees
17. **50:** Number of goats distributed to poor families
18. **37:** Number of villages provided food support in emergencies
19. **12:** Number of disabled (deaf) students supported with fees
20. **2:** Number of 'berkets' water storage tanks constructed
21. **2:** Number of libraries set up for schools/communities
22. **2:** Number of official presentations made at scientific conferences
23. **2:** Number of presentations made to community groups
24. **1:** Number of student mentorship centres set up
25. **1:** Number of large irrigation/farming projects

# Projects

## Health

**Eye camp # 17** was held at Muranga in Central province, Kenya. It was organized in collaboration with Muslim Students Association of University of Nairobi.

- ➔ No. screened 226
- ➔ No. of spectacles distributed 85
- ➔ No. of eye drops given 139

## 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. 24 of these are female & 35 are male.

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

**Kawangware Student Mentorship Centre** – 12 new students joined this year.

CHEPs had started a Student Mentorship Centre in Kawangware slums in March 2012. Underprivileged students from the local government primary schools are mentored on examinable subjects every Sunday morning. It is hoped all these students will be able to get grades adequate for entry into secondary school. The project guides some promising students through mentorship and tutoring by university students being sponsored by CHEPs. It now has the ability to give a chance to the struggling students to achieve their maximum potential. With the dedicated work of seven volunteering teachers, the students will have a better chance to succeed in life. These students cannot afford such facilities as tuition classes and thus this initiative will help them succeed in their most important goal in life at the moment: passing their exams.

The subjects taught include English, Kiswahili, Mathematics, Islamic studies, Science and Social studies. These are basically the most important subjects for K.C.P.E (the local exam) students. Although the place of study may seem below standard, the will and passion of the students and teachers make it seem as good as any luxurious school, if not better. This is seen by the smile on their faces and their discipline in class which guarantees speedy progress.

This centre does not cater for education only; it also provides mentorship on how to deal with challenges the students experience in day to day life.

Despite the fact that these students come from a slum area; they have made us proud by working hard and making sure they have a secure position at a secondary school. In 2012 KCPE exams most of them got 300 and above marks, none of them got below 200 marks. Thanks to the tutors who made sure they prepared the students well by conducting tests and practicing past papers.

We hope that the year 2013 will be more exciting and more good results will be expected. This project is currently looking for sponsors for sustainability.

**Solar Lamp distribution** – 200 portable Solar lamps distributed among students in Jogbaru Primary School in Wajir County.

100 solar lamps were distributed among the top students and another 100 solar lamps were distributed to students who are from the poorest families in the same school.

About 65 % of Wajir population lack access to electricity. The problem is most severe in the rural areas or on the fringes of the county headquarters.

Access to electricity and poverty are closely linked. Without adequate lighting even adults are unable to continue income generating activities into the evening that may lessen the burden of poverty.

The CHEPs' solar lamps initiative is committed to enable thousands of poor living in Wajir to access clear lighting by replacing kerosene lantern with solar lighting devices thus providing better illumination and smoke free indoor environment and also improving livelihood opportunities both at the individual and communal level.

The impact of the solar lamp project has been instrumental in encouraging children particularly the female children who are usually busy during the day with household chores in opting for longer study hours. Also there is improved mobility and safety after dusk for women and the elderly. Moreover the mothers are engaged in weaving or sewing to earn income while seated next to their children who are studying under the solar light.

## Environment

**Tree planting** - 225 Neem trees have been planted around wells. This makes it easier for the beneficiaries to water and take care of the trees.

CHEPs recognizes the important role environment plays in alleviating deforestation & poverty. It is with this in mind that CHEPs consulted the local people and the Forestry department. It was found that Neem tree (*Azadirachta indica*) does really well in this dry region because of its ability to withstand lack of water. It also keeps away insects and has medicinal properties while also providing shade.

The goal is that by end 2013 over 1000 tree seedlings of different species will be planted to cover Wajir.

CHEPs scale up goal is to continue to expand its successful community tree planting and environmental education project to reach schools, mosques and public areas.

Though a lot more needs to be done, planting of trees in Wajir is so far a success story that still has to realize its full potential by spreading to the entire county so that eventually the climate in this area may be modified. This may take years and hard work but is possible through a massive tree planting campaign and collective goodwill of CHEPs well-wishers.

## Development

**Wells** - CHEPs has so far dug 166 wells & rehabilitated (cupped) 389 wells in Wajir.

This quarter 66 wells were dug & 41 wells were rehabilitated.

"WATER IS LIFE" is age old adage. Low rainfall and periodic drought in arid areas of Kenya including Wajir County has made their pastoralist lifestyle even more difficult.

The absence of rivers and springs compounds the situation even more with women and girls traditionally charged with walking long distances to collect water.



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.

Some of the key achievements of the wells project are: -

- ➔ Increased access to safe and adequate water and sanitation resulting in reduction of diseases
- ➔ Water from shallow wells are within reach of households
- ➔ Increased schools/madrassa attendance by girls who no longer walk long distances to fetch water
- ➔ Women have more time to undertake other socio-economic activities
- ➔ Increased household income as a result of using water for income generating activities
- ➔ Forestation and environmental conservation to mitigate drought

## FEEDBACK

### Eye Camp

"Very well organized"

"Others had come before but no one had provided such comprehensive services, including eye testing, counseling, medicines and spectacles - all free of charge!"

A lady brought her child who was diagnosed with severe allergic eye condition. He had been suffering for a long time. When asked why she waited so long to seek treatment for the child, she responded "I had attended other eye camps in the area but they all prescribed medicines but did not dispense, I am too poor to buy these medicines, I am grateful that you are also dispensing medicines free of charge, Now I have hope for my child's better vision"

### Education Sponsorship

Omar failed primary school exams and was not serious in studies. His father talked to him 'I dropped out of primary school and wish I had continued. My friends got educated and see how comfortable their families are? I can hardly bring any food home for you all. Do you want to be in the same desperate situation as me or do you want to be educated and get out of poverty?' This talk changed Omar. He decided to continue studying. 'My father took a loan and admitted me in a private school to repeat standard 8 and re-sit the

primary school exam. The next year I got 395 marks and got admitted into secondary school. Since then I have studied hard and got good results,' he said humbly. 'I wasn't good in biology and managed to convince my father to allow me to take a different career. I am good at maths and hence chose actuarial science. I obtained straight A in secondary school'. Omar could not pay university application fees. CHEPs traced him, paid for the application fees and is now sponsoring his university tuition fees. Omar continues to do well in university and is looking forward to taking the Actuarial Society of UK exams.

*Omar Bakar Omar - Bachelor of Science, Actuarial Science with IT*

### Kawangware Student Mentorship Centre

"My son Rickson is now more disciplined and helps in household chores as well as studies more, he avoids hanging around the streets with the gangs. As a parent I thank CHEPs for this centre which has inculcated good characteristics in my son" (*A parent of student at the Kawangware Student Mentorship Centre*)

NOTE: Rickson is now in secondary school

### Solar lamps

"Since my son got this lamp things have changed" says Mohamed's mother, "Before I was using kerosene for lamps. It gave off a lot of smoke and gave foul odour. I was using a lot of money to buy the kerosene. Now my child can read and study in the evening using the solar lamp without cost or the smoke nuisance"

Mrs. Sangaba confirmed that previously her kerosene consumption was Ksh.125 per week translating to almost Ksh.500 monthly, an amount she now can divert to other family use.

Mr. Abdikadir, senior teacher at Jogbaru primary confidently agreed that performance of these children who benefited from solar lamps has been impressive. "I wish the entire school children were provided with the solar lamps" he says.

### Trees

"With the water from the well I am now growing trees and other plants which will give shade & beauty around my house" (*Beneficiary of well & trees*)

### Wells

"I no longer send my daughter to fetch water, instead she now attends her school regularly and on time" (*Ms. Halima – Beneficiary of a well*)

# GALLERY

## Muranga Eye Camp



## Kawangware Student Mentorship Centre



## Solar Lamps to Jogbaru School students



## Tree Planting



## Wells - Digging & Rehabilitation

