



# CENTRES for HEALTH & EDUCATION PROGRAMMES

**CHEPs UPDATE**

October-December 2014

**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

trees 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



Limb prosthesis



Seed distribution in Wajir



Eye Camp in Majengo

**EMPOWERMENT IS OUR MOTTO**

Contact us to be part of a humanitarian cause and let's make the world a better and equitable place to live in for all!

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

## SUMMARY OF THIS QUARTER'S ACTIVITIES BY CHEPS:

### Health Projects

#### Eye camp #26

The 26<sup>th</sup> CHEPs eye camp was held at Pumwani Social Hall in Majengo area, Nairobi. This free eye camp was held in conjunction with Light Sisters Organization and students of University of Nairobi who also held a free medical camp.

The CHEPs team examined 181 people for eye conditions. 90 reading glasses and 61 eye drops were dispensed. 6 cataract blind were referred for surgery.

#### Emergency medical treatment

- Blessing, a five year old girl disfigured after falling into hot oil, was supported for plastic surgery. Her appearance has now improved though she will need follow up treatment next year.
- A mother and son from Lamu were supported for medical treatment of the heart conditions at KCMC in Moshi. Both are recovering and are now doing well.
- A 40 year old lady from Mombasa was supported for heart surgery in India. She has since returned home and is recuperating well.

#### Limb prosthesis project

The fourth group of six amputees from Wajir County were brought to Nairobi and fitted with limb prosthesis on 25<sup>th</sup> November 2014.

### Education Projects

#### Education infrastructure

A classroom is being built for ECD School in Boransis village, Garissa County. Sponsored by WF and AFED.

#### Student Sponsorship Programme

CHEPs is currently sponsoring 47 students in total, of which 14 are at Secondary school level and 33 at College & University Level. Five have graduated this year.

#### CHEPs Kawangware (Nairobi) Student Mentorship Centre

Weekly classes at the centre continued till their national Kenya Certificate of Primary Education (KCPE) in November. Munira, one of the regular attendees through the year, scored the highest with 329 marks out of 500. A get together has been planned in January together with beginning of New Year's intake.

#### CHEPs Jogbaru (Wajir) Student Mentorship Centre

Weekday mentorship classes at Jogbaru Primary School in Wajir continued. 53 of these students sat for the KCPE exams. Ramla Abdikarim Ibrahim was the highest scorer with 361 marks out of 500. As a result of the CHEPs mentorship activities the average score at the school increased from 199.1 in 2013 to 231.3 this year!

#### Lamu library renovations

CHEPs supported renovation of the new library on Lamu Island.

### Agriculture Projects

#### Kitchen gardens/Seed distribution

About 100 beneficiaries were targeted mainly those vulnerable individuals whom CHEPs earlier dug or rehabilitated (cupped) wells for. These were trained on farming techniques, provided with seeds and provided on-site mentorship to continue farming. This project was sponsored by World Federation of KSIJ.

### Development Projects

#### Wells digging & rehabilitation

CHEPs has so far dug 205 wells & rehabilitated (cupped) 473 wells in Wajir out of which 2 wells were dug and 12 were rehabilitated this quarter.

### Other Activities

#### CHEPs talent kids project

15 street kids are now being provided shelter in a rented two room in Kawangware slums of Nairobi.

#### Wajir World food day

CHEPs received a certificate of recognition on 16<sup>th</sup> October 2014 at the World Food Day 2014 celebration in Wajir County.

## Health

### Eye camp #26

The 26<sup>th</sup> CHEPs eye camp was held at Pumwani Social Hall in Majengo area, Nairobi. This free eye camp was held in conjunction with Light Sisters Organization and students of University of Nairobi who also held a free medical camp.

The CHEPs team examined 181 people for eye conditions. 90 reading glasses were given and 61 bottles of eye drops dispensed. 6 cataract blind were referred for surgery.



### Medical treatments

In the CHEPs Update 007, Blessings' story was highlighted, she is a 5 year old baby brought up by a single mother in the Kawangware slums, fell into hot oil that left her severely disfigured. CHEPs supported her plastic surgery at Kenyatta Hospital, Nairobi. She is now improving though follow up surgery will be required next year.

In the CHEPs Update 007, A 40 year old lady in Mombasa developed a heart disease after hemorrhage following childbirth five years ago. Recently her condition worsened and she has been continuously breathless and very weak. The cardiologist advised her to go to India for urgent surgery to save her life. CHEPs supported part of her expenses for surgery in India. She has since returned home and is recuperating well.

A mother and son from Lamu were supported for medical treatment of the heart conditions at KCMC in Moshi. Both are recovering and are now doing well.

### Limb prosthesis project

People in remote villages of Kenya usually have no access to modern healthcare facilities much less specialized care for the disabled. Children and adults can have their legs amputated because of accident, infections, and snake bites they are then left to suffer for life without any hope of being able to walk again. Many of them do not even know that limb prosthesis can be fitted to enable them walk on their own.

The CHEPs Jaipur foot project comes as a hope for such people in remote Wajir county of Kenya.

6 amputees from Wajir County were brought to Nairobi and fitted with limb prosthesis on 25<sup>th</sup> November 2014, thanks to support from Beta Charitable Trust, UK.



**Jaipur Foot Beneficiary Profiles:**

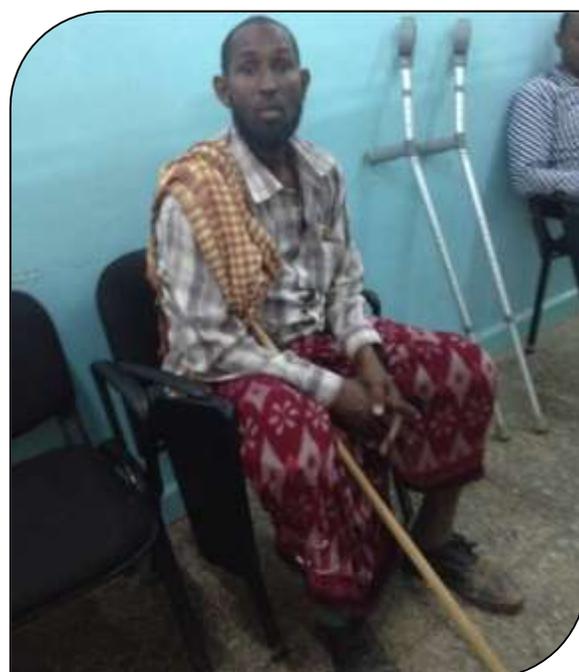
**Name & Age:** Mohamed Ali Diis (18years)

**Village:** Bulla Jogoo, Wajir

**How & when amputated:** Road accident (Right limb/Below Knee). In 2009 he was provided with an artificial limb but due to his growth he needed another one to fit in well and be able to walk comfortably.

**Source of living:** Lives with his mother and 2 siblings. His father abandoned them when he was young. He is in form 3 at Sabunley School in Wajir. He scored 271 in KCPE (Kenya Certificate of Primary Education).

**Expectations:** He hopes to be able to take part in all school and other activities which he was not able to do with his old prosthetic leg. He aspires to become a teacher.



**Name & Age:** Dellow Saney, 43years

**Village:** Huswein, Wajir

**How & when amputated:** (Right /Below Knee). He had a non-healing ulcer/cancer due to which his foot had to be amputated. This was 29 years ago (in 1985). His previous artificial limb was very heavy and he could not use it.

**Source of living:** He sells second hand clothes etc for a living. He has 2 wives and 12 children to look after.

**Expectations:** With the new, lighter prosthesis it will now be easier for him to move around for selling his wares, thus earning more to support his family.



**Name & Age:** Ahmed Abdi Ibrahim, 54years

**Village:** Ganyurey, Wajir

**How & when amputated:** He was diagnosed with cancer earlier this year due to which he lost his foot. He couldn't afford the artificial foot but another beneficiary of CHEPs limb prosthesis project told him about this and so he approached Hamza (CHEPs volunteer) for help.

**Source of living:** He sits at home doing nothing as he's not able to move around. He sends his children to look after his animal herd. He lives with his parents and children. His wife died a few years ago. The eldest who is 20 years of age and the other two help him look after the animals. The youngest two are in primary school with three girls who are now married.

**Expectations:** Being able to walk now he will take care of the animals and also be able to do some menial jobs to support the family.



**Name & Age:** Mohamed Abdi Idow, 63years

**Village:** Hawasweni, Wajir

**How & when amputated:** His foot was amputated due to Diabetic complication.

**Source of living:** Jobless and relies on handouts from friends & family relatives. His wife and 2 children passed away. He gets his medicine from the General hospital when available.

**Expectations:** Now that he will be able to walk, he expects to start selling small wares business if he gets some support in terms of capital.

**Village:** Ganyurey, Wajir

**How & when amputated:** He lost his foot after being diagnosed with non-healing ulcer about 5 months ago in Wajir.

**Source of living:** His mother died and his father is sick and bed-ridden. So he lives with his relatives. He used to take care of their animals/herds until being amputated.

**Result:** His knee is very stiff thus he requires a few physiotherapy sessions until it is flexible. Then he can come back and be fitted with Jaipur foot.



**Name & Age:** Adannur Ibrahim, 25years

**Village:** Buna, Wajir

**How & when amputated:** (Left side/Above knee – at the hip) In a road accident in the village where he lives. In 1996 he got an artificial limb but was unable to use it as it was too heavy and he was very young by then.

**Source of living:** He lives with his parents and has a job in Wajir. He is studying for MBA at Kenyatta University through distance learning and has studying for 3 years in India, at Bangalore University with a scholarship from ICCR (Indian Council for Cultural Relations) through the Kenyan Government.

**Result:** His leg is amputated from the hip and Jaipur foot doesn't have the 'hip joint' thus they referred him to Kenyatta National Hospital for more sophisticated prosthesis.



**Name & Age:** Mohamed Yusuf Hassan, 23years (

## Education

### Education infrastructure

A classroom is being built for ECD School in Boransis village, Garissa County. Sponsored by WF and AFED.

It started on 23rd December 2014. Expected to complete in 2 weeks



## Student Sponsorship Programme

CHEPs is currently sponsoring 47 students in total, of which 14 are at Secondary school level and 33 at College & University Level.

The students come from different parts of the country & are pursuing various 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:

**Mumina Hussein Hassan, Bachelor in development studies at Mt. Kenya University**



"My name is Mumina Hussein from Kenya, I completed my Primary school in Garissa and my fees were being paid by my uncle. My parents are divorced and my father has not allowed me to see her since that time. I stay with my grandmother. Since my father is uneducated, he did not mind if I stayed at home. My grandmother has always wanted the best for me so she convinced my uncle to pay my primary school fees.

I finished my high school, after which; my uncle, who paid my primary school fees, wanted me to marry his son. I refused and in return he refused to pay my school fees for the university. I started my distance learning in Garissa, and it was cheaper than the regular one. I used to pay my own fees by working at the local supermarket. However my struggles were cut short after the manager replaced all workers with own family members.

Distressed, I talked to my friend Khadija who told me about CHEPs. My hopes have been revived and I would like to extend my gratitude to CHEPs for enabling me to continue my studies. Thankfully, I was able to concentrate on my studies fully and without any problems".

### 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)

## Jogbaru Student Mentorship Centre, Wajir

CHEPs has supported the Jogbaru school mentorship centre with books, mentors remunerations etc. Weekday mentorship classes continued this quarter. 53 of these students sat for the KCPE exams. Ramla Abdikarim Ibrahim was the highest scorer with 361 marks out of 500. As a result of the CHEPs mentorship activities the average score at the school increased from 199.1 in 2013 to 231.3 this year!

## CHEPs Kawangware Student Mentorship Centre

Weekly classes at the centre continued till their national Kenya Certificate of Primary Education (KCPE) in November. Munira, one of the regular attendees through the year, scored the highest with 329 marks out of 500. A get together has been planned in January together with beginning of New Year's intake.

### 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)

## Lamu library

CHEPs supported renovation of the new library on Lamu Island. The project is an initiative of a local organization Al-Mawaddah Lamu under the chairmanship of Abbasali Abdalla. The library is open to all people of the island especially the students who can access the books available.



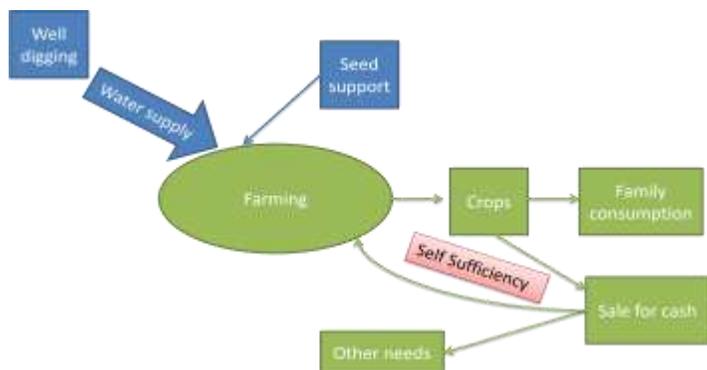
*The library before renovations*



The library ready for opening in January 2014

## Agriculture

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



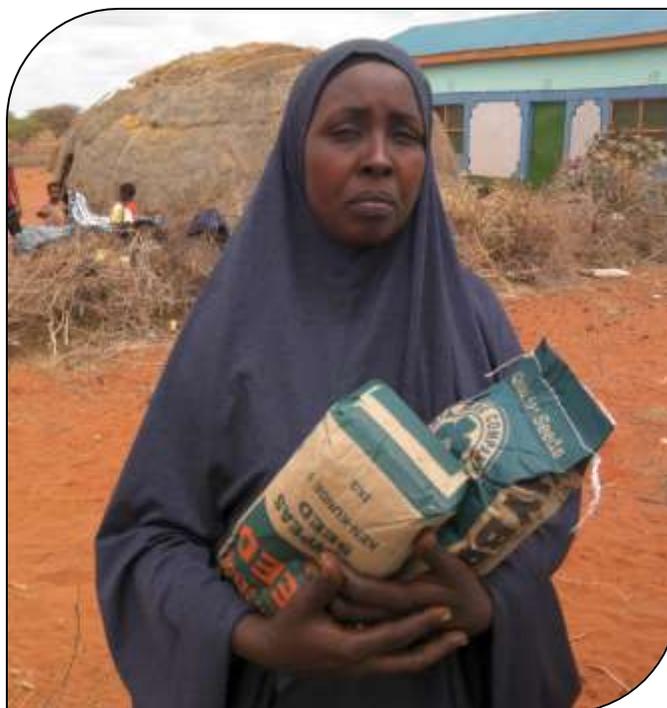
### Kitchen gardens in Wajir

This project was organized by CHEPs in collaboration with Ministry of Agriculture through generous donation from WF and AFED. The aim of the project was to improve food security among CHEPs wells beneficiaries by engaging them in farming activities. By growing their own food it is hoped their livelihoods will also improve through better food security and discourage the culture of dependency on famine relief ration.

100 well beneficiaries were trained, provided seeds and mentored on undertaking subsistence farming. The Wajir Agriculture Extension Officer provides ongoing guidance to these new farmers while monitoring is undertaken by CHEPs staff in the Wajir office.

### TARGET BENEFICIARIES:

Six schools and 94 families who had wells near their homes were targeted for the project. From 7-11 October the beneficiaries were trained on planting, care and other agricultural techniques by the Wajir Agriculture Extension Officer. They were then provided with maize, cowpeas, kales, spinach, tomato and water melon seeds. The new farmers then embarked on planting. They are visited frequently by the agriculture officer and CHEPs staff to monitor progress and mentor/retrain on various farming processes.



Seeds distribution

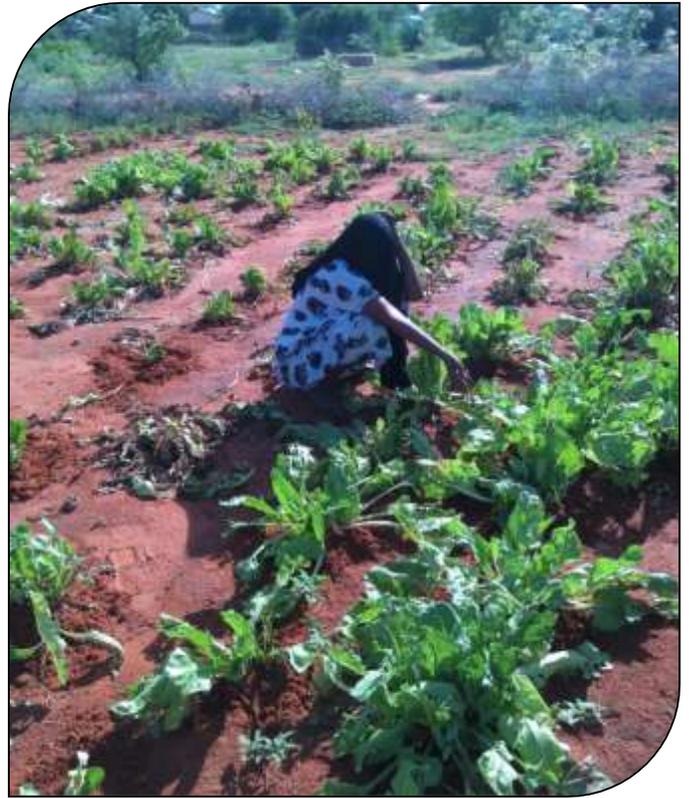


*Mobilization/training in Bulla Makaror village*



*Mobilization/training in Bulla Fallajis village*

Children followed their mothers to the training!



*Mobilization/training in Maumau location*

*Crops grown by beneficiaries*

## Development

### Wells digging & rehabilitation

CHEPs has so far dug 205 wells & rehabilitated (cupped) 473 wells in Wajir out of which 15 wells were dug and 47 were rehabilitated this year.

### Wells dug this quarter

2 wells were dug this quarter.



*Well number D204 dug with support from bande khuda*

The beneficiary of this well is 80 years old Fatuma Maalim of Bulla Makaror. She is aged, poor and does not have a well. She has had only one child. Her granddaughters help take care of her in fetching water, cooking, washing for her.

She is partially blind and hardly leaves her compound. She was blessed with only one daughter whose children help take care of her. She was so happy to have her own well claiming that it is dream come true. She says her granddaughters will no longer go to beg neighbors for water. She blesses all those who helped make her dream a reality.



*Well number D205 dug with support from bande khuda*

Alasey Ibrahim of Bulla Fallanjis is old and has never had children. Her husband is equally old and is physically disabled.

She is 70 years old resident of Bulla Fallanjis. Her husband is equally old and has been a victim of the infamous Wagalla massacre of 1984 in which the injuries he sustained left him disabled. Their grandchildren help fetch water for them from the neighbors well. Now that she has a well inside her compound, she can easily draw water for her domestic use while her grandchildren attend school regularly on time. She is forever grateful to CHEPs and prays for all those who helped dig her well.

### Wells cupped this quarter

12 were rehabilitated this quarter



Well no. C462 cupped with support from Mushtaqli Fazal, Fatma Fazal, Raza Manek, Mohamed Husein Sheriff Dewji, Mariambai Mohamed Sheriff & Abdulrasul Hasham Manek.

Gamana Omar is 70 years old grandmother whose only daughter died recently leaving her with the responsibility of fending for the three orphaned grandchildren.

A jobless young man dug the well for her but she lacked the means to complete it. That's when CHEPs volunteers heard of her predicament and came to her rescue.

She could afford a big smile now that she has well inside her compound. She says her grand children can fetch her water under her supervision. She is forever thankful to the donor and CHEPs for giving her a reason to smile.



Well no. C463 cupped with support from Afzal Fazal, Husein Fazal, Rosina Fazal, Leila Fazal, Raif Fazal, Ahmed Abdulhusein & Leila Hasham.

Hawa Hussein is 30 years old widow with three children. She lost her husband recently. Her late husband dug the well but she lacks the funds to cup it.

She settled in Bulla Makaror in 2009 after the family herd was wiped out by the drought. She heard about CHEPs from other villagers and visited our Wajir office seeking for ways to cup her well. Since the death of her husband she lives on begging from relatives and other well wishers to feed her young family. But now that her well has been cupped, she intends to grow vegetables, fruit and shade trees. She prayed for the donor and CHEPs for such incredible gift.



Well no. C464 cupped with support from BCT

Sahara Ahmed of Bulla Got Ade is a needy widow without children and no source of income.



*Well no. C465 cupped with support from BCT*  
 Habiba Muhumed Hassan of Bulla Fallanjis is a disabled grandmother taking care of her orphaned grand children.



*Well no. C468 cupped with support from BCT*  
 Khadija Ahmed of Bulla Makaror is extremely poor and the family lost their herd during the previous drought. Her son helped dig the well but had no means to cup it.



*Well no. C466 cupped with support from BCT*  
 Daud Muktar of Bulla Makaror is poor and does menial jobs.



*Well no. C469 cupped with support from BCT*  
 Jibril Bulle of Bulla Sheikh is a poor man with large family who lost all his livestock in the previous drought. He does odd jobs to fend for his family and cares for his 80 year old sick father.



*Well no. C467 cupped with support from BCT*  
 Rukia Garore of Bulla Isiolo is poor and mentally unstable. She has many children and her husband is also sick and aged.



*Well no. C470 cupped with support from BCT*  
 Bishar Ibrahim of Bulla Makaror dug the well at his parents homestead but lacked the capital to complete it.



Well no. C471 cupped with support from BCT

Maow Ahmed Adan of Bulla Makaror is so old and sick and has no children. He could not avail himself for the photo due to senility.



Well no. C472 cupped with support from BCT

Quresha Omar of Got Ade is jobless and does odd jobs to fend for his big family. He helped dig the well himself but did not have the means to cup it.



Well no. C473 cupped with support from BCT

Omar Ahmed of Bulla Makoror is widower without stable income.

## Other Activities

### CHEPs talent kids project

15 street kids are now been provided shelter in a rented room in Kawangware slums of Nairobi.

Three of them who are not on any drugs have been provided a separate shelter, provided meals and given home-schooling daily by a teacher in preparation for primary school exams next year.



CHEPs talent street kids shopping at Nakumatt Lavington

They tasted the sample nakumatt biscuits and wrote their comments. The salesman was very surprised at their writing ability!

## Appreciation

### Wajir World food day

CHEPs received a certificate of recognition on 16<sup>th</sup> October 2014 at the World Food Day 2014 celebration in Wajir County.



*CHEPs staff in Wajir County Bishar Mohamed receiving certificate of appreciation on behalf of CHEPs for contribution to agriculture in the county.*

# 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:	26
5	Number of people screened for eye conditions:	5272
6	Number of people provided eye glasses for refractive errors:	1858
7	Number of people provided with eyedrops for various eye conditions:	2755
8	Number of cataract blind people operated to see again:	383
9	Number of individuals assisted for emergency medical treatment:	19
10	Number of amputees provided with limb prosthesis:	28
11	Number of students ever supported with fees:	131
12	Number of students currently supported with fees:	49
13	Number of university students ever supported with fees:	74
14	Number of university students currently supported with fees:	35
15	Number of disabled (deaf) students ever supported with fees:	13
16	Number of disabled (deaf) students currently supported with fees:	12
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:	2
21	Number of books distributed:	1680
22	Number of schools/institutions given books:	16
23	Number of libraries set up for schools/communities:	3
24	Number of desks given to schools:	429
25	Number of solar lights given to schools:	2004
26	Number of solar lights given to institutions:	41
27	Number of trees planted:	10395
28	Number of wells dug:	205
29	Number of wells rehabilitated:	473

30	Number of dried wells re-dug:	50
31	Number of 'berkets' water storage tanks constructed:	2
32	Number of new farmers/kitchen gardens supported:	317
33	Number of large irrigation/farming projects:	1
34	Number of goats distributed to poor families:	50
35	Number of official presentations made at scientific conferences:	6
36	Number of workshops, seminars & community presentations:	6
37	Number of conferences and workshops organized:	1
38	Number of clothes distributed:	470
39	Number of schools/institutions given clothes:	10

## 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"