



CENTRES for
HEALTH &
EDUCATION
PROGRAMMES

CHEPs



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ACKNOWLEDGMENT

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 endeavor to empowering destitute communities to become self-sufficient.

WHAT IS CHEPS ABOUT?

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.

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.

OBJECTIVES

Key Objectives

1. To improve knowledge and skills of under resourced individuals and communities on health, healthy lifestyle and environment for improvement of health and environment.
2. To provide preventive and curative health services for under resourced individuals and communities.
3. To refer and link people from target population to appropriate health facilities and agencies for health services.
4. To assist needy, poor and marginalised individuals and populations to access educational services.
5. To develop and assist with development projects among under resourced populations.
6. 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
7. To promote or assist in the promotion of any organization or company or other body having objectives similar to those of CHEPs.
8. To undertake other charitable activities helpful to improvement of individual livelihoods and communities.
9. To do all such other things as are incidental or conducive to the attainment of any of the above objectives.

PROJECTS

Health care: eye camps, emergency medical treatment, limb prosthesis

Education: student sponsorship, student mentorship centre, set up libraries, solar lights, books' distribution to students, classrooms and desks for schools

Agriculture: farming support, irrigation projects, animal husbandry

Environment: tree planting, organizing clean up/hygiene projects in villages

Development: microfinance and infrastructure for promotion of health and education, improving water supply through digging & rehabilitation of wells, improving sanitation by building latrines in rural areas

Humanitarian: emergency relief during famine & drought, welfare of street children, feeding programmes

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:	214,876
2	Number of villages provided food support in emergencies:	63
3	Amount of food distributed in emergencies: (tons)	446
4	Number of eye camps organized:	98
5	Number of people screened for eye conditions:	40,465
6	Number of people provided eye glasses for refractive errors:	13,354
7	Number of people provided with eyedrops for various eye conditions:	29,607
8	Number of cataract blind people operated to see again:	4,931
9	Number of individuals assisted for emergency medical treatment:	77
10	Number of amputees provided with limb prosthesis:	28
11	Number of students ever supported with fees:	154
12	Number of students currently supported with fees:	9
13	Number of university students ever supported with fees:	85
14	Number of university students currently supported with fees:	3
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:	4809
22	Number of schools/institutions given books:	22
23	Number of libraries set up for schools/communities:	4
24	Number of classrooms constructed:	9
25	Number of sanitary facilities constructed:	46

26	Number of desks given to schools:	730
27	Number of solar lights given to schools:	2504
28	Number of solar lights given to institutions:	42
29	Number of trees planted:	13380
30	Number of wells dug:	363
31	Number of wells rehabilitated:	557
32	Number of dried wells re-dug:	50
33	Number of 'berkets' water storage tanks constructed:	2
34	Number of kitchen gardens supported:	329
35	Number of farmers supported	409
36	Number of large irrigation (greenhouse)/farming projects:	3
37	Number of goats distributed to poor families:	90
38	Number of official presentations made at scientific conferences:	6
39	Number of workshops, seminars & community presentations:	8
40	Number of conferences and workshops organized:	3
41	Number of clothes distributed:	1600
42	Number of schools/institutions given clothes:	10
43	Number of water filters distributed	200
44	Number of families received water purification chemical	2900
45	Number of families received water buckets for water storage	2750
46	Number of households educated on COVID-19	3000
47	Number of masks distributed	3000

EDUCATION SUPPORT



BACKGROUND

It is estimated that over 40% of the Kenyan population live below the poverty line of \$1.9 a day. Such people are unable to access education due to various challenges including inability to afford levies, geographical proximity, and lack of facilities among other challenges. These have forced children living in poverty to be locked out of education. Poverty and education are intertwined at multiple levels. Such children grow up uneducated, preventing them from becoming productive members of a very competitive society. They in turn give rise to poverty stricken off springs, which in turn are unable to access education giving rise to a viscous cycle. The situation only gets worse with the rising cost of living and increasing competition among societies. It is there imperative to break this cycle, and the most sustainable intervention is that of promoting access to education to curb poverty.

CONSTRUCTION OF CLASSROOM IN CHAKAMA SECONDARY SCHOOL

Chakama secondary school is located in Chakama, a remote location within Kenya's Kilifi County. The community is a very needy one, living under very harsh conditions, and lacking essential needs including food, healthcare, water, electricity, and education. Chakama secondary school is the only secondary school serving the 38 villages of Chakama and hosting up to only 200 pupils. This therefore means that the majority of secondary school pupils are left out and forced to either travel far for secondary education or drop out altogether.

As always, CHEPs does not turn a blind eye to the suffering of needy communities in Kenya. We aim to combat poverty among them by enhancing their literacy. To do so, we are increasing the learning capacity by constructing two additional classrooms for Chakama Secondary School. This brings the total classrooms that we have constructed in Chakama to 10. We are approaching completion and intend to also construct for the secondary school additional facilities including computer and science laboratories, a library, administration block, dining hall among other amenities.





RE-PAINTING OF CHAKAMA PRIMARY SCHOOL

Chakama primary school is the main primary school in Chakama and hosts over 500 pupils. It was constructed in the year 1959 and has since received little maintenance. Aiming to combat poverty through enhancing literacy among communities, we not only construct learning facilities but also improve existing ones through furnishing and equipping them as well as revamping them in order to provide students with conducive and pleasant environments to learn in.



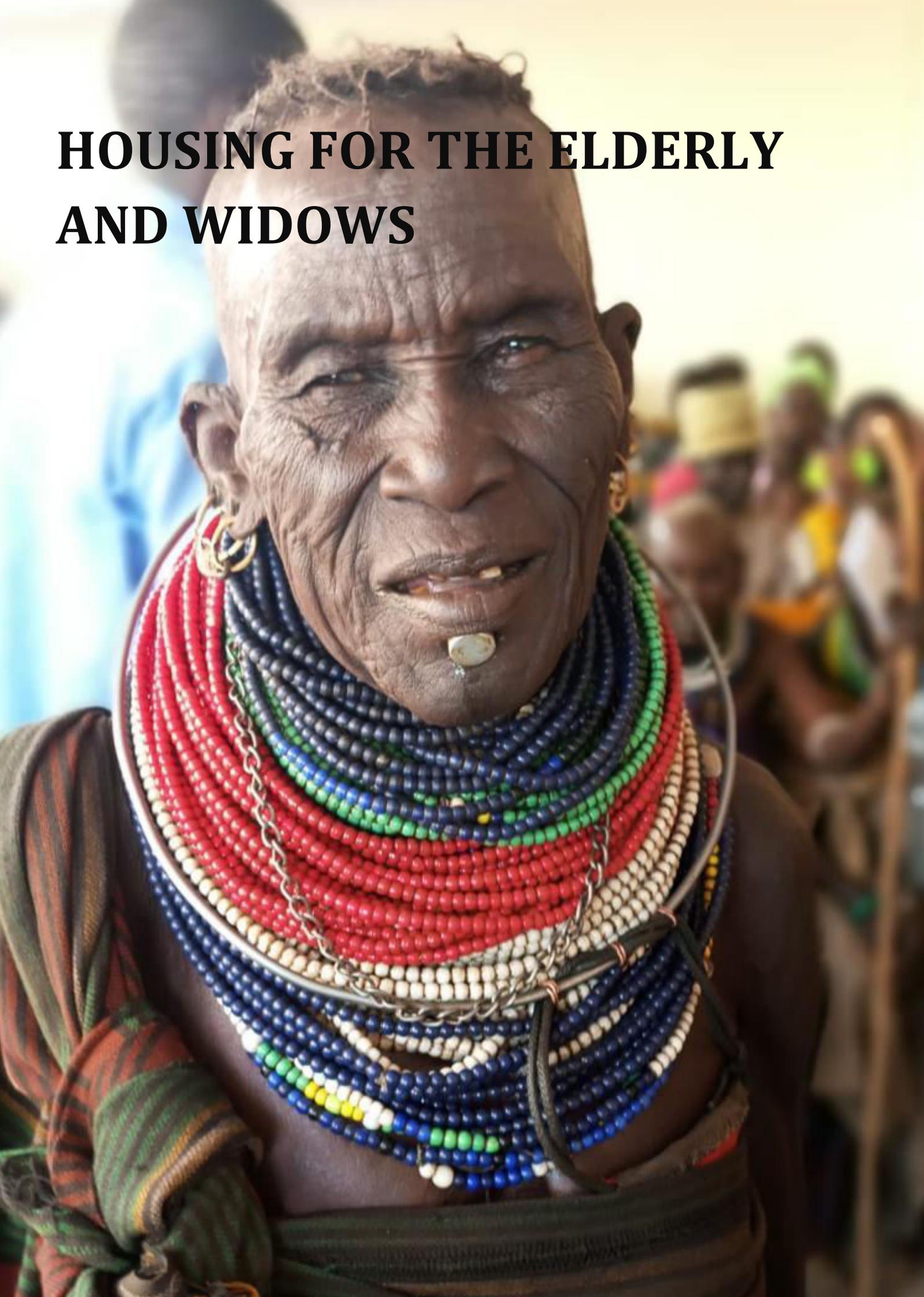
Before



After



HOUSING FOR THE ELDERLY AND WIDOWS



BACKGROUND

Shelter is one of the basic necessities for a human being. According to the United Nations:

-  100 million people worldwide are homeless
-  1.6 billion lack adequate and secure housing
-  100,000 people die every year due to lack housing
-  The housing deficit in Kenya stands at 2 million and continues to grow by 200,000 annually.

The worst affected are the elderly who are commonly neglected by their children who move to towns leaving them in the villages. Some societies including those living in Kilifi even accuse the elderly of witchcraft and isolate or even murder them.

A TYPICAL CASE SCENARIO

Nzai for example, for example is an 82 elderly widow who lives in Gaba village of Chakama location, Kilifi County.

She lived in a collapsing mud thatched hut for many years and was neglected by her two sons who are alcoholics and unemployed. She was exposed to the harsh environment for many years. Not only were the nights freezing cold, but also pitch dark having no source of light. When it rained, the roof leaked all over drenching her and her beddings. This would every so often take a toll on her health.

She also cooked within the same hut using firewood exposing herself to lung diseases from the smoke.

We built for her a one bedroom house where she can live safely and comfortably. It is well ventilated and has cemented walls and floor for easy cleaning. With solar lighting, she no longer needs to sleep in pitch darkness. She now sleeps in her new house and cooks in the mud hut.



CHEPs Programmes Manager Dr. Faraj meets Nzai



Nzai outside her mud hut



CHEPs volunteer Yusuf Mapenzi hands over to Nzai her new home



Complete with solar lighting



SAUMU AND ALI KAZUNGU

Mr and Mrs Kazungu are an elderly couple who live in Chakama, with their 6 grandchildren in extreme poverty. Over the years they took up menial jobs in peoples farms to earn a living so as to feed themselves and their grandchildren. Their two daughters left them in the village, with the responsibility of raising grandchildren as they moved to towns in search of jobs.

The wife suffered from tuberculosis a while back which was never treated, and as a result, to date ails from chest problems. She has therefore been sickly for many years, as is visibly wasted, a condition that has been aggravated by their state of poverty. Due to their old age and poor health, they are no longer able to work in people farms, and now mostly rely on handouts from neighbors who themselves live in poverty. This has therefore meant that they and their grandchildren hardly manage a meal a day, let alone other needs.

Our local volunteers paid them a visit on learning of their condition and found them in their rundown mud house hurdled to a corner, as 3 out of the 4 walls as-well-as half of the roof had collapsed. They basically live in the open with neither privacy, basic comfort, nor dignity and rely on each other's warmth to keep warm as they hurdle together during the cold night in pitch darkness. They are too weak to rebuild the house and cannot afford to hire labor as well as purchase material for the same.





Our volunteers immediately got them food and clothes on learning of their suffering...



...and used old banners to temporarily cover their home giving them some privacy and warmth

We come across many such elderly people and widows. We are preparing to construct homes for such neglected members of communities as well as integrate them back to their societies so that they can live more dignified lives.

HUMANITARIAN



STRIVING AGAINST STARVATION

This year Kenya is experiencing severe food insecurity. Having suffered from the worst locust infestation in 70 years that caused widespread destruction of farms, the fast spreading Corona virus pandemic that shut down the economy, as well as floods in many parts that caused massive destruction, communities are at risk of starvation. In order to avert potential loss of lives, during such times, CHEPs distributes emergency relief supplies to adversely affected communities. This quarter we distributed close to **100 tons** of food and other emergency supplies in some of the worst affected communities.

CHAKAMA FOOD DISTRIBUTION – APRIL 2020.

Chakama, located in remote Kilifi County, is one of such locations where communities are living in extreme poverty and at the risk of starvation. For many years the villages in Chakama have been neglected therefore having poor accessibility due to lack of basic infrastructure such as roads. Trade is therefore minimal. They are also uneducated and unemployed, having little economic activities to earn a living. They mostly rely on subsistent farming to obtain food but due to harsh environmental and climatic factors, they grow very little. Furthermore, the little they are able to grow is commonly destroyed by free moving domestic as well as wild animals, pests, drought and floods.

In April, we distributed over **30 tons** of emergency supplies to **1079** of the most vulnerable households in Chakama. This included 24kg of food to each, 2 bottles of drinking water purification chemicals, 2 bars of soap and a 20L bucket for drinking water storage. They also received seeds to grow their own food and were educated on ways to prevent the spread of COVID 19 including hand washing and social distancing.

This distribution was conducted over 2 weeks through door to door home visits and strictly adhering to safety measures to prevent COVID 19 spread including social distancing, and hygiene. The **1079 households** that benefitted came from 14 villages in Chakama location with priority given to the elderly, weak and widows. Motorcycles were used during the exercise to deliver the supplies door to door and to access the most remote and marginalized households. This was done in order to avoid crowding which would risk the spread of COVID-19 as well as to uphold the highest level of dignity for the beneficiaries.

We acknowledge Beta Charitable Trust for sponsoring this emergency distribution.



Despite difficult terrain and impassible roads, food delivery was not an option



Villagers were also educated on hand hygiene and means of preventing COVID 19 spread



We mostly used motorcycles in order to access the most marginalized households through door to door visits while maintaining hygiene and social distancing in order to avoid risking the spread of COVID-19





Public buses were also used to reach distant villages



Pickups aswell



Starving villagers living across the crocodile infested river Galana were not forgotten...but this time the water level was high and current was very strong strong hence supplies could not be manually carried across as we did last in March (image on the right)



We built a water raft to ferry the food across...



But the strong tide dragged it downstream...



We eventually managed to hire a motor boat from a village 100km away



It successfully ferried food across the river



We also managed to use a small canoe



To deliver the badly needed food to starving villages that had been cut off from supplies.



This distribution was conducted over 2weeks through door to door home visits and strictly adhering to safety measures to prevent COVID 19 spread including social distancing, and hygiene.

BUSIA EMERGENCY RELIEF – MAY 2020

Many parts of Kenya recently struggled with a major catastrophe. Heavy rains led to floods in many parts of the region, leading to the deaths of over 200 people and the displacement of hundreds of thousands from their homes. Massive losses have been recorded, with destruction of homes, farms, and even major infrastructure such as roads and bridges. Many families have been forced to settle in camps and the wilderness, with neither food, water, proper shelter, beddings nor access to medication. Busia is one of the most affected counties, with over 42,527 people displaced by the floods. Flooding in the area was caused by backflow of water from Lake Victoria water, with the region having experienced heavy rains during the month of May 2020. Villagers trekked for hours to higher grounds seeking refuge in schools and places of worship. As always, CHEPs does not turn a blind eye. In may this year, **we distributed to 400 families living in some of the worst affected areas over 1.5 tons of food, bars of hand washing soap, and over 2000 COVID-19 prevention face masks.**



Homes and place of worship flooded forcing villagers to flee to safer grounds



Villagers camping at schools and mosques after being displaced



RAMADHAN FOOD RELIEF – MAY 2020

As has been the trend for over 9 years, CHEP distributes relief food to destitute Muslim families during the holy month of Ramadhan. During this year's Ramadhan, we distributed over 65 tones of food to over 1250 families (summing up to over **10200 beneficiaries**). Each of the families received 50kg of food, water purification chemicals, 5 hand washing bars of soap and brand new 20L buckets for purifying and storing drinking water, 2kgs of maize seeds.

The food was directed to destitute Muslims living in remote villages in Kenya's Kilifi and Tana River counties. With the ongoing covid-19 pandemic, we had to adjust our mode of distribution. We made home visits in order to avoid crowding of people. Pickups were used to ferry food closer to villages and motorcycles used to distribute it to homes. This enabled us to penetrate very remote homes to ensure that the neediest and most marginalized received the aid. This also aided the team to cross roads that had become impassible due to the ongoing rains. Although it was a very slow method of distribution compared to our usual method of mass distribution, it was however the safest considering the current global pandemic.

We acknowledge WF-AID for sponsoring our Ramadhan food distribution.





EID FOOD PACK DISTRIBUTION

To mark the end of the Muslim holy month of Ramadhan, CHEPs in partnership with Masjid Quba in Chakama, Kilifi County, distributed 2000 freshly cooked food packs to the needy community of Chakama villages. These were freshly cooked, packaged and delivered to the doorstep of families that have for long suffered food insecurity. This not only provided a meal to the community but helped to spread joy and happiness during the globally celebrated festival. Families received freshly cooked mutton rice, soft drinks, fruits, and sweets. All measures were taken to ensure safe distribution by maintaining social distancing and hygiene so as to curb the spread of the on-going pandemic; COVID-19.



Freshly cooked meals packed ready to be delivered to Muslims on Eid day



Deliveries were done using motor cycles to access remote villages

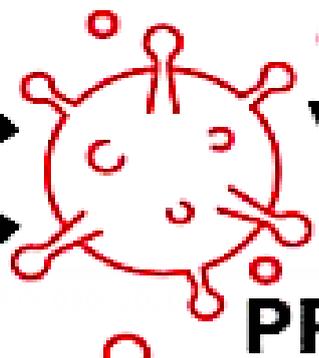


The hot meals were delivered to the beneficiaries at their homes



The joy and energy was overwhelming



C  **VID-19**
PREVENTION PROGRAMME

CHEPs COVID-19 PREVENTION PROGRAMME

The world is currently facing a major pandemic. COVID-19 a disease caused by a novel strain of Corona virus is fast spreading, and wreaking havoc worldwide. More than 12.5 million cases had been recorded by the time of writing this report, and an excess of 561,000 deaths documented. In Kenya, numbers of infections had exceeded 10,000 and mortalities close to 200. The greatest concern with the ongoing pandemic is the uncontrollable mass outbreaks that have led to mass mortalities as witnessed in a number of countries. Health systems have been stretched beyond limits in developed countries that have the best health care, and economies brought to their knees not sparing economic giants.

Kenya is struggling to limit the spread of the diseases as the numbers continue to rise exponentially. The economy has suffered greatly as businesses have shut down and as mass layoffs are experienced across the country. The worst affected victims are marginalized rural communities who even before COVID-19 were threatened by starvation after their farms were destroyed by locusts and floods. Kenya this year experienced the worst locust invasion in 70 years, as millions of desert locust swarms swept across the country destroying hundreds of thousands of hectares of farm land. A second wave is currently ongoing, even larger than the first. Kenya also experienced floods this year that led to close to 200 mortalities, displacement of thousands of families, and further destruction of farmland other than infrastructure.

As government apparatus struggle to contain the spread of COVID-19, marginalized communities are finding themselves neglected. Not only are they at risk of starvation from the above reasons as well as restricted access to supplies due to travel restrictions. They are also the most vulnerable to the disease. With more urgent needs among such communities including food, little importance is given to COVID-19 prevention strategies such as the use of face masks and hand washing among such communities.

Communities, in the areas that we operate, live under very harsh conditions, and lacks access to essential needs including clean water, food, healthcare, electricity, sanitation and accessibility. They are living in extreme poverty and at the risk of starvation. Disease outbreaks such as COVID-19 could lead to devastating consequences and must be prevented at all costs.



A elderly villager in Chakama, Kilifi County, sitting outside her home, living in extreme poverty

CHEPs has been supporting marginalized communities in Kenya with essential needs, having distributed more than **67 tons of** emergency food supplies to the communities this quarter, as described above. We have also been promoting COVID-19 prevention strategies including community education, distribution of face masks as well as promoting hand washing by mass distribution of soap and setting up hand washing points. These activities have been conducted through home visits and strictly adhering to safety measures to prevent COVID 19 spread including social distancing, and hygiene.

FACE MASKS PRODUCTION AND DISTRIBUTION

COVID-19 may be transmitted by infected persons even in the absence of symptoms of disease. While social distancing and good hand hygiene are important methods to prevent virus transmission, guidelines recommend that healthy individuals should wear masks in public to limit its spread. Studies suggest that if people wear a mask in public, then COVID-19 transmission could be halted. Governments including that of Kenya have therefore set directives making it mandatory for masks to be worn in public. Such directives have however not been adhered to by most rural inhabitants who not only cannot afford the masks but also have other more pressing priorities including lack of food and drinking water. Such communities are therefore at risk of rapid spread of the disease and subsequently devastating morbidity and mortality.

This quarter, CHEPs distributed over 5000 reusable face masks to vulnerable villagers in rural Kenya. Of the total distributed, over 2500 were produced by a production unit that we set up in Mudoma village, of Busia County, located 500km from Nairobi. The unit comprises of a sewing machine, operated by a tailor and her assistant. This served as a pilot program and we are in the process of expanding the unit with more machines and personnel. We are also setting up a second unit in Kilifi county and aim to produce 30,000 masks in 3 months. This project will feature greatly on our next quarterly report.

We acknowledge Bilal Muslim Mission of Kenya for donating over 2000 masks to CHEPs, greatly boosting our distribution capacity.



Face masks production in Busia



Masks distribution



The public was also trained on correct usage of face masks

HAND WASHING CAMPAIGN

One of the most effective, yet simple ways of preventing the spread of COVID-19 is hand washing. This is not only effective against COVID-19, but also other diseases including diarrhea, cholera, and typhoid. It is however reported that over 3 billion people around the world do not have access to handwashing facilities. This has over the years promoted the spread of diarrhea and other hygiene related diseases, and now allowing the rapid spread of a ravaging global pandemic.

CHEPs has over the years promoted hand washing and hygiene practices through construction of hand washing facilities, distribution of hand washing soap and public education.

This quarter we set up 10 hand washing stations, distributed over 5,000 bars of soap, and ran public education campaigns to educate rural villagers of Chakama, on effective hand washing. The hand washing stations were strategically positioned at busy locations of villages of Chakama, Kilifi County.



Door to door home visits were conducted to educate Villagers were also educated on hand hygiene and means of preventing COVID 19 spread

Zuia uenezaji wa virusi vya Corona

Osha mikono mara kwa mara kutumia sabuni na maji au kieuzi
Gesa mikono mara kwa mara kwa kuhumira maji na sabuni

Zuia mdomo kwa kutumia tishu wakati unapokohoa au kuchemua
Zuia mlomo kwa kuhumira tishu wakati unahokolola

Tupa mbali tishu ulizotumia (kisha osha mikono yako)
Ntaha nkure tishu urizohumira halafu gesa mikono

Endapo hutakua na tishu, zuia uchemuzi au kukohoa kwa kutumia mkono wa shati yako
Endaho kundakala na tishu zuia uchemuzi au kukolola kwa kuhumira mikono na shati yako

Ishara na dalili

Homa
Homa

Kukohoa
Kukolola

Shida ya kupumua
Shida ya kupumua

Maumivu mwilini Maumivu mwirini Kuumwa na kichwa Kuumwa na kinwa

Jiepushe kushika macho, pua na mdomo kwa mikono ambayo haijaoshwa
Noziepushe kubwira mikono, pua na mlomo kwa mikono ambayo hanzageswai

Unapohisi dalili za homa ya Corona, kaa nyumbani bila kusafiri ama kukaribiana na watu wengine.
Kwa maelezo zaidi wasiliana na wizara ya afya kwa kupiga 719 ama bonyeza *719#

www.chepskenya.org

Thousands of posters like this have been distributed for community education on COVID-19 prevention





We acknowledge Bilal Muslim Mission of Kenya for donating the 10 hand washing tanks to CHEPs. These were a major boost to our sanitation program.

CONTACT INFORMATION

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