



CENTRES for HEALTH & EDUCATION PROGRAMMES

CHEPs UPDATE

April - June 2017

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



3 Eye Camp, 137 cataract surgeries

Education

student sponsorship, student mentorship centre, library set up, desk, chair, solar lights & books distribution



26 wells dug this quarter

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



64.19 tonnes relief food distributed

Humanitarian

emergency relief during famine & drought



2000 trees planted

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

SUMMARY OF THIS QUARTER'S ACTIVITIES BY CHEPS:

Health Projects

Medical treatments: A 14 year old blind orphan girl from Garissa taken to Nairobi for specialized treatment.

CHEPs Eye Camps

Eye Camps #56: 359 needy patients screened and treated for various eye conditions in Garissa.

Eye Camp #57: 121 needy cataract blind patients operated to restore their vision in Wajir.

Eye Camp #58: 460 needy patients screened and treated for various eye conditions while 16 cataract blind patients operated to restore their vision in Isiolo.

Education Projects

Education sponsorship

12 students currently sponsored, 6 at tertiary level, 4 at Secondary school and 2 disabled children at Special Schools.

Environment Projects

Tree planting

2000 lime trees were planted in Kilifi County this quarter in a unique concept that aims to sustain the environment as well as economically empower communities.

Development Projects

Wells digging & rehabilitation

26 wells dug to combat water scarcity bringing the total number of CHEPs wells to 323 dug and 537 rehabilitated.

Sanitation facility

The construction of a second modern sanitary facility ongoing at Chakama primary school to serve over 500 students who used to relieve themselves out in the open.

Borehole drilling

A borehole is drilled for Chakama secondary school to solve the water shortage in the school.

Humanitarian

Drought & Famine relief

54.8 tonnes of food & 20,000 litres of water distributed to drought affected areas this quarter.

Ramadhan Food distribution

9.39 tonnes of food distributed to needy communities during the Muslim holy month of Ramadhan.

Health

Medical treatments

Nateha Shurie is a 14 year old blind, needy, orphan, girl who lives in Garissa. She began having difficulty in seeing at a younger age, but due to financial constraints her family was unable to seek medical attention. She subsequently lost both her parents making the situation worse. She eventually dropped out of school at primary school year 4 due to her poor vision, which continued to steadily deteriorate.

CHEPs learnt about her in May 2017, and immediately took her to Nairobi for specialized treatment. She was diagnosed by specialists at Lions Eye Hospital to be suffering a condition known as keratoconus which causes progressive damage to her corneas (front part of her eyes). She is currently undergoing treatment in preparation to undergo cornea transplant surgery.



Naseha unable to count fingers afew centimetres away.

MEDICAL TREATMENT SUPPORT

We come across very many deserving cases of children 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 children to access health care.

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 58 free eye camps across the country during which:

- 14,116 people have been screened for eye conditions
- 4,760 pairs of spectacles were given out to correct visual impairment.
- 7,713 eye drops of different types were dispensed to treat eye diseases.
- 1,094 blind people have been operated for cataract to restore their vision.

Eye Camp #56

Our 56th 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. Patients came from very distant villages, many appearing weak and malnourished from the on-going drought.

Below is a summary of the services that were offered by the team free of charge:

- Total number of patient served: **359**
- Spectacles given out to improve vision: **58**
- Eye drops dispensed to treat various eye diseases: **224**
- Cataract blindness diagnosed and booked for surgery: **65**

We are grateful to Beta Charitable Trust for sponsoring this camp. Through the support, we were able to provide much needed ophthalmic services to the needy community of Garissa.



Eye Camp #57

Our 57th eye camp was held in Wajir County, it is one of the largest counties in the country and is located in the North Eastern region of Kenya. It has a population of 661,941 people predominantly ethnic Somali. It is an arid area with acute shortage of water and perennial droughts. Other key issues facing the county include, high levels of poverty, insecurity, poor infrastructure and food shortages. The poverty (84% according to the Kenya Integrated Household Baseline Survey) and illiteracy levels are considerably high.

Below is a summary of the services that were offered by the team free of charge:

- Cataract surgeries to restore vision: **121**

We wish to express our heartfelt gratitude to Beta Charitable Trust for sponsoring the camps.



Eye Camp #58

Our 58th eye camp was held in Isiolo, one of the 47 counties in Kenya, located 285km from Nairobi. It has a population estimated at 80,000 people most of whom are needy.

Below is a summary of the services that were offered by the team free of charge:

- Total number of patient served: **460**
- Spectacles given out to improve vision: **137**
- Eye drops dispensed to treat various eye diseases: **371**
- Cataract blindness diagnosed for surgery later: **35**
- Cataract surgeries to restore vision: **16**

We are grateful to Beta Charitable Trust for partly sponsoring this camp.



Non-surgical camp



Surgical camp



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

Education

Student Sponsorship Programme

CHEPs continues to support smart needy students across the country by sponsoring their secondary and tertiary education. The programme currently supports a total of **12** students, of which 6 are at College & University Level, 4 are at secondary school level & 2 are disabled children as special schools, coming from diverse backgrounds and races. This aims at combating poverty by provision of education.

Our latest addition is a student pursuing Bachelor of Clinical Medicine in Comprehensive Ophthalmology and Cataract surgery. This student is not only expected to uplift his status and that of his family, but also contribute to improving ophthalmic services in the country. He will also improve the capacity of CHEPs in providing eye care to needy communities in Kenya.

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 30 students on board. Join us in this endeavour, one bright student at a time.

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Environment

Tree Planting

The global rate of deforestation is alarmingly high. It is estimated that the world uses 25% more forest resource than can be sustained every year. Forests are quickly being cleared by human activities including settlement, timber harvest, and energy production, and being replaced by desert.

This is leading to severe climate changes that are resulting in harsh conditions such as the drought experienced in Kenya this year. The Sustainable Development Goal 15 (SDG15) aims to ensure environmental sustainability by reversing the loss of environmental resources.

In keeping with this global goal, CHEPs strives to preserve the environment by planting trees. We have so far planted over 13,300 trees in rural parts of Kenya, with emphasis in arid and semi-arid areas.

This quarter CHEPs planted 2000 lime fruit trees in Chakama, Kilifi County. These trees are expected to not only sustain the environment, but also empower the community economically through the sale of lime fruits, a unique approach! Furthermore, because the community's major source of income is charcoal burning, an economically viable tree is less likely to be cut down, hence ensuring sustainability.



ENVIRONMENTAL SUSTAINABILITY

The future generation needs us to preserve the environment for their survival! Let's reverse the environmental damage we have done.

info@chepskenya.org

Development

Wells digging & rehabilitation

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 328 and rehabilitated and capped 537 wells. This year alone, CHEPs has dug 60 wells and rehabilitated 20 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 not fall in, ensuring safety and hygiene.

WELLS DUG THIS QUARTER

Well D297 dug for Buloma village, Western Kenya



Well D298 dug for Eshiakhula village, Western Kenya



Well D299 dug for Emanani village, Western Kenya



Well D300 dug for Halima Dahiye of Bulla Isiolo village, Wajir



Well D301 dug for Buseshe village, Western Kenya



Well D302 dug for Mumias Mjini village, Western Kenya



Well D303 dug for Chivanga B village, Western Kenya



Well D307 dug for Sadia Yakub of Bangal village, Wajir.



Well D304 dug for Makunda B village, Western Kenya



Well D308 dug for Fatuma Dubow of Bangal village, Wajir.



Well D305 dug for Mundere village, Western Kenya



Well D309 dug for Hussein Maalim of Mau Mau village, Wajir



Well D306 dug for Rukia Mohamed of Bulla Makoror village, Wajir.



Well D310 dug for Jimale Mohamed of Mau Mau village, Wajir .



Well D311 dug for Hasna Abbas of Sunrise village, Wajir



Well D315 dug for Kheira Ali of Bulla Isiolo, Wajir



Well D312 dug for Bishar Hassan of Bangal village, Wajir.



D316 dug for Osman Abdi of Bulla Makaror village, Wajir



Well D313 dug for Halima Abdirashid of Bahati village, Wajir.



D317 dug for Farhiya Salah of Hudhile Village, Wajir



Well D314 dug for Saadia Garaw of Bulla Isiolo village, Wajir



D318 dug for Adan Issack of Makaror village, Wajir



D319 dug for Nugloy Abdille of Bahati village



D323 dug for Haret Maalim of Bangal Village



D320 dug for Jimale Keyley of Mauma village



D321 dug for Idhoy Muhammad of Hudhile Village



D322 dug for Ali salat of Hudhile village, Wajir



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!!!

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Borehole Digging

Last quarter, CHEPs drilled a borehole for Chakama primary school. Another borehole was drilled for Chakama Secondary school, this quarter, in order to solve the water shortage in the school.



Completed borehole at Chakama Primary School



Completed borehole at Chakama Secondary School

Sanitation

It is reported It is reported that:

- 2.5 billion people (37% of global population) to date lack access to adequate sanitation
- Every 20 Seconds, a child dies due to poor sanitation
- 80% of diseases in developing countries are caused by unsafe water and poor sanitation
- Access to good sanitation and safe water could save 1.5 million children per year

Proper human waste disposal systems are unheard of in many remote parts of Kenya. Many people are forced to walk long distances to access latrines, practice open defecation, or even use 'flying toilets'. This poses great danger to the communities due to the high likelihood of water and food contamination, leading to outbreaks of diarrhoea diseases that often lead to mass mortality.

Chakama Primary School sanitary facility

Chakama Primary school, is located in remote Kilifi, and hosts over 500 pupils in an environment that lacks a proper sanitary facility. Students are forced to urinate and defecate in the open, exposing themselves to water and food contaminations, which can lead to severe disease.

In January 2017, CHEPs constructed a modern sanitary facility bearing 6 cubicles for the students. This provided

the students with a facility to dispose their waste safely and protect them from diarrheal diseases.

Sanitary facility constructed by CHEPs in Jan 2017:



New facility under construction

In order to meet the great demand, to ensure privacy, and also provide a separate facility for the male and female students, we decided to construct a second facility for them. The new which consists of 6 cubicles is specially designed for safe human waste disposal. It will also be well ventilated, and easy to clean in order to maintain optimal hygiene.





Hand washing facility

This quarter we also constructed a hand washing facility for the primary school students to encourage hand-washing practice among them, in order to further mitigate diarrheal diseases.



SANITATION

Open defecation poses great danger to the communities due to the high likelihood of water and food contamination, leading to outbreaks of diarrhoea diseases that often lead to mass mortality. You too can be a part of this hygiene drive!!!

info@chepskenya.org

Humanitarian

Ramadhan Food distribution

For over 6 years now, CHEPs distributes relief food to needy Muslims during the holy month of Ramadhan. This year we targeted communities living in Kwale and Kilifi counties of Kenya.

| County | Quantity (tonne) | Village | Households |
|--------------|-------------------|-------------------|------------|
| Kilifi | 7.2 | Mkondoni | 27 |
| | | Muyeye | 44 |
| | | Karacha | 88 |
| Kwale | 2.19 | Gaba | 45 |
| | | Bandora | 85 |
| | | Mlunguni | 108 |
| TOTAL | 9.39 tonne | 6 Villages | 397 |





We acknowledge Beta Charitable Trust of UK and Imam Hasan Centre of Sydney, Australia for supporting the program this year.

Drought & Famine Relief

This year over 2.6 million Kenyans suffered from extreme thirst and hunger due to severe drought. Scattered animal carcasses and malnourished people were a common scene. Having lost their source of food and water with the drying of their crops, and water sources, masses of people risked losing their lives if no intervention was put in place.

CHEPs responded through distribution of emergency relief food and drinking water. **While we managed to distribute 48 tonnes of food to over 2800 households and over 300,000 L of water to more than 5500 households last quarter, this quarter we distributed 55 tonnes of food to 1603 households and 18,000 L of water to 193 households.**

Food distribution this quarter

| County | Quantity (tonne) | Village | Households |
|----------------------------------|-------------------|-------------------|-------------|
| Kwale, 12 th Apr | 5.1 | Chengoni | 420 |
| | | Mwaruesa | 89 |
| | | Mlunguni | 91 |
| Kilifi, 1 st May | 5 | Bofu | 235 |
| | | Bakaye | 168 |
| | | Raukani | 71 |
| | | Katama | 116 |
| Wajir, 28th May | 3.5 | Bulla Jogoo | 220 |
| Garissa, 15 th Jun | 3.4 | Diid | 193 |
| TOTAL | 54.8 tonne | 9 Villages | 1603 |



Water trucking this quarter

| Beneficiary village | Qty (Litres) | No. of Households |
|--------------------------------------|--------------|-------------------|
| Garissa County, 15 th Jun | 18,000 | Diid Village- 193 |



We acknowledge World Federation of KSIMC and Help Aid Africa for sponsoring this quarter's food and water distributions. This went a long way in providing relief to starving needy families.

Our impact to date

| Sr.No | Indicators of activity progress | Units |
|-------|---|---------------|
| 1 | Number of people provided with relief food: | 152,775 |
| 2 | Number of villages provided relief food: | 72 |
| 3 | Amount of relief food distributed: | Over 252 tons |
| 4 | Number of eye camps organised: | 58 |
| 5 | Number of people screened for eye conditions: | 14,116 |
| 6 | Number of people provided eye glasses for refractive errors: | 4,760 |
| 7 | Number of people provided with eyedrops for various eye conditions: | 7,713 |
| 8 | Number of cataract blind people operated to see again: | 1,094 |
| 9 | Number of individuals assisted for emergency medical treatment: | 32 |
| 10 | Number of amputees provided with limb prosthesis: | 28 |
| 11 | Number of students ever supported with fees: | 137 |
| 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: | 2,809 |
| 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: | 20 |
| 26 | Number of desks given to schools: | 429 |
| 27 | Number of solar lights given to schools: | 2,504 |

| | | |
|----|--|--------|
| 28 | Number of solar lights given to institutions: | 41 |
| 29 | Number of trees planted: | 13,380 |
| 30 | Number of wells dug: | 323 |
| 31 | Number of wells rehabilitated: | 537 |
| 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: | 329 |
| 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: | 3 |
| 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 to partner with us in making a difference.

Visit our website www.chepskenya.org or follow us on facebook.com/chepskenya.org to get regular updates.