



CENTRES for
HEALTH &
EDUCATION
PROGRAMMES

Empowering | Promoting Health, Education and Development | Improving lifestyles

CHEPs 33 Update

March 2021



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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.

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:	104
5	Number of people screened for eye conditions:	44,498
6	Number of people provided eye glasses for refractive errors:	13,726
7	Number of people provided with eyedrops for various eye conditions:	32,086
8	Number of cataract blind people operated to see again:	5,339
9	Number of individuals assisted for emergency medical treatment:	78
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:	6
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:	7809
22	Number of schools/institutions given books:	40
23	Number of libraries set up for schools/communities:	4
24	Number of classrooms constructed:	15
25	Number of sanitary facilities constructed:	67

26	Number of desks given to schools:	830
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:	399
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	6000
47	Number of masks produced	Over 42,000
48	Number of masks distributed	Over 32,000
49	Number of thermo gun given to schools	6
50	Number of sanitary pad kits produced	Over 2000
51	Number of sanitary pad kits distributed to school going girls	Over 2000
52	Number of houses constructed for seniors	22

HEALTH

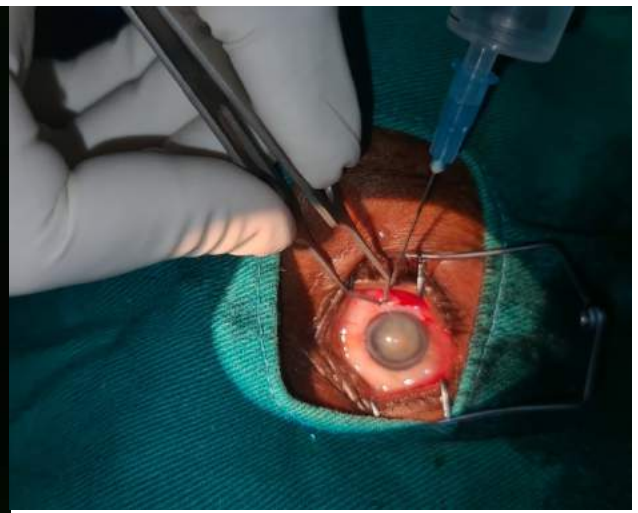


FREE EYE CAMPS

CHEPs 101ST EYE CAMP- February 2021

Held in Garissa which is located 370km from Nairobi and 200 km from Kenya's border with Somalia. Garissa has a total population of over 1,020,000 people, most of whom live nomadic lives. Patients came from very distant villages, many appearing weak and malnourished. The team held the surgical camp at the Garissa County Referral Hospital to provide the much-needed ophthalmic surgical services. The team conducted **124 surgeries** to correct and restore vision totally free of charge and also complying to COVID19 prevention regulations.





CHEPs 102ND EYE CAMP-February 2021

Held in Elgeyo-Marakwet at Flourspar village, one of the 47 counties in Kenya, located 393km North west of Nairobi. It has a population estimated at 369,998 people with over 55.5% poverty rate.

ACTIVITY	NUMBER OF PEOPLE SERVED
Total number served	341
Reading glasses dispensed	172
Eye drops dispensed	329
Cataracts operated	35





Local anaesthesia administration prior to undergoing the surgery





CHEPs 103RD EYE CAMP- March 2021

held in Meru County at two villages: Nkubu and Laare, one of the 47 counties in Kenya, located 225km North east of Nairobi. It has a population estimated at 240,900 people.

Activity	Number Of People Served
Total number served	1392
Reading glasses dispensed	200
Eye drops dispensed	650
Cataracts operated	94



Laare market(adjacent to a hill) near the Health centre where the camp was held



View of lower peak of Mount Kenya visible from Nkubu Dispensary



The team went though hills and valleys to deliver the services to those in need

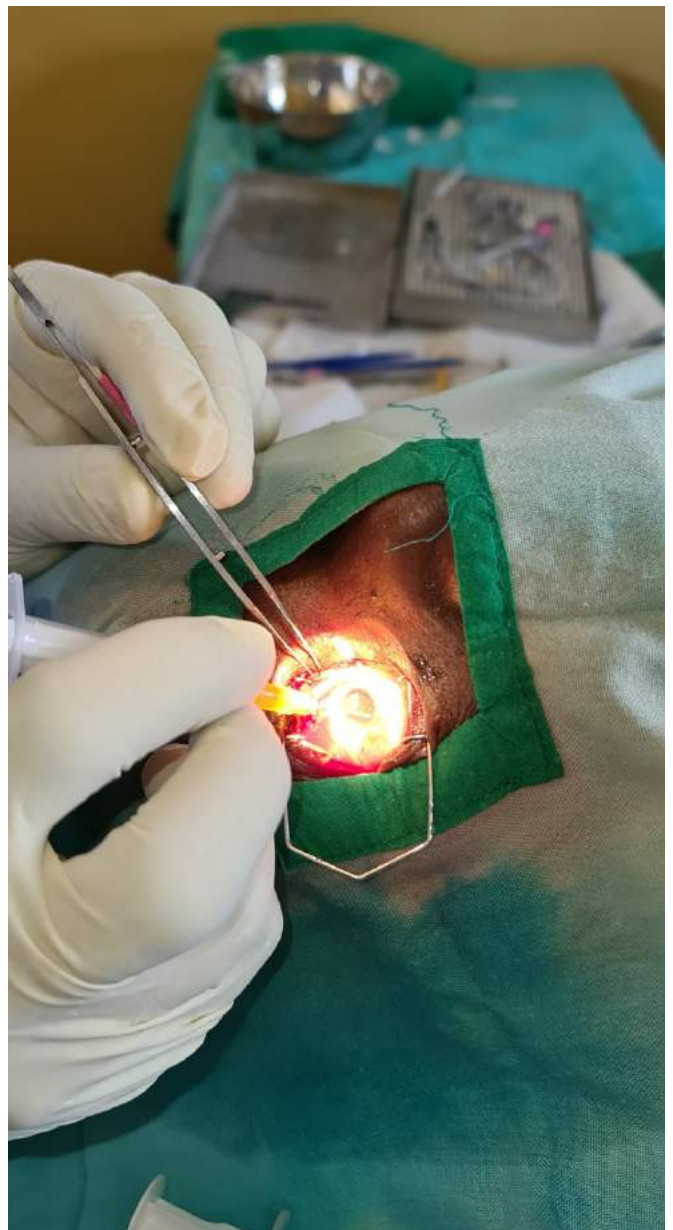


The team delivered the services to the most remote neglected and marginalised villages not supported by others





Local anaesthesia administration prior to undergoing the surgery





CHEPs 104TH EYE CAMP- March 2021

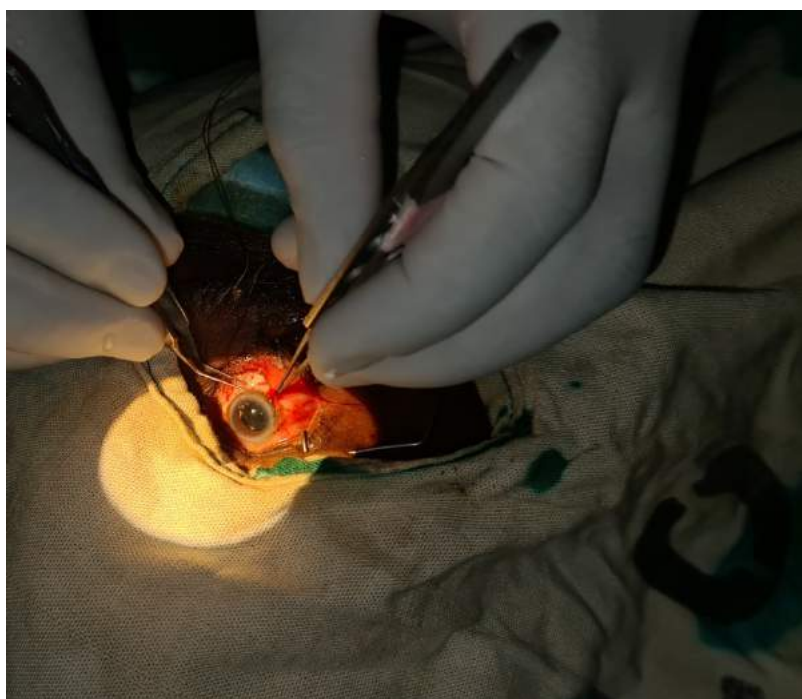
Held in Garissa which is located 370km from Nairobi and 200 km from Kenya's border with Somalia. Garissa has a total population of over 1,020,000 people, most of whom live nomadic lives. Patients came from very distant villages, many appearing weak and malnourished. The team held the surgical camp at the Garissa County Referral Hospital to provide the much-needed ophthalmic surgical services. The team conducted 87 surgeries to correct and restore vision



Local anesthesia administration prior to undergoing the surgery







COVID-19 PREVENTION

The world is currently facing a major pandemic. COVID-19, caused by a novel strain of Corona virus is spreading fast and wreaking havoc worldwide. Over 167 million cases and 3.5 million deaths have been recorded so far. In Kenya, more than 168,000 cases and over 3000 deaths have occurred. Health systems have been stretched beyond limits in developed countries that have advanced health services. Socio-economic conditions have taken devastating downturn, not sparing the economic giants. The health services and socio-economic situation in developing countries is much worse especially affecting the poor and vulnerable in the population.

Production and Distribution of Masks in Kilifi County

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. 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.

Communities, in the areas that we operate, live under very harsh conditions, and lack 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 lead to worsening of their situation and hence prevention is even more important.

Last year, CHEPs set up a face mask production unit in Chakama through support from Beta Charitable Trust - UK. Chakama is a remote area located within Kenya's Kilifi County, one of the poorest of the 47 counties in Kenya. Kilifi is also one of the counties in Kenya suffering significantly due to high number of COVID-19 cases. CHEPs has, so far, produced over 40,000 reusable masks. These are being distributed to rural schools. This is in recognition of the fact that schools provide a fertile environment for the spread of COVID-19 since they draw children from different villages to a common area with difficulty in maintaining social distance among them. Since most children remain asymptomatic despite being infected, they serve as effective carriers to spread the virus to their elderly parents when they return home in the evening. Schools have also been provided with temperature monitors and hand sanitizers by CHEPs.



EDUCATION



BACKGROUND

It is estimated that over 46% of the Kenyan population live below the poverty line. 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 extreme 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.

SCHOOLS INFRASTRUCTURE SUPPORT

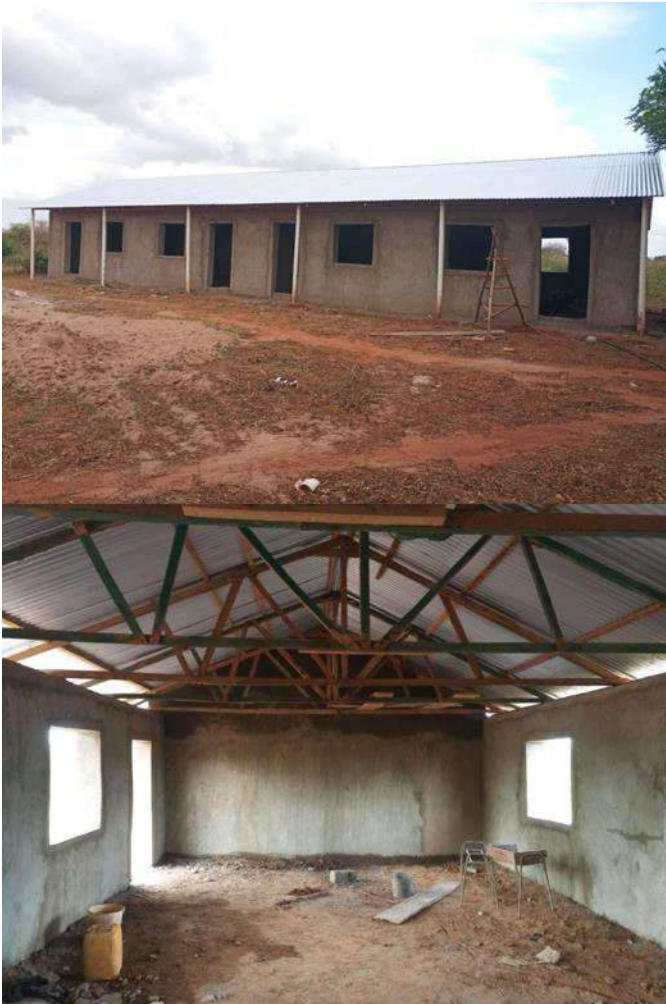
CONSTRUCTION OF CLASSROOMS IN CHAKAMA SECONDARY SCHOOL

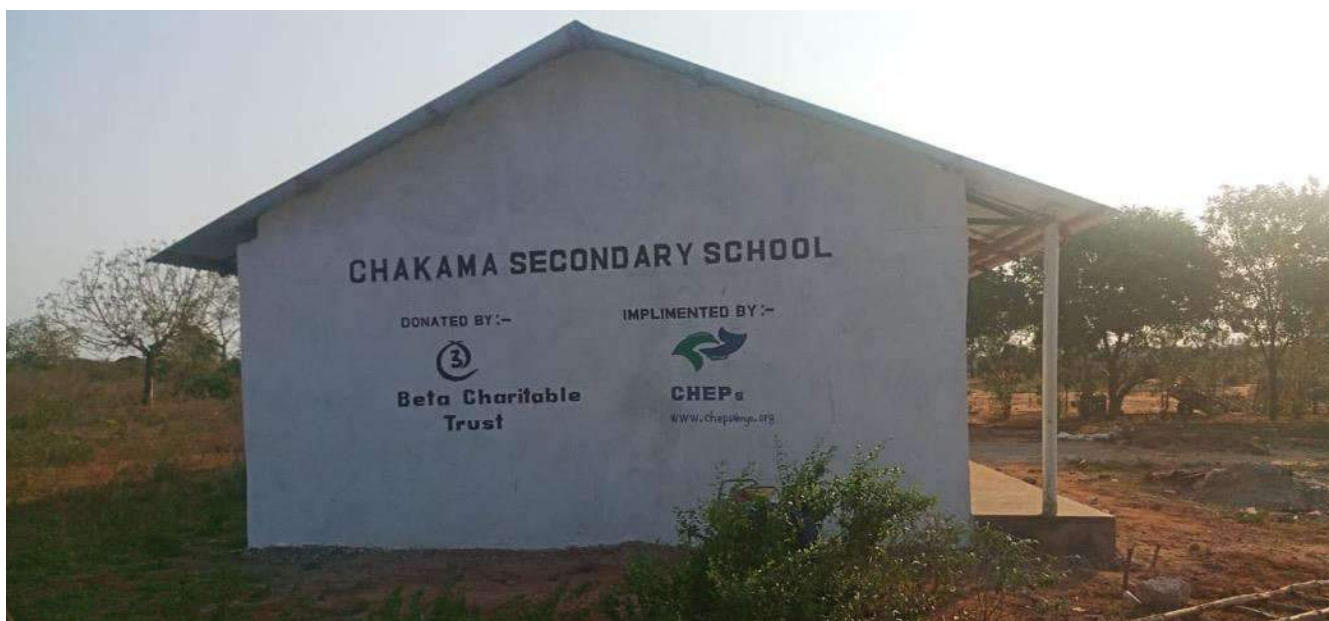
Chakama secondary school is located in Chakama, a remote location within Kenya's Kilifi County. The community is a very needy one, living under very harsh conditions, and lacking essential needs including food, healthcare, water, electricity, and education. Chakama secondary school is the only secondary school serving the 38 villages of Chakama and currently hosting just over 200 pupils. This means that the majority of students who complete primary school are left out and forced to either travel far for secondary education or drop out altogether if they are unable to meet the costs and challenges of commuting to distant secondary schools. The latter is the usual case.

CHEPs aims to combat poverty in Chakama through enhancing literacy. We are currently increasing the capacity of the school by constructing additional facilities. This year we constructed a block of two classrooms. An additional block of 3 classrooms is currently under construction. We also plan to construct other facilities which are currently non-existent in the school including computer and science laboratories, a library, administration block, a kitchen and dining hall.

The first 2 classrooms







Classrooms constructed January-March 2021







KEEPING THE GIRLS IN SCHOOL CAMPAIGN

Many girls who grow up in poverty often cannot afford menstruation protection, which means that they don't fully participate in school, sports or social life when they have their periods. This commonly leads to increased school absenteeism, and for some girls even dropping out altogether. The United Nations estimated that 1 in 10 girls in Africa miss school because of their periods. The UN Sustainable Development Goals (SDGs) number 4 states that all boys and girls should be able to have a quality education. However, studies have shown that girls from poor families in Kenya miss 20% of school days in a year due to lack of sanitary towels.

Surveys by our team have revealed that the girls not only miss out in school but use unhygienic means to protect themselves during their menstrual periods including dirty rags and leaves. This exposes them to a wide range of reproductive health diseases which could lead to complications as well as mortality in the long run.

In order to address this grave matter which has for long been ignored, CHEPs this year, through support from Beta Charitable Trust, set up a reusable sanitary towels production unit in Chakama, a remote and needy location in Kenya's Kilifi County. The unit has so far produced over 2000 kits and distributed them free of charge to school going girls, with each kit contains a carrying bag, 7 absorbent liners, 2 water proof shields, a towel, soap, 2 underwear, and a menses calendar. These were distributed together with interactive and practical workshops organized at the beneficiary schools. General and menstrual hygiene as well as importance of education, women's rights, general violence and protection etc. were discussed.

We opted for reusable towels as a sustainable solution since each kit is expected to last a girl for 3 years. Furthermore, remote areas have no proper waste disposal systems and disposable towels are an environmental hazard.

We believe that keeping girls in school is not only important for their own health and well-being, but for the success of the entire community. Beneficiaries are also trained on their usage and educated on reproductive health and sexuality with the aim of combatting teenage pregnancies which are rampant in the area. This project is also providing economic empowerment to the local community as 10 destitute women were rescued from desperation and now have not only employment but also tailoring skills!





Sample kit (Left) containing 7 liners (white and baby pink) 2 shields (maroon), 2 underwears, a towel, soap, menstrual calendar and a branded carrying bag



CHEPs sponsored university students Zainab and Rael, facilitating workshop for Chakama Secondary School students



BUILDING BRIGHTER FUTURES-BOOKS DISTRIBUTION

It is estimated that over 46% 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. One such rural area is Chakama, an extremely remote location located in Kenya's Kilifi County, comprising of 32 villages. The communities there are very needy, living under very harsh conditions, and lacking essential needs including food, healthcare, water, electricity, and sanitation. CHEPs endeavors to support communities living in Chakama to break off the poverty cycle by enhancing education in the location. Other than poor infrastructure, majority of students learning in schools within the villages lack basic books and stationery. In collaboration with WF-AID, CHEPs distributed over 2000 exercise books and school bags to needy students in Chakama. These books together with the school bags went a long way in ensuring the students easily go through their education journey.







DEVELOPMENT



WATER SUPPLY

Construction of shallow wells in Mnazini, Tana River County

Mnazini and Kitere villages in Garsen, Tana River County is located 582Km from Nairobi. With more than 5000 people living there, they all depended on only 6 shallow wells for water. Young children were seen carrying jerrycans every day in search of water.

CHEPs therefore constructed additional 10 shallow wells this quarter, complete with hand-pumps for the villagers. They are expected to help reduce the spread of water-borne and water-related diseases through providing access to clean and safe water and good sanitation practices aimed at improving the livelihood of beneficiaries.

The villagers are now relieved of the long distances they used to trek searching for water.



Member of CHEPs crossing the crocodile infested River Tana on the way to Mnazini village



Homesteads in Mnazini





Cutting and fitting of casing pipes



WELL D390



WELL D391



WELL D392



WELL D393



WELL D394



WELL D395



WELL D396



WELL D397



WELL D398



WELL D399



10 YEARS EVALUATION

Our volunteer recently travelled to Wajir and visited one of CHEPs historical wells. Well D151 was constructed back in 2011 and handed over to Mr Joseph Mbule a resident of Maumau village. Ever since then he has been able to practice farming with water from the well. 10 years down the line the well has been serving him well and really appreciates the donor

COMMUNITY DIAGNOSIS: CHAKAMA LOCATION

This quarter CHEPs conducted a community diagnosis survey in Chakama, a remote area of Kenya's Kilifi county comprised of 38 villages. The aim was to identify and quantify the public health needs in the area so as to set priorities and better plan evidence based interventions for the communities that CHEPs has been serving for years.

The Community survey comprised of 5 phases, the first phase involved creating of sample size from the entire population in Chakama as well as choice of households for interview. Phase two was the pilot study in one of the villages to bring the concept of the required information in reality within the team; this involved a drill in a number of activities like consent from the respondent, choice and arrangement of questions as well as the tone and attitude of the enumerators while engaging the respondents. The third phase involved the actual data collection where all enumerators were supervised to minimize any biasness and poor data for quality and reliable data. The fourth phase of the survey involved data cleaning and data transformation which has also been achieved. The final part of the survey was to provide results and analysis based on the findings of the survey among the respondents. Currently the survey is at its climax with only the fifth phase remaining

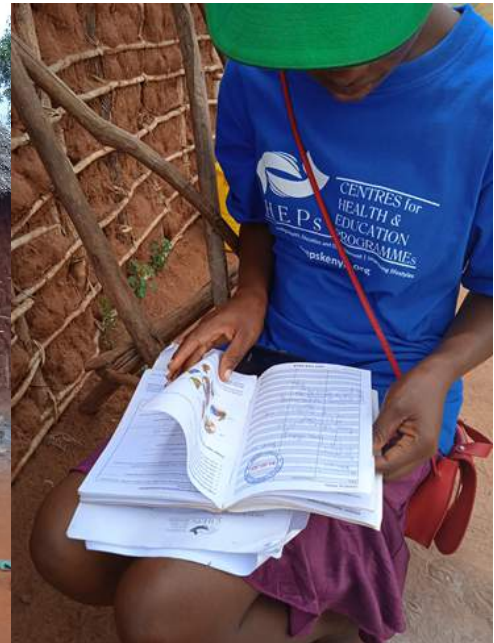
On 11/02/2021 CHEPs embarked on community survey project where the pilot study was implemented through rigorous training of enumerators and field data collection in Gabba village, Chakama location through interviews recorded in open data kit (ODK), coordinated by Dr. Muhsin Sheriff(CHEPs CEO) and Mr Haron as per health policies and guidelines on community diagnosis.

On 15/02/2021 to 27/02/2021 actual data collection of the survey was implemented where a total of 16 villages were surveyed within 3 sub locations namely Kisiki, Makongeni and Matolani with a total of 322 households, meeting the required sample size for the survey. Local students were engaged as enumerators to facilitate swift movement within the community. The exercise was encountered with new findings, experiences and challenges, ranging from health, agriculture, education and humanitarian issues from the questions posed to the respondents

Proper housing, safe and clean water, education and livelihood have been among the main challenges villagers within Chakama location endure on their daily basis. However, results and analysis of the survey are still underway to affirm and provide substantial figures of the reality on the ground for public health intervention by relevant stakeholders.



An enumerator interviewing at a household in Kibora village.



An enumerator goes through a respondent's immunization card as part of data verification among interviewees in Shakahola village



Students of Hawewanje primary school at their household in Kwa Mwathoya village



Amina Ismail aged 40yrs, a widowe with 9 orphans in her household at Bombi Adhole village



Sametha village ECDE pupils carrying bags donated by CHEPs proceeding home from school.



A student from Bakaye village after fetching water from the river which is 2 km from her home.



Dr Muhsin Sheriff (CHEPs CEO, fourth from left) with Gabba village elder (yellow cap) during the first day of survey.



Villagers at Bakaye educated on the purpose of the survey.



Halima Ali 8yrs with congenital defect on her legs, unable to walk or stand at Bombi Adhole village



Amina, an enumerator engaging a respondent in the survey at Matolani village.



A woman in Kwa Mwathoya fetching water for drinking.


From above its evident that the survey was instrumental for CHEPs to access the community to its entirety through physical interactions with villagers across different villages. Other villages surveyed include: *Bombi Adhole, Hawewanje phase 2, Garsemke, Chaurungu, Adimaye, Gabba, Kathama, Katsuhanzala, Mfundani, Shakahola, Kanduru, Balaga, Matolani, Sametha*

HOUSING




CHEPS/002/2020

HOUSING PROJECT
DONATED BY :-

 Beta Charitable Trust

IMPLIMENTED BY :-

 CHEPS

www.ChepsKenya.org

HOUSING FOR ELDERLY AND WIDOWS IN CHAKAMA

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.

CHEPs has so far constructed 22 homes for elderly and widows and is in the process of constructing more similar homes.

BEFORE

AFTER

CHEPs15/2021



CHEPs16/2021



CHEPs17/2021



CHEPs18/2021



CHEPs19/2021



CHEPs20/2021



CHEPs21/2021



CHEPs22/2021



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