



ASN UPENDO VILLAGE

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Executive Summary

ASN Upendo Village has continued to live its name by providing love to the community and especially those infected and affected by HIV and AIDS. This report therefore, covers the activities that were carried out during the months of March and April 2015.

Among the highlights is that out of the 16 students in Form 1, thirteen managed to score a mean grade of C+ and above. Form 2 students seem to be having challenges academically with 10 scoring a mean grade of below C+. The Form 3 students had done quite well with 15 of them out of 20 managing to score a mean grade of C- and above. This year we have 9 candidates who will be sitting for the National exams and had scored a mean grade of above C+. During the month of April, the department organized two academic days which were well attended. The first academic day took place in April 21st and the Academic Day 2 took place on April 23rd.

We were able to provide solar lanterns to 18 clients and 5 grandmothers and they were trained /facilitated on the use of the solar lanterns. 20 clients received dairy goats and 18 clients benefited with improved chicks which were two months old and each person was getting a pair. Six families were visited during the period to monitor and evaluate their progress. Ten grandmothers and two clients received the interest free loans.

The dispensary continued providing preventive as well as curative services to both our clients as well as the wider general public. The social services department was able to provide psycho-social support to the support group members and the grandmothers taking care of orphans and vulnerable children. They were also able to successfully organize a Kids Club meeting where 87 teenagers and kids; and 71 guardians attended. They also made a total of 15 home visits. The pages that follow provide in-depth the various activities that were carried out by the ASN Upendo Village team in the different departments during the months of March and April 2015. We would like to most sincerely thank all our supporters because it is as a result of their selfless giving that the lives of people infected and affected by HIV and AIDS in Naivasha has been greatly transformed.

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EDUCATION DEPARTMENT

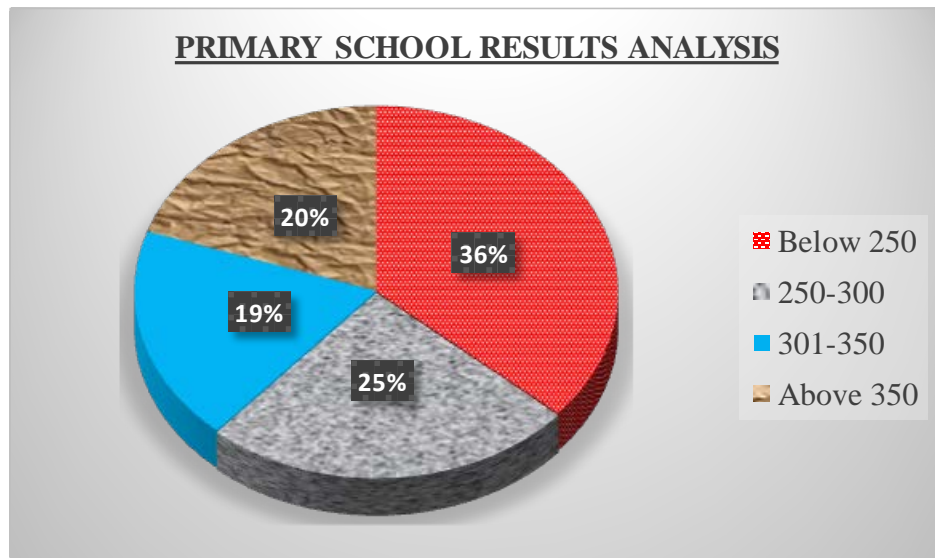
The department had low activity during the month of March owing to the fact that all students across were settled in their respective institution of learning. However, following the closure of schools for the April Holiday, the department was vibrant again with many activities ranging from organizing academic days, collecting reports cards, analyzing student's results, processing the school fees payments etc. During the month of April, the department organized two academic days which were well attended.

The first academic day took place in April 21st and was attended by all sponsored kids from Kindergarten to class 7 accompanied by their parents/ guardians. This academic day was attended by a total of 80 pupils. During academic day 1, the pupils benefited from motivational talks by various speakers from among the Upendo Village staff. Those pupils who had performed exemplary in different levels were awarded for their hard work.



A staff member giving a talk to students, parents and their guardian during academic day

Generally, the academic performance of most pupils across all classes had declined a bit as shown in the pie chart herein. Generally, there was a decline in the performance of most primary school pupils in the first term after being promoted to new classes in the beginning of the year perhaps because they are not yet used to the syllabus of their new levels.



We are anticipating better results in second term as they will have got used to their new teachers and the syllabus. The percentage of pupils who scored above 301 marks and above was 39% while those who had scored 300-250 marks was 25%. Those who scored below 250 marks were 36%.



Sr. Agnes with some of the pupils/students awarded during the academic days.

The Academic Day 2 took place on April 23rd. It was attended by class 8 pupils, High school students, college/university students as well as their parents/guardians. In attendance were 104 pupils/students. However, a few of the college/university students could not be able to attend because their programs were still in session while others were on attachment. The students present received talks on topical issues such as; Behaviour change and Academic improvement. Those students who had performed well in the National exams as well as Terminal examinations were awarded.



Sr. Agnes Waema awarding students during academic day 2

Table 1.0 below gives an analysis of the performance from the secondary school students.

Table 1.0

| MEAN GRADE | A | A- | B+ | B | B- | C+ | C | C- | D+ | D | D- | E | Z | TOTAL |
|---------------|----------|----------|----------|----------|-----------|-----------|----------|-----------|----------|----------|----------|----------|----------|-----------|
| Form 1 | 1 | 0 | 0 | 4 | 5 | 3 | 0 | 1 | 1 | 1 | 0 | 0 | - | 16 |
| Form 2 | 0 | 0 | - | 1 | 1 | 6 | 1 | 4 | 1 | 1 | 3 | 0 | - | 18 |
| Form 3 | 0 | 0 | 2 | 1 | 4 | 0 | 1 | 6 | 4 | 1 | 0 | 1 | - | 20 |
| Form 4 | 0 | 0 | 0 | 0 | 0 | 4 | 0 | 1 | 3 | 1 | 0 | 0 | - | 9 |
| TOTAL | 1 | 0 | 2 | 6 | 10 | 13 | 2 | 12 | 9 | 4 | 3 | 1 | - | 63 |

KEY

Z-No results

It is commendable to note that out of the 16 students in Form 1, thirteen managed to score a mean grade of C+ and above. However, most of the Form 2 students seem to be having challenges academically with 10 scoring a mean grade of below C+. The Form 3 students had done quite well with 15 of them out of 20 managing to score a mean grade of C- and above. This year we have 9 candidates who will be sitting for the National exams. They had performed fairly

well but none managed to score a mean grade of above C+. We hope they are going to put into use the academic counselling we give to them and bring good results next time.

On May 5th 2015, all the students under ASN Upendo Village sponsorship program at the primary, secondary and college/university level will be reporting back to their respective institutions of learning for Second term 2014. Prior arrangements have already been made to ensure prompt payment of their school fees and acquisition of other necessities to facilitate their timely return to their respective schools. Proper facilitation has also been made for all students doing attachments in their respective programs.

INCOME GENERATING ACTIVITIES

The department during this period empowered many clients economically and improved its performances in ensuring that our clients are able to sustain themselves economically. Under this period, many activities took place in the income generating program. This includes:-

DAIRY GOATS

20 clients received dairy goats and this will benefit them because they will be able to milk the goats and the milk will supplement their diet and improve their nutrition because the clients are HIV/AIDs positive and on ARVS. This will economically empower the clients because at later stage after the goats have given birth they can sell part of them and invest the money in other projects. The occasion of issuing the dairy goats was graced by the Director of Harambee Project Dr. Kathleen Harrison, her husband Dr. John and the Directress of Upendo Village Sr. Florence Muia. The recipients were very happy and thanked the donors. This happened on 7th/April/2015 and it was a successful and colorful day because Dr. Kathleen, Dr. John and Sr. Florence encouraged the clients and gave them words of hope.



Dr. Kathleen Harrison

Dr. Kathleen, Sr. Florence, Simon Mutinda (Accountant), Stephanina Kuria and a client during the distribution of the dairy goats

During the period, three goats belonging to the clients gave birth to two male kids and one female kid. Also at ASN upendo Village, we were blessed with triplets all female kids from one of the goat kept at the institution.

IMPROVED CHICKEN

During the month of March and April, 18 clients benefited with improved chicks which were two months old and each person was getting a pair. The joy of the whole thing was that we bought those chickens from one of our clients who had benefited from the same project in 2013. The client who sold the chicks is now self-reliant and very happy to our donors.



Sr. Florence, Dr. Kathleen, IGAs coordinator and clients who benefited from the chicks

SOLAR LANTERNS

During the period under review, 18 clients and 5 grandmothers were trained /facilitated and issued with the solar lanterns. The beneficiaries have school going children and this translates to non-utilization of kerosene. Also another benefit is that, the money which was been used to buy the kerosene will be directed to other areas/ projects. The long term impact will be improved grades because children will use the solar lanterns to study at night for longer hours as compared to use of kerosene where children's are limited on the extend at which they can spent for private studying at night. The families appreciated for the donation and were very happy.



Steve facilitating on the use of a Solar Lantern with Stephanina the project coordinator

INTEREST FREE LOANS

Ten grandmothers and two clients received the interest free loans. Majority of them were interested on substance farming and the others wanted to boost their businesses. The ones who ventured in farming planted crops and their farms are doing very well because we have enough rains in the region. The business ladies have boosted and improved their businesses and they are been mentored by our officer and other facilitators.

HOME VISITS

Six families were visited during the period to monitor and evaluate their progress. During the home visits it was noted that the program is doing well because most of the clients are now able to sustain themselves economically.

TRAINING AND FACILITATION (Support Groups)

During the period under review, 82 clients from Karai support group were trained on dairy goat keeping and chicken rearing. 154 clients from the Mirera Support group were trained on the same and 28 grandmothers were trained on the importance of starting Income Generating Activities.

GARDEN PRODUCE



Sr. Agnes Waema and some of the clients preparing carrots produced at the Upendo Village Garden



Banana tree at ASN Upendo village and its produce. It's one of the Income generating Activities under the department

Water plant project (Fountain Valley Packaged Drinking Water)

During the month of March and April, lots of achievements were witnessed in this project. This includes; venturing in to new markets and been able to establish reliable and loyal customers. We were able to establish a market in Gilgil sub-county which is few kilometers from Naivasha town. Also the management added an extra water attendant in the project who is involved in filling, labelling and packaging of the water. He is also involved in selling and marketing of the product. Though the help of the sponsored students, we have realized our dream of having enough stocks at any given moment and we are now able to supply even big orders because we have enough stocks at any given time. But the students are only involved during vacations or we involved those students who finished their secondary school education and waiting to join college/university. We are still pushing on with identifying and getting new markets and we have already made sufficient plans to have a market research and feasibility study of new towns like Narok and Suswa.

THE MEDICAL DEPARTMENT

It has been a wonderful year for us here at the clinic. This can be illuminated by the new clientele who are now visiting the facility. This can be accredited to the aggressiveness in customer care and marketing of the facility done by the ASN Upendo village dispensary faculty and the high standards of care and service by our care provider starting from the reception all the way to the pharmacy. The clinic laboratory also acquired a printing machine for the laboratory to better the standards of the medical reports for referrals. For this support, I take a bow and thank the management.

Achievements

1. Rise in the number of patients in the special clinics to include:

- Diabetic

- HTN-Hypertension
- Arthritis
- MCH-Maternal Child Health Care
- CWC clinics- Childcare & wellness clinics

2. Started on ART clinic currently with 15 patients of which 7 are already on ART.

Way forward

Expansion of the clinic to include TB diagnosis (which will mean expansion of the laboratory)

In February, the district offered mentorship courses for our pharmacist (E. Mati) on ART therapy, dispensing, notifiable side effects and recording and reporting on ART commodities. This was done for 4 days at the Naivasha district hospital under the District Aids and STI Coordinator (DASCO)

In the month of March, in conjunction with the DASCO office, our clinical officer (J. Murage) was enrolled for a refresher course and on hand training at the district hospital for a week. This was to have an on job experience on handling of ART client management and clinic management. He was also enrolled for 1week training and updates on the same. This took place in Nakuru and was fully sponsored by the Nakuru county government.

Currently we are accepting referrals and transfers from other facilities from patients who prefer our facility.

OUTPATIENT GENERAL CASES

| CADRE | 1 ST ATTENDANCE | 2 ND ATTENDANCE | TOTAL |
|----------|----------------------------|----------------------------|-------|
| MALE | 150 | 498 | 648 |
| FEMALE | 379 | 681 | 1060 |
| <5 YEARS | 104 | 219 | 323 |
| TOTAL | 633 | 1398 | 2031 |

| MCH/FP (Maternal Child Health Care and Family Planning) | | CHW | |
|--|---|---------------|----|
| New Cases | 0 | RE-attendance | 20 |
| Re-attendance | 2 | New cases | 15 |
| Total | 2 | Total | 35 |

HIV/AIDS

ENROLLED IN CARE - *15 Patients*

(Awaiting cd4 results to rule out eligibility for ART initiation therapy.)

VCT TESTING -67

Additional Services

| | |
|-------------------------------------|-----|
| 1. Laboratory (Tests done) | 579 |
| 2. Cervical Cancer Screening | 15 |
| 3. Physiotherapy | 4 |

Top Ten Institution Diseases

1. Upper Respiratory Tract Infection(URTI)
2. Tonsillitis
3. Gastroenteritis (Ge)
4. Pneumonia
5. Fungal Infections
6. Typhoid Fever
7. Osteo-arthritis
8. Septicemia
9. Urinary Tract Infection(UTI)

NUTRITION DEPARTMENT

ASN Upendo Village has continued to provide nutritional supplements to the clients on weekly basis from different support group.

Bearing in mind that program has been of essence to our client's general well-being, as many of them live under the poverty line, thus they can't afford a balance diet. During the period under review, the department educated clients on the following topics.

- The right methods and procedure of hand wash.
- Body and environmental hygiene.

In order to ensure that the clients regain their strength, proper nutrition in addition to the life-saving antiretroviral drugs is a necessity.

SUPPORT GROUP ATTENDANCE

| Name of the support group | March 2015 | April 2015 | Average |
|---------------------------|------------|------------|------------|
| Mai-mahiu | 63 | 64 | 64 |
| Karai | 82 | 78 | 80 |
| Mirera | 74 | 80 | 77 |
| Town | 51 | 46 | 49 |
| Total | 270 | 268 | 270 |

All the above clients were able to benefit from the nutritional supplements distributed by ASN Upendo Village through the department, although we have noted an increase in the number of those attending the support groups.

However, our main concern is to economically empower our clients to be self-reliant and not only to depend on us for food. This will boost their income hence they will be able sustain themselves and to be able to satisfy their needs.

SOCIAL WELFARE DEPARTMENT

PMTCT PROGRAMME

The PMTCT project has continued to support babies born by HIV positive mothers with the infant formula milk. Mothers are empowered with information on how to improve the quality of both their lives and their babies' hence keeping childhood diseases at bay. During the period under review we enrolled 6 babies on formula milk and 3 expectant mothers . Currently 16 babies are on formula milk.

HOSPITAL VISITS

Staff members from the social welfare department visited the sick who had been hospitalized. They encouraged them, prayed with them and extended calm wishes to the patient wishing them quick recovery.



Left: Bridget (Social Worker) with a PMTCT mother in the hospital, right: Sr. Juliana with a sick client

HOME VISITS

The department made 15 home visits during the period. Among the clients we visited, one had been battling with cervical cancer for four years and had severe anemia and had been transfused. She succumbed to cancer on 23rd March 2015, leaving her children under the care of her youthful son. One of the deceased's sons is sponsored by Upendo Village. We also lost another client who had Tuberculosis (T.B) while she was still undergoing treatment. Two of his children are sponsored by Upendo Village. He was laid to rest in his rural home. Salome Muthoni was also visited and she is HIV positive and battling with Kaposi's Sarcoma (.Kaposi sarcoma (KS) is a cancer that develops from the cells that line lymph or blood vessels. It usually appears as tumors on the skin or on mucosal surfaces such as inside the mouth, but tumors can also develop in other parts of the body, such as in the lymph nodes (bean-sized collections of immune cells throughout the body), the lungs, or digestive tract). Her body is covered with sores and most of the time she is in pain. It is disheartening to continue losing clients.



Peter the nurse examining Salome's wounds during a home visit

KIDS CLUB

On 14th April 2015 we had a meeting with HIV positive kids and teenagers. The attendance for the meeting was good and fruitful. Both teenagers and the kids were 87 and there guardians were 71. The day started with registration and taking breakfast. The meeting begun with a prayer and thereafter the kids were divided into four groups. Thus, the parents, teenagers and youth (9 to 12 years old kids and 3 to 8 years old kids). The parents were taught by Peter the nurse on “coping mechanisms in HIV”. Teenagers were taken through “Finding meaning in life”. Kids between ages 9 and 12 were taught on “coping with treatment fatigue”, since they will be on treatment all their life. Kids between 3 and 8 years did drawing and later went to play.



Left: A team of young boys playing football. Right: Young children with dolls and toys.

SUPPORT GROUPS

Upendo Village support groups are meant for HIV positive male and female adult who come together to encourage and comfort one another since they share same experiences hence need for emotional and moral support. The meetings are a source of therapy for the members, each month Upendo Village staff educate them on HIV/AIDS, living positively and other health problems related to HIV. The clients have also gained life skill's adaptations in that they find meaning in life and cope with challenges of living HIV positive. During the month of March 2015 the clients were taught on management of AIDS – Related conditions – skin (Rashes, sores, boils and abscesses, slow healing wounds and itching skin) all these are caused by yeast infection i.e. candidiasis, fungal infection i.e. ringworms, pressure sores. On management cleanliness was emphasized and treatment of skin infections and oiling dry skin and rubbing pressure areas. In

April 2015 they were taught on, “Long Term Survivors”. Areas of interest were what it takes to be a long term survivor of HIV/AIDS. These require extraordinary adaptations listed below;

- Accepting the condition and challenges that come with it.
- Choosing to live and fighting the scourge.
- Proactive people, who take charge of their own life and refuse to either be hopeless or helpless.
- Active partnership to manage their health.
- Analytical, able to weigh issue.
- Self-awareness, ability to interpret signal in their body and communicate with their health providers on how to deal with them.
- Optimistic about life.
- Flexible with what goes on with their life or health.
- Copers with their situation.

During the period under review 72 men and 459 women attended the support group’s monthly meetings.



Sr. Juliana demonstrating to clients how to wash hands as a basic hygiene necessity

ENROLLEMENT

| Clients | March 2015 | April 2015 | Cumulative |
|-----------------------|------------|------------|-------------|
| HIV positive Men | 2 | 1 | 713 |
| HIV positive Women | 9 | 8 | 2063 |
| HIV positive Children | 0 | 6 | 294 |
| House Hold members | 12 | 1 | 234 |
| OVCs | 30 | 20 | 5818 |
| PMTCT Babies | 6 | 0 | 351 |

DONATIONS

In April 2015 we received a donation in form of clothes from a catering team working in Enashipai resort in Naivasha. The team came to know ASN Upendo Village through the community around Lake Naivasha. This is the second time that the team made donation to our clients. They promised to continue supporting our clients in whichever way possible.

Staff from Enashipai Resort



Staff from Enashipai Resort donating clothes to Upendo Village as some of staff members watch

GRANDMOTHERS' PROJECT

During the period under review, the grandmothers were taught on management of AIDS-related infections. People with HIV/AIDS have many skin problems. In fact, 90% of people with HIV infection will develop at least one skin problem in the course of the disease.

This may include:-

- Itching skin
- Rashes
- Painful sores
- Increased dryness of the skin
- Slow healing of wounds and boils and abscesses.

They may be caused by:-

- Poor hygiene
- Bacterial or fungal infection
- Pressure sores
- Kaposi's sarcoma
- Trauma from scratching with dirty nails

Management and prevention involves:-

- Keeping the skin clean by washing with clean water and soap
- Keeping nails short
- Putting socks on their hands to prevent skin damage due to scratching
- Applying lotions like calamine on weeping lesions and on skin with rashes
- Cleaning and dressing of open sores and proper disposal of soiled dressings.

BAPTISM

During Easter holiday, many children were baptized and others received first Holy Communion in our parish. Among them was one of our sponsored children Augustine Owen. Dr Catherine with her husband John witnessed the occasion and donated white dresses and veils for girls who were receiving first Holy Communion.



Augustine (middle) during baptism

PROJECT DEVELOPMENT OFFICE

Blessing and Dedication of Social Services Building

During the period under review, we invited Bishop Maurice Muhatia (Catholic Diocese of Nakuru) for blessing and dedication of the Social Services building. This was on 3rd/March/2015 and the day was marked with lots of activities from having a mass, blessing the Social Services building and other buildings at ASN Upendo Village; tree planting and speeches from different speakers in attendance. All the staff members of ASN Upendo Village were in attendance and few invited friends and neighbours of ASN Upendo Village.



Left: Bishop Maurice Muhatia (Catholic Diocese of Nakuru) blessing the social services building. Right: Bishop planting a Casuarina Equisetifolia (Horse Tail Tree) during the blessing day

CFC Stanbic Bank Visit

In April, 15th 2015, ASN Upendo Village was privileged to host the Chief Executive Officer of CFC Stanbic Bank. He was accompanied by; CFC Regional Manager Nakuru County; CFC Sales Representative Malawi; CFC branch manager Naivasha sub-county; CFC sales manager Naivasha and CFC communications manager Naivasha. CFC Stanbic bank has been partnering with Upendo Village before and the mission and objective of the visit was to identify and find out further possible areas of partnering in the future. The CEO promised to market Fountain valley water project in new markets and more so at their own organization once the tendering process is opened.



Millicent Nasimiyu one of the sponsored kids reciting a poem and entertaining the CFC team



CFC Stanbic Bank CEO Mr. Philip Odera giving out a presentation about the organization and its partnership with ASN Upendo Village