



# **ASN UPENDO VILLAGE**

**TITLE: 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 2014.

Among the highlights is that we were able to provide solar lanterns to 30 children who are under our education sponsorship program bringing the total number of solar lanterns so far distributed to 127. During this period, seven form four students who had done their Kenya Certificate of Secondary Education received their results and the highest had a B+. The Gender department continued to pursue justice for the victims of gender-based violence while the Income Generating Activities Project was able give 11 dairy goats to the clients.

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 102 children and 74 guardians attended.

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 2014. 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

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Since 2012 there has been a concerted effort by ASN Upendo Village to ensure that all the sponsored children without access to electricity are supplied with solar lamps. On March 26 an additional 30 pupils/students were issued with solar lamps. The parents/guardians received the solar lamps on behalf of their sponsored kids because schools were in session. So far since the issuing of solar lamps began, 127 solar lamps have been issued to those sponsored kids with no access to electricity in their homes to provide them with a convenient mode of conducting their studies at night.



**Figure 1: Parent/Guardian receiving solar lamps on behalf of students**

Last year, sponsorship program had seven candidates sitting for the Kenya Certificate of Secondary Education (KCSE) exams in order to qualify for College education. One of them scored a Mean Grade of B+ two others had a Mean Grade of B-, another two scored a Mean Grade of C+ while another had a Mean Grade of C- . All who had C+ and above have qualified to join University while the one who got a C- qualified to join a mid-level College. The seventh student had a Mean grade of D+ and has already joined a course in Hair dressing. The other six have already applied for various courses in Universities/Colleges and will be joining this year after gaining admission.

Towards Mid-April, the department held two academics days after schools closed following the end of Term I as per the Kenya academic calendar. First, on April 17, we had the Primary school pupils' academic day which was attended by pupils from the Kindergarten and those from class 1 to class 7. In attendance we had, 84 pupils accompanied by their parents/guardians. During the event, various speakers from among the ASN Upendo Village staff gave talks to the pupils on how to improve their academic performance, become responsible and how to discover and actualize their career dreams. Those pupils who had performed well academically were also awarded.



Figure 2: Sr. Florence awarding pupils

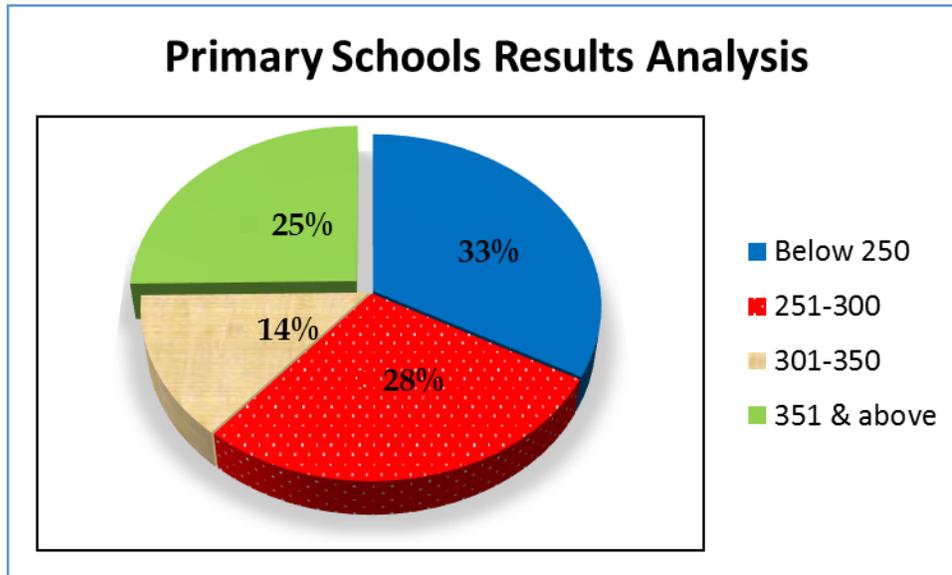


Figure 3: Some of the best performing pupils awarded



Figure 4: Pupils enjoying lunch during the academic day

The pie chart below provides an analysis of pupils' academic performance.



According to this analysis 67% of the pupils had attained 251 marks and above which was very remarkable. However, there was an increase in the percentage of pupils who scored below 250 marks from 23% in third term to 33% in the first term of year 2014. There is a possibility that most pupils were still trying to get used to the syllabus after moving to new classes at the beginning of the year. We look forward to better results next term.

The second academic day was held on 23<sup>rd</sup> April. It brought together class 8 pupils, High school and College/University students. In attendance there were 99 pupils/students accompanied by their parents/guardians. During the event, staff from ASN Upendo Village gave talks on various issues such as self-awareness, study skills discovering and actualizing their dreams among others. The ceremony was concluded by awarding of the best performing students before taking lunch. Table 1.1 below provides an analysis of the high schools students' performance in terms of the Mean Grade scored by each.



Figure 5: Sr. Florence addressing students and parents/guardians during academic II

**Table 1.1: High school results analysis**

MEAN GRADE	A	A-	B+	B	B-	C+	C	C-	D+	D	D-	E	TOTAL
Form 1		2	5	2	2	2	1		2				16
Form 2			2	1	4	2	3	4	2		2		20
Form 3				1	1	2	1	2	2				9
Form 4					1	2	2	3	3	3			14
<b>TOTAL</b>	-	<b>2</b>	<b>7</b>	<b>4</b>	<b>8</b>	<b>8</b>	<b>7</b>	<b>9</b>	<b>9</b>	<b>3</b>	<b>2</b>	-	<b>59</b>

Generally the academic performance of most students was good even though none managed to score a Mean Grade of a straight A across all forms. Equally no student scored below a Mean Grade of D- across all forms as indicated in Table 1.0. The Form one performance was comparatively better to that of other classes. However, the performance of the form 4 candidates and form 2 students is a bit wanting.



Figure 6: Some of the best performing students/pupils awarded

Samuel Mwangi Mbasa one of the sponsored students at Kenya Methodist University worked as a volunteer at ASN Upendo Village dispensary. He worked in the dispensary from January up to Mid-March. He did quite well with the patients during the period he was around. Samuel and Stephen will be graduating as Clinical Officer from the University this year on July 19. Equally during the Month of April, Tabitha Wanjiku Kimani, a sponsored student, graduated as a Police Constable at the Embakasi Administration Police Training College. She has already been redeployed to her new work station in Keiyo North, Iten.



Figure 6: Inset Right, Samuel checking on a patient. Left: Tabitha during her police training

# Gender Department

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The Gender department has been instrumental in providing support for gender-based violence victims within our catchment area. Gender-based violence continues to be a big challenge in Naivasha.

During the period under review, we had five new cases reported to us; four of the cases were defilement cases while one was a rape case. All these cases are now proceeding at the Naivasha Law Courts. Among the four defilement cases, one involved a young girl of fourteen years who was defiled by her father. The girl did not only get defiled but unfortunately she also contracted the HIV virus as a result. The father has since been arrested by the police and the case is going on in the court.

In the January-February report, we reported five cases which were going on in court. There were four defilement cases and one which was pending before the High court which is set to be determined soon. The hearing for the other four cases continues.

A challenge noticed in following up these cases is for example a case in point where one victim and the accused were to do a DNA test to determine paternity of a child and when the results came in indicating that the accused is the real father of the child born as a result of defilement, the accused lawyer argued that the results needed to be repeated to be sure that his client was really the biological father of the victim's child. This we believe was only a delaying tactic on the part of the accused lawyer.

# Income Generating Activities Program

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The Income Generating Program continues to bring meaningful transformation to the lives of our clients and their family members. The following activities were carried out during the months under review.

## Dairy goats

Eleven clients were issued with dairy goats. Three of the clients who received the dairy goats also have children on ART. Also during this period five goats have given birth and the average milk production is about two liters per goat.



*Top left: clients' being taken through how to use the solar lanterns while on the left is Sr. Agnes handing over a solar lantern to a client. Bottom left: Clients receiving dairy goats*

Thirty five families with sponsored school going children were trained and issued with solar lanterns. This is beneficial to the families because they won't be buying kerosene and also because solar lanterns are health friendly as they do not emit any harmful chemicals as compared to kerosene.

Seventy eight members of Karai support group were enlightened on Agro business and twenty three members of grandmothers support group were taught on the importance of income generating activities. The department was also able to visit five families to evaluate progress.

# Medical Department

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In the months under review, the dispensary continued to provide preventive and curative services to both our clients and the general public. The table below shows the different services that were provided.

<b>SERVICES</b>	<b>MARCH</b>	<b>APRIL</b>	<b>TOTAL</b>
Antenatal	5	2	7
Child welfare clinic	35	38	73
Consultation	265	296	561
<b>V.C.T</b>	10	9	19

The table below shows how clients utilized laboratory services:

<b>TESTS</b>	<b>MARCH</b>	<b>APRIL</b>	<b>TOTAL</b>
Routine Tests	265	400	665
Full Haemogram	50	87	137
Thyroid Function Test	1	1	2
Prostate Specific Antigen test	2	2	4
Kidney Function Test	3	0	3

## **ACHIEVEMENT**

- During this period, one of our nurses, Jack Kibe was sponsored to attend a HIV/AIDS training organized by the National AIDS and STD Control Program (NAS COP) in collaboration with AIC Kijabe Hospital. We believe this will not only equip Jack with the requisite knowledge in the area of HIV and AIDS management but will also improve the capacity of our dispensary to provide HIV and AIDS care.
- ASN Upendo Village purchased a Hospital Information Management System (HIMS) which will greatly help us in resources management, stock controls, financial management, clinical data management, as well as increase in efficiency and effectiveness in service delivery. The system has been installed at the health records, laboratory, consultation rooms, accounts and the pharmacy.

## **CHALLENGES**

- There is a challenge with clients requiring services such as ultra-sound, dental care but we do not have the capacity at the moment to provide these services. We hope that with the administration block almost complete, and finances permitting, we will be able to have space to provide more services at the dispensary.

# Nutrition Department

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The department continues to provide nutritional supplements to all the weak clients and the children infected by HIV/AIDS to ensure they regain their strength.

During the month of March, we had three bedridden clients from Mai-Mahiu support group who were very weak but through the provision of the uji-mix which is a very good immune booster they are now stable. Many of our clients are getting stronger and better each day, and therefore able to carry out their daily activities.

In the support group meetings clients were taught on:

- Ways of preserving drinking water in a clean and simple manner.
- The importance of body hygiene
- The procedures to be followed when cleaning their homes to avoid effects of the dust.

During the period under review we managed to feed and supply nutritional supplements to 115 clients and to 9 needy families.

We continue to emphasize on the importance of utilizing locally available food stuffs to ensure a balanced meal as we know nutrition in addition to the lifesaving anti-retroviral drugs is very vital for the people living with HIV and AIDS.

# Social Support Services

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## Support Groups

The support groups continue to offer the much needed therapy to our clients. During the period under review March and April 2014, the following topics were taught in the support groups;

<b>Month</b>	<b>March</b>	<b>April</b>
<b>Support group</b>	<b>Topic</b>	<b>Topic</b>
Karai	Adherence to ART	Importance of support groups
Mirera	Adherence to ART	Classes of ARVs
Mai Mahiu	Adherence to ART	Gender based violence
Town	Gender based violence	Adherence to ART

Among the topics taught, was adherence to ART. This topic was emphasized as we have had clients who default on their medication and efforts to trace them by phone calls and home visits have been futile. The medical team from AIC Kijabe Hospital urged clients to adhere to their medication and if possible stick to first line regimen to avoid resistance and being put on second line because if they default again there will be no other regimen available to such a client.

They were also taught on Gender-based violence and among the highlights was the effects of this vice such as trauma and physical injuries and therefore they were encouraged to ensure such actions are reported to the police so that the culprits are apprehended and arraigned in court. This was especially because such criminals were not being reported to the police and therefore a higher probability of repeat offenders.

ASN Upendo Village gender desk addresses such cases by supporting the affected person through counseling, seeking medical care and starting post exposure prophylaxis (PEP) to prevent one from unwanted pregnancy, STI's and HIV and AIDS. We also ensure that the victim finds justice. The social welfare team made 14 home visits to see clients who were either bedridden or had various other challenges. In the two months, the average attendance of the support groups was 235 clients.



*Needy families receive Easter gifts donated by a friend of Upendo Village*

## **Kids Club**

The Kids Club meeting was held on the 15<sup>th</sup> day of April 2014. The children were divided into three groups based on their age so as to discuss or do activities that suited their age groups. Some member of the AIC Kijabe Hospital team and some from ASN Upendo Village had an open discussion with the guardians on the challenges faced by HIV positive children. Some of the issues that were raised by the guardians/parents are that:

- Some children default from medication as a result of poor follow-up by the guardian/parent (s)
- Children ask many questions why they are constantly on medication even when they are not ill.
- Burden of providing basics need
- Side effects of ART in children
- Denial on the part of HIV positive guardians will also affect adherence in children hence a bigger problem of resistance to medication.
- Guardians not being open when disclosing to children their status

They were urged to always give the right information to children and to explain to them that ART prolongs life and reduces HIV related deaths.



*Guardians in a discussion during Kids Club Meeting*

The younger children made drawings while others had a discussion on adherence. We had a facilitator living with HIV who talked to the teenagers on living with HIV, challenges and coping with the disease. Thereafter everyone was treated to a sumptuous hot meal. We had 102 children who turned up for the meeting and 74 guardians.



*Left: Kids making drawings and right playing with the staff*



*Left: Kids enjoying their lunch while on the right teenagers in a discussion with a facilitator*

## Grandmothers Project

Since the inception of the project, the grandmothers have been empowered through income generating programs and trainings. Each grandma is currently involved in an income generating activity. Some run small businesses; others do farming while some keep poultry and dairy cows and this has improved their livelihood. The grandmothers are grateful to have benefitted from dairy goats, interest free loans, improved chicken and sponsorship of grandchildren.

During the period under review March and April, the grandmothers were taught on oral hygiene and Tuberculosis. On Tuberculosis they were taken through signs and symptoms, risk factors, treatment and prevention. Monthly contributions were made and two grandmas whose grand children were admitted in hospital were given money from their welfare kitty.



*A Staff visiting a sick grandmother*

## International Women's day

The International Women's Day is celebrated annually on 8 March. The 2014 theme was: "Inspiring Change". The day is meant to reflect on what women have done and commemorate acts of courage and hard work by ordinary women who have played an exemplary role in the community. Being on Saturday, Upendo Village staff celebrated the day on 7<sup>th</sup> March 2014.

The team from Upendo celebrated together and a member of staff gave a speech on the theme of the year and what Upendo has done to improve the lives of women in the community.



*Male staff serving the ladies during the International Women's Day at ASN Upendo Village*

## PMTCT Project

The project continues to benefit babies born of HIV positive mothers with formula milk, water filters and education talks to the mothers. Since the inception of the project 325 babies have benefited from formula milk among them we have 26 babies continuing on formula milk. In March we enrolled 3 babies and in April 1 baby on formula milk. In April we weaned 1 baby who had attained 12 months from formula milk. We had 6 expectant mothers but unfortunately one miscarried, she was put on medication and currently she is doing well.

Infant Formula Milk Data			
Year 2014			
S. No	Particular	March	April
1	No. of Infants accessing “ Formula Milk”	27	26
2	No. of Infants Weaned	0	1
3	No. of Expectant Mothers	7	5



*Right: Staff counseling a teenage PMTCT mother. Left: A mother giving formula milk to her baby*

## Community Health Workers

The community health workers visit to counsel and offer psycho social support to people living with HIV and AIDS and their families. During the period under review, March and April 2014, the community health workers made 169 and 172 visits respectively to the affected and infected by HIV and AIDs. The team also handed in their data collection tools to the Social welfare office.

## Community Health Workers Training

A team of nine CHWs and two staff members left Upendo Village on 17<sup>th</sup> March 2014 for training in Tabor Hill Spirituality Centre, Nyahururu. The training took four days. The other six CHWs did not manage to attend the training because of work and personal issues. The training and venue was good and the facilitators were very informative.

Below are the topics covered during the training; ARV – Adherence in HIV,T.B prevention & treatment, Prevention with positives (PWP),mental health in relation to HIV/AIDS, writing a will & memory book, disclosure, high blood pressure, counseling in children ,post exposure prophylaxis and behavior change.

Funding for the PMTCT project comes to an end in June 2014 and this was the last training for the CHWs and we hope that the knowledge gained from these trainings will be put into good use for the betterment of the community. We highly appreciate Jose Luis De Barrueta Foundation for funding the PMTCT project since February 2009 to June 2014.



Left Above: CHWs during a training session, while on the left above participating at a role plays session.



Below: The team enjoying some fun time in the evening after the training.