



ASN UPENDO VILLAGE

TITLE: ASN UPENDO VILLAGE

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Executive Summary

ASN Upendo Village has continued to be a haven of hope and love for people living with HIV and AIDS in Naivasha District. This report covers the achievements and services provided to the PLWHA during the months of January and February 2013.

Among the highlights is that we have had an increase of students under the sponsorship making the total number of students under sponsorship to 171. This is a great encouragement to us as we know that this is a great step towards the realization of these children's dreams.

The gender desk department was able to provide support to 5 victims of gender based violence during in the first two months of 2013 while the income generating project has also been instrumental in empowering the clients. We were able to provide five dairy goats to the clients.

The dispensary decrease in the number of clients served from 779 in the last months of 2012 to 543 in the first months of 2013. The Nutrition and Social Support Services departments provided nutritional support as well as psycho-social support services to the support group members i.e. Main and sub-support groups and grandmas support group during the period under review. These services have been of significant importance to the client's wellbeing.

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Education Department

Students reported to school for first term 2013 on 7th January. Preparations were made to enable all boarding school students to report to school on time with their school fees and all the required items. This was closely followed by the release of 2012 K.C.P.E. results on 28th January. Our sponsored students' performance in the exams are shown in pie-chart on fig. 1

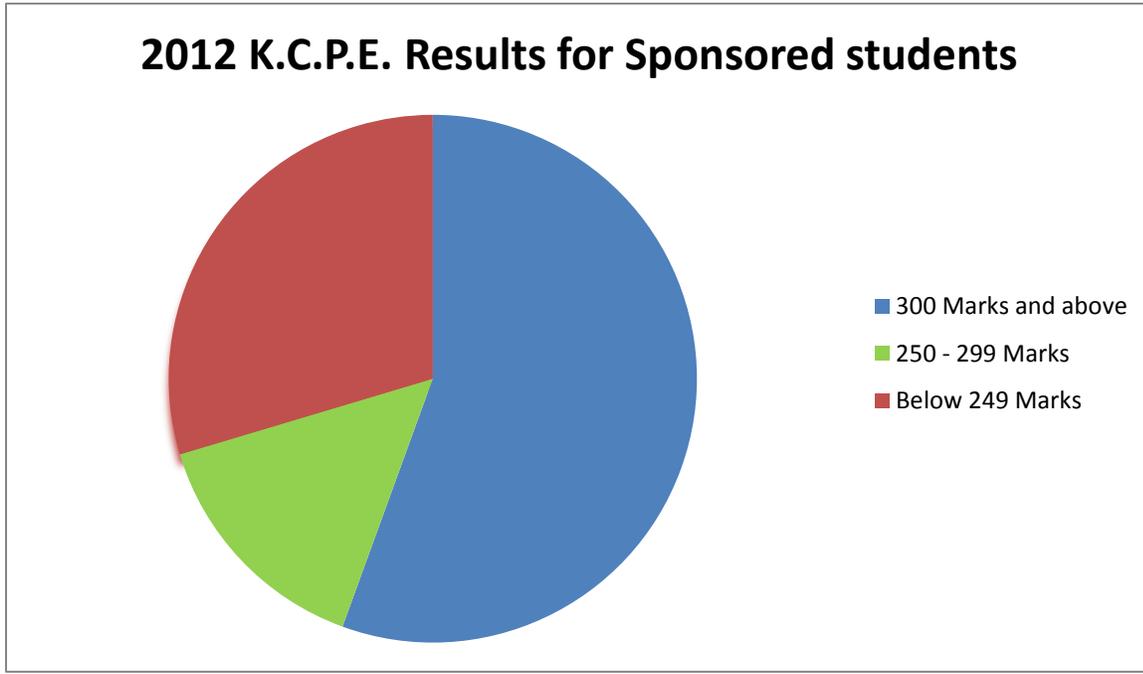


Fig 1: 2012 K.C.P.E. Performance for sponsored Candidate Students

Twenty sponsored students joined Form One between 18th and 28th February this year. Eight of these were formerly sponsored in Class 8. While twelve are newly sponsored in secondary school. We held an academic meeting for the Form One students on 14th February 2013 to familiarize them and their parents/ guardians with the sponsorship program and our expectations. 19 students accompanied by their 20 guardians attended the meeting.



Fig 2: Assistant Child Welfare Officer, Colleta Mbandu in a Group photo of Sponsored Students joining Form 1 this year

The number of sponsored students increased from 162 to 171. Four girls left the sponsorship for various reasons. Three had low performance in their K.C.P.E. exams, while the fourth one got pregnant and hence could not join Form 1. Table 1 below shows the gender distribution of students in the sponsorship program.

Name of institution	Boys	Girls	Total
Nursery School	1	2	3
Primary School	42	52	94
Secondary School	25	25	50
Polytechnic/College/University	10	8	18
Secondary School Leavers	4	2	6
TOTAL	82	89	171

Table 1: Gender distribution of sponsored students at ASN Upendo Village

Gender Desk Department

Gender based violence remains a critical issue which requires a multifaceted approach to address. Upendo Village has continued to provide the necessary support to the victims of this violence within our catchment area.

During the months of January and February, five cases (4 defilement and 1 rape case) were reported to us and follow up done. The children who were defiled ranged from 6-15 years old. We also had a case where a 35 years old woman was gang raped by thugs and by good luck her screaming was heard by the neighbours who came to her rescue and managed to apprehend the culprits.

All the above cases are now before the Naivasha Law Courts and we continue to make follow up and assist the victims pursue justice. One of the culprits though among the above reported defilement cases was found guilty by the court and sentenced to life imprisonment for defiling a 9 year old girl.

Income Generating Project

The Income Generating project has tremendously impacted on the lives of the people living with HIV and AIDS in Naivasha District. The trainings that have been done have greatly empowered the clients who got the chance to be trained. Our income generating programs have gained a lot of admiration from other projects in the country dealing the HIV and AIDS pandemic and even people living with HIV and AIDS from other parts of the county outside our catchment area.

Our greatest joy at Upendo Village is to see clients who were bedridden get well and engage in meaningful and sustainable ways of earning a livelihood. During the months of January and February, we gave out five dairy goats to the clients of which one was a grandmother taking care of orphaned children.

We also had four goats from different families giving birth and are now each on average getting about 2 litres of milk each day. We also had a total of seven clients benefiting from interest free loans. Five of them want to boost their businesses and two want to improve their farming. These clients are very grateful and determined to change their lives and the lives of their loved ones.

Success Story

Paul Karanja Kimani

Paul is 30 years old. He joined Upendo Village in 2004 (one of the first clients of Upendo Village). Paul lives positively and preaches hope to those who are HIV positive.

In January he benefited with an interest free loan to buy local chicken to add to his poultry keeping. Previously, he had five chicken and he bought twenty more making a total of twenty five (25), he also has fourteen chicks. He collects sixteen eggs per day and his plan is to keep three hundred local chicken by August this year.



Medical Department

During the months under review, we were able to offer different services to 543 clients.

Table below shows how different services were utilized

Services offered	Jan -2013	Feb-2013
Total Attendance	312	231
Antenatal clinic	4	5
Child welfare clinic	32	25
V.C.T	16	18
Laboratory tests	258	305

Chemistry Analyzer Machine

The laboratory was able to acquire an ELISA equipment (StatFax 4700 Chemistry analyzer) through funding from Loyola. With the analyzer machine, the laboratory is able to perform Prostate Specific Antigen (PSA) and Thyroid Function tests (TFTs). Also, the need for improved testing for Peptic ulcers caused by *Helicobacter pylori* necessitated the acquisition of a rapid diagnostic kit for this purpose.

Currently therefore, the laboratory is well equipped to perform a total of nineteen tests. We are networking with the neighboring health care providers to have them refer to us patients who require specialized testing such as PSA, TFTs, Urea/Electrolytes and Full Blood Counts.

The new machine was officially commissioned on the 16 day of January 2013 and so far we have been able to do 5 tests. We attribute the low numbers to the fact that people had gotten used to being referred elsewhere, we have however begun a marketing campaign to both our clients who come to the clinic regularly and also to other health care providers in Naivasha as our rates are the most affordable rates because we have in mind the social-economic status of the clients that we serve in our catchment area and beyond.

Currently the patients requiring these tests incur a lot of costs as they get charged up to Kshs. 6000 due to the fact that there was no other facility around us that was doing the test. We believe that this is going to be such a reprieve to them as our rates are very reasonable at Kshs.2000.



Robert Ataada Upendo Village' Laboratory Technologist doing a test using the new chemistry analyzer while on the right is the new machine.

Nutrition Department

The nutrition department of ASN Upendo Village is mandated with the responsibility of ensuring that the clients receive the nutritional knowledge which is very vital in boosting their immunity as well as distributing nutritious food supplements in collaboration with the social services department.

Proper nutrition has been proved to be very useful to people living with HIV and AIDS as the lifesaving anti-retroviral drugs alone without proper nutrition will leave the body weak and this ultimately impact the patient's health.

During the period under review, the clients had their four monthly support group meetings and have continued to encourage each other through experience sharing and this has proved to be very therapeutic.

We are grateful to Longonot Farm for donating to us strawberries, carrots and cabbages. These items have been very beneficial to our clients as they are very nutritious to complement the nutritious food supplements they receive from Upendo Village.

In the recent past we had noted a decrease in the number of clients support groups, we are now happy to report that the number has begun going up as a result of our follow-ups and use of the community health workers.

Social Support Services

During the months under review the four main support groups held their monthly meetings, and on average a total of 263 members participated. The meetings are of essence because they facilitate mutual emotional and social support as well as a framework for personal transformation and the reconstruction of lifestyles. This is manifested after we enroll new clients, at first they appear withdrawn but after interacting with the others, they regain confidence and esteem and are able to share freely their experiences.

The support groups were taught on the importance of drug adherence. We also had one of the support group doing an exercise session to demonstrate to the others that this is an important factor in having good health. The social services department was able to do 58 home visits in the months of January and February.

Challenge

In February we lost two clients; Gabriel Mungai and Mary Nyangavi. Gabriel succumbed to Kaposi Sarcoma, an opportunistic infection while at home. While Mary on the other hand had been admitted at Kijabe Hospital and where she died of Tuberculosis. This is always very devastating and hard for Upendo Village staff as these clients become part of our family.



Left; Sr.Christine, ASN superior general (third from left) and Upendo village staff during one our home visits. Right: Clients enjoying games during one of the support group meetings.

PMTCT Project

During the period under review, we enrolled 8 mothers in the program and we also weaned 10 babies from the program after attaining the age of 9 months. There were 23 mothers who attended the meeting on 02.01.13. Upendo Village has made it a good routing to have the mothers taught different topics each day of the meeting, during the months under review, the were taught on hygiene and proper nutrition and HIV and AIDS.

During the month of January, we managed to pay the National Hospital Insurance Fund (N.H.I.F) for 5 expectant mothers. The fund enables them to deliver in the hospital hence reduce transmission of HIV virus to their babies.

On 25th January 2013 we managed to create awareness at Oserian flower farm on PMTCT program concerning Exclusive Replacement feeding. We reached 80 people; 54 women and 26 men. At the end of the campaign we managed to enrol 3 expectant mothers in the program.

Infant Formula Milk Data			
Year 2013			
S.No	Particular	January	February
1	No. of Infants accessing “Infant Formula Milk”	20	16
2	No. of Infants Weaned	3	7
3	No. of Expectant Mothers	9	8

Community Health Workers

The team continued to offer home based care to our clients. In the month of January they made 158 home visits while in February 155 visits. We held meetings on 25th January and 22nd February 2013 to share what they do in the field and handed in their reports at the end of the meetings.

Grandmothers Project

We have held meetings with the grandmothers in the last two months. The Maai Mahiu group continues with the merry go round contributions and so far 10 have benefited with local chicken. In the month of February they decide to start a Kitchen garden, each received 2 old sacks to plant collard and spinach in. We hope to visit them to see the progress. The Town group decided to bank their contributions until December this year when they will decide what they will do with their shares.



Maai Mahiu Grandmas support group with Upendo Village staff.

During this period, we lost two grandmothers, Naomi Kirehu who belonged to Maai Mahiu support group and Esther Wairimu who was a member of the Naivasha town support group. Naomi was a grandma of Peter Kirehu who is in form three at Naivasha High School under ASN Upendo village sponsorship. Naomi succumbed to throat cancer and died at home on 28th January 2013. Esther was diagnosed of a heart condition and was admitted at North Kinangop Hospital where she died while undergoing treatment on the 17th of February, 2013.

Superior General's Visit

The Superior General of the Assumption Sisters of Nairobi, Sr. Christine Kagunye recently paid us a visit and stayed with us for four days. She was able to interact with staff learning the roles played by each staff and motivating them to keep up the good work that they are doing to make Upendo Village a village of love and hope for people living with HIV and AIDS and the community at large. She was also able to get a chance to go to the field with Upendo Village staff for home visits to visit the clients and see firsthand the impact that Upendo Village is creating in the community for which she was very impressed. We were very grateful for her encouraging words of wisdom.