



# **ASN UPENDO VILLAGE**

**TITLE: ASN UPENDO VILLAGE**

**PERIOD: NOVEMBER- DECEMBER 2012**

**SUBMITTED TO: UPENDO VILLAGE, NFP, USA**

**SUBMITTED BY: ASN UPENDO VILLAGE, KENYA**

**DATE: JANUARY 2013**

## **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 November and December 2012.

Among the highlights is that we have had an increase of students under the sponsorship making the total number of students under sponsorship to one hundred and sixty three. 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 eight victims of gender based violence during in the last two months of 2012 while the income generating project has also been instrumental in empowering the clients. We were able to provide three dairy goats to three families. We have seen a great transformation in the lives of our clients as a result of these IGA initiatives.

The dispensary provided different services to seven hundred and seventy nine clients. ASN Upendo Village won Kshs. 75,000 during the Miconazole Mat Competition which was marked to coincide with the World AIDS Day celebration.

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, Kids club 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**

The education department benefitted from the recruitment of a new Assistant Child Welfare Officer. The new staff member joined ASN Upendo Village in mid-November 2012 and has been oriented to the job. This is a major boost to the department and will lower the work load borne by each staff taking in to consideration the large number of sponsored students and their parents/ guardians requiring our attention. We convey our vote of thanks to the administration for taking this considerate move that will enhance performance in the department.

On 23<sup>rd</sup> November to 25<sup>th</sup> November staff in the education department participated in staff retreat at Naivasha YMCA Resort. This gave an opportunity for reviewing progress that has been made during the year and charting the way forward by enumerating activities that we would carry out during the next year. On 17<sup>th</sup> November one of the staff in the department attended a team building seminar held at St Mary's Pastoral Centre in Nakuru. This important activity filled event was sponsored by the Catholic Diocese of Nakuru (C.D.N.). The education department also participated during the World AIDS Day which was celebrated on 1<sup>st</sup> December. We represented CDN at our stand in Afraha Stadium, where we had the opportunity to display presentations of the various activities we carry out to serve Naivasha community.

We held the Pupils' Academic Day on 28<sup>th</sup> November 2012. All 88 Pupils from nursery (pre-school) to class 7 attended the meeting accompanied by their 70 guardians. The youths' Academic Day took place on 11<sup>th</sup> December where 55 students attended accompanied by 44 parents/ guardians. These are the times when we in the Education Department get a chance to collect pupils' termly reports and their school fees receipts and fees structures for secondary school students. These help us in evaluation of students' performance and preparation for fees payments during the next academic term. We also make follow ups regarding students' performance, to ensure progress in achievement of departmental goals. During this time, the students accompanied by their parents and guardians were given motivational talks and group counseling to encourage them to keep up their hard work for better achievements.

Motivational talks delivered by different ASN Upendo Staff centered on good behavior, time management, the student's responsibilities in school and also the responsibilities of the parents and guardians towards student's advancement in education. We also talked about ways and how students should live responsibly with their peers during the long December school holidays. We advised them not to mess up with their lives for this is the time when they get a chance to interact with friends around their homes. Several students also got a chance to describe their experiences at schools and homes. All students were very pleased to have a chance to sign the Christmas cards and writing letters to their sponsors.

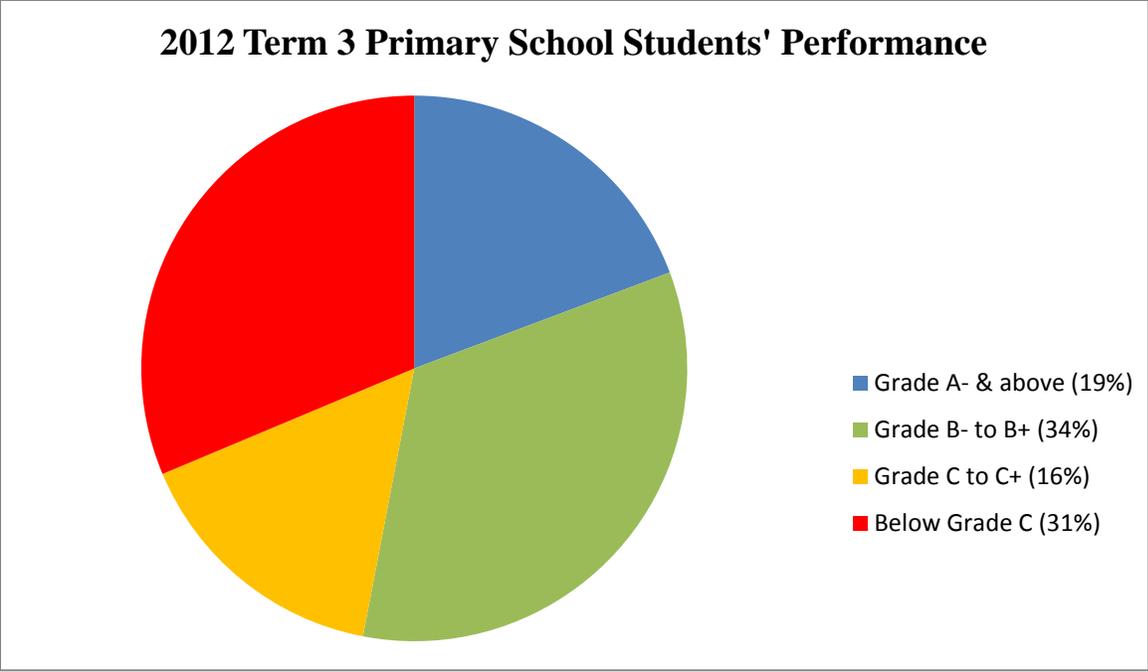


Figure 1: Pie Chart showing percentage pass among sponsored primary school pupils in third term 2012 exams

There was a slight general decline in academic performance for the nursery, primary school students and the secondary school students in third term as compared to second term 2012. This can be attributed to among other factors the time lost and lack of focus on academic studies during the three weeks at the start of the term when teachers in all public schools went on strike. We encouraged the students to spend their time wisely during the December school holidays so that they can improve on their performance. Based on the frequent borrowing of books from Kevin Students' Library we expect that the students heeded to our advice.

We purchased 47 text books for the library during December bringing the total number of books to 557. This has continued to boost learning among students who are very enthusiastic about borrowing as many books as they can.

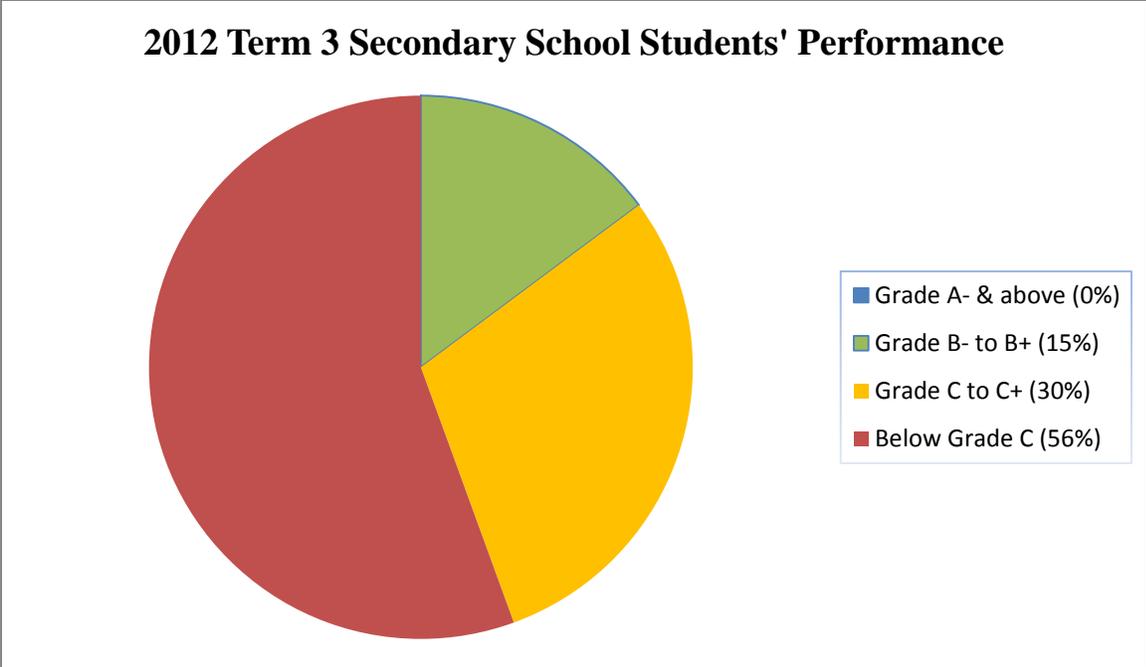


Figure 1: Pie Chart showing percentage pass among sponsored secondary school students in third term 2012 exams

We have three newly sponsored students bringing the total number of sponsored students to 163. Three other students have been admitted to college to take up Diploma and certificate courses hence, raising the number of students sponsored at college level to 18. We give thanks to all the sponsors who have made generous contribution enabling the education program to prosper.



Students getting a meal during the academic day at ASN Upendo Village

## **Gender Desk Department**

The gender desk at ASN Upendo Village has played a critical role in supporting gender based violence victims to get treatment, psycho social support, counselling, and follow up with the police and the court to ensure those who perpetrated the crimes are brought to book.

During the months of November and December, eight cases were reported. Six defilement cases, one sodomy case and one rape case. The defilement and sodomy cases involved children ages between 6-14 years old. The rape case involved a twenty nine years old mentally challenged woman who was saved by a herdsman and the culprit arrested.

All the cases are before the court in Naivasha and the Upendo Village gender desk officer is following up and supporting the victims to pursue justice. One major setback is that some of these victims get pregnant in the process while some due to the long legal process; it becomes very expensive for them to travel to and fro the court, this makes them susceptible to demands to seek out of court settlements or fail to pursue the cases and this makes it hard for the court to send the culprits to jail due to lack of evidence.

During the period under review, one of the culprits was found guilty by the court and sentenced to serve twenty years in jail. He appealed the ruling at the Nakuru high court where after the appeal; the high court proved him guilty of the offence and was sentenced for life imprisonment for defiling a minor.

Generally despite the challenges of inadequate resources, ASN Upendo Village continues to provide this very important service to gender based violence victims who would otherwise not have been able to pursue justice due to their poverty and lack of information regarding the legal procedure on how to report gender based violence matters in addition to ensuring they seek treatment as well as counselling support.

## **Income Generating Project**

The IGA department has continued to provide alternative sources of livelihoods to the clients. The department has noted a remarkable uptake of these activities by the clients. We had three families benefiting with dairy goats in the months of November and December. Six families had their goats giving birth during that period and are now enjoying the milk where on average each is producing two liters of milk per day, they are also able to make income through the sale of the remaining milk.

During the period under review, two clients harvested unrefined honey weighing 15kgs and 10kgs respectively where 13kgs and 8kgs were sold and each family kept the remaining kilograms for use at home. We also ordered two hundred chicks from the Kenya Agricultural Research Institute (KARI) which will be distributed to one hundred families.

We gave interest free loans to seven clients' money some used to improve their businesses and others needed the money for farming. We have seen a great transformation in the lives of our clients due to these initiatives.

### **Success story-Grace Wanjiku [Grandmother]**

Grace Wanjiku a 72 years old grandmother has been living with her grandsons after the death of their parents due to HIV and AIDS in the year 2005. One of the grandsons was very weak and sickly as he is HIV positive.

She was introduced to Upendo Village by one of our clients and she joined the grandmothers support group. Upendo Village has been able to support her in so many ways including giving her a dairy goat. Her dairy goat has done very well and has since given birth thrice. Grace was able to save money from the proceeds of the milk and was able to buy a cow. She now no longer sells goat's milk instead they are using that milk at home and selling milk from the cow which gives them an income of Kshs. 2700 per month.

This has transformed her life tremendously, she has been able to renovate her house by putting iron sheets and currently she is putting ceiling boards in her house. Her grandsons are also stronger and are now able to assist her with some home chores.

One other grandmother Rehab Muthoni borrowed Kshs.20, 000 interest free loan from ASN Upendo Village for farming. As a result of her farming she was able to harvest thirty seven bags of corn worth Kshs.118, 400. She sold twenty six bags of corn to ASN Upendo Village and paid her loan and the rest of the money she plans to take her son to college.

## Medical Department

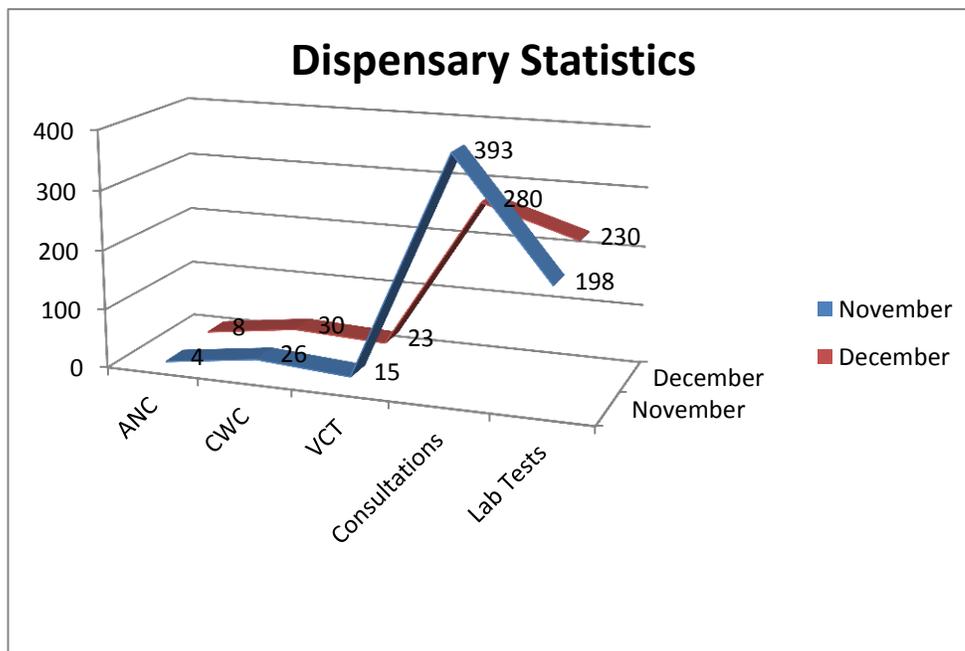
During the months under review, we were able to offer different services to 779 clients.

Table below shows how different services were utilized

Services offered	NOV -2012	Dec-2012
Antenatal clinic	4	8
Child welfare clinic	26	30
V.C.T	15	23
Consultations	393	280
Laboratory tests	198	230

We have continued to provide affordable and quality medical services at the dispensary although we noted a slight drop in patients' numbers during the month of December which is attributed to the festivities.

During the months under review, three of our staffs attended three different workshops, two organized by the catholic diocese of Nakuru and supported by Management Sciences for Health and the other one was organized and sponsored by the Ministry of Health where they learnt about commodity management, diabetes and safe phlebotomy practices. These workshops were very important and most of the things learnt are being implemented thus making provision of services better.



## **Miconazole Mat Competition 2012**

Miconazole Mat competition is a yearly competition which is sponsored by Johnson & Johnson through Mission for Essential Drugs and Supplies (MEDS) a pharmaceutical company which is co-owned by the Kenya Episcopal Conference (KEC) and Christian Health Association of Kenya (CHAK) to source and distribute essential drugs and supplies to Faith based institution.

This year's was the ninth competition and where ASN Upendo Village was participating for the sixth time since the year 2007 and where we have consistently been among the top contenders for the top prize which we won in the year 2010. This competition is marked to coincide with the celebration of the world AIDS day and the theme for this year's Miconazole Mat Competition was "Towards a HIV free generation". The competition received fifty four entries competing for the ultimate prize of Kshs. 250,000. The competition was very competitive and ASN Upendo Village was able to go home with Kshs. 75,000 and the ultimate prize went to an organization in Kisumu on the Western part of the country which started a unique way of reaching out to people by doing house to house HIV and AIDS campaigns in addition to giving incentives to men (caps and T-shirts) to encourage them to go for testing.

We are grateful to Johnson and Johnson and MEDS for this noble initiative which is reaching out to grass root organizations with limited resources but who are creating an impact in the society especially towards the fight against HIV and AIDS.



Left: Participants during the ceremony while on the right Sr. Florence discussing a point with Mr. Rene Kiamba, Johnson and Johnson's Manager Sub-Sahara Africa family of companies contributions fund at the event.

## **Nutrition Department**

This program has been of essence to our client's general wellbeing bearing in mind that some of them live under the poverty line thus they can't afford a balanced diet. ASN Upendo Village has continued to provide nutritional supplements to the clients as we believe nutrition is one very important component in the care of HIV and AIDS patients.

In order to ensure they regain their strength, nutrition in addition to the life-saving anti-retroviral drugs is a necessity. We however continue to emphasize the need for them to be self-reliant and that is why we are ensuring that they get to learn and engage in sustainable sources of livelihood and ultimately not rely on hand outs.

### **Support group attendance**

<b>Name of the Support group</b>	<b>November 2012</b>	<b>December 2012</b>	<b>Average</b>
Mirera	74	106	90
Town	54	54	54
Karai	60	72	66
Maai Mahiu	63	60	62
<b>Total</b>	241	298	270

All the above clients were able to benefit from our nutritional supplements program although we have noted a decrease in the number of those attending the support groups. This can be attributed to a number of factors including some getting employment while some have been able to begin their own small and micro business as a result of the vivacious empowerment initiatives organized by ASN Upendo Village.

## Social Support Services Grandmothers

We have held two meetings with the grandmothers in the last two months. This program has been beneficial to the grandmothers and they can now afford a smile. The Mai Mahiu group has started a merry-go-round where they contribute one hundred shillings monthly. With the contributions six out of the thirteen members have benefited and bought three indigenous chicken each. Most of them prefer rearing this type of chicken because they are cheap and economical to maintain.

We have continued to identify and advise them on the businesses they can embark on and be able to manage. We have also been encouraging those who would like to apply for interest free loans from Upendo village to start or boost their business to do so. So far nine of them have borrowed loans from Upendo village and are doing different activities and among them one has managed to fully repay the loan.



One of the grandmothers displays some of her wares to her fellow grandmothers as Sr. Juliana looks on.

One of the grandmothers, Naomi Kirehu is admitted in the hospital, she has been diagnosed with throat cancer. Her condition is not so good since she has to feed with a nasal tube. We continue to pray for her.

## Kids Club

This program was launched by Upendo village to holistically take care of HIV positive kids in our catchment area. The aim is to provide psychosocial support and counselling to the kids. This support is of essence bearing in mind that these are children who found themselves HIV positive and without proper counseling they are bound to live with resentment. In the December meeting we had a good turn up by both kids and parents/guardians, they were 45 and 31 respectively.

We divided them into groups depending on their ages. Parents/guardians were taught on the importance of applauding positive behaviors and reprimanding in private as this contributes a lot to their self-esteem, we also informed them to whom they can turn to for redress when their children are excluded from public services or entitlements for any reason including HIV and AIDS and also they had a good time sharing their experiences in bringing up these children. From ten years and below they had fun playing, singing and dancing.

The young ones ten years and below had fun playing, singing and dancing while those between 11 and 12 years were educated on the significance of adherence to medication as this is very helpful in reducing their viral load, now that they are aware of their status. The teens were thrilled by discussing the changes that are evident in their bodies and also how to cope with peer pressure and self-control which leads to truancy and unwanted pregnancies. This support group has been of great help to these children, the love and support they get from Upendo Village has made them appreciate and view Upendo Village as part of their family.



Left: staff sharing with the kids aged between 11-12 years. While on the right staff playing with kids aged 4 – 10 years

### **Prevention from Mother to Child Program (PMTCT)**

The PMTCT project continues to provide the much needed support to babies born of HIV positive mothers by providing formula milk for 9 months. In November and December 2012 we were able to enrol 2 and 5 expectant mothers respectively on the program. During the period under review, we had 12 babies weaning after attaining the age of nine months. We continue to provide infant formula milk to an average of thirty mothers every month.

The PMTCT support group has been of great help to the mothers as they come and share their experiences and this has been very uplifting for the new mothers joining the program. During the November and December meetings, the mothers were taught on how to prevent their children from getting diaper rash as well as knowledge on prevention of rickets.

### **Community Health Workers**

We have continued to embrace the concept of using community health workers as a way of reaching out to more clients as well as providing home based care to the people living with HIV and AIDS (PLWHA) in our catchment area. Their services have been greatly enhanced by the trainings that ASN Upendo Village provides to them which they have now begun sharing with the clients during support groups.

In November and December the team of fifteen community health workers managed to make 135 and 129 visits respectively to the PLWHA. They also had their monthly meetings which took place on 30<sup>th</sup> November and 28<sup>th</sup> December 2012. During these meetings, they shared their experiences and submitted their reports. We also replaced one community health worker who has been sick with a new one and we hope that the clients from Karati area will benefit greatly from her services.



Sr. Florence holding a baby poses for a photo with a PMTCT mother while on the right a staff and PMTCT mothers during their monthly meeting.

## Support Groups

We have divided the four main support groups into 21 sub-groups and some of them are doing well. Among the 14 sub-groups registered, 13 have opened bank accounts. The rest are in the process of registration. They also have merry-go-round and have benefited in different ways like buying household utensils, micro businesses and farming. In November and December the main groups were taught on the following topics protection and re-infections and evaluations respectively.

We have had challenges in the last two months e.g. poor attendance and relocations of some clients, this has been due to retrenchment especially in the flower farms and others securing jobs outside our catchment area, some have also been able to get employment while others have started their small and micro enterprises which has affected their availability. We also noted with a lot of concern that most of our clients are not registered with National Hospital Insurance Fund (NHIF), we therefore sensitized and encouraged them to register so that they can benefit should they be admitted at the hospital, the fund will pay for some of their medical expenses.

One of the main support group (Karai) decided at the end of the year to use the money they had saved as group to pay for NHIF for their members, this was a very encouraging gesture. The social services department was able to carry out 27 home visits during the period under review.



Right: Men enjoying lunch during one of the support groups while on the left Upendo Village staff offering Christmas gifts to one of our client's family during a home visit.

## World Aids Day

This year's world aids day was a special one as the national celebrations were held in Nakuru County which also covers Naivasha where ASN Upendo Village operates from. We had the privilege of being recognized for the valuable service we provide to the community by the Catholic Diocese of Nakuru who extended to us the invitation to participate in this year's national event.

The event was very colorful and the chief guest of honor was the Vice President of the Republic of Kenya accompanied by other local and international guest such as the leadership of the National Aids Control Council, the US Embassy representative among others. ASN Upendo Village was given a stand where we were able to showcase what we do as sustainable and practical interventions in the fight against HIV and Aids and our stand attracted quite a lot of people seeking information and also enquiring whether Upendo Village would be able to extend the services to more areas in the country. There were other organizations which are involved in the fight against HIV and AIDS also showcasing what they do.

The Vice President and other guest speakers emphasized the need for more advocacy and community sensitization especially in the areas of voluntary counseling and testing and encouraged everyone to ensure that they know the HIV status in order to prevent getting infected and those who will have tested positive will be guided/counselled on how to live positively and not to get re-infected or infecting others. This message emphasized the theme for the day which was getting to zero: zero new HIV infections, zero discrimination, and zero AIDS related deaths.



Procession during the World Aids day while on the right, some of the members of public being explained to about Upendo Village's services during the event.



*Upendo Village's display during the World Aids Day which was commemorated on the 1<sup>st</sup> of December 2012 at Afraha Stadium in Nakuru.*