



ASN UPENDO VILLAGE

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Executive Summary

ASN Upendo Village is privileged to contribute to the family of God through providing services to the community around Naivasha sub-county, Nakuru county, Kenya. As a village of hope and love to the people infected and affected by HIV and AIDS, Upendo Village find great satisfaction when weak clients on the verge of death rise from their beds and begin supporting themselves and the members of their households.

This report covers the accomplishments and services provided during the months of January and February 2017. ASN Upendo Village would like to most sincerely thank all sponsors and benefactors because it is as a result of their noble and selfless giving that the lives of people infected and affected by HIV and AIDS in Naivasha has been greatly transformed.

Among the highlights is that, the education department now has a total of 196 students/pupils under the sponsorship program. The number of students who graduated from high school last year after sitting for the national exams was 18. 8 qualified to join public university, 5 qualified to join public colleges while the other 5 will be joining private colleges and technical schools.

4 dairy goats gave birth and 11 families benefited from the dairy goat project under the income generating activities. 3 families were visited during the period under review. Moreover, 20 clients and guardians benefited with solar lamps during this period.

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. In the month of January, the Project Development Office successfully coordinated peer education outreach in 6 schools. In total, 1,327 pupils and students were reached.

The pages that follow provide in-depth the various activities that were carried out by the ASN Upendo Village team in different departments during the months of January and February 2017.

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EDUCATION DEPARTMENT

The New Year began on good footing for the department with most of the sponsored pupils/students reporting back to their respective institutions of learning on time. The primary pupils reported back to school on January 2nd. Those in high school and college/universities reported back on January 3rd and 4th respectively. The department in conjunction with the management ensured prompt payment of all student's school fees to facilitate their timely return to school. At the beginning of the year, the department had one additional pupil who was newly sponsored courtesy of sponsors from the CUSP sponsorship program.

The month of February was abuzz with activities as the department made tireless efforts to ensure that all class eight graduates who had qualified to join high school were facilitated adequately to join their new schools. Last year we had 22 class 8 graduates. 15 of them joined high school, 3 joined technical schools, 1 repeated and 3 dropped out of the sponsorship program for various reasons.

The sponsorship program is currently having 76 active students in high school. The number of students who graduated from high school last year after sitting for the national exams was 18. 8 qualified to join public university, 5 qualified to join public colleges while the other 5 will be joining private colleges and technical schools. At the moment, the department have 32 active students at college/university level. The sponsorship program is presently having a total of 196 pupils and students.

The table below shows the gender distribution of pupils and students under the sponsorship program as at February 2017.

Type of institution	Boys	Girls	Total
Nursery School	0	0	0
Primary School	33	37	70
Secondary School	33	43	76

Secondary School Leavers	9	9	18
Polytechnic/College/University	16	16	32
TOTAL	91	105	196

Gender distribution of sponsored students at ASN Upendo Village 2017

During the month of February, the department took part in peer education outreach and peer educators exercise and training which was spear headed by ASN Upendo Village Project Development Office. The training took place in 4 public secondary and 2 primary schools around Naivasha town. The education department was specifically involved in peer education trainings at Kiambogo Secondary School. A total of 20 peer educators were trained with the aim of equipping them with skills to counsel other students on issues to do with; drug and substance abuse, sexually transmitted diseases, communication skills and self-identity among other topics. Upendo Village has a total of 7 sponsored students in Kiambogo Secondary School.



Patricia, a staff at Upendo Village during a peer educator session at Kiambogo Secondary School

INCOME GENERATING ACTIVITIES DEPARTMENT

The Income Generating Program focuses on the development and improvement of client's economic conditions. Its main objective includes: Facilitating clients start IGAs in order to improve their living standards so as to be self-reliant and break the cycle of poverty.

DAIRY GOAT PROJECT

During the period under review, 11 clients/guardians who take care of the orphaned children were issued with the dairy goats. The group was very grateful and thankful to the donors. The total number of the families that have been issued with the dairy goats since the start of the project is 497. During the period under review, 4 goats gave birth and they are producing around 1.5 litres of milk in average.



Sr. Dr. Florence posing for a photo with beneficiaries of dairy goat project

SOLAR LANTERNS PROJECT

20 clients/guardians received solar lamps during the period making a total of 363 families who have benefited from the project since inception.

HOME VISITS

3 families were visited during the month of January and February and progress of their business ventures/ projects is very encouraging and promising. 2 of them were guardians who have business in Naivasha town and the other has a business in Maai Mahiu market.

TRAINING ON IGAS

279 clients and guardians from all the support groups were sensitized and trained on the importance of all the IGAs projects. These trainings took place during the weekly support group meetings.

WATER PLANT PROJECT (FOUNTAIN VALLEY PACKAGED DRINKING WATER)

ACHIEVEMENTS

WATER BOTTLING PLANT EXPANSION PROJECT

During the period under review, ASN Upendo Village management invested in expansion of the production house from the original/ existing size of 30 fts by 15 fts to 65 fts by 15 fts. This will enable the bottled water department to comply and follow the guidelines and standards for setting up a production plant of bottled mineral water. These guidelines give advice to bottled water plant operators on how to comply with the requirements of the Kenya Bureau of Standards (KEBS) for safe processing, packaging, storage and supply of bottled water in Kenya.



Left: Construction team at work during the expansion of the water processing plant. Right: Section of the extension of the water plant building.

SEMI-AUTOMATIC WATER PROCESSING MACHINE PROJECT

During the month of February, the department in collaboration with ASN Upendo Village management successfully purchased and installed a 1500 bottles per hour semi-automatic water processing/ bottling plant. The semi- automatic water filling machine will increase water production (filling, capping, sealing and labelling) by 200% therefore packaging between 2500 to 3000 litres of purified and filtered water in 2 hours from the current 500 litres in 8 hours.



Left: Members of staff assisting in offloading parts of the semi-automatic water processing machine at ASN Upendo Village. Right: Parts of the machine before being assembled.



Water attendant team and other members of staff during training session on the basic operations of the semi-automatic water processing machine at ASN Upendo Village.



The newly installed semi-automatic water processing machine in operation

MEDICAL DEPARTMENT

The dispensary has constantly been expanding its services in terms of community and public outreach in provision of medical services. In the months under review, the dispensary continued to provide curative, preventive, promotive and rehabilitative health care services to the community.

The following services were offered:

- Maternal and child health clinic

- Comprehensive care for those chronically ill

- General outpatient care for both adults and pediatrics

The table below shows the workload for the period under review

Services Offered	January 2017	February 2017	Totals
Outpatient Department(OPD)	551	537	1088
Child Welfare Clinic(CWC)	150	159	309
Antenatal Clinic (ANC)	15	15	30
Comprehensive Care Clinic (CCC)	20	20	40
Voluntary Counseling and Testing (VCT)	23	37	60
Laboratory Tests	361	289	650
Cervical Cancer Screening	1	0	1

ACTIVITIES /ACCOMPLISHMENTS

DIABETES SUPPORT GROUP

- The clinic department established a diabetes support group for clients who are on follow up at ASN Upendo Village. The support group has 12 registered members who meet on monthly basis. The aim of the support group is to help members accept, cope and live positively with the condition they are suffering from.

ART WORKSHOP

- Samuel Mwangi, a clinical officer attended 3 days training on February 27th, 28th and March 1st focusing on newly introduced Anti-Retroviral Therapy reporting tool.

HEALTH EDUCATION

- The medical staffs were really dedicated to give health care services to all our sick clients, they were also involved in giving health education to our clients in various support groups during the months under review.

TOP TEN INSTITUTIONAL DISEASES

1. Upper respiratory tract infection
2. Diarrheal diseases
3. Skin conditions
4. Joint diseases
5. Urinary tract infections
6. Hypertension
7. Typhoid fever
8. Musculoskeletal conditions
9. Diabetes mellitus
10. Septicemia

NUTRITION DEPARTMENT

During the period under review, clients held their regular monthly support group meetings and continued to encourage each other through experience sharing. In collaboration with the social welfare department, the nutrition department also provides psycho-social support services to members of support group.

The department educated clients on proper hygiene and how to take good care of the young children who are infected by HIV and AIDs. Clients were also reminded about ingestion of locally cheap and available food, since most of them live below poverty line hence not able to afford balanced meals all through their diets.

SUPPORT GROUP ATTENDANCE

Name of the support group	January 2017	February 2017	Totals
Mai-Mahiu	44	41	85
Karai	59	62	121
Mirera	57	41	98
Town	34	30	64
Total	194	174	368

The department also managed to provide nutritional supplements to an average of 43 grandmothers during the period under review.

Our main objective is to economically empower our clients to start income generating projects which will boost and enhance their income hence be self-reliant and not only depend on the support they get from Upendo village.

SOCIAL WELFARE DEPARTMENT

SUPPORT GROUP PROJECT

The support groups bring the clients together to share their experiences and encourage each other. Living with the virus is a challenge; one has to feed on a balanced diet and adhere to ART medications.

The monthly meetings have been beneficial to the clients. Social stigma has reduced and adherence to ART medications has also improved. During the month of January, the members set expectations for the year. In the month of January, they were taught on domestic violence and in February 2017 they were taught on sexually transmitted infections.



Karen and two clients posing for a photo after she donated tooth paste and tooth brushes to members of Mirera support group

ENROLMENT

During the period under review, we enrolled the following clients;

Clients Enrolled	January 2017	February 2017	Cumulative
HIV Positive women	3	2	2,212
HIV Positive men	2	0	770
HIV Positive children	2	0	342
Orphan Vulnerable children	16	4	6,380
House hold members	4	2	2,994
Total	27	8	12,698

HOME VISITS

During home visits, clients who are sick, starving and malnourished are given nutritional supplements so as to boost their health. During the period under review, the department made 17 home visits; 8 visits in January and 9 in February 2017.

DROUGHT AND INFLATION RATE

Food is crucial especially now that drought has been declared a national disaster by the president of the republic of Kenya. The drought has affected 28 arid and semi-arid counties. Drought situation in most parts of the country has worsened as deaths have been reported and animals which are livelihood for pastoral communities are dying too. Residents in the affected areas have been hard hit by the drought. Wild animals and human beings continue to conflict over the scarce resources. Students too in the hardest hit areas have not been spared either, they are missing school because of drought.

Most of our clients with land rely on farming. They are counting loses following the drought that left their crops drying for lack of rain. The prices of consumer goods have gone up as drought has pushed inflation rate further. Data from the Kenya Bureau of Statistics shows that Kenya's

inflation rate rose to 9.04 percent in February 2017. The government has a target to keep the inflation between 2.5 and 7.5 percent.

The drought continues to exert pressure on the cost of living with cost of food soaring since February. We can only hope that the government continues to give relief food to the starving people and that the coming rains will improve the situation.

GRANDMOTHERS' PROJECT

The members meet every month to share their experiences and challenges of taking care of their grandchildren. The monthly meetings offer therapy to the overwhelmed grandmas who juggle between their frail health and taking care of the orphans and vulnerable children. The grandmothers engage in farming, running and managing small businesses and some do casual jobs to make both ends meet. Most of them have been empowered with soft loans. The members are still doing table banking. Through table banking project, some members have managed to buy two chicks for each member while others have purchased utensils and others put the money on their own personal use. During the period under review, the grandmothers held two meetings. In January, they were taught on aging while in February they were taught on growth and development in children.

The table below shows the attendance of both Town and Maai Mahiu grandmothers during the period under review.

Attendance

Month	Maai Mahiu	Town
January	11	21
February	11	30

PROFESSIONALS' SUPPORT GROUP

The department in consultation with the ASN Upendo Village management started a support group for HIV positive professionals on February 15th, 2017. This was after realization that working professionals need psycho-social support. The members meet at ASN Upendo Village

on Tuesdays from 5:00 PM to 6:00 PM. The meetings bring the members together to address their social needs since they do not fit in the other support groups. The two groups have different needs and desires that can be addressed in different settings/forums. The team appreciated ASN Upendo Village for the noble idea of bringing them together to share their experiences and support each other.



From right second row: Brigid with some of the professional members of support group posing for a group photo after their meeting at ASN Upendo Village

PREVENTION OF MOTHER TO CHILD TRANSMISSION OF HIV/AIDS (PMTCT)

Prevention of mother to child transmission of HIV and AIDS continues through supporting mothers of exposed babies with infant formula milk. During the month of January 2017, the department had 9 babies on formula milk and in February 1 baby was enrolled on the program bringing the number to 10.

In February 2017, 1 of the PMTCT babies; Tony Francis now 8 months old was taken ill and hospitalized for a month at Mulago National hospital in a neighboring country Uganda. The parents had no choice but to seek services elsewhere because of the ongoing doctor's strike in Kenya. The baby was suffering from respiratory tract infection and had difficult feeding as a result he developed malnutrition and could not thrive as expected. The baby has been discharged from the hospital and he is doing well. He is able to sit and feed unlike before.



Left: Tony at 4 ½ months admitted in hospital. Right: Tony at 6 months old after he was discharged from the hospital



Left: Brigid with some of the PMTCT mothers during their monthly meeting

DONATIONS

In February 2017, the department received donations of clothes from a well-wisher and a staff of Upendo Village. On behalf of the management of Upendo Village, the department appreciated and acknowledged the receipt of the donations which will benefit the needy clients.

PROJECT DEVELOPMENT OFFICE

PEER EDUCATION TRAINING

During the period under review, the department was actively involved in the implementation of the activities proposed in the second phase of the PEPFAR Community Grant. One of the major activity was peer education training in 2 Primary and 4 Secondary schools in Naivasha Sub-County. In the month of January, the department successfully coordinated peer education outreach in all the 6 proposed schools. In total, 1,327 pupils and students were reached and educated on the following topics:

- Behavior Change Communication
- HIV and AIDS

- Sexually Transmitted Infections
- Drug and Substance Abuse
- Peer Pressure
- Life Skills and Living Values
- Relationships

In the month of February, the program was repeated in all the 6-school targeting 20 peer educators in each school. A total of 120 peer educators were reached and trained in order to reach out to peers within their respective schools and community at large. This has had a great impact in behavior change among the trained participants and it is hoped that they will also reach out to their peers.

Topics for peer educators included:

- Self-Awareness and Self-Esteem
- Basic Counselling and Communication Skills
- Basic Facilitation and Leadership Skills
- Career Choice and Guidance for peer educators' trainings
- Decision – Making and Problem – Solving Skills
- Time Management



Left: Jane Waweru (Facilitator) in a peer education training session at Kiambogo secondary school. Right: Nyamathi primary school peer educators club posing for a group photo with facilitators at their school compound