



ASN UPENDO VILLAGE

TITLE: BI-MONTHLY REPORT

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Executive Summary

ASN Upendo Village has continued to live by its name by expressing love to the community and especially to those infected and affected by HIV and AIDS around Naivasha sub-county, Nakuru County, Kenya. As a source of love and hope to the weak in the society, Upendo Village draws its satisfaction when weak clients on the Verge of death rise from their beds and start supporting themselves and the members of their families.

This report covers the accomplishments and services provided during the months of January and February 2018. 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's sponsorship program currently has 191 active pupils and students spread among different learning institutions. During the period under review, Upendo village absorbed 20 new entrants in its sponsorship program courtesy of the CUSP sponsorship programs with 12 joining at the primary school, 6 at high school and 2 at the tertiary educational levels. Furthermore, the department registered an output of 18 pupils in class 8 exams in 2017 with 12 of them joining high school, 3 joining technical schools.

15 families benefited from the dairy goat project under the income generating activities. 5 guardians benefited with the interest free loan project. 20 clients and 3 guardians were given improved chicks and each person was given a pair of chicks. Moreover, 16 clients and guardians benefited with solar lamps during this period.

The dispensary department saw the commissioning and opening of the dental unit by Sr. Dr. Florence on January 8th, 2018. During the period under review, the nutrition department distributed nutritional supplements to an average of 192 clients and 38 grandmothers. 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.

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 2018.

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EDUCATION DEPARTMENT

The New Year kicked off well for the department with most of the sponsored kids reporting back to their respective institutions of learning on time. The primary pupils reported back to school on 2nd of January. Those in high school and college/universities reported back to their respective institutions on January 3rd to 9th. The department in conjunction with the management ensured prompt payment of their school fees to facilitate their timely return to school.

The month of January was abuzz with many activities as the department made tireless efforts to ensure that all class eight graduates who had qualified to join high school were adequately facilitated to enable them join their new schools. Out of the 18 students who completed class 8 in 2017; 12 joined high school, 3 joined Technical schools while 3 chose to repeat and redo their exams in 2018. During the month of January and February; 20 kids were newly absorbed in Upendo Village sponsorship program courtesy of the CUSP sponsorship program i.e. 12 in primary school, 6 in high school and 2 at the Post-secondary level.

The sponsorship program is currently having 63 active students in high school. Last year a total of 18 students graduated from high school after sitting for their final national high school exam. Out these, 8 have qualified to join public universities, 5 qualified to join public colleges while the other 5 will be joining private colleges and technical schools. At the moment we have 32 active students at college/university level. The sponsorship program is currently having a total of 191 active pupils and students. Since the inception of the Upendo Village sponsorship program in 2006, a total of 303 kids have benefited. The table below shows the gender distribution of pupils and students under the sponsorship program as of February 2018.

Type of institution	Boys	Girls	Total
Nursery School	0	0	0
Primary School	33	30	63
Secondary School	36	32	68
Secondary School Leavers	8	12	20
Polytechnic/College/University	19	21	40

TOTAL	96	95	191
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Gender distribution of sponsored students at ASN Upendo Village 2018

During the month of January, the department acquired tools of trade for Peter Mbugua through the funding of his sponsor after he successfully completed his Carpentry course at Comboni Polytechnic. Most of the those acquired were basic tools to enable him to initiate his business. These basic tools included; Handsaw, Pincer, Oil stone, G-clamp, Circular saw, Claw Hammer, Rubber Mallet and T-bar Clamp.



Left: Sr. Agnes Waema and Samuel from education office presenting tools of trade to Peter (center). Right: Peter during his graduation seated on some of the furniture he was trained to make.

INCOME GENERATING ACTIVITIES DEPARTMENT

The department is going on with empowering the clients and the guardians in order to break the poverty cycle. This has been possible through the help from the Administration and also the team work.

During the period review (February 16th, 2018), 2 friends of Upendo Village Dr. Kathleen Harisson and her husband Dr. John visited the facility and donated dairy goat, improved chickens and solar lamps for lighting. This took place at ASN Upendo Village in a colorful occasion graced by the Director of Project Harambee Dr.Kathleen Harisson and her husband Dr. John

assisted by the Directress of Upendo Village Sr. Dr. Florence Muia. 4 of the goats given out on that day had been returned by former beneficiaries as a way of thanksgiving which the clients do to their first female kids.

DAIRY GOAT PROJECT

During the period under review, 15 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 560. During the period under review, 4 goats gave birth to 2 male kids and 2 female kids.



Sr. Dr. Florence, Dr. Kathleen and IGA coordinator (Stephanina) posing for a photo with clients during distribution of dairy goats at ASN Upendo Village.

IMPROVED INDIGENOUS CHICKEN PROJECT

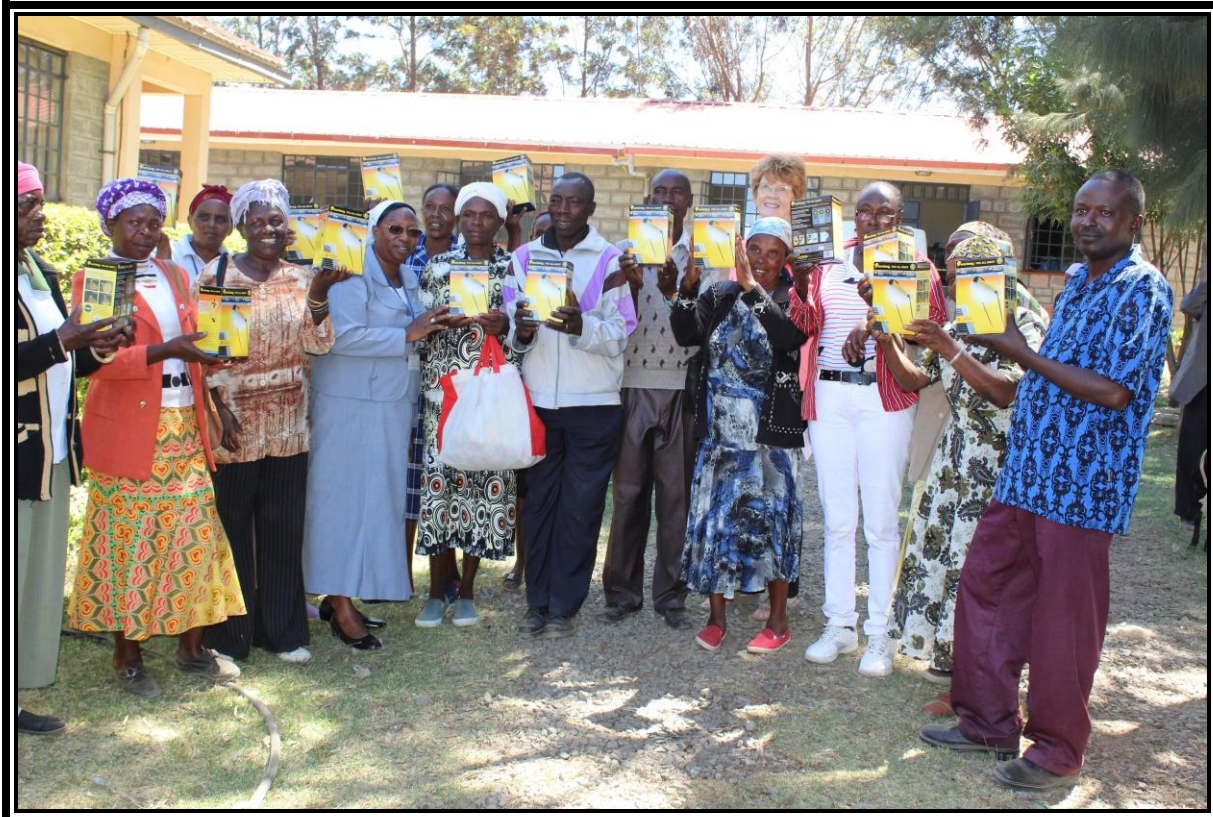
20 clients and 3 guardians were given improved chicks and each person was given a pair of chick.



Sr. Dr. Florence, Dr. Kathleen and beneficiaries of improved chickens posing for a group photo during distribution of the chicks at ASN Upendo Village.

SOLAR LANTERNS PROJECT

16 clients/guardians received solar lamps during the period making a total of 350 families who have benefited from the project since inception.



Sr. Dr. Florence, Dr. Kathleen and beneficiaries of solar lamps posing for group photos during distribution of lamps to needy clients at ASN Upendo Village.

INTEREST FREE LOAN PROJECT

Additionally, 5 guardians benefited with the interest free loans during this period bringing the total number of the beneficiaries to 243.

HOME VISITS

2 grandmothers and 1 client were visited during the month of January and February to monitor progress of their business ventures.

These families included those of Grace Wanjiku Maina and Teresia Wangui Njoroge [grandmothers] and Peter Karanja Kuria- a client. Grace rears chicks and sells them at the age of 2 months. In February alone, she sold 15 chicks at 250 shillings each making a total of 3,750 shillings which she used to service her domestic needs. On the other hand, Teresia sells fruits,

vegetables and cereals. From the sales she makes, Teresia has been able to initiate a project of constructing three stone-roomed houses which she plans to be renting out for income. Moreover, Peter rears the dairy goat that he was given by Upendo Village and which has a male kid. Furthermore, he has expanded his herd by buying 3 sheep.

TRAINING ON IGAS

During the period under review, 202 clients and 40 guardians were taught on the following; land preparation, selection of the best seeds for planting and how to make seed beds in preparation of seedlings to plant during the rain seasons. This was conducted during the support group meetings.

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

Services Offered and Workload for January to February 2018			
Services Offered	January 2018	February 2018	Totals
Outpatient Department(OPD)	622	413	1035
Child Welfare Clinic(CWC)	146	123	269
Antenatal Clinic (ANC)	13	8	21

Comprehensive Care Clinic (CCC)	21	19	40
Voluntary Counseling and Testing (VCT)	14	27	41
Laboratory Tests	417	270	687
Cervical Cancer Screening	0	0	0

ACTIVITIES

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.

ASN UPENDO VILLAGE DENTAL CLINIC

The dispensary department saw the commissioning and opening of the dental unit by Sr. Dr. Florence on January 8th, 2018.



Community Oral Health Officers (Margaret and Naomi) performing an oral health procedure (diagnosis, full mouth scaling and polishing) to Sr. Dr. Florence during the official opening and launching of the dental clinic.

Continuous Medical Education (CME) Activities in the period under review		
Date	Presenter /Facilitator	Topic/ Area Covered
January 3, 2018	Samuel Mwangi	Asthma
January 10, 2018	Lucy Muthoni	Diabetic Foot
January 17, 2018	Samuel Mwangi	Arthritis
January 24, 2018	Naomi Gaitho	Urinary Tract Infections
February 2, 2018	Brigid Muasa	Stress Management
February 14, 2018	Rosemary Wambui	New guidelines in HIV Testing and Counselling

Support Group Meetings		
Date	Presenter/Facilitator	Topic/Area Covered
January 31, 2018	Samuel Mwangi	Diabetic Foot
February 18, 2018	Margaret Ruguru	Oral Health Hygiene
February 28, 2018	Samuel Mbasu	Relationship of Hypertension and Diabetes



Samuel Mwangi (Clinician), Margaret Ruguru (Community Oral Health Officer) and Brigid Muasa pose for photo with members of Diabetic Support Group.

TOP TEN INSTITUTIONAL DISEASES

1. Upper respiratory tract infection
2. Other diseases of respiratory system
3. Joint diseases
4. Intestinal worm
5. Pneumonia
6. Hypertension
7. Diabetes
8. Urinary tract infections
9. Typhoid fever
10. Other injuries

NUTRITION DEPARTMENT

Despite of the sustained increase in the general price level of goods and services (inflation) in Kenya. ASN Upendo Village continued to provide nutritional supplements to clients who attend support group meetings. This has been made possible through the noble and selfless donations from our donors and benefactors.

This program has been of essence to our clients' general well-being bearing in mind that some live below poverty line thus making it hard for them to afford a balance diet. Proper nutrition is a key component in the provision of care to HIV and AIDS patients, since it ensures that the patients have strength. Therefore, the period under review saw emphasis being given on the importance of our clients being self-reliant by ensuring that they learn and engage on sustainable sources of nutrition instead of relying on handouts.

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 also provides psycho-social support services to the members of support group.



ASN Upendo Village cateress distributing cereals as part of the monthly food donation during support group meeting for clients.

SUPPORT GROUP ATTENDANCE

Name of the support group	January 2018	February 2018	Totals
Maai-Mahiu	59	43	51
Karai	71	59	65
Mirera	47	43	45
Town	31	30	31
Total	208	175	192

Through the efforts of the administration and other well-wishers we have managed to feed and distribute nutritional supplements to various members of support groups as shown in the table above. We also managed to distribute nutritional supplements to an average number of 38 grandmothers during their monthly meetings.

SOCIAL WELFARE DEPARTMENT

SUPPORT GROUP PROJECT

Goal: To empower people living with HIV and AIDS to live with respect, dignity and self – esteem.

The Social Welfare office continues to be a haven of hope for clients who turn to us for psychosocial assistance.

The support group meetings provide therapy to clients who are overwhelmed by the challenges of their status. The members of the support groups meet to share their experiences and encourage each other.

During the period under review we lost two clients an adult and a teenager who succumbed to opportunistic infections. The Social Welfare and one member from the Education department made home visits to condole with the bereaved families. In January, 2018 we taught clients on Wife inheritance and HIV and AIDS. The clients were able to share about their cultural practices in relation to HIV and AIDS while in February the clients were taught on living positively. An average of 198 clients attended the meetings.

On 20th February, 2018 we were privileged to have Karen - a friend of ASN Upendo village visit the facility. On 22nd February, 2018 Karen attended the Town support group meeting at ASN Upendo Village and encouraged the clients to keep trusting in God.



Karen a friend of ASN Upendo village attending town support group meeting when she visited the facility.

ENROLMENT

Since the inception of ASN Upendo Village project we have enrolled 353 children, 781 men and 2,270 women all HIV positive. In addition, 3,027 household members and 6,600 Orphan Vulnerable children have been enrolled.

Clients enrolled in January and February			
Clients Enrolled	January 2018	February 2018	Cumulative
HIV Positive women	4	4	2,270
HIV Positive men	1	0	781
HIV Positive children	1	0	353
Orphan Vulnerable children	12	15	6,600
House hold members	1	0	3,027
Total	19	19	13,031

HOME VISITS

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



Sr. Susan posing for a group photo with Grace Mumbi's during home visit

GRANDMOTHERS' PROJECT

Goal: To empower the grandmothers to be able to realize their full potential.

During the period under review, we held two meetings. Currently, the grandmothers are doing well and running their projects. On 21st February, 2018 Karen a friend of ASN Upendo Village attended the grandmother's meeting in Maai Mahiu with the staff. She not only encouraged the grandmothers but did a few physical exercises with them.



Grandmothers receiving nutritional supplements during their meeting at Maai-Mahiu

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

Attendance

Name of group	January 2018	February 2018
Town	27	26
Maai Mahiu	12	11
Total	39	37

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

The project continues to support exposed babies with infant formula milk. Currently we have 7 babies on formula milk and 2 expectant mothers who have opted for exclusive replacement feeding.